



TRURO  
SCHOOL

## Wednesday Afternoon Activities Summer Term 2022 – 8 sessions

The Wednesday Afternoon Activities programme allows Truro School pupils to participate in a wide range of activities as part of the weekly timetable. In doing so, it is the school's wish that all pupils have the opportunity to partake in activities that will allow them to:

- i. maintain or develop a healthy lifestyle through activities that will enrich their current and future lives;
- ii. learn a new skill or develop an existing one in a safe environment;
- iii. gain enjoyment from undertaking activities with other pupils, often of different ages, and with staff in a non-classroom context;
- iv. gain satisfaction from making a positive contribution to an activity;
- v. prepare them for higher education and the world of work through developing skills such as self-discipline, commitment, team work, leadership and greater self-confidence.

Full details of all activities offered to each year groups follow. We ask pupils to select different activities throughout the year, this not only provides a balance of activities, but also allows other pupils to participate in popular activities, if numbers are limited.

I would be grateful if pupils and parents could review the activities on offer **together** and **parents** should complete the **online form** (link sent by email), which should be completed **by Friday 18 March, 4pm**. Pupils will be informed of their activity before the end of this term, via their form tutor. The first session will begin on Wednesday 27 April and there will be eight sessions in the Summer Term.

Should you require further information about a particular activity, please contact the member of staff indicated as leading that activity. Should you have any general queries concerning the activities, please contact me. If you have a particular request for your child to undertake an activity not listed, please contact the Wednesday Afternoon Team on [waa@truroschool.com](mailto:waa@truroschool.com)

Mrs Z Jobling

Assistant Head (Co-Curriculum)

Pupils, via parents/guardians, should indicate their four different preferences on the Wednesday Afternoon Activities Summer Term 2022 options form, which has been emailed to all parents, before the deadline. If a pupil asks to change activity for a valid reason (e.g., an injury), then they will be moved to one of the four listed on this form and only if there is space; by signing the form you give permission to any charges incurred. Changes will not be permitted once term commences.

### **A message from Mr Sanderson, Director of Sport:**

#### **Re: Sports fixtures during Wednesday Afternoon Activities**

If you would like to participate in sports fixtures during Wednesday Afternoon Activities, please choose that sport as your first option, for example if you would like to play in Wednesday cricket or rounders fixtures, please choose cricket or rounders.

If you attend your school club training sessions, you are still eligible to play matches on other days. If you are unsure, please contact [djs@truroschool.com](mailto:djs@truroschool.com)

### **A message from Mr Oldfield, Director of Drama:**

#### **Re: Drama Junior Play – Canterbury Tales**

If your child is already involved in the junior play, Canterbury Tales, you need to choose this as your WAA option. There are no vacancies for new members this term.

Art "Ceramics club" – Mr Brett (S)		
Description	Pupils will be developing a ceramic project that gives them the chance to expand their knowledge and skills.	1 <sup>st</sup> – 4 <sup>th</sup> Year
Equipment	Provided by the school	16 Maximum
Venue	Art Department – A3	
Time	2.05pm – 3.50pm	
Costs	N/A	

Art "textiles" – Miss O' Connor (S)		
Description	Learn a wide range of textiles skills, for example, weaving, stitching, felting, fabric manipulation etc. This is a chance to get to know various textiles techniques and then work on your own mini project using the skills you have learnt and enjoyed the most, creating something abstract or functional. No experience necessary, all work is practical.	1 <sup>st</sup> – 4 <sup>th</sup> Year 8 Maximum
Equipment	Provided by the school	
Venue	Art department - A2	
Time	2.05pm – 3.50pm	
Costs	N/A	

Art "Truro School" – Miss Morris (S)		
Description	An exciting art club which will make the most of our beautiful surrounding at school to explore different techniques using inspiration around us.	1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth
Equipment	Provided by the school	16 Maximum
Venue	Art department - A1	
Time	2.05pm – 3.50pm	
Costs	N/A	

Athletics and fitness – Miss Levin and athletics staff(P)		
Description	Pupils will be able to participate in a range of athletic events, alongside army style fitness sessions	1 <sup>st</sup> - 4 <sup>th</sup> Year & Lower Sixth
Equipment	School PE kit and tracksuits	No minimum or Maximum
Venue	Register in classrooms (tbc) before assembling on the school athletics track.	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Chemistry Club – Dr Brogden (S)		
Description	Making up for all those exciting practical's you missed doing last year: come along to Lab 13 to create colourful potions, loud explosions and brand-new compounds. Bunsen burners will burn brightly once more!	1 <sup>st</sup> - 3 <sup>rd</sup> Year
Equipment	Provided by the school	16 Maximum
Venue	Chemistry department – Lab 13	
Time	2.05 – 3.50pm	
Costs	N/A	

Choristers – Mrs Vaughan and Mr Gray (S)		
Description	This option is only available for current Choristers. They may opt to use this time for study or music lessons. This is an approved mixed bubble.	1st - 4th Year and Lower Sixth
Equipment	N/A	No minimum or Maximum
Venue	Music School	
Time	2.05pm – 3.50pm	
Costs	N/A	

Community Volunteering – Mr Chamberlain (V)		4 <sup>th</sup> Year and Lower Sixth  No minimum or maximum
Description	Pupils may volunteer locally; examples include nurseries, charity shops, the Truro Methodist Church and at the Prep and Pre-Prep School. This may count towards the Duke of Edinburgh's Award and pupils not participating in the award are also welcome. Interested pupils should contact Mr Chamberlain for further details in advance of selecting this option.	
Equipment	School uniform or smart casual clothing (no denim or revealing clothing)	
Venue	Meet in room 87 to register. Various locations around Truro. Pupils will either walk to the locations or make their own arrangements for transport.	
Time	Varies, depending upon the activity	
Costs	N/A	

Cookery 'Summer Cooking' – Mr Turner (S)		4 <sup>th</sup> Year  20 Maximum
Description	<p>A collection of recipes using the best seasonal fresh ingredients, all with a 'taste of Summer'. Each week you will make a main course or dessert for you and your family.</p> <ul style="list-style-type: none"> <li>• BBQ chicken with chilli and lime coleslaw</li> <li>• Minted lamb burgers with tzatziki</li> <li>• Strawberry and mascarpone tart</li> </ul> <p>The cost of activity will include all ingredients, tuition and recipes. This will include suitable, recyclable/reusable, containers in which to bring home their creation in one piece.</p> <p>***Please advise us of all dietary needs when booking and we will do our best to adapt recipes to accommodate all requirements if possible. ***</p> <p>***Please note pupils will need to commit to the whole course although a 'takeaway kit' of ingredients and a recipe can be provided by arrangement for any missed weeks. ***</p> <p>Any questions or notification of dietary needs please email Mr Turner at <a href="mailto:cookeryclubs@truroschool.com">cookeryclubs@truroschool.com</a></p>	
Equipment	All supplied	
Venue	Cookery School	
Time	2.05pm – 3.50pm	
Costs	£96 per term for 8 sessions, to include all ingredients and containers. This is added to the school bill.	

Cricket – Mr S Hooper and cricket staff		1st - 4th Year and Lower Sixth
Description	Cricket is offered as both a competitive and recreational option. Team players will play scheduled fixtures, with non-team players engaging in coaching and practice matches. Pupils who want to represent the school at Wednesday matches should choose this option.	
Equipment	Cricket whites or school PE kit to be worn, personal cricket equipment if owned can be brought to the school. There will be school equipment to borrow if needed	
Venue	Register in classrooms (tbc) before transfer to the SBA cricket nets or school fields	
Time	2.05pm – 3.50pm (varies for matches)	
Costs	N/A	

Dance – Ms Lisa McNally (Cornwall Dance School) c/o Miss Wright (P)		
Description	Calling all budding Performers! Learn various Dance techniques each week, including Jazz, Lyrical, Contemporary and Commercial. Improve your Flexibility, Strength and Stamina by learning energetic exercises, routines and stretches that will improve your performance both onstage and off. This class is open to all abilities and aims to help you to improve your technique and gain experience and knowledge in various different styles of dance. Pupils will walk to LA studios after being registered at school. Pupils will be dismissed directly from the dance studios at 3.50pm. This term, pupils will be working on small pieces to be included in the summer performances of 'the Canterbury Tales' at Truro school.	1st - 4th Year and Lower Sixth  16 Maximum
Equipment	School PE kit to be worn	
Venue	Register in room 63 then walk to LA Studios, 4 Boscawen Street, Truro, Cornwall TR1 2EL	
Time	2.05pm – 3.50pm	
Costs	N/A	

Debating – Mr Pilborough & Ms Edmonds(S)		
Description	Are you competitive? Do you love a good argument? Want the chance to question and discuss the big issues of our time? Test your wits; strengthen your ability to argue; be a critical thinker; develop your confidence and presentation skills. Come along and have a go at learning the different styles of debating while working as part of a vibrant team.	1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth  16 Maximum
Equipment	Provided by the school	
Venue	Room 34	
Time	2.05pm – 3.50pm	
Costs	N/A	

Digital Photography – Mr Picton (S)		
Description	Exploring their creativity or developing understanding, in this activity pupils will have the opportunity to consider how cameras and lenses work and exploit the numerous camera settings beyond point-and-shoot. They can also develop techniques in editing their images using image processing and manipulation software. The pupils will use other Wednesday activities and school grounds as their muses.	1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth  16 Maximum
Equipment	Pupils should provide their own digital camera. A limited number can be borrowed, but pupils should check availability with Mr Picton before signing up.	
Venue	Room C2	
Time	2.05pm – 3.50 pm	
Costs	Pupils may print their pictures, up to A1 size, with a charge being added to the end of term bill	

Drama Junior Play – Mr Oldfield & Ms Egar (S, V)		
Description	If you are already involved in the junior play, Canterbury Tales, you need to choose this as your WAA option. There are no vacancies for new members this term.	1 <sup>st</sup> – 4 <sup>th</sup> Year  Current cast only
Equipment	Provided by the school	
Venue	Register in room 50	
Time	2.05pm – 3.50pm	
Costs	N/A	

Drama Technical Team – Mr Kearey (S)		
Description	Pupils will have a chance to work with Mr Kearey, Burrell Theatre Manager, to learn technical skills relating to sound, light and stage management. <b>Interested pupils should speak to Mr Kearey before choosing this.</b>	1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth  16 Maximum
Equipment	Provided by the school	
Venue	Register in room 55	
Time	2.05pm – 3.50pm	
Costs	N/A	

Design and Technology Club “Guided Making” – Mr Shardlow (S)		
Description	A chance to develop and further your skills in the workshop. There will be a guided project, but there may also be an opportunity to explore your own ideas if realistic for the time provided.	1st Year – 4 <sup>th</sup> Year & Lower Sixth
Equipment	To be provided by the school	
Venue	DT Workshops	16 Maximum
Time	2.05pm – 3.50pm	
Costs	N/A	

Dungeons & Dragons – Mr Lovell (S)		
Description	Explore subterranean labyrinths! Plunder hordes of treasure! Battle legendary monsters! Dungeons & Dragons is a storytelling roleplaying game set in a world of swords and sorcery, driven only by your imagination. It is about picturing a crumbling castle in a darkening forest and imagining how a fantasy adventurer might react to the challenges that scene presents. In this fantasy world, the possibilities are limitless. This activity uses the <a href="#">D&amp;D Beyond</a> website for game rules and character sheets. If you don't already have a D&D Beyond account, you will need to create a <a href="#">Google</a> account to sign into it. For the first session please make sure to bring your D&D Beyond's Username and Password with you. If you need any assistance with this, please contact Mr Lovell ( <a href="mailto:rl@truroschool.com">rl@truroschool.com</a> ).	1st Year – 4 <sup>th</sup> Year & Lower Sixth  6 Maximum
Equipment	A notebook, pencil, and eraser. The school will provide Windows Surface devices to access the <a href="#">D&amp;D Beyond</a> website. If you wish you may use your own smart device or laptop instead.	
Venue	Room 61	
Time	2.05pm – 3.50pm	
Costs	N/A	

Fencing – Coaching by Truro Fencing Club (P, V)		
Description	Fencing is a high-octane combat sport which tests mental and physical strength, as well as discipline, tactical and technical ability. This sport is accessible to all ages and all abilities and it is a great sport for improving fitness, as well as being a huge amount of fun. This is an approved mixed bubble activity and will be following guidelines set by British Fencing.	1st - 4th Year and Lower Sixth  12 Maximum
Equipment	School PE t-shirt and tracksuit bottoms to be worn. All technical equipment will be provided	
Venue	Meet Dr Orchard at the Cornwall Fencing Centre to register	
Time	2.05pm – 3.50pm	
Costs	N/A	

Fitness Suite – Mr F Sanderson (P)		
Description	Pupils will follow an individual training programme and will be expected to work hard during these sessions. Pupils can work on the aerobic and resistance machines following a pre-planned routine.	1st - 4th Year and Lower Sixth
Equipment	School PE kit to be worn	24 Maximum
Venue	Register in Room 85 before transfer to the Fitness suite	
Time	2.05pm – 3.50pm	
Costs	N/A	

Girls' Football – Mr Sullivan (P)		
Description	A chance to develop your football skills and continue to grow girls' football at Truro School. All abilities welcome	1 <sup>st</sup> – 3 <sup>rd</sup> Year
Equipment	School Games kit, boots, trainers, and shin pads to be worn.	24 Maximum
Venue	Register in room 20	
Time	2.05pm – 3.50pm	
Costs	N/A	

Golf at Truro Golf Club – Mr Berger (P)		1st - 4th Year & Lower Sixth  8 Maximum
Description	All abilities are welcome. Sessions will be led by a Truro Golf Club Pro – Scott Richards, or one of his team.	
Equipment	All equipment provided, but if you have your own equipment, you are welcome to bring it.	
Venue	Register in room 31 at 2pm before transfer to Truro Golf Club	
Transport	9 - seater	
Time	2.05pm – 4.30pm	
Costs	£80 for the Spring Term (8 sessions) This is added to the school bill.	

Horse Riding – Mrs Roberts (P)		1st - 4th Year & Lower Sixth  8 maximum
Description	At Goonbell Riding School, beginners and novices will learn the basics of riding and horsemanship whilst intermediate pupils will be able to improve their flatwork and begin jumping. As well as lessons in the large indoor school there will be regular opportunities to ride out on the local bridleways. This group is not suitable for very experienced riders. Each session lasts an hour.	
Equipment	Boots or shoes with a small heel, a waterproof jacket in inclement weather and tracksuit bottoms or jodhpurs should be worn. Riding gloves with grip palms are desirable. A well-fitting riding helmet conforming to EN1384 or PAS015 safety standards is essential and may be borrowed from the riding school	
Venue	Meet in A3 then 9-seater minibus to Goonbell Riding School	
Time	1.10pm – 4pm. A packed lunch will be provided each week for all pupils	
Costs	£240 for the Spring Term (8 sessions) This is added to the school bill.	

Music GCSE – Mr Palmer (S)		4 <sup>th</sup> Year  20 Maximum
Description	Open to pupils in the GCSE music sets or those who have been accepted to take the 4 <sup>th</sup> Year one-year GCSE course. If in doubt please contact Mr Palmer.	
Equipment	To be provided by the school	
Venue	Music School	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Music Theory – Mrs Vaughan (S)		2 <sup>nd</sup> - 4 <sup>th</sup> Year  20 Maximum
Description	Open to pupils working from Grade 1 up to Grade 8 Theory. Interested pupils should check with Mr Palmer that they are eligible.	
Equipment	Music Theory workbook to be purchased from the Department, cost will be added to students' school bill. Each year group will be kept as a separate bubble.	
Venue	Music School	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Physics Club (Physics, Electronics and Astronomy) – Mr A Laity (S)		1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth  16 maximum
Description	We will be looking at various aspects of physics, electronics, and astronomy. We will look at simple radio technology, building a radio receiver and will visit the Marconi Centre or Porthcurno Telegraph Museum. We will follow an introduction to understanding and building electronic circuits, including soldering skills. Using the numerous telescopes that we have in our 'observatory' base in the fields above the school, we will undertake both observational and theoretical activities. This activity is for pupils who have not previously selected this activity, as it is a repeated activity.	
Equipment	Provided by the department	
Venue	Physics Department – Room 10	
Time	2.05pm – 3.50pm	
Costs	N/A	

Rounders – Mrs Newton and Rounders staff (P)		1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth
Description	Rounders is both a competitive and recreational option. Team players will play most Wednesday afternoons, with some fixtures also held on a Thursday; with non-team players engaging in coaching and practice matches	
Equipment	School PE kit to be worn, all other equipment to be provided	
Venue	Register in classrooms (tbc) before transfer to school fields or Astro:	
Transport	School transport for fixtures	
Time	2.05pm – 3.50pm	
Costs	N/A	

Sailing – Mr Cucknell and Mrs Norfolk (P)		1st - 4th Year and Lower Sixth  12 Maximum (ratios of 6:1, due to coaching regulations)
Description	Beginners or more advanced sailors' welcome. Learn to sail your own dinghy or develop your previous sailing skills with the very experienced Childrens' Sailing Trust (CST) on the beautiful Helford River. Under the expert eye of a RYA Dinghy Instructor, students will soon be sailing their own dinghy, and can work towards the Royal Yachting Association (RYA) dinghy schemes, with logbooks issued to record progress and certificates awarded upon successful completion of each stage. In inclement weather conditions this activity will be moved to Trevassack lake on the Lizard instead.	
Equipment	Wetsuit, shoes (preferably wetsuit boots), a light waterproof jacket (ideally a spray top) and towels / dry robe. Helmets and lifejackets can be borrowed, but please bring your own if you prefer. Pupils will need to change before leaving school as there are limited changing facilities at the river. Trevassack lake has both male and female changing rooms. It is advisable to bring sunscreen and water.	
Venue	Register at the minibus at 1.00pm before transfer to Helford River	
Transport	School minibus	
Time	1.00pm – 5.00pm	
Costs	£184 for the summer term. This is added to the school bill.	

Sea Fishing – Mr Chambers (S)		1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth  8 Maximum
Description	Pupils will have the opportunity to participate in shore fishing at a variety of fishing marks in the local area.	
Equipment	Pupils should have their own rods and sea fishing tackle, but the school has a limited number of rods/reels for those who do not have their own.	
Venue	Register in the Careers Room - Various locations based on weather, sea conditions and tides (students will be informed on Monday each week of that Wednesday's location)	
Transport	School vehicle	
Time	2.00pm – 5.00pm	
Costs	Bait will be supplied. Any tackle losses will be paid for, although these are usually minimal at around £1 per rig. Breakages of school equipment must be paid for.	

Skateboarding – Ms Selvey and Mr Gustaffson (P)		1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth  15 / 30 Maximum dependent on vehicle
Description	Pupils will have the opportunity to participate in skateboarding under the expert guidance of the staff at Mount Hawke Skatepark.	
Equipment	There is minimal equipment to borrow at Mount Hawke, so pupils need to have their own equipment. Pupils should bring in their own skateboards and helmets. Skateboards must not be used around the school site; therefore, pupils must only bring their own skateboard into school if they store it safely each Wednesday in their form room. Priority will be given to new students.	
Venue	Register in room 67 - before transfer by coach to Mount Hawke Skatepark	
Transport	School minibus or coach	
Time	1.15pm – 5.00pm	
Costs	£96 for the Spring Term (8 sessions) This is added to the school bill.	

Slacklining and landscaping – Mr Baker (P)		1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth  16 Maximum
Description	Develop your core strength and balance through slacklining. If the weather is awful on any given week, we may have to have a plan B, which will most likely be something in the school workshops. Activities will be weather dependent.	
Equipment	Truro School PE kit	
Venue	Register in DT – then use of Truro School Grounds	
Time	2.05pm – 3.50pm	
Costs	N/A	

Surfing 'Combination group' – Mrs Cucknell, Ms Udry, Mr Sparkes, Miss Magnin, Mrs Thurlow, Mr Goldsmith, Mrs Wormald (P)		1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth  40 Maximum
Description	Working with Global Boarders to develop our surfing academy, sessions will be based at Praa Sands, Gwithian, Hayle, Penzance or South Fistril, depending on the best conditions that week. These sessions are perfect for all abilities, as pupils will be split into ability groups as decided by the experienced coaches from Global boarders. Boards and equipment can be provided for pupils according to their needs and small group coaching, video analysis and pool training are all part of the package. Pupils are welcome to bring their own equipment, but the coaches will approve the kit before it is used. If you are thinking of investing in kit, please ask one of the coaches for advice before making purchases. Please note that this activity will not return in time for school bus runs.	
Equipment	All equipment will be provided if required, however pupils are welcome to bring their own wetsuit, hood, gloves, boots, and board. A changing robe is required.	
Venue	Register in classrooms (tbc) before transfer by coach	
Time	1.30pm – 6.00pm	
Costs	£120.00 for the Summer Term (8 sessions). This is added to the school bill.	

Tennis – Mr Askey, Miss Tresidder, Miss Cole (P)		1st - 4th Year and Lower Sixth
Description	Located at School, this is an activity suited to players of all abilities. Pupils will be differentiated by ability and have the opportunity to work closely with staff to improve their singles and doubles game.	
Equipment	School PE kit to be worn	
Venue	Register in classrooms (tbc) before play on school courts	
Time	2.05pm – 3.50pm	
Costs	N/A	

Wargaming – Dr Spring (S)		3 <sup>rd</sup> Year  12 Maximum
Description	In Wargaming, groups of pupils try their hands at some of the most popular specialist board games, mostly historical simulations and/or resource management. This activity offers pupils opportunities for competitive interaction, problem-solving and teamwork, not to mention broadening their knowledge and understanding of the past.	
Equipment	To be provided by the school	
Venue	Room 53 & 52	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	



Watersports at Elemental UK Swanpool – Mr Aston and Miss Jefferies-Jones (P)		All Years 15 maximum
Description	This term the water sports activity will be taking place at Swanpool run by Elemental UK. Tuition will be provided from the Elemental team. Depending on the weather and wind conditions, the following activities will be available for the group – coasteering, sailing, windsurfing and stand-up paddle boarding. <b>Please note that this activity will not return in time for school buses.</b>	
Equipment	Please bring a wetsuit if you have one (if not one can be provided), wetsuit gloves. You <b>must</b> bring shoes to wear in the water (preferably wetsuit boots or old trainers), a light waterproof jacket (ideally a spray top) and a towel. A changing robe is also beneficial. Buoyancy aids and helmets will be provided. Changing facilities will be available. Pupils should either travel in uniform or Truro School PE kit.	
Venue	Register in room B6 at 1.30pm for transfer to Swanpool	
Transport	School minibus	
Time	1.30pm – 5.15pm	
Cost	£160 for the Summer Term (8 sessions) This is added to the school bill.	

Yoga – Ms Monnier-Gilchrist (P)		1 <sup>st</sup> – 4 <sup>th</sup> Year & Lower Sixth 16 Maximum
Description	At a time when mental health related issues are more prevalent, yoga is a great tool to turn to. It offers a safe and nurturing environment for students to reconnect with their sense of self, learn to be compassionate towards themselves and others, and to reconcile with their body image, free from competition or judgement. Let's see if we can get more students to go passed their prejudices and have a go at stretching and strengthening their minds and bodies, Weather dependent, Yoga will take place on the front terraces.	
Equipment	Truro School PE kit	
Venue	Meet in the Heseltine Gallery to register and then transfer to the front terraces, dependent on weather.	
Time	2.05pm – 3.50pm	
Costs	N/A	

### Duke of Edinburgh

Throughout this booklet suggestions are made where these activities can be used for Duke of Edinburgh sections. This is not a complete list and doesn't guarantee ability and suggestions should be discussed with Mr Aston ([mra@truroschool.com](mailto:mra@truroschool.com)).

Volunteering (V)	Undertaking service to individuals or the community (must not be for a business)
Physical (P)	Improving in an area of sport, dance or fitness activities (if you sweat...it is a physical)
Skill (S)	Developing practical and social skills and personal interests (not sporting or physical activities)