Extra-curricular Opportunities

Manchester High School for Girls

Empowering girls *since 1874*

The broad and enriching extra-curricular programme at Manchester High School for Girls aims to foster independence, creativity, confidence, empathy and the development of passions and interests that will last far beyond our pupils' school years.

We want to provide our pupils with the opportunity to excel in activities in which they may already have demonstrated a particular aptitude, but we are also here to encourage them to explore activities they have yet to try and, hopefully, discover an area which they love.

The aim of our extra-curricular programme is therefore simple; we want girls to have fun, discover lifelong interests and become well-rounded individuals.

By facing new challenges in an environment where risk-taking is nurtured and supported, pupils learn to work in teams, to take the initiative and lead. They become resilient, versatile and adaptable young women who can demonstrate the relevance of their extra-curricular experiences and can go on to thrive at university, in the workplace and their community.

At Manchester High School for Girls, we pride ourselves on the range of activities on offer; we encourage our pupils to make the most of the fantastic opportunities available to them.

Mrs Helen F Jeys
Head Mistress

With super teaching spaces, practice rooms as far as the eye can see… the school is certainly alive with the sound of music. Definitely the place to be for those with aspirations to develop their talent and interest.

Good Schools Guide Review of Manchester High School for Girls, 2025.

Preparatory School
Extra-curricular Opportunities

Below is a recent extra-curricular timetable for the Preparatory School

Day	Before School	Lunchtime	After School
Monday		Hockey - Years 3 to 6 Just Dance - Years R to 2 Cross Country - Years 3 to 6 Swimming Club - Years 5 to 6	Hockey - Years 4 to 6
Tuesday	Choir - Years 5 & 6	Tennis - Years 1 to 4 Baking - Years 3 & 4 Reading Club - Years 3 & 4 Creative Club - Years 1 & 2	Chess Club - Years 4 to 6 Homework Club - Years 4 to 6 Netball - Years 4 to 6 Taekwondo - Years 4 to 6
Wednesday	Mindfulness - Year 4	Ballet - Years 1, 3 to 4 Netball - Years 3 to 6	Art Club - Years 3 to 6
Thursday	Prep Orchestra - Years 3 to 6	Swimming Club - Years 3 & 4 Ballet - Reception & Year 2 Science Club - Years 5 Badminton - Years 5 & 6	Homework Club - Years 4 to 6 Street Dance - Years 5 & 6 Screen Printing - Years 3 & 4
Friday	Choir - Year 4	Infant Choir - Years R – 2 Gymnastics - Year 5 & 6 Sewing Club - Years 5 Water Polo - Years 5 & 6	Mindfulness - Years 1 & 2 Football - Years 4 to 6 Taekwondo - Years 4 to 6

Junior pupils also take part in an Enrichment Programme, with weekly activities on a five-week rotation.

Senior School and Sixth Form
Extra-curricular Opportunities

With activities from Sport, Music and Drama to Careers, below is a recent extra-curricular timetable for our Senior School and Sixth Form:

Activity	Year	Day
Strike (Music Ensemble)	All years	Monday
Senior High Jump	7, 8, 9, 10	Monday
Model United Nations	8, 9, 10, 11, J6	Monday
Maths Clinic	All years	Monday
Model United Nations	9, 10, 11, J6, S6	Monday
Dance Show Rehearsals	7, 8, 9	Monday
Climbing	All Years	Monday
Climbing	All years	Monday
Senior Gymnastics	7, 8, 9, 10	Monday
Careers Clinic	9, 10, 11, J6, S6	Monday
Physics Clinic	All years	Monday
Economics Clinic	J6, S6	Monday
Musical Band/Brass Ensemble	All years	Monday
Chemistry Clinic	J6, S6	Monday
LGBTQ+ Club	All years	Monday
Drama Club	7, 8	Monday
Year 7 Carnegie Shadowing	7	Monday
Year 8 & Year 9 Carnegie Shadowing	8, 9	Monday

Activity	Year	Day
French Clinic	All years	Monday
Climbing	All Years	Monday
Rounders	9,10	Monday
Fitness	All Years	Monday
Senior Orchestra	All years	Monday
Water Polo	All Years	Tuesday
Jazz Band	All years	Tuesday
Continuing Greek	J6	Tuesday
Sixth Form English Clinic	J6, S6	Tuesday
KS3 English Clinic	7, 8, 9	Tuesday
Blender 3D Modelling Club	All Years	Tuesday
Gymnastics	7, 8, 9, 10	Tuesday
Urdu Club	7, 8	Tuesday
Senior Gymnastics Squad	All Years	Tuesday
Psychology Society	10, 11, J6, S6	Tuesday
Gardening Club	All Years	Tuesday
GCSE PE Clinic	10, 11	Tuesday

Activity	Year	Day
Tennis Coaching Sessions	7, 8, 9	Tuesday
History Clinic	All years	Tuesday
A-level Maths Workshop	S6	Tuesday
TeenTech Competition	9,10,11	Tuesday
Biology Clinic	All Years	Tuesday
Art Class	7, 8, 9	Tuesday
Chorale	7, 8	Tuesday
Physics Clinic	All years	Tuesday
Gardening Club	All Years	Tuesday
Drama Club	9	Tuesday
Year 7 Carnegie Shadowing	7	Tuesday
Origami Club	7, 8, 9	Tuesday
J6 Aspire Club	S6	Tuesday
Prep Science Club	J6	Tuesday
Taekwondo	All years	Tuesday
Athletics	7, 8, 9, 10	Tuesday
Young Enterprise	J6	Tuesday
Ultimate Frisbee	All Years	Wednesday
Dance Show Rehearsals	7, 8, 9	Wednesday
Classics KS4 Clinic	10, 11	Wednesday
Astronomy Club	All Years	Wednesday
Maths Clinic	All years	Wednesday
Mandarin	All years	Wednesday
Wind Band	All years	Wednesday

Activity	Year	Day
Running Club	All Years	Wednesday
Strength and Conditioning	9, 10, 11, J6, S6	Wednesday
Water Polo	7, 8	Wednesday
Jewish Society	All years	Wednesday Alternate
Jewellery Club	7, 8, 9, 10, 11	Wednesday
Chess Club	All years	Wednesday
Physics Clinic	All years	Wednesday
Lego Club	7, 8, 9	Wednesday
Psychology Skills	J6, S6	Wednesday
Biology Film Club	All years	Wednesday
DofE Drop in	9, 10, 11, J6, S6	Wednesday
KS4 English Clinic	10, 11	Wednesday
Litter Picking Club	All years	Wednesday
KS3 Textiles clinic	7, 8, 9	Wednesday
German Clinic	All years	Wednesday
MHSG Writers	7, 8, 9, 10, 11	Wednesday Alternate
Geography Society	All years	Wednesday Alternate
Rounders	7, 8	Wednesday
GCSE Art Workshop	10, 11	Wednesday
GCSE Graphics Workshop	10, 11	Wednesday
Dance Show Rehearsals	7, 8, 9	Wednesday
Tennis	All Years	Wednesday

Activity	Year	Day
Cello Group	All years	Thursday
Junior Debating Club	7, 8	Thursday
Cricket	7, 8, 9, 10	Thursday
Geography Clinic	All years	Thursday
Swimming	All Years	Thursday
Psychology Research Methods Club	S6	Thursday
Senior Choir	9, 10, 11, J6, S6	Thursday
Computing Clinic	All years	Thursday
Computer Programming	7, 8	Thursday
Biology Clinic	All years	Thursday
Politics Club	All years	Thursday
Science (STEM) Club	7, 8, 9	Thursday
Senior Debating Club	9, 10, 11	Thursday
Islamic Society	All years	Thursday
Sixth Form Debating	J6, S6	Thursday
Ethics Matters	7, 8, 9, 10, 11	Thursday Alternate
Bollywood Free Dance Club	All Years	Thursday
African-Caribbean Society	All years	Thursday Alternate
GCSE Art Workshop	10, 11	Thursday
GCSE Graphics Workshop	10, 11	Thursday
Cricket	7, 8, 9	Thursday

Activity	Year	Day
Water Polo	7, 8	Thursday
Chamber Choir	All years	Friday
Medsoc	J6, S6	Friday
Dance Show Rehearsals	7, 8, 9	Friday
Dance Show Rehearsals	7, 8, 9	Friday
Senior Gymnastics Squad	All Years	Friday
Beginners' Climbing	7	Friday
Industrial Cadets Gold Project	J6	Friday
Christian Union	All years	Friday
Spanish Clinic	All years	Friday
Chemistry Clinic	7, 8, 9, 10, 11	Friday
Junior Art Club	7, 8, 9	Friday
Knitting & Crochet Club	All years	Friday
German Speaking Clinic	11	Friday
Advanced Maths	S6	Friday
Negative Number Club	7	Friday
Classics KS3 Clinic	7, 8, 9	Friday
RS Clinic	All years	Friday
Classics Book Group	9, 10, 11, J6, S6	Friday
Neurodivergence Society	All Years	Friday
Taekwondo	All years	Friday
Greek intermediate Certificate	10, 11	Friday

Girls in girls schools are nearly five times more likely to play cricket and 30% more likely to play football.

Girls' Schools Association, 2025

Activity	Year	Day
Junior Librarians (By invitation)	7, 8, 9	Various
Junior Librarians (By invitation)	7, 8, 9	Various
GCSE Book Group	10, 11	Half termly, run jointly with WGS and MGS. All welcome!
Sixth Form Book Group	J6, S6	Variable
Onward	J6, S6	Various

Our whole school community takes part in our bi-annual Balance Week, in which no homework is set and engaging activities are on offer, ranging from crochet to circus skills – emphasising the importance of work-life balance for all of our pupils and staff.

Senior students enjoy dedicated weekly Well Being lessons, which provide a dedicated space to broaden their experiences, skills, compassion and tolerance – with activities from a six-week course in British Sign Language, to Personal Statement writing support sessions.

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THE SUNDAY TIMES SCHOOLS GUIDE 2025 TOP 5 INDEPENDENT SCHOOL FOR ACADEMIC EXCELLENCE NORTH WEST

THE SUNDAY TIMES SCHOOLS GUIDE 2026 TOP 5 INDEPENDENT SCHOOL FOR ACADEMIC EXCELLENCE NORTH WEST

FINALIST 2026 INDEPENDENT SCHOOLS OF THE YEAR AWARDS IN ASSOCIATION WITH schoolsadvisor

EDUCATION CHOICES SENIOR WINNER 2026 ENVELOPING EDIB IN THE CURRICULUM Manchester High School for Girls

TE 2026 FINALIST TE Awards for Innovation in Education

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