






Enrichment Choices January to March 2018

Monday 3.00 – 4.00

| | |
|---|---|
| <p><u>ATHLETICS – FIELD & THROWS</u> Miss B Webb & Miss S Kirkham Room: Field Number of Pupils: 40</p> <p><i><u>This club will start on Monday 19th February</u></i></p> <p>If you participated in a track or throwing event at Area Sports or enjoy athletics and want to develop your performance in track or throwing events, this is the club for you.</p> |  |
| <p><u>CROSS COUNTRY</u> Miss B Webb Room: Field Number of Pupils: 40</p> <p>For the first half term only. Ending Monday 5th February</p> <p>One of the main focus sports in St Edmund's, why not be part of the team.</p> |  |
| <p><u>FOOTBALL</u> Mr C Hart & Mr D Byrne Room: Field Number of Pupils: 30</p> <p>This club is available to all students who would like to play football, whether as a team player or just for fun.</p> |  |
| <p><u>YOGA</u> Miss Aireton-Downer Room: Dining room Number of Pupils: 30</p> <p>Focus on breathing, balance, stretching and releasing tension. Improve the health, performance, and mental sharpness of individuals interested in improving their level of fitness.</p> |  |
| <p><u>ZUMBA</u> Mrs K Pugh Main Hall Number of Pupils: 30</p> <p>Zumba is very infectious and is definitely the latest, most exciting fitness sensation! What a fun way to workout.</p> |  |

FUN WITH MATERIALS

Mrs S Ramsay
Room: O3.1
Number of Pupils: 16

Have fun sewing a variety of items, from cupcakes, chocolates and ice creams to animals, brooches, pincushions and phone cases.

This is a sociable and relaxed club, where we make a variety of fun things that make ideal gifts and will make you smile!

Cost: £10.00 per enrichment period.



BASKETBALL REC

Miss S Kirkham
Room: Wyvern Sports Hall
Number of Pupils: 30

If you are interested in basketball, you should attend this activity.

For the first half term only. Ending Monday 5th February



HOMEWORK/GAMES CLUB

If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options

- Homework/Games – room O2.5
- Homework requiring the use of a computer – room O2.4

Please note that **you must** attend one of the above



MUSIC TECHNOLOGY

Mr M Ferguson
Room: Music
Number of Pupils: 16

Ever considered producing your own music? Ever wondered how DJs and musicians create beats? Ever wanted to record your songs for the world to hear? Then why not learn about Music Technology? Music Technology focuses on the equipment that is used by musicians to help them make music. If you would like to have a go creating music in this way, why not give Music Technology a go?



STRING ORCHESTRA

Miss S Trenchard
Room: Music
Number of Pupils: 25

This is open to string players of all abilities. We play a wide variety of music such as film and show themes, folk music and jazz. Please see Miss Trenchard for details.



Monday 3.00 – 5.00

COOKERY CLUB

Mrs T McInerney
Room: Cookery Suite
Number of Pupils: 16

Love food? Then come and have fun cooking lots of different sweet and savoury dishes.

Something new every week!

Cost: £15.00 per enrichment period.



Monday 3.20 – 4.45

CHEERNASTICS





Miss A Hayward
Room: Gym

You can get to perform acrobatic feats – leaps, flips, turns, handstands and more – on a piece of apparatus such as a balance beam, or with a piece of apparatus like a rope or ribbon.

THIS IS BY INVITE ONLY AND TRIALS ARE MONDAY 18TH DECEMBER



Tuesday 3.00 – 4.00

| | |
|--|---|
| <p><u>FITNESS BOOTCAMP</u> Miss K Yiangou Room: Fitness Suite Number of Pupils: 30</p> <p>A fun and different fitness workout, using a mixture of apparatus, equipment and body weight exercises, with loud music and lots of motivation.</p> |  |
| <p><u>NETBALL Yrs 7&8 REC</u> Miss H Adkins/Miss L Dyer Room: Netball Courts Number of Pupils: 35</p> <p>This club is available to Year 7&8 pupils who would like to get involved in netball at St Edmund's whether as a team player or playing just for fun.</p> |  |
| <p><u>RUGBY Yr 8-11</u> Mr D Byrne Room: Field</p> <p>Come and be part of the team training for the Schools Games.</p> <p>It's fast, furious, fun and a little bit muddy.</p> |  |
| <p><u>BASKETBALL SQUAD Yr 8-11</u> Miss S Kirkham Room: Wyvern Sports Hall Number of Pupils: 35</p> <p>If you are in the basketball squad, you should attend this activity.</p> |  |

KICK BOXING

Mr L Lashmar
Room: Dining Room
Number of Pupils: 30

Martial Arts Fitness classes combine elements from various Martial Arts backgrounds to bring you practical street wise self-defence, exciting pad work drills and high energy work outs guaranteed to get your pulse racing.

These classes will help improve your fitness, strength, stamina, flexibility, coordination and awareness whilst promoting a healthy lifestyle and essential life skills within a fun and friendly atmosphere.

The physical release combined with the natural endorphins produced by your body during this form of exercise will help alleviate stress and tension and promote a happier, healthier and more confident you.



TRAMPOLINING (PE GCSE)

Miss B Webb
Room: Gym
Number of Pupils: 16

This is for students who are doing Trampolining for their PE GCSE, please speak to Miss Adkins before you sign up.

For the first half term only. Ending Tuesday 6th February



SEW WHAT!

Ms J Christie
Room: O3.6
Number of Pupils: 10

Using simple hand sewing techniques you will produce interesting and unique hand crafted items.

Our focus is on longer projects which will allow you to produce more complex designs such as teddy bears, bunnies, cushions, door organisers and sleepover bags, using a wide range of fabrics, ribbons, embroidery thread, buttons and beads.

This club is suitable for all abilities from beginners to experienced sewers, sign up and join us!

Cost: £10.00 per enrichment period.



HOMEWORK/GAMES CLUB

If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options

- Homework/Games – room O2.5
- Homework requiring the use of a computer – room O2.4

Please note that **you must** attend one of the above.



CHOIR

Mrs P Randall

Room: Music

Number of Pupils: 60

Everyone is welcome to join the choir. We sing all types of exciting music and get to perform in concerts. You don't need to have had any singing lessons or to have been in a choir before to join. Just come along and have a go. It is really good fun and everyone enjoys it.



Tuesday 3.00 – 5.00

COOKERY CLUB

Mrs F McTeare

Room: Cookery Suite

Number of Pupils: 16

Love food? Then come and have fun cooking lots of different sweet and savoury dishes.

Something new every week!

Cost: £15.00 per enrichment period.



FELT MAKING

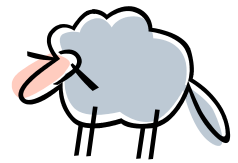
Mrs S Waters
Room: O3.5
Number of Pupils: 16

Come and learn the ancient art of felt making. It's like painting, but with fibres! Turn dyed fleece into an array of great felted articles. No experience is necessary. Those new to the enrichment will learn the art of wet felting using warm soapy water and friction to bond the fibres together along with dry needle felting, where the fibres are entangled using a needle.

In the first few weeks you will learn to make flat felt pictures and beads, you will then progress to 3D work, such as bowls, phone cases, and pencil cases.

Once the basics have been learnt you are free to design and make whatever your imagination can come up with - hats, bags, scarves, slippers, cushions, felt jewellery and needle felted animals are to name a few.

Cost: £10.00 per enrichment period.



THE DUKE OF EDINBURGH'S AWARD

Miss B Webb, Miss A Sluman
Room: TBC

This club will start after the half term Tuesday 20th February

This activity is compulsory for all Year 10 Duke of Edinburgh participants.



Tuesday 4.00 – 5.00

CHAMBER CHOIR

Mrs P Randall
Room: Music
Number of Pupils: 25

This choir is for invited members only. Mrs Randall will ask you to join. You do have to sing in the main choir as well. So if you are interested, join the main choir and work your way up to the smaller chamber choir.

Please note that if you are in the chamber choir you must also sign up for the main choir.



Wednesday 3.00 – 3.50

BADMINTON

Mr S Woodhouse
Room: Wyvern Sports Hall
Number of Pupils: 15

This is available to all students who would like to get involved in badminton and are not in the squad.



Wednesday 3.00 – 4.00

FENCING

Mr G Evans
Room: Dining Room
Number of Pupils: 12

If you are reluctant to take part in team games you may enjoy the individuality of fencing. The course will be very practical in nature and help to improve skill levels, coordination and general fitness. Equipment and protective clothing will be supplied.

This session is **NOT** for squad members.







HOMEWORK/GAMES CLUB

If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options

- Homework/Games – room O2.5
- Homework requiring the use of a computer – room O2.4

Please note that you must attend one of the **above**



| | |
|---|---|
| <p><u>NETBALL YEAR 9,10 & 11</u> Miss L Dyer Room: Netball Courts Number of Pupils: 40</p> <p>This club is available to Yrs 9-11 pupils who would like to get involved in netball at St Edmund's whether as a team player or playing just for fun.</p> |  |
| <p><u>STEM Challenge Yr 8 & 9</u> Mrs T Cummings Room: O3.4 Number of Pupils: 20</p> <p>Do you like problem solving, coming up with new ideas and working together to help others? We are looking for teams of up to 5 to enter a Salisbury wide STEM competition. The challenge is to design a product to help people in the poorest parts of the world, and to present it to a panel of judges in March. This is a great opportunity for year 8&9 girls to show off your science, technology, engineering and maths skills!</p> |  |
| <p><u>ROCK BAND YEAR 8, 9, 10 & 11</u> Mr M Ferguson Room: Music Number of Pupils: 20</p> <p>Come and join our exciting new music enrichment. Run by a specialist rock guitarist this is aimed at all players of electric/bass guitar, drum kit and rock style singers.</p> <p>You will work on band skills and put together some pieces of your own choice. Depending on numbers we may split into smaller bands and work around the department putting your own music together. Come and give it a try!</p> |  |
| <p><u>SOCK CREATURES</u> Mrs S Ramsay Room: Room O3.6 Number of Pupils: 16</p> <p>Enjoy making some amazing creatures from colourful socks. Cute cats, cheeky monkeys, unicorns, dragons, aliens, monsters and more.</p> <p>You will also learn how to design and make your own unique creatures. Let your imagination run wild. Socks will never be the same again!</p> <p>Cost: £10.00 per enrichment period.</p> |  |

Wednesday 3.15 – 4.15

TRAMPOLINING

Mrs S Burt
Room: Gym
Number of Pupils: 15

If you are not in the trampolining squad and would like to have a go this is the club for you.

This session is **NOT** for squad members.



Wednesday 3.00 – 5.00

COOKERY CLUB

Mrs F McTeare
Room: Cookery Suite
Number of Pupils: 16

Love food? Then come and have fun cooking lots of different sweet and savoury dishes.

Something new every week!

Cost: £15.00 per enrichment period.



Wednesday 3.50 – 4.40

BADMINTON (SQUAD)

Mr S Woodhouse
Room: Wyvern Sports Hall
Number of Pupils: 15

This is for students who are in the squad.



Wednesday 4.00 – 5.00

FENCING (SQUAD)

Mr G Evans

Room: Dining Room

Number of Pupils: 12

If you are in the fencing squad, you should choose this activity.



Wednesday 4.15 – 5.15

TRAMPOLINING (SQUAD)

Mrs S Burt

Room: Gym

Number of Pupils: 16

If you are in the trampoline squad you should choose this activity.



Thursday 3.00 – 4.00

HOMEWORK/GAMES CLUB

If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options

- Homework/Games – room O2.5
- Homework requiring the use of a computer – room O2.4

Please note that **you must** attend one of the above



PARKOUR

Mr M Young

Room: Gym

Number of Pupils: 16

The class will be accessible for all abilities and will consist of jumping, vaulting, basic acrobatics and obstacle courses. The aim of the sessions will be to improve strength, balance, fitness and confidence when overcoming challenges (no matter how small the challenge is!).



THE ALICE COURSE YEAR 7, 8 & 9

Sophie or Jen in Student Support

Room: O1.4

Number of Pupils: 20

The Alice Course is for anyone who desires to become the best version of themselves!

Each week we'll go on a journey exploring the highs and lows of your teenage years. The course is full of fun activities, great conversation and is a relaxed place to be with your friends at the end of your day.

We want to create a space for us all to chat together over hot chocolate and snacks, hear what it's really like to be you and how we can journey together to become all that you want to be.

Who is Alice? You and me. The ordinary, everyday girl trying to journey through the highs and lows of their teenage years!

The course is run by The Bridge Project and so led by your Lay Chaplain. If you would like to know more please speak to Sophie or Jen in Student Support.



KICK BOXING

Mr L Lashmar

Room: Dining Room




Number of Pupils: 30

Martial Arts Fitness classes combine elements from various Martial Arts backgrounds to bring you practical street wise self-defence, exciting pad work drills and high energy work outs guaranteed to get your pulse racing.

These classes will help improve your fitness, strength, stamina, flexibility, coordination and awareness whilst promoting a healthy lifestyle and essential life skills within a fun and friendly atmosphere.

The physical release combined with the natural endorphins produced by your body during this form of exercise will help alleviate stress and tension and promote a happier, healthier and more confident you.



| | |
|---|---|
| <p><u>NETBALL 'A' TEAMS ONLY YRS 7-10</u> Miss H Adkins/Miss L Dyer Room: Netball Courts Number of Pupils: 35</p> <p>This club is for Years 7-10 who are involved in netball A team at St Edmund's.</p> |  |
| <p><u>SEW WHAT!</u> Ms J Christie Room: O3.6 Number of Pupils: 10</p> <p>Using simple hand sewing techniques you will produce interesting and unique hand crafted items.</p> <p>Our focus is on longer projects which will allow you to produce more complex designs such as teddy bears, bunnies, cushions, door organisers and sleepover bags, using a wide range of fabrics, ribbons, embroidery thread, buttons and beads.</p> <p>This club is suitable for all abilities from beginners to experienced sewers, sign up and join us!</p> <p>Cost: £10.00 per enrichment period.</p> |  |
| <p><u>STREET DANCE</u> Miss K Austwick Room: Drama/Dance Studio Number of Pupils: 30</p> <p>If you would like to have a go at breaking, locking and popping this is the dance class for you.</p> |  |
| <p><u>TEAM DT</u> Miss S Hubbard and Mrs T Cummings Room: O3.2</p> <p>Invite only Enrichment Club to challenge and enthuse G&T pupils in Design Technology through a range of activities encompassing Food Technology, Textiles, Product Design and STEM.</p> <p>Cost: £10.00 per enrichment period.</p> | <p>#Team DT</p> |

YEAR 7 SCIENCE CLUB

Mr P Cutts
Room: W2.2
Number of Pupils:20

Extend and challenge your scientific thinking! This enrichment activity is a fun, interactive, practical club for enthusiastic Year 7 Scientists.



GCSE DANCE

Mrs S Hayakawa
Room: Hall

These are KS4 Dance Companies linked to GCSE Dance, invited pupils only.

Students will be working on projects which will build up to both school and community performances.



Thursday 4.00-5.00

FELT MAKING

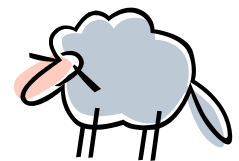
Mrs S Waters
Room: O3.5
Number of Pupils: 16

Come and learn the ancient art of felt making. It's like painting, but with fibres! Turn dyed fleece into an array of great felted articles. No experience is necessary. Those new to the enrichment will learn the art of wet felting using warm soapy water and friction to bond the fibres together along with dry needle felting, where the fibres are entangled using a needle.

In the first few weeks you will learn to make flat felt pictures and beads, you will then progress to 3D work, such as bowls, phone cases, and pencil cases.

Once the basics have been learnt you are free to design and make whatever your imagination can come up with - hats, bags, scarves, slippers, cushions, felt jewellery and needle felted animals are to name a few.

Cost: £8.00 per enrichment period. **Cost reflects reduced number of sessions for Thursday – dates can be given.**



PARKOUR

Mr M Young
Room: Gym
Number of Pupils: 16

The class will be accessible for all abilities and will consist of jumping, vaulting, basic acrobatics and obstacle courses. The aim of the sessions will be to improve strength, balance, fitness and confidence when overcoming challenges (no matter how small the challenge is!).



Friday 3.00 – 3.45

DDMIX

Mrs C Hodges
Room: Hall
Number of Pupils: 30

DDMIX is a new full body aerobic workout based on a range of different dance styles with easy to follow steps. Something for everyone to enjoy! Anything from 1960s and Hand Jive to African and Bollywood.

**ULTIMATE FRISBEE**

Mr J Usherwood
Number of Pupils: 20

Ultimate frisbee, is a non-contact team sport played by players with a Frisbee. It is played with a large team but with only 5-7 players on each team playing at a time. It is fast paced and great fun once you have mastered the art of throwing and catching a Frisbee.



Friday 3.00 – 4.00

FENCING

Mr G Evans
Room: Dining Room
Number of Pupils: 12

If you are reluctant to take part in team games you may enjoy the individuality of fencing. The course will be very practical in nature and help to improve skill levels, coordination and general fitness. Equipment and protective clothing will be supplied.

This club is also suitable for squad members



VOLLEYBALL

SSgt J Postance
Room: Gym

Volleyball is a fast moving team sport, come and learn how to block, spike and dig.



HOMEWORK/GAMES CLUB

If you are on the school site after the end of the school day, but are not taking part in an enrichment activity, you have the following options

- Homework/Games – room O2.5
- Homework requiring the use of a computer – room O2.4

Please note that **you must** attend one of the above



MUSIC THEORY

Mrs E Ritchie
Room: Music

This session is open to all pupils who are working towards a music theory exam. Whether you are thinking about taking your grade 1 or preparing to take your grade 5 this will help.

Or perhaps you are doing GCSE music and would like extra help with the theory side of the course?

