



ENRICHMENT

April to July 2018



Overview

MONDAY			NOTE
Yoga	Dining Hall	3-4pm	
Cheernastics	Gym	3:20-4.45/5pm	
Zumba	Main Hall	3-4pm	
Athletics	Field	3-4pm	
Rounders	Field	3-4pm	
Fun with Materials	O3.1	3-4pm	
Music Technology	Music	3-4pm	
String Orchestra	Music	3-4pm	
Homework/Games	O2.4/O2.5	3-4pm	
Cookery	Cookery	3-5pm	
TUESDAY			
Fitness Bootcamp	Fitness Suite	3-4pm	
Kickboxing Beginners	Dining Hall	3-4pm	
Tennis Yrs 7,8 &9	Courts	3-4pm	
Rounders	Field	3-4pm	
Sew What	O3.6	3-4pm	
Homework/Games	O2.4/O2.5	3-4pm	
Cookery	Cookery	3-5pm	
Felt Making	O3.5	3-5pm	
Duke of Edinburgh	O2.6	3-5pm	
Choir	Music	3-4pm	
Chamber Choir	Music	4-5pm	
WEDNESDAY			
Badminton (All years)	Wyvern SH	3-4.40pm	Session 1 3-3.50pm. Squad 3.50-4.40pm
Cricket (All years)	Field	3-4pm	
Fencing (recreation)	Dining Hall	3-4pm	
Fencing (squad)	Dining Hall	4-5pm	
Trampolining (recreation)	Gym	3.15-4.15pm	
Trampolining (squad)	Gym	4.15-5.15pm	
Rockband Yrs 8,9,10,11	Music	3-4pm	
Homework/Games	O2.4/O2.5	3-4pm	
Sock Creatures	O3.6	3-4pm	
Cookery	Cookery	3-5pm	
THURSDAY			
Kickboxing Advanced	Dining Hall	3-4pm	For those who have been doing Kick Boxing before
Touch Rugby Yr 7&8	Field	3-4pm	
Climbing	TBC	3-4pm	Invite only
Tennis Intermediate to Advanced	Courts	3-4pm	
Parkour	Gym	3-5pm	2 x 1 hour sessions 3-4pm & 4-5pm
French	M1.5	3-4pm	
Spanish	M1.3	3-4pm	
Street dance	Dance studio	3-4pm	
GCSE Dance	Main Hall	3-4pm	
Alice Course Yrs 7,8&9	O1.4	3-4pm	
Team DT	O3.2	3-4pm	Invite only
Yr 7 Science	W2.2	3-4pm	
Sew What	O3.6	3-4pm	
Homework/Games	O2.4/O2.5	3-4pm	
Felt Making	O3.5	3-5pm	
FRIDAY			
Ultimate Frisbee	Wyvern SH	3-4pm	
Fencing	Dining Hall	3-4pm	
Music Theory	Music	3-4pm	
Debate	M2.5	3-4pm	
Homework/Games	O2.4/O2.5	3-4pm	

Monday 3.00 – 4.00

ATHLETICS – FIELD & THROWS

Miss H Adkins & Miss S Kirkham

Room: Field

Number of Pupils: 40

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.



YEAR 9 & 10 ROUNDERS

Miss B Webb

Room: Field

Number of Pupils: 40

Rounders, the best summer game in the world! This club is for those who are in the school team and those who just like playing for fun.



YOGA

Miss M Rae

Room: Dining room

Number of Pupils: 30

Focus on breathing, balance, stretching and releasing tension. Improve the health, performance, and mental sharpness of individuals interested in improving their level of fitness.



ZUMBA

Mrs K Pugh

Main Hall

Number of Pupils: 30

Zumba is very infectious and is definitely the latest, most exciting fitness sensation! What a fun way to workout.



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.



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
- Silent study room – room O2.5

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.



Tuesday 3.00 – 4.00

FITNESS BOOTCAMP

Miss K Yiangou
Room: Fitness Suite
Number of Pupils: 30

A fun and different fitness workout, using a mixture of apparatus, equipment and body weight exercises, with loud music and lots of motivation.



YEAR 7 & 8 ROUNDERS

Miss S Kirkham
Room: Field
Number of Pupils: 40

Rounders, the best summer game in the world! This club is for those who are in the school team and those who just like playing for fun.



YEAR 7,8 & 9 TENNIS

Mrs C Barry
Room: Tennis Courts
Number of Pupils: 24

Whether you are an experienced tennis player or just like to play for fun and want to improve your tennis skills, this is the club for you.

This club is run by an experienced coach who will work on both skills and technique.



KICK BOXING-BEGINNERS

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.



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
- Silent study room – room O2.5

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.



THE DUKE OF EDINBURGH'S AWARD

Miss B Webb, Miss A Sluman
Room: O2.6

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



FELT MAKING

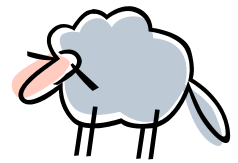
Mrs S Waters
Room: O3.5
Number of Pupils: 16

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.



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

<p><u>FENCING</u> Mr G Evans Room: Dining Room Number of Pupils: 12</p> <p>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.</p> <p>This session is NOT for squad members.</p>	
<p><u>HOMEWORK/GAMES CLUB</u></p> <p>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</p> <ul style="list-style-type: none">• Homework/Games – room O2.5• Homework requiring the use of a computer – room O2.4• Silent study room – room O2.5 <p>Please note that you must attend one of the above</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>CRICKET</u> Mr D Byrne Room: Field Number of Pupils: 40</p> <p>This club is suited to all abilities, whether you have never played before, would like to come along and learn a new sport, or if you played for the school team last season.</p>	

SOCK CREATURES

Mrs S Ramsay
Room: Room O3.6
Number of Pupils: 16

Enjoy making some amazing creatures from colourful socks. Cute cats, cheeky monkeys, unicorns, dragons, aliens, monsters and more.

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!

Cost: £10.00 per enrichment period.



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
- Silent study room – room O2.5

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.

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.

Not for those that have already completed an Alice Course before.



KICK BOXING-ADVANCED






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



Have you started to master the Martial Arts Fitness class? If you want to continue and progress with the elements of various Martial Arts then this is the class for you.

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.

This class is for those who have been doing Kick Boxing Enrichment Clubs already and want to learn more.



<p><u>TOUCH RUGBY Yr 7&8</u> Mr D Byrne Room: Field 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>TENNIS-INTERMEDIATE TO ADVANCED</u> Mrs C Barry Room: Tennis Courts Number of Pupils: 16</p> <p>For those who have played tennis before and want to continue and improve their skills.</p>	
<p><u>CLIMBING</u> Miss H Adkins Room: TBC</p> <p>INVITE ONLY</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>LANGUAGE CLUB (FRENCH)</u> Mrs A Garbett Room: M1.5 Number of Pupils: 30</p> <ul style="list-style-type: none"> • Do you like travelling abroad? • Do you like to get to know different cultures? • Do you like to improve your problem-solving skills and communication skills? 	

<ul style="list-style-type: none"> • Are you interested in la cuisine française? • Would you like the chance to watch un film français? <p>Then come to the French Enrichment club! You will be able to learn a second language and to continue studying your favourite language without the stress of preparing for assessments.</p> <p>The sessions will be open to all KS3 students and will last one hour. Year 9 will find this particularly beneficial, especially if they are planning to pick their second language for GCSE.</p>	
<p><u>LANGUAGE CLUB (SPANISH)</u> Mrs A Maxwell Room: M1.3 Number of Pupils: 30</p> <ul style="list-style-type: none"> • Do you like travelling abroad? • Do you like to get to know different cultures? • Do you like to improve your problem-solving skills and communication skills? <p>Then come to the Spanish Enrichment club! You will be able to learn a second language and to continue studying your favourite language without the stress of preparing for assessments.</p> <p>The sessions will be open to all KS3 students and will last one hour. Some year 9 will find this particularly beneficial, especially if they are planning to pick their second language for GCSE.</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 3.00-5.00

FELT MAKING

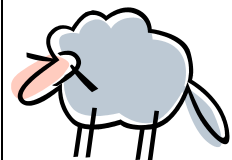
Mrs S Waters
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PARKOUR

Mr M Young
Room: Gym
Number of Pupils: 16

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Friday 3.00 – 4.00

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.

**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

HOMEWORK/GAMES CLUB

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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?



DEBATE CLUB

Mrs H Wake

Room: M2.5

Number of Pupils: 20

Debate Club is a really exciting opportunity for students to develop their speaking skills and their confidence through preparing and delivering debates on a wide range of topics. We will also work towards taking part in debating competitions for those who are interested; for year 9 students, we already have an opportunity to take part in a national debating competition.

Debating is open to all years and all abilities, although you must be willing to speak in front of people. If you are someone who likes to argue, this is definitely the enrichment for you!



Enrichment Choices Form: Terms 5&6 April to July 2018

Student Name..... **Tutor group**.....

1. If you would like to go home rather than do an enrichment club, write 'HOME' in the 1st Choice box for that day.

2. This form must be completed and returned to your tutor **with a parent/carer signature, by Monday 19 March.** **SQUAD & CHAMBER CHOIR WILL AUTOMATICALLY CONTINUE**

	1st Choice Time/Cost	2nd Choice Time/Cost	3rd Choice Time/Cost	4th Choice Time/Cost	5th Choice Time/Cost
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

I have paid £ through ParentPay/I have contacted Mrs Williams. Signed: (Parent/Carer)

Print Parent/Carer Name:.....

Date:.....