



archer
ACADEMY

ENRICHMENT

Spring 2018

Year 7 & 8

Welcome to the Second Term of your Enrichment Programme!

At the Archer Academy we think that life outside of the classroom is really important in developing your lifelong love of learning. We want you to have a wide range of opportunities to try new things, develop existing talents and have some fun!

This guide explains what you can do throughout term two. You are welcome to choose some of the same things as last term, but why not pick some of the new options that are also on offer this term?

A Reminder of the Enrichment Procedure

How does enrichment work?

Enrichment happens every Tuesday and Thursday as part of our extended day. Your lessons will finish at 2:50pm and you will then have a 15 minute break before your enrichment courses start. We encourage you to bring a drink and a snack on a Tuesday and a Thursday to have during your break. In your break you should get changed if you need to and go outside for some fresh air. You need to go directly to your enrichment classroom or meeting point ready for a 3:05pm start.

Some courses are held at venues outside of school; so make sure you know where you need to meet your course leader and be prompt to arrive. You may need to get changed at lunchtime.

Enrichment times

Tuesday: 3:05pm to 4:05pm

Thursday 3:05pm to 4:05pm

How do I make my choices?

You need to make a "Tuesday" choice and a "Thursday" choice for this term. To help you to do this you will attend an Enrichment Fair. At your Enrichment Fair you will be able to meet each of the leaders of the different courses and find out more about what they are offering. Each course leader will have a stall set out in the school. On the next page you can see where each stall will be and you should use this to navigate yourself around the fair.

Before you go to the Enrichment Fair you should read this booklet carefully as it gives you an overview of the different courses available to you this term. It is also a good idea to show this booklet to your parents and discuss what grabs your attention with them. To help you make good use of your time at the fair it is worth deciding what might be your **top five courses** in advance. By making some decisions before the fair, you will know which stalls to head for first.

At each stall the course leaders will have information available to you. You can ask them questions and see if their course is something that you would like to do.

Your form tutor will give you some information, including some strategies in how to make your choices before and after the fair.

Once you have made your choices you need to complete a "Choice Form" very carefully. At the end of the Enrichment Fair you will need to complete one form for your Tuesday choice and a different one for your Thursday choice and hand them in to your form tutor.

We hope to be able to give every student their first choice but each course has a limited number of places, therefore it is important that you think carefully about what you would like to do if you do not get your first choice. If you don't get your first choice this term you will get priority next term.

What should I think about when making my choices?

Making decisions is always difficult, particularly when you have a lot of choices available to you. As you move up through the Archer Academy you will have more and more opportunities to make choices about what you do. It is very exciting to have choice, but it can also be a little daunting as you might worry that you make the wrong decision.

The following strategies might help you:

- ✓ Read the booklet through carefully and make a list of the things you most like about each course
- ✓ Discuss the things you like about each course with someone at home
- ✓ Be brave and make sure you don't rule out anything you have never tried before, or think you might not be very good at (you don't know until you try)
- ✓ Plan some questions you would like to ask the different course leaders at the Enrichment Fair
- ✓ Identify the five courses that most interest you before the Enrichment Fair so that you do not feel too overwhelmed
- ✓ Remember your form tutor is there to help, so do ask their advice

Look carefully at the number of places available for each course, some have small numbers.

Remember, you get to make fresh choices next term so don't worry that you are missing out.

What happens at the Enrichment Fair?

Your lessons will finish at 2:50pm and you then have a 15 minute break. At 3.05pm you need to make sure you are lined up outside in your tutor group, you will then go to the fair for 20 minutes in this time you will have time to explore the Enrichment Fair and talk to all the course providers. Remember to bring your booklet. At 3:30pm you will need to head back to your form room. The teacher will give you some information about the Enrichment Fair and how to make your choice, you will then need to complete your choice form.

You will find out which courses you have secured the following week. Group lists will be displayed in the Dining Room and Sports Hall Foyer.

Archer Arrow and Archer Golden Arrow

It is important to recognise the progress and achievements gained from these sessions. The 'Archer Golden Arrow' is an award given by each enrichment teacher to the one student who has made the most progress during the course of that enrichment. Several 'Archer Arrows' are smaller awards given to several students who have excelled in their enrichment. Look out for what the description says you need to do in order to impress your teachers.

TUESDAY CHOICES

The information below outlines the courses you can choose from on a Tuesday. Have a good read. It is all very exciting!

Cooking

Tutor	Ms. Walter
Year	7 & 8
Maximum Numbers:	14
What you will be doing:	Over the coming term you will learn to prepare and cook a selection of tasty dishes any teenager would eagerly devour. Whether it be for yourself or to impress a friend or family member you will come away feeling confident and equipped to master a number of delicious and healthy dishes.
Skills you will develop:	Each session you will learn a different skill. From the most basic skill of cutting and peeling to pan searing chicken, baking scones to learning the fine art of a fresh basil pesto.
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Cooking is social and you'll have fun cooking together with friends2. You will be surprised how easy and enjoyable cooking actually is3. You get to eat what you make or take it home to share with your family
Archer Arrow:	Awarded to the student who shows the most improvement in their technique
Golden Arrow:	Awarded to the student who shows improvement, enthusiasm and exceptional skill
You will need:	To remember to bring in ingredients each week. You will receive a recipe for the following week with the ingredients listed. Also, come to each lesson with open minded taste buds and try news foods and tastes!

Geography Film Club

Tutor	Ms Jouhal
Year	7 & 8
Maximum Numbers:	25
What you will be doing:	Documentaries and films within Geography are a fantastic way of observing different countries, cultures and locations. Geography film club will showcase a range of Hollywood films and raw documentaries across a range of human and physical environments. From 'Planet Earth' to 'Slumming it' to 'The Day After Tomorrow', Geography film club has it all!
Skills you will develop:	<ul style="list-style-type: none">• A better understanding of different countries and cultures• An increased appreciation of how Geography shapes the world we live in today
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Highly engaging discussions on topical issues2. An opportunity to see how other people live3. A chance to develop an understanding of geographical issues and events through real life visuals
Archer Arrow:	Active participation and involvement in all sessions
Golden Arrow:	Materialising your understanding through documented evidence such as posters, leaflets, and/or academic writing.
You will need:	Standard school writing equipment

Jiu Jitsu

Tutor	Coach Ibby & Coach Shahab
Year	7 & 8
Maximum Numbers:	20
What you will be doing:	<p>Do you want to get fit, learn a Martial Art and learn self-defence?</p> <p>The martial art of Jiu Jitsu has been termed as having “Combative Completeness”. It consists of strikes, throws, takedowns and control & restraint techniques. It will help you understand how to manipulate movement and trap a person in order to control them, or gain the submission.</p> <p>Jiu Jitsu is a doorway to understanding conflict situations and being able to survive by using angles, weight distribution and diversion against a larger adversary.</p> <p>The Sport element of Jiu Jitsu will allow you to experience movement, attaining and escaping positions and how to set up a submission. All within a very controlled environment. Brazilian Jiu Jitsu is a very technical art and has been referred to as ‘Human Chess’. We strongly encourage females as well as males to take part, regardless of your current fitness level.</p>
Skills you will develop:	<p>The classes are at a good intensity. The technical detail of some of the moves means that there is sometimes a requirement to slow things right down in order to do things properly.</p> <p>It will teach you patience, sensitivity, understanding of dangerous positions and how to use leverage as a powerful tool. There is a route to grading (belts) and competition for those who are particularly adept to the sport.</p>
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. You get to think outside the box and place yourself in a realistic one to one situation, where knowledge is power2. You’re learning a martial art which can be used to defend yourself3. It’s a great way to build self-confidence.
Archer Arrow:	To be awarded to students who show enthusiasm, respect and who train hard at every session!
Golden Arrow:	Awarded to the most accomplished student who’s made the biggest improvement since starting.
You will need:	P.E Kit and water bottle.

Taekwon-do

Tutor	Mr Chris Jones (3 rd degree Black Belt Instructor)
Year	7 & 8
Maximum Numbers:	15
What you will be doing:	<p>Learning the martial art Taekwon-do. The class will follow many of the protocols of traditional Taekwon-do training but also will be adapted to suit a class full of beginners.</p> <p>As class usual begins with a warm-up and fitness related games, also stretching.</p> <p>As Taekwon-do uses kicks, punches and strikes to defend oneself, you will do 'pad work' with protective 'kick shields' to learn a basic repertoire of techniques.</p> <p>You will be shown traditional Taekwon-do 'line work' and some pattern work – prearranged moves against imaginary opponents.</p> <p>Finally, we will discuss and learn some self-defence strategies.</p>
Skills you will develop:	<ul style="list-style-type: none">• A repertoire of kicks, punches, strikes and blocks• Coordination of the body, reflexes, fitness and strength, mental focus• Self-defence-awareness, protecting yourself for attack and being best placed to counter attack
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Fun new approach to exercise and training – fitness will help for other sports.2. Pad work and sparring skills – always fun to try!3. Taekwon-do is a mental discipline – it will make you want to work harder in all areas of your life
Archer Arrow:	Students who show willingness to learn and talent
Golden Arrow:	The student who shows the most discipline in training
You will need:	Loose fitting PE/sports kit. No footwear required. Bottle of water. Females better to wear tracksuit trouser and not sports skirt.

Maths Challenge Club

Tutor Mr S. Icheku

Year 7 & 8

Maximum Numbers: 20

What you will be doing: In those sessions you will have the time to revisit the Big ideas in Maths that students have learnt in Key Stage 2 & 3. We will have time to go through Algebra, Numbers, Geometry and Statistics and how these are applied in real life situations. We will also make use of ICT to improve mathematical understanding by the use of apps such as Kahoot that you can use to consolidate your maths knowledge.

If you feel a bit shaky with numeracy skills or you want to improve your maths skills, this is the Enrichment for you.

Skills you will develop:

- Numeracy skills
- Problem solving skills
- Mathematical skills

Top 3 things about this enrichment:

1. You will boost your Maths grade and be more prepared to face mini-tests and class assessments
2. You will improve your confidence at doing maths activities
3. You will do maths games among other things

Archer Arrow: For students who demonstrate involvement in the session and a will to improve their skills.

Golden Arrow: For the student who makes the most progress throughout the sessions and demonstrates continuous engagement

You will need: A pencil case.

Mad Science

Tutor Mr Wick

Year 7 & 8

Maximum Numbers: 25

What you will be doing/course outcomes:

Lesson 1: Starting with a bang! Creating hydrogen grenades

Lesson 2: Dissection! Dissecting as many different organs as I can get my hands on

Lesson 3: Egg Drop! Creating protections for eggs and dropping them off the roof

Lesson 4: Electricity! Creating whacky electrical circuits using all the physics equipment

Lesson 5: Summoning Demons! Using chemistry to turn sugar into a demon horn

Lesson 6: Microscopes! Creative slide-making for incredible images!

Lesson 7: Lava Lamps! Creating beautiful lava lamps to take home

Lesson 8: Making Putty! Creating stunning and therapeutic putty to take home

Skills you will develop:

- Developing your curiosity
- Experimental appreciation
- The scientific method

Top 3 things about this enrichment:

1. Explosions
2. Awe-inspiring
3. Mind-boggling

Archer Arrow: Helping others to succeed in their creations

Golden Arrow: Consistently getting involved and stuck in to all the activities

You will need: Your fiery imagination and curiosity

History Film Club

Tutor Ms Devi

Year 7 & 8

Maximum Numbers: 25

What you will be doing:

- Watch films and cartoons based on famous Historical events
- Test the accuracy of Historical films
- Widen your knowledge of historical issues
- Quiet space to discuss important historical issues
- Discuss important historical issues and their relevance in the modern world

Skills you will develop:

- Knowledge retention and consolidation
- Analysis of accuracy

Top 3 things about this enrichment:

1. Brings History to life
2. Test the accuracy of films
3. Biscuits!

Archer Arrow: Awarded to students who show enthusiasm

Golden Arrow: Awarded to the person who demonstrates exceptional knowledge and makes thoughtful contributions

You will need: A pen, colours, film ideas!

Sensory Garden

Tutor Mr Naylor

Year 7 & 8

Maximum Numbers: 15

What you will be doing: Are you willing to participate in activities that promote our school community?

Does the development of our outdoor areas interest you?

Our Stanley Road site is now fully established with all the fantastic facilities being used by students and staff. However certain parts of our outdoor spaces could be made better use of. The Archer Sensory Garden club will be tasked with developing the discussed space behind the playground with guest gardeners. We will complete the following tasks on rotation each week:

- Nature refuge design and construction
- Tree planting
- RHS Award submission and weekly photographs
- Guest speaker from the local community
- Local community visit
- Journal presentation

Skills you will develop:

- Peer group discussion and debate
- Learning practical skills for life.

Top 3 things about this enrichment:

1. Working collaboratively to share ideas
2. Contributing to the development of our school
3. Enjoying the sunshine!!

Archer Arrow: Students who contribute to all of the tasks and document their efforts in their journal.

Golden Arrow: The student who leads on parts of the RHS Award submission and weekly photographs.

You will need:

- An apron and gloves
- A small notepad and pen
- Sensible shoes or wellington boots

String Art

Tutor Ms Ashraf

Year 7 & 8

Maximum Numbers: 20

What you will be doing: Over the duration of the course you develop skills in the following areas:

Research – You will be creating a series of string art panels based on your chosen theme. To start this initial process, you will be looking researching into different themes and start collating ideas.

Observational drawings – Based on your theme you are to create a series of observational drawings. These are drawn on paper initially and then experimented with using different materials.

Sculpting/Crafting – You will get the chance to practise how to construct your design onto a wooden panel using nails and different threads/wool. This process involves understanding the different possibilities of constructing the panel with nails, experimenting with different materials for particular designs and understanding the health and safety aspects.

Final Piece – Using the observational drawings and practice exemplars you will create a wood panel using nails to form your design and experiment with different thickness of threads creating intricate patterns. Each student will create their own but can work in a group to create a collaborative piece.

Skills you will develop:

- Research and observational drawing skills
- Constructing and crafting skills
- Collaborative skills

Top 3 things about this enrichment:

1. Research and design your own pattern.
2. Understanding the different constructing and crafting techniques using different tools.
3. Producing a piece of artwork using different techniques and methods.

Archer Arrow: For students who will demonstrate dedication, hard work and resilience.

Golden Arrow: For a student who produces a well-researched design and precise sculpting and crafting techniques using different methods and materials.

You will need: General school equipment and if possible any interesting threads or wool of any kind.

Nessy Fingers: Touch Typing

Tutor Ms Khan & Ms Quilley

Year 7 & 8

Maximum Numbers: 12

What you will be doing: In these sessions you will have the time to learn how to touch type by playing interesting games. You will be challenged to beat the clock and type words and sentences using different games. You will have a choice of activities you can do and no two sessions will be the same. If you want to challenge yourself to become a master at typing this enrichment is for you.

Skills you will develop:

- Typing skills
- Spelling skills
- Mnemonic skills

Top 3 things about this enrichment:

1. You will boost your typing skills to enable you to use a laptop in your exams
2. You will build confidence in reading
3. You will be able to monitor your own progress

Archer Arrow: For students who demonstrate involvement in the session and a will to improve their skills.

Golden Arrow: For the student who makes the most progress throughout the sessions and a will demonstrate continuous engagement

You will need: To be ready to learn new skills!

Ugly Dolls

Tutor Miss Patel

Year 7 & 8

Maximum Numbers: 20

What you will be doing: You will learn how to make an ugly doll.
You will design your own ugly doll.

Then use different hand sewing techniques to create your own ugly doll.

Skills you will develop:

- Problem solving skills
- Textiles and sewing making skills
- Team work and collaboration skills

Top 3 things about this enrichment:

1. You will learn new making skills
2. You can create an ugly doll design of your choice.
3. You can use a variety of different materials, tools and equipment

Archer Arrow: For students who demonstrate dedication, hard work and resilience

Golden Arrow: For the student who can create an exceptional ugly doll

You will need: General school equipment

History Re-enacted

Tutor Ms. Ogbaselase

Year 7 & 8

Maximum Numbers: 25

What you will be doing/course outcomes: The aim of this enrichment will be to look into key periods of time through film. Once students have learned about the periods in question, we will be recreating and re-enacting the scenes before filming and editing our work. This will involve writing our own scripts, thinking carefully about our costumes, filming and editing our work.

Skills you will develop:

- Performance skills
- Research skills

Top 3 things about this enrichment:

1. Learn about different time periods through historical films
2. Construct your own scenes
3. Focus on editing your own short films / scenes

Archer Arrow: Awarded to the student who shows the most effort

Golden Arrow: Awarded to the student who demonstrates exceptional understanding of history and performance skills

You will need: Creative ideas, an interest in History and Drama

Beatboxing

Tutor Mr J Fox (aka Beatfox)

Year 7 & 8

Maximum Numbers: 25

What you will be doing/course outcomes: Beatboxing is a form of hip-hop music in which your voice is used to simulate percussion instruments, especially drums.

You will learn how to work in teams and make decisions to compose your own beatbox performance.

You will be shown that there is more than one way to learn and you can be noisy while learning #DontBeShy

Skills you will develop:

- Vocal control
- Multitasking
- Team building
- Confidence

Top 3 things about this enrichment:

1. It's more practical than academic
2. Get to learn basic music knowledge and skills
3. You get to engage and encourage each other and formulate ideas together

Archer Arrow Getting fully involved in all the activities

Golden Arrow: The student who most excels in sounds and rhythm while showing potential and retaining information

You will need: A bottle of water

Squash

Lead Provider Name Lucas Cannistraci

Year 7& 8

Maximum Numbers: 12 per session

What you will be doing/course outcomes: Provide squash coaching for players of all levels. Participants will learn how to play squash in a fun, social and competitive way.

You will learn the basic shots which include:

- Forehand
- Backhand
- Drops
- Volleys
- Lobs
- Boast

Skills you will develop: The course is designed provide participants with the skills needed to play squash and matches. It will aim to develop the following skills:

- An awareness of racket and ball skills
- Hand eye coordination
- Improve technique and shot selection
- Learn how movement can apply to shots
- Learn rules and develop match play analysis

The sessions will include lots of fitness activities and provide pathways into playing more squash in local clubs.

Top 3 things about this enrichment:

1. You will have lots of fun
2. You will learn a new game and enhance your racket skills
3. It will help to improve your fitness

Archer Arrow: To be awarded to the students who show improvements in their technique

Golden Arrow: The student whose technique improves the most over the period of time

You will need: Clothing suitable for sport and clean indoor trainers. No astros or muddy outdoor shoes. Trainers must be non-marking. If you do not have the right shoes you will not be able to take part.

Football

Tutor	Mr Constantinou
Year	7 & 8
Maximum Numbers:	25
What you will be doing:	<p>Offensive and defensive drills – A chance to work in different scenarios to develop attacking and defending ability.</p> <p>Passing and possession drills – Learn to keep possession when under pressure from opposition.</p> <p>Shooting practice – develop your shooting ability from moving and dead ball situations.</p> <p>There will be an ongoing league to put the training into action. Whoever is top of the league at the end of the year, wins!</p>
Skills you will develop:	<ul style="list-style-type: none">• Improve fitness and speed• Improve competitive edge• Improve technique
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Learn how to break down a strong defence2. Extend knowledge of Football gained in PE lessons3. Compete against your peers
Archer Arrow:	Awarded to the student who shows the most improvement in their technique
Golden Arrow:	Awarded to the student whose shows improvement, enthusiasm and exceptional skill
You will need:	Full Archer PE Kit and football boots

Forest School – playing and learning in the woods

Lead Provider Name	Janine Young (Wild about our woods CIO)
Year	7 & 8
Maximum Numbers:	12
What you will be doing/course outcomes:	<ul style="list-style-type: none">• Nature exploration• Building dens and other structures• Games and invitations for imaginative play• Natural crafts• Campfire cooking• Using tools, such as palm drills, knives, loppers and saws to develop 'green skills'
Skills you will develop:	<ul style="list-style-type: none">• Green skills – how to use 'green' tools (saws, knives loppers), ropes and equipment• Social skills– being able to build positive relationships with others and be a valued part of community.• Improving fitness and Physical skills– using your bodies and muscles to develop, learning how to use tools and equipment. Being aware of and using your senses.• Emotional Intelligence– being aware of yourself and the feelings of others around you
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. It is fun2. You will learn new skills and learn about yourself too, gaining independence3. It helps you to stay active, fit and creative
Archer Arrow:	For students who will demonstrate involvement in the session and a will to improve their green skills.
Golden Arrow:	For the student who makes the most progress throughout the sessions and will demonstrate continuous engagement
You will need:	Warm clothes, waterproof jacket, sturdy old shoes or hiking boots

THURSDAY CHOICES

The information below outlines the courses you can choose from on a Thursday. Have a good read. It is all very exciting!

Music Reviews

Tutor Ms Severin

Year 7 & 8

Maximum Numbers: 25

What you will be doing: Each week we will be looking at different types of music and writing reviews for the following genres such as K-pop, Classical/ Soundtrack, Folk, Indie, Jazz, Rock, & Pop.

Come along if you are a music lover and interested in listening delving into and widening your music knowledge/ library.

Skills you will develop:

- Critical writing
- Analysing
- Widening knowledge on music

Top 3 things about this enrichment:

1. You get to listen to cool music
2. It's fun
3. You can sing along

Archer Arrow: Consistent, creativity in writing, enthusiasm and hard work!

Golden Arrow: Goes to the best music review across the whole term of enrichment!

You will need: Bring yourself and a pen along! Any suggestions would be great.

Impulse Dancing

Tutor Miss Hacking

Year 7 & 8

Maximum Numbers: 15

What you will be doing/course outcomes: *Do you enjoy learning kinaesthetically? Would you like to learn new dance styles? Do you love music? Would you like the opportunity to perform?*

Each week we will be putting together our dance performance for the dance showcase; this means you will need to work hard and show discipline, energy and enthusiasm!

Miss Hacking will be expecting you to contribute and share your choreographic ideas!

Skills you will develop:

- Developing your dance performance skills (physical / technical)
- Understanding the importance of kinaesthetic learning.
- Team work in terms of rehearsing in groups.

Top 3 things about this enrichment:

1. Exploring dance styles and techniques.
2. Making friends with other Impulse members.
3. Performing dance and developing your skills.

Archer Arrow: Hard work, discipline and enthusiasm!

Golden Arrow: Going above and beyond in rehearsal

You will need: Your Archer Academy CP kit. A bottle of water.

Netball

Tutor Ms Evans

Year 7 & 8

Maximum Numbers: 28

What you will be doing/course outcomes:

- Basic passing skills
- Footwork
- Spatial awareness
- Marking
- Dodging
- Attacking/Defensive skills
- Tactical Game plan
- Link in with Ks3 PE lessons to develop further knowledge of the above skills.
- Be able to play either recreationally or potential to play for a school team.

Skills you will develop:

- Improve cardiovascular fitness.
- Improve socialisation skills with other peers.
- Ability to develop skills already taught within the PE syllabus.

Top 3 things about this enrichment:

1. Learn and understand how to apply the skills required to play Netball.
2. Be able to compete against your peers in a social setting
3. Learn to compete by playing for the school team.

Archer Arrow: To be awarded to students who show improvements in their technique

Golden Arrow: The student whose technique improves the most over the period of time

You will need:

- Archer PE kit
- Water bottle

Archer Ambassadors – French Exchange

Tutor Ms Theve

Year 7 & 8

Maximum Numbers: 25

What you will be doing: You will be exchanging with French students your age from our partner school in Donzy in the Centre of France. You will send and receive letters, videos, emails and even packages with them. You will act as an ambassador for Archer, helping students from France to understand what life is like in an English school whilst learning about the French school system.

Skills you will develop:

- Communication skills in English and French
- Presentation skills (videos/photos)
- French speaking skills

Top 3 things about this enrichment:

1. You will use your knowledge of French for a very concrete goal: Communicate with native speakers!
2. You will make new friends!
3. You will have a chance to meet your pen pals when you get to Y9!

Archer Arrow: Good team worker coming up with creative ideas, strongly involved in each session

Golden Arrow: An excellent team worker coming up with creative ideas, strongly involved in each session and who will make the most effort to practise French as much as possible and will demonstrate progress throughout the term.

You will need: Creativity, Curiosity and some French knowledge!

Rock Climbing

Tutor Mr Tom Kular

Year 7 & 8

Maximum Numbers: 10

What you will be doing/course outcomes: Want to be an Archer climber? Could you be the next spider man?
Appropriate for almost all ages, adding indoor rock climbing to your regular keep fit workout routine yields an array of benefits for young people, no matter what fitness level or prior experience you may bring to the sport. This is an exciting hobby that can lead onto climbing outside.

Skills you will develop: Benefits from using our indoor climbing wall will include increased physical fitness, improved problem-solving skills, building trust and teamwork. Come along and find a new fun way to stay healthy and be part of something new at the Archer Academy!

Top 3 things about this enrichment:

1. Develop your physical strength.
2. Discover a new passion.
3. Help to build our pioneer rock climbing group.

Archer Arrow: A capacity to access a space of “quiet” within themselves during the session.

Golden Arrow: Most improvement by the end of the course

You will need: Archer PE kit.
Bottle of water

Chess

Tutor	Jimmy Mwanang'umbi
Year	7 & 8
Maximum Numbers:	20
What you will be doing/course outcomes:	<p><i>Are you a future Chess Master? Are you tactically minded?</i></p> <p>Chess will allow you to pit your wits against your opponent and try to out manoeuvre them to gain Checkmate.</p> <p>Beginners will be taught how the pieces move and some easy strategy games that don't include all the pieces.</p> <p>More able students will play in tournaments against others and be set Chess challenges.</p>
Skills you will develop:	Chess will allow you to pit your wits against your opponent and try to out manoeuvre them to gain Checkmate.
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Beginners will be taught how the pieces move2. You will learn some good strategy games that don't include all the pieces3. Get compete against your peers
Archer Arrow:	Students who demonstrate and understand many of the tactics and problem solving related to chess.
Golden Arrow:	The student who demonstrates and understands the most tactics and problem solving related to chess.
You will need:	Hard work and a positive approach combined with willingness to learn.

Art History

Tutor Ms. Viviana Witeck

Year 7 & 8

Maximum Numbers: 20

What you will be doing: *What is Art?
Why did people make art in the past?
Why do we still make art today?*

During the course of this enrichment programme you will find out the answer to these questions. Each week you will be learning about a new period of art history and experiment with the materials and techniques used by our predecessors.

Lesson 1 – Prehistoric Art

Lesson 2 – the Ancient Greeks

Lesson 3 :The dark Ages – Gothic Art

Lesson 4: Giotto and the birth of Renaissance

Lesson 5: Baroque – Caravaggio

Lesson 6 : The 19th century

Lesson 7: The 20th century

Lesson 8: Conceptual art

By the end of this enrichment you will be able to tell how art went from this: To This:



Skills you will develop:

Charcoal and chalk drawing - “Greek Style” pottery decoration - Glass painting - The use of the perspective in art - The use of “chiaroscuro” (light and dark) in painting and drawing - The link between colour and meaning

Top 3 things about this enrichment:

1. You will be pushed to think critically
2. You will come across lots of different types of art
3. You will be taught fun and interesting artistic techniques.

Archer Arrow:

For students who will demonstrate dedication, hard work and resilience.

Golden Arrow:

For a student who produces a well-researched creations

You will need:

Pens, pencils and paper

Football Kit Design

Tutor Mr Harris

Year 7 & 8

Maximum Numbers: 25

What you will be doing: We will be exploring the history of football kits and then designing our own, using our own contemporary ideas as well as borrowing from the past.

Skills you will develop: Design and a historical knowledge of football.

Top 3 things about this enrichment:

1. It's all about football
2. It's all about drawing and colouring in.
3. It's got really cool history as well.

Archer Arrow: Full participation and an awareness of skills developed.

Golden Arrow: Full participation and a clear personal development.

You will need: An eye for a great design.

Modern Jazz Dance to Popular Music

Tutor Mrs Howes

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes:

Class is divided into two sections.

First we start with 'Warm-up and technique' involving a series of fun exercises and movement phrases with some partner work, designed to enjoy moving to popular music but also to improve strength, coordination, alignment, flexibility and musicality.

The second half of class embraces creativity and physical expression, learning to interpret the music through 'Dance'. Pupils may perform individually, in groups or as a whole class. Modern Jazz draws on other dance styles plus may include some floor work and a pupils' ability to include minor acrobatics moves if they wish.

Skills you will develop:

- Develop personal confidence to perform individually and in groups
- Exercise quick thinking and decision-making.
- Understanding good physical fitness and a careful warm-up programme •
- The ability to follow instructions and work as part of a group whilst also building confidence to work as team leader

Top 3 things about this enrichment:

1. Learning new dance ideas and moves to ultimately develop your own sequences and choreography to music of your choice
2. Gain enough confidence to lead a class warm-up
3. Understand a basic knowledge of the dance language familiar to all dance styles with some reference to stage direction

Archer Arrow: Hard work, discipline and enthusiasm

Golden Arrow: Always aiming to work above and beyond

You will need:

- Archer Academy CP kit or regular dance wear.
- Bottle of water

Improvisation

Tutor	Mr Dean
Year	7 & 8
Maximum Numbers:	20
What you will be doing:	Exploring the art of improvisation. Creating comedic scenes and developing your on the spot creativity. We will explore improvisation through a variety of dramatic games and exercises and perform outcomes to the group.
Skills you will develop:	<ul style="list-style-type: none">• Performance skills• Improvisation skills• Team working skills
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. You will gain experience in the art of improvisation2. You will develop as a performer3. You will make new friends
Archer Arrow:	For students who demonstrate willingness to push their own performance boundaries.
Golden Arrow:	For the student who develops most as an improviser throughout the course.
You will need:	CP Kit and to be willing to make a fool of yourself.

Table Tennis and Badminton

Tutor	Mr Rollinson
Year	7 & 8
Maximum Numbers:	20
What you will be doing:	You will have opportunities to develop your own knowledge and understanding, skills and tactics in Table Tennis and Badminton.
Skills you will develop:	<ul style="list-style-type: none">• The variety of shots specific to Table Tennis and Badminton (E.g. smash, drop shot, backhand chop)• Tactics you can use in doubles and singles in order to be as effective as possible in competition• Your ability to work with others in order to work towards a common goal (in doubles matches)• Your knowledge and understanding of the rules and regulations of Badminton and Table Tennis• Your ability to describe how you carry out the skills you learn which will enable you to be more effective when helping other students
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. It gives an opportunity to refine your skills in sports that you normally would not have an opportunity to participate in in your PE lessons.2. You can use the skills you will learn each session in competition against other students in a tournament like setting against3. You can make the most of the school's excellent facilities!
Archer Arrow:	Students who: <ol style="list-style-type: none">a) Consistently meet expectations in terms of punctuality, kit and behaviour for learningb) Help others learnc) Make good progress in their own performance
Golden Arrow:	The student who is the most committed to the enrichment and consistently makes effort to improve the performance of others
You will need:	Archer PE kit (including a water bottle), if you have your own badminton racquet or table tennis paddle you are more than welcome to bring it.

Pop Up Cards

Tutor	Miss Patel
Year	7 & 8
Maximum Numbers:	20
What you will be doing:	<p>You will learn how to make a variety of different pop up card mechanisms.</p> <p>You can then create pop up cards based on designs of your choice.</p> <p>They could be pages of a popup book or for a pop up celebration card.</p>
Skills you will develop:	<ul style="list-style-type: none">• Problem solving skills• Creative making skills• Team work and collaboration skills
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. You will learn new making skills2. You can create a pop up design of your choice3. You can use a variety of different materials, tools and equipment
Archer Arrow:	For students who will demonstrate dedication, hard work and resilience
Golden Arrow:	For the student who creates an exceptional pop up
You will need:	General school equipment

Fun Fitness

Tutor Miss Martin

Year 7 & 8

Maximum Numbers: 25

What you will be doing/course outcomes: Between school, studying and friends it can be hard to find time to fit in physical exercise, so why not use your Thursday enrichment to get fit in a fun way?

We will be based on the playground doing a variety of fun, easy fitness routines, team games and competitions to music.

Skills you will develop:

- Developing your fitness
- Building on your confidence
- Giving you more energy

Top 3 things about this enrichment:

1. You will feel more energetic
2. You will feel fitter
3. You will have fun

Archer Arrow: Anyone who gives their best shot at the activities

Golden Arrow: The person who supports others the most in the activities

You will need: Your energy, enthusiasm, a water bottle and your PE kit!

Archery

Lead Provider Name Mr Kevin Wong

Year 7 & 8

Maximum Numbers: 10

What you will be doing/course outcomes: Familiarising yourselves with the safety aspects of Archery.
Learning to shoot Barebow Style
Learning to shoot Recurve Style
Practising Target shooting.

Skills you will develop:

- Discipline when using Archery equipment.
- Learning good posture whilst using correct Muscles.
- Calmness and control while at the shooting line.

Top 3 things about this enrichment:

1. Understanding how good technique will improve performance.
2. Making friends with other Archers.
3. Developing and improving skills learnt.

Archer Arrow: Students who listen and fulfil what your coaches have taught you.

Golden Arrow: The student that is the most hardworking, disciplined and enthusiastic!

You will need: Warm clothing including hat, waterproof coat

Craft of Choreography

Tutor	Felix Denton
Year	7 & 8
Maximum Numbers:	12
What you will be doing/course outcomes:	Contemporary release technique and the craft of improvisation. This course will aim to refine your performance skills in dance and develop your ability to become a choreographer.
Skills you will develop:	<ul style="list-style-type: none">• Contemporary Dance technique• Performance skills• Craft of choreography
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Dance performance opportunities2. Confidence in choreography3. Teamwork
Archer Arrow:	Students that are disciplined, fully focussed and put 100% effort in practical dance classes.
Golden Arrow:	For the student that leads others in choreographic tasks and explores movement taking risks.
You will need:	CP dance kit and a water bottle

Japanese Culture and Language

Tutor Ms Yajima

Year 7 & 8

Maximum Numbers: 20

What you will be doing: Konnichiwa! (Hello!) Are you interested in Japanese culture and language? Do you like Manga, Sushi and karate? Did you know that KARAOKE came from Japan? In this course you will be introduced to Japanese culture and learn some basic Japanese conversation. You might be travelling to Japan for the Tokyo Olympics in 2020!

Skills you will develop:

- Discovering and exploring a different culture
- Understanding the importance of diversity
- Basic communication skills in Japanese

Top 3 things about this enrichment:

1. Experiencing and becoming familiar with Japanese culture
2. Communicating in Japanese
3. Further interest in language qualifications

Archer Arrow: For students who will demonstrate enthusiastic involvement in the classroom activities and the will to improve their skills.

Golden Arrow: For the student who is an excellent team player and makes good progress throughout the sessions with 100% attendance.

You will need: A notepad and a pen.

Horrible Histories

Tutor Ms Ogbaselase

Year 7 & 8

Maximum Numbers: 25

What you will be doing: In this enrichment, you will be watching different episodes and further looking at the topics covered. You will be encouraged to choose areas of interest. In addition to watching Horrible Histories, we will be creating our own history presentations that we will present in a light-hearted yet informative way.

Skills you will develop:

- Research skills
- Communication skills
- Presentation skills

Top 3 things about this enrichment:

1. You will learn fun facts about interesting periods in History
2. You will develop your creative thinking skills
3. You will learn how to present your ideas in an engaging, fun and informative manner

Archer Arrow: For students who consistently demonstrate involvement in the session and a will to improve their skills

Golden Arrow: For the student who makes the most progress throughout the sessions and will demonstrate continuous engagement

You will need: Your enthusiasm!
