



# ENRICHMENT

## Summer 2018

Year 7 & 8

## **Welcome to the Third 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 three. 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

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

### **What happens at the Enrichment Fair?**

Your lessons will finish at 2:50pm and you then have a 15 minute break outside. At 3.05pm you need to make sure you are lined up in your form room, 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.

**NEW UPDATE FOR SUMMER TERM: You will be given a 'Fair Loyalty Card'. Each time you show interest in a stall you will get a stamp.**

- **Collect 8 stamps to gain two achievement codes**
- **Collect 10 to also be entered into a prize draw!!**

**This should be returned to form tutor after fair.**

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.

### **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

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

## Comic Strip Memoirs

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<b>Tutor</b>	Mr Harris
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	24
<b>What you will be doing:</b>	The comic/graphic novel format has grown in popularity over the past decade, particularly in the rise of the memoir genre. We will be looking at a number of these and using them to create our own.
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Storytelling</li><li>• Drawing</li><li>• Developing and reworking ideas</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. We get to look at comics and graphic novels</li><li>2. We get to make comics/graphic novels</li><li>3. We get to talk about and share all those happy and sad as well as weird memories.</li></ol>
<b>Archer Arrow:</b>	By producing a portfolio of original work.
<b>Golden Arrow:</b>	By producing a portfolio of original work that has enabled you to stretch and challenge yourself and heightened important skills.
<b>You will need:</b>	Your memories

## Tennis

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**Tutor** Sally Bentley

**Year** 7 & 8

**Maximum Numbers:** 12

**What you will be doing:** If you fancy yourself as an Andy Murray, Rafa Nadal, Johanta Konta or Heather Watson, come and learn to play tennis at The Avenue Tennis Club. Tennis is a 'Skill for life', and we will teach you all the skills, technique and tactics you need to play socially and competitively.

**Skills you will develop:**

- Hit consistent forehands, backhands, & volleys
- Understand the different types of spin, topspin, backspin, slice
- Learn to serve consistently and placing your serve to your advantage
- Understand and appreciate how to gain the best tactical advantage over your partner
- Learn different scoring systems and match formats

**Top 3 things about this enrichment:**

1. You will learn to play tennis through the Lawn Tennis Association's Games Based Approach, which means every session will be fun and competitive
2. You will be able to play tennis matches, singles and doubles
3. Develop an understanding and hone competitive tournament skills to allow you to successfully play in a competitive arena

**Archer Arrow:** Consistently being the quickest ball collector!

**Golden Arrow:** Will be awarded to the student who improves most throughout the term through hard work and focus

**You will need:** Refillable bottle of water

Tennis Shoes (flat soled trainers)

Comfortable sports clothes (layers to remove when warm and add when cold) Hats for when it is really cold – essential. Gloves. Start in them, and discard once warm

Tennis racquet is you have one, but we can lend you one

## Song Writing

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**Tutor** Miss Ogbaselase

**Year** 7 & 8

**Maximum Numbers:** 15

**What you will be doing?**

Have you ever wondered what makes a hit record? Have you ever wanted to write a song but didn't know where to start? If so, this enrichment is for you!

This new and exciting enrichment opportunity will give you the chance to learn more about the art of song writing. Some of the key themes will be considering are:

1. How is a song created and structured?
2. How does genre impact styles of song writing?
3. What makes a 'hit' song?

In addition to this, we will be creating and performing our own songs in small groups. This is opportunity to learn something fun – all levels are welcome!

**Skills you will develop:**

- Developing your creativity skills
- Learning how to construct songs

**Top 3 things about this enrichment:**

1. Exploring a range of different song styles
2. Consider how you can share your song ideas in the most effective way
3. An opportunity to collaborate with students from other year groups.

**Archer Arrow:**

Students that show consistency in their hard work, effort, engagement and enthusiasm.

**Golden Arrow:**

Student that goes above and beyond!

**You will need:**

A small notepad to keep your ideas in one place, a bottle of water and your voice.

## Backstage Pass

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<b>Tutor</b>	Miss Ingleby
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	20
<b>What you will be doing/course outcomes:</b>	<p>We will look at what goes on behind the scenes of producing a performance, including; Costume Makeup and Wigs, Lighting, Props, Backgrounds, Costumes and Sound.</p> <p>We will look at what is involved in each part of being backstage, hopefully including visiting backstage at the National Theatre!</p> <p>We will then be planning our own makeup, props, backgrounds, lighting, sound and costumes in groups for a performance of your choice, or you can use that time to enhance your devised pieces for GCSE Dance and Drama, coming up with extra ideas to support this work.</p> <p>If you are considering a career in performing arts, perhaps backstage might be where your talents lie? Come and see if this is something that appeals to you!!</p>
<b>Skills you will develop:</b>	Organising the behind the scenes activities that go on in the making of CPA performances
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Getting involved in the interesting world of behind the scenes performances</li><li>2. Helping out at showcase without having to be “in front” of the stage</li><li>3. Creating your own ideas to develop your performances in Dance and Drama.</li></ol>
<b>Archer Arrow:</b>	Enthusiastic and 100% Effort!
<b>Golden Arrow:</b>	Always engaged and passionate, produce creative, high quality and exciting designs and pieces of work. Above and Beyond!
<b>You will need:</b>	Enthusiasm, Willingness to put in time outside of enrichment to collect materials, finalise designs etc.



## Jiu Jitsu

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**Tutor** Coach Ibbey & Coach Shahab

**Year** 7 & 8

**Maximum Numbers:** 20

**What you will be doing:** Do you want to get fit, learn a Martial Art and learn self-defence?

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.

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.

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.

**Skills you will develop:** 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.

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.

**Top 3 things about this enrichment:**

1. You get to think outside the box and place yourself in a realistic one to one situation, where knowledge is power
2. You’re learning a martial art which can be used to defend yourself
3. 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.

## Paper Art

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<b>Tutor</b>	Miss Patel
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	20
<b>What you will be doing:</b>	<p>You will learn how to manipulate paper and card to create a range of objects</p> <p>You will learn about: origami, pop up mechanisms, card structures</p> <p>You will learn a new paper art skill and technique every week</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Problem solving skills through making and experimenting</li><li>• Creative making skills and how to develop ideas in 3D</li><li>• Practical making skills using a range of tools and equipment</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. You will learn new making skills</li><li>2. You can create a pop up design of your choice</li><li>3. You can use a variety of different materials, tools and equipment</li></ol>
<b>Archer Arrow:</b>	For students who will demonstrate creativity, dedication, hard work and resilience
<b>Golden Arrow:</b>	For students who can create using the techniques learnt and add their own features
<b>You will need:</b>	General school equipment

## Card Games Club

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**Tutor** Mr Christopher

**Year** 7 & 8

**Maximum Numbers:** 30

**What you will be doing:** Do you enjoy card games? Are you unbeatable? Do you want to learn new card games?

Each week we will play different card games, chosen by you.

**Skills you will develop:**

- Sportsmanship
- Public speaking
- Competitive skills

**Top 3 things about this enrichment:**

1. Fun
2. Making friends with other members
3. Challenging

**Archer Arrow:** Placing in the top 5 on the Leaderboard

**Golden Arrow:** Outstanding sportsmanship

**You will need:** A love of cards!

## Improvisation Workshop

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**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:**

- Performance skills
- Improvisation skills
- Team working skills

**Top 3 things about this enrichment:**

1. You will gain experience in the art of improvisation
2. You will develop as a performer
3. 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.

## Musical Theatre

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**Tutor** Miss Jones

**Year** 7 & 8

**Maximum Numbers:** 25

**What you will be doing/course outcomes:** Do you love music and performing? Would you like to learn to combine Music, Dance and Drama? Would you like the opportunity to perform in a group?

This Summer, the Musical Theatre enrichment will be working towards a brand new performance piece. Being a part of this enrichment gives you the opportunity to learn to perform as a team in a professional theatre setting, in what has become the highlight of the performing arts department' year... The Archer Academy Summer Showcase!

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

Miss Jones will be expecting you to sing, dance and act on a weekly basis, you do not have to be excellent at all three but must be prepared to sing in public. You could also incorporate a musical instrument if you play to a good standard.

**Skills you will develop:**

- Combining expressive arts to prepare a performance
- Singing in harmony
- Developing knowledge of theatre and character singing

**Top 3 things about this enrichment:**

1. Exploring music from different productions and shows
2. Producing a great quality piece for the showcase
3. Performing and developing your confidence when singing

**Archer Arrow** Getting fully involved in all the activities

**Golden Arrow:** The student who shows the most commitment

**You will need:** A bottle of water and bags of enthusiasm

## Geography Documentaries

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<b>Tutor</b>	Ms Jouhal
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	25
<b>What you will be doing:</b>	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!
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• A better understanding of different countries and cultures</li><li>• An increased appreciation of how Geography shapes the world we live in today</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Highly engaging discussions on topical issues</li><li>2. An opportunity to see how other people live</li><li>3. A chance to develop an understanding of geographical issues and events through real life visuals</li></ol>
<b>Archer Arrow:</b>	Active participation and involvement in all sessions
<b>Golden Arrow:</b>	Materialising your understanding through documented evidence such as posters, leaflets, and/or academic writing.
<b>You will need:</b>	Standard school writing equipment

## Mad Science

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**Tutor** Mr Wick

**Year** 7 & 8

**Maximum Numbers:** 25

**What you will be doing:**

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

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**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!



## String Art

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**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.

## Fun Fitness

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**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!

## Football

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<b>Tutor</b>	Mr Constantinou & Mr Weintrub
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	30
<b>What you will be doing:</b>	<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>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Improve fitness and speed</li><li>• Improve competitive edge</li><li>• Improve technique</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Learn how to break down a strong defence</li><li>2. Extend knowledge of Football gained in PE lessons</li><li>3. Compete against your peers</li></ol>
<b>Archer Arrow:</b>	Awarded to the student who shows the most improvement in their technique
<b>Golden Arrow:</b>	Awarded to the student whose shows improvement, enthusiasm and exceptional skill
<b>You will need:</b>	Full Archer PE Kit and football boots

## Forest School – playing and learning in the woods

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<b>Lead Provider Name</b>	Janine Young (Wild about our woods CIO)
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	12
<b>What you will be doing/course outcomes:</b>	<ul style="list-style-type: none"><li>• Nature exploration</li><li>• Building dens and other structures</li><li>• Games and invitations for imaginative play</li><li>• Natural crafts</li><li>• Campfire cooking</li><li>• Using tools, such as palm drills, knives, loppers and saws to develop 'green skills'</li></ul>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Green skills – how to use 'green' tools (saws, knives loppers), ropes and equipment</li><li>• Social skills– being able to build positive relationships with others and be a valued part of community.</li><li>• 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.</li><li>• Emotional Intelligence– being aware of yourself and the feelings of others around you</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. It is fun</li><li>2. You will learn new skills and learn about yourself too, gaining independence</li><li>3. It helps you to stay active, fit and creative</li></ol>
<b>Archer Arrow:</b>	For students who will demonstrate involvement in the session and a will to improve their green skills.
<b>Golden Arrow:</b>	For the student who makes the most progress throughout the sessions and will demonstrate continuous engagement
<b>You will need:</b>	Warm clothes, waterproof jacket, sturdy old shoes or hiking boots

## Nessy Fingers: Touch Typing

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**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!

## Archer Allotment

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**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

## Table Tennis

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**Programme** Table Tennis

**Tutor** Mr Clark

**Year** 7 & 8

**Maximum Numbers:** 20

**What you will be doing/course outcomes:**

- **Rules and Officiating** – You will learn how to officiate a singles and doubles game of table tennis.
- **Types of Shot** – You will learn how to perform various shots e.g. forehand drive, backhand chop etc.
- **Tactics** – You will learn how and when to execute learned shots to play offensively or defensively.

At the end of term you will take part in a tournament, putting all skills into practice. Exceptional players can represent the school in competitions.

**Skills you will develop:**

- Improve hand eye coordination
- Improve competitive edge
- Understanding of the rules and tactics

**Top 3 things about this enrichment:**

1. Learn how to perform a variety of shots
2. Extend knowledge of table tennis gained in PE lessons
3. Compete against your peers (win bragging rights)

**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

## Maths Challenge Club

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**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 will 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:** Pencil case.



## THURSDAY CHOICES

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

### Computer Games Design (using PyGame)

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<b>Tutor</b>	Mr Stickler
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	20
<b>What you will be doing:</b>	<p>Do you enjoy playing games? Are you curious about how they work? Are you creative but also technically minded? Come and take your first steps in an incredibly useful skill that will change the way you think about computers!!</p> <p>We will be learning the basics of how to program using Python and PyGame. We will be making some simple but fun games and learning how to use free tools to get creative and build our own games.</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Python programming skills</li><li>• An understanding of game development</li><li>• Thinking creatively to solve problems</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Learn an approachable but powerful programming language that is used in games and many other industries.</li><li>2. Learn how to make games</li><li>3. Enjoy playing what you create!</li></ol>
<b>Archer Arrow:</b>	Hard work, solving problems and applying what you learn.
<b>Golden Arrow:</b>	The person who is most excited to learn and make, who asks great questions, and helps others with their projects.
<b>You will need:</b>	A pen and a notebook, A USB stick(to store your games on),

## Stop Motion Animation

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**Tutor** Ms DK

**Year** 7 & 8

**Maximum Numbers:** 16

**What you will be doing:** Working in small groups and individually you will learn stop motion techniques using props as well as paper, clay, Lego, and other materials to create a short, animated piece of work.

You will use the school's iPads and the programme iMovie to record and edit your work.

**Skills you will develop:**

- **Planning** your film to create a narrative
- **Framing** the shots
- **Editing** the shots into a cohesive narrative
- **Cooperation and patience**

**Top 3 things about this enrichment:**

1. You will use your creativity to solve problems
2. You will enjoy working with others but also be offered opportunities to edit projects independently
3. You will learn skills in animation that you can use to create short films independently for fun

**Archer Arrow:** Hard work, discipline and enthusiasm!

**Golden Arrow:** Creativity combined with perseverance to solve problems.

**You will need:** Your ideas and a willingness to try new things.

## Archery

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**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

## Archer Acapella

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**Tutor** Miss Ogbaselase

**Year** 7 & 8

**Maximum Numbers:** 20

**What you will be doing:** Do you love singing? Do you love adding your own creative spin on things? If so, Archer Acapella is for you!

Each week, the Archer acapella group will be taking modern pop songs and creating our own unique versions of them. This will be a fun and exciting enrichment opportunity that will give you the chance to learn something completely new and push you out of your comfort zone.

**Skills you will develop:**

- Developing your understanding of song creation and structure
- Learning how to demonstrate your vocal ability and performance skills

**Top 3 things about this enrichment:**

1. Exploring a range of different song types
2. Learning new performance skills
3. An opportunity to collaborate with students from other year groups.

**Archer Arrow:** Students that show consistency in their hard work, effort, engagement and enthusiasm.

**Golden Arrow:** Student that goes above and beyond!

**You will need:** A bottle of water and your vocal chords!

## Fabric Book Covers

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**Tutor** Miss Patel

**Year** 7 & 8

**Maximum Numbers:** 20

**What you will be doing:** You will learn how to make a fabric book cover.

To decorate the book cover you will design an applique pattern for the cover based on your initials.

You will learn a range of hand sewing techniques and learn how to use a sewing machine.

**Skills you will develop:**

- Problem solving skills
- Practical textiles and sewing making skills
- Design skills and colour theory skills

**Top 3 things about this enrichment:**

1. You will learn new making skills and use a new range of tools and equipment
2. You can be very creative and add your own ideas
3. You can experiment and try new things

**Archer Arrow:**

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

**Golden Arrow:**

For students who can create an exceptional book cover that includes extra features.

**You will need:**

General school equipment

## Fencing

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**Tutor** Mr James Brosnan

**Year** 7 & 8

**Maximum Numbers:** 15

**What you will be doing:**

Fencing is a tactical sport and it teaches you to think on your feet. It is also a sport, which develops fitness with short bursts of intense exercise. It will improve your stamina and reflexes, concentration and discipline.

Each week the group will do warm-Up exercises including fencing related games, Footwork stance, enguard, advance, retreat drills and enjoy free fencing to improve blade work, technical ability, tactical awareness, strategy

The coach will expect that you listen carefully and follow all the instructions given in learning this combat Olympic Sport

**Skills you will develop:**

- Developing Fitness, speed, reactions
- Tactics
- Improves Hand eye coordination
- Concentration and mental agility
- Good sportsmanship and respect for your opponents

**Top 3 things about this enrichment:**

1. Learning a new skill and motivation to succeed
2. Improving fitness and building confidence in sports
3. Making new friends

**Archer Arrow:** Hard work, discipline and enthusiasm!

**Golden Arrow:** Most improvement during the course

**You will need:** Children need to wear suitable trainers, t-shirt and long trousers (heavy-weight cotton track bottoms are preferable). Everything else is provided.

## Muay Thai Kickboxing

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**Lead Provider Name** Coach Shabs & Coach Ibby

**Year** 7 & 8

**Maximum Numbers:** 20

**What you will be doing:** *Do you want to get fit, learn a Martial Art and learn self-defence?*

The martial art of Muay Thai kickboxing is known as “The art of eight limbs”; which utilises kicks, punches, knees and elbows.

Our sessions will mostly consist of partner work with one partner holding pads and the other one hitting the pads using combinations that will be demonstrated by the instructors. For more advanced students; some controlled sparring (no strikes to the head) will take place so that you can learn to use the skills you’ve acquired in a safe environment – with the focus being on technique, not power.

Not only will you be learning a self-defence martial art; Muay Thai is also a fantastic cardio workout which tones and strengthens almost every muscle in the body – especially the core and abs!

We strongly encourage females as well as males to take part, regardless of your current fitness level.

**Skills you will develop:**

The classes are high intensity cardio so your fitness will improve greatly as well as building and toning muscle. Also, you’ll be learning a powerful martial art that can be used for self-defence and is a great way to build confidence.

There is a route to grading (belts) and competition for those who are particularly adept to the sport.

**Top 3 things about this enrichment:**

1. You get to hit things! A great way to relieve study, exam and life stress 😊
2. You’re learning a martial art which can be used to defend yourself
3. 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:**

A bottle of water

## Chess

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<b>Tutor</b>	Mr Mike Smith
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	20
<b>What you will be doing/course outcomes:</b>	<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>
<b>Skills you will develop:</b>	Chess will allow you to pit your wits against your opponent and try to out manoeuvre them to gain Checkmate.
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Beginners will be taught how the pieces move</li><li>2. You will learn some good strategy games that don't include all the pieces</li><li>3. Get compete against your peers</li></ol>
<b>Archer Arrow:</b>	Students who demonstrate and understand many of the tactics and problem solving related to chess.
<b>Golden Arrow:</b>	The student who demonstrates and understands the most tactics and problem solving related to chess.
<b>You will need:</b>	Hard work and a positive approach combined with willingness to learn.



## Flash Fiction

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<b>Tutor</b>	Mr Harris
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	24
<b>What you will be doing:</b>	We will be reading works of Flash Fiction and then writing and sharing our own.
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Creative/Non-Fiction Writing</li><li>• Manipulating language to write concisely and effectively.</li><li>• Editing</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Our imaginations know no bounds, this enrichment seeks to prove that.</li><li>2. Awkwardness is a virtue – it makes for the most wonderful writing</li><li>3. We get to truly be ourselves...</li></ol>
<b>Archer Arrow:</b>	Completion of a portfolio of work that has shown imagination and utilised skills learnt.
<b>Golden Arrow:</b>	Completion of above to a standard that has challenged the student and promoted personal development utilising learnt skills.
<b>You will need:</b>	A notepad, your imagination, an open mind...

## Junior Archer Players

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**Tutor** Mr Dean & Mr Lia

**Year** 7 & 8

**Maximum Numbers:** 20

**What you will be doing:** We will be preparing a short drama in preparation for the summer showcase. If you love to perform in front of an audience and are focused and hardworking this is the enrichment for you.

**Skills you will develop:**

- Performance skills
- Focus and commitment
- A passion for drama

**Top 3 things about this enrichment:**

1. You will perform in the Summer Showcase
2. You will learn new dramatic techniques
3. You will have fun

**Archer Arrow:** To earn an Archer Arrow you must follow direction from your directors with maturity and focus

**Golden Arrow:** To earn the Golden Arrow you must strive to put 110% into each and every rehearsal, rehearsing outside of the enrichment and showing real commitment.

**You will need:** CP Kit, focus and a love of performing in front of large audiences.

## Korean Language

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**Tutor** Ms Ingleby

**Year** 7 & 8

**Maximum Numbers:** 20

**What you will be doing:** We will be learning how to read, write and speak some basic phrases. We will be covering how to get around in Korea, essential phrases and also learning about Korean Culture and making sure we understand how to not make faux pas! We will be practising forming Korean Letters and words, how to speak formally and informally and even what your age is in Korean (its different to international ages!)

**Skills you will develop:**

- Korean Speaking and Listening Skills
- Korean Reading and Writing Skills
- Korean Cultural Understanding.

**Top 3 things about this enrichment:**

1. Learn a unique and interesting language and a whole new alphabet!
2. Be able to communicate to a basic standard in Korean.
3. Learn about a culture you might not know anything about!!

**Archer Arrow:** You will need to be always working hard and practising your vocabulary and showing a good work ethic.

**Golden Arrow:** The person who is always putting effort in and who clearly practises their work outside, who makes the most improvement and is always enthusiastically trying to learn more.

**You will need:** A pen, a small notebook to make your notes from (compulsory!) and a folder to store worksheets in.

## Music Reviews

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**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.

## Bullet Journal

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**Tutor** Ms Theve

**Year** 7 & 8

**Maximum Numbers:** 20

**What you will be doing:** If you love stationary, notebooks and doodling this is the enrichment for you.

A Bullet Journal is a very popular tool for people who want to become more productive, organised and mindful.

With end of year exams on their way you may want to boost your productivity and organise your revisions efficiently... or simply take some time for yourself, doodle and reflect on what you are achieving in both your school and personal life.

We will see week after week how you can organise your week, months, create lists and track your mood, your exercise, your revision and more. You will also develop themes to decorate and personalise your journal.

**Skills you will develop:**

- Organisation
- Mindfulness
- Self-reflection and self-improvement
- Creativity

**Top 3 things about this enrichment:**

1. Developing much needed lifelong skills
2. Being encouraged to doodle!
3. Relaxing and mindful atmosphere

**Archer Arrow:** Enthusiasm, creativity and dedication

**Golden Arrow:** Outside of the box thinking, regular dedication

**You will need:** Pens, ruler and your own notebook.

## Impulse Dancing

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**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.

## Cricket

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<b>Tutor</b>	Mr Rollinson
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	25
<b>What you will be doing/course outcomes:</b>	<p>Over the duration of the course you will develop skills in the following areas:</p> <ul style="list-style-type: none"><li>• Batting</li><li>• Bowling</li><li>• Fielding</li><li>• Game understanding (You will also be able to select and apply these skills appropriately to matches and select certain tactics depending on the situation).</li></ul>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Batting (different shots), bowling (different deliveries) and fielding (throwing, stopping and catching) skills.</li><li>• Hand eye co-ordination</li><li>• Ability to correct mistakes and spot areas to develop</li><li>• Ability to work in a team environment and with peers</li><li>• Understanding of rules of cricket</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Compete against your peers</li><li>2. Learn all aspects of cricket</li><li>3. Work together to improve and learn new skills.</li></ol>
<b>Archer Arrow:</b>	To be awarded to students who meet expectations consistently and show progress in their cricketing skills and understanding.
<b>Golden Arrow:</b>	To the student who makes the progress and goes above and beyond in the sessions in terms of effort and commitment
<b>You will need:</b>	<p>Full Archer PE kit, water bottle</p> <p>If you have a cricket bat or any wicket keeping gloves you can bring them also.</p>

## Girls Gotta Run

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<b>Tutor</b>	Ms. Jones
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	25
<b>What you will be doing:</b>	<p>Do you want to get fitter and learn to enjoy exercise in a safe, non-competitive environment? Have you ever wanted to enter yourself for a race but aren't sure you'd manage the distance? Do you want to improve your endurance and gain confidence in your ability to keep going?</p> <p>Join Girls Gotta Run, a casual and informal running group that will support you to complete a 5km run comfortably.</p> <p>The course could finish with a Saturday Parkrun at Hampstead Heath to show you have 'graduated' to running 5km continuously!</p>
<b>Skills you will develop:</b>	The physical endurance to keep going, and the strength of mind to not give up!
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. You'll get fitter</li><li>2. You'll feel great about yourself afterwards</li><li>3. You'll feel more confident about your ability to try new things and challenge yourself to keep going afterwards – excellent for life!</li></ol>
<b>Archer Arrow:</b>	Anyone who manages to run the 5km continuously at the end of the course
<b>Golden Arrow:</b>	The person who is able to run the furthest continuously at the end of the course
<b>You will need:</b>	<ul style="list-style-type: none"><li>• PE kit</li><li>• A good pair of supportive trainers</li><li>• Bottle of water for afterwards</li></ul>



## Modern Jazz Dance to Popular Music

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**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

## Japanese Culture and Language

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**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.

## Craft of Choreography

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**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:**

- Contemporary Dance technique
- Performance skills
- Craft of choreography

**Top 3 things about this enrichment:**

1. Dance performance opportunities
2. Confidence in choreography
3. 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

## Power Walking

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<b>Tutor</b>	Mr Barrow
<b>Year</b>	7 & 8
<b>Maximum Numbers:</b>	20
<b>What you will be doing/course outcomes:</b>	<p>Do you want to get fitter and learn to enjoy exercise in a safe, non-competitive environment?</p> <p>Join our club for power walks and socialising whilst getting fitter at the same time!</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Improve your cardiovascular fitness</li><li>• Socialise with your peers</li><li>• Feel both mentally and physically fitter</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Great fun way to keep fit</li><li>2. Make new friends</li><li>3. Learn a new sport</li></ol>
<b>Archer Arrow:</b>	Anyone who manages to increase their walking distance by the end of the course
<b>Golden Arrow:</b>	The person who is able to walk at the fastest average speed
<b>You will need:</b>	PE kit, a comfy pair of trainers that you are allowed to get a bit muddy and a bottle of water for afterwards

## Latin

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**Tutor** Ms. Fazekas Reka

**Year** 7 & 8

**Maximum Numbers:** 15

**What you will be doing:** Introduce beginner Latin and teach ancient Roman culture and history

**Skills you will develop:**

- Basic Latin vocabulary
- Understand the basic Latin grammar and sentence structures
- Discover Roman world through their language

**Top 3 things about this enrichment:**

1. Learn an ancient language (secret code)
2. Understand Romans were so similar to us
3. Help Classics studies

**Archer Arrow:** Showing enthusiasm.

**Golden Arrow:** Concentration and hard work

**You will need:** Pencil case