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# AVA PERIOD 6 ENRICHMENT BROCHURE

## SPRING 2022



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## **WELCOME**

Enrichment plays an important part in the lives of young people and at The Aylesbury Vale Academy we are able to provide a broad range of activities covering areas such as Creative Arts, STEM, Religion, Culture, Sport/Fitness, Strategy, Life Skills and more. These activities aim for our students to develop self-confidence, learn new skills, build team spirit, experience new adventures, become leaders, provide enjoyment and to equip our students with the personal and social skills to be resilient young people throughout their education and beyond.

Within this booklet there is an outline of each activity offered along with details of what equipment is needed, pricing and the staff who will be running the activity. We aim to keep costs at a minimum and where a fee is charged this is voluntary and is generally to cover the cost, particularly where materials/ingredients are required.

### **Students:**

- Read about each activity very carefully. Choose what YOU want to do, not what your friends are doing.
- Discuss your choices with your parent/carer.
- Anyone who wishes to represent a school team must select the relevant sport as an option in order to be considered for the team.
- Consider choosing a range of activities from different areas so that you get access to a varied range of activities.
- Read the instructions on the next page carefully so that you know how to complete your form.

### **Parents / Carers:**

- Please discuss the enrichment activities carefully with your son/daughter.
- If your child is accepted onto an activity where a cost is involved this will be added as a payment on ParentPay. These fees are voluntary and where you are able to contribute this will enable us to continue to offer such activities.

Whilst we would like to give everyone their first choice, activities do have a maximum limit so although you will choose your favourite as your first choice please also ensure that you pick activities that you would also enjoy for your second and third choices.

Many thanks

Miss Lambourne

**EXTENDED SCHOOLS MANAGER**

**WHAT ACTIVITIES CAN I CHOOSE FROM?**

Below is the range of different activities which are on offer for Year 10 Extended Schools:

Monday	Tuesday	Wednesday	Thursday
Independent Supervised Study	Independent Supervised Study	Independent Supervised Study	Independent Supervised Study
Netball (Y9 and 10)	Badminton	Glow Fit (All Years)	Boxercise and Light Resistance
Football (Y9 and 10)	Dance (All Years)	Girls Football (All Years)	Running (All Years)
Basketball	Fitness (Gym)	Fitness (Gym)	Rugby
Debate Club	Girls Fitness (All Years)	Sports Leaders	Fitness (Gym)
Beaded Jewellery Making (£)	Latin	Nepal Fundraising Group (All Years)	Football
Ancient History	Equality and Diversity Club (All Years)	Chess Club	Zumba (All Years)
Enterprise in Music	Board Gaming Club	Arts and Crafts	Board Gaming Club
Reading Club	Making a T-Light (Wood Crafting)	Cookery (£)	Embroidery Club
English as an Additional Language	Reflective Crafts	Singing (All years)	Music Mixing and Sequencing
Science On Film	Spanish Club	Trinity Acting Exams	Making a Lamp (Working with Plastics)
DofE Volunteering - Primary Berrycare	DofE Volunteering - Primary Berrycare	Film and History	Enterprise Club
DofE Volunteering - Sports Club	DofE Volunteering - Sports Club	DofE Volunteering - Primary Berrycare	Science Club
DofE Volunteering - Litter Picking	DofE Volunteering - Litter Picking	DofE Volunteering - Sports Club	Band/Ensemble (All Years)
		DofE Volunteering - Litter Picking	DofE Volunteering - Primary Berrycare
			DofE Volunteering - Sports Club
			DofE Volunteering - Litter Picking

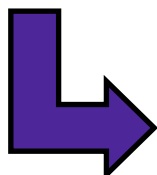
**HOW TO CHOOSE YOUR ENRICHMENT ACTIVITIES**

**You will be emailed a link to an MS Form called 'Y10 OPTIONS FORM—EXTENDED SCHOOLS SPRING 2022' to make your choices.**

- For each day (Monday to Thursday) you will need to choose 3 options as your 1st, 2nd and 3rd choices.
- For 1 of these days you will need to pick an Independent Supervised Study session as your 1st choice and still pick a 2nd and 3rd choice activity. If you do not pick your preferred study day we will select this for you which might mean that you miss out on a activity that you really want to do so make sure you tell us which days you would prefer to do your study on.
- Your options form will look similar to the example on page 3.
- Once you have made your 1st, 2nd and 3rd choices for each day submit the form so that we receive your options.
- Your options will be confirmed to you by the Christmas holidays.

**EXAMPLE OF WHAT THE OPTIONS FORM WILL LOOK LIKE WHEN COMPLETED**

Select Registration Group



## Y10 OPTIONS FORM - EXTENDED SCHOOLS

For each day (Monday-Thursday) you will need to choose 3 options as your 1st, 2nd and 3rd choices. On 1 of these days you will need to make independent study your 1st choice and still choose a 2nd and 3rd choice.

Make sure that you choose activities that you will enjoy as you will be doing these for the whole term.

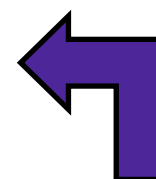
H [REDACTED]. When you submit this form, the owner will see your name and email address.

### 1. PLEASE SELECT YOUR REGISTRATION GROUP

- ☐ 10 FARADAY 1
- ☐ 10 FARADAY 2
- ☐ 10 FARADAY 3
- ☐ 10 FRANKLIN 1
- ☐ 10 FRANKLIN 2
- ☐ 10 FRANKLIN 3
- ☐ 10 NOBEL 1
- ☐ 10 NOBEL 2
- ☐ 10 NOBEL 3

### 2. MONDAY EXTENDED SCHOOLS ACTIVITIES - SELECT 1ST, 2ND AND 3RD CHOICES

	1ST CHOICE (Mon)	2ND CHOICE (Mon)	3RD CHOICE (Mon)
INDEPENDENT STUDY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NETBALL	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FOOTBALL	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
BASKETBALL	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
DEBATE SOCIETY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
BEADED JEWELLERY MAKING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ANCIENT HISTORY	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
SPANISH CLUB	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
READING CLUB	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ENGLISH AS AN ADDITIONAL LANGUAGE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SCIENCE ON FILM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
YOUNG WOMEN EMPOWERMENT	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DOFE VOLUNTEERING - PRIMARY BERRYCARE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



For each day select a 1st, 2nd and 3rd choice.

On at least 1 day you must select study as your 1st choice.

# ANCIENT HISTORY

## What will you be doing every week?

You will study two major events from the ancient past. One from Ancient Rome and one from Ancient Greece. The Ancient Rome section will look at the Second Punic war where a North African General took war elephants over the Alps. The Greek course will look at the life of Alexander the Great and his conquest of much of Asia.

## What kind of person will this suit?

Students who love history and may have taken it at GCSE and want a bit more variety in what they study. Students that find war and religion interesting will like this course too.

## Why should you do it?

Much of the modern world is shaped by the world of the two ancient civilisation of Greece and Rome. They set precedents for politics, philosophy and warfare that are still with us today.

## Can I do it all year or should I switch every term?

Yes! You can do this all year round

### Equipment/Kit:

None needed

### Maximum Students:

25

### Price:

FREE

### For Further Information Speak to:

Mr Hawley

# LATIN

### Equipment/Kit:

None Needed

### Maximum Students:

25

### Price:

FREE

### For Further Information Speak to:

Mr Cooper

## What will you be doing every week?

You will study the language of the ancient Romans and learn about Roman civilization and culture. Study will lead to qualifications endorsed by the University of Cambridge.

## What kind of person will this suit?

Students who love languages, history and are up for the challenge of learning something new with little or no prior knowledge of Latin.

## Why should you do it?

People who know Latin have a better vocabulary, so this helps your English! Latin students find it easier to learn other languages more quickly too.

## Can I do it all year or should I switch every term?

Since you get a qualification at the end of the course, you will need to do it all year.

# FILM & HISTORY

## What will you be doing every week?

You will study different portrayals of history through Films, such as Elizabeth, Valkyrie and The Darkest Hour. The focus will be on understanding their accuracy to the past, why directors don't always stick to the history and just enjoying them for their own sake. Be prepared to watch and learn and see film and history in a different way.

Did you know that in The Darkest Hour, the scene where Winston Churchill chats to people on the tube was completely made up? He never even went on the underground in his whole life!

## What kind of person will this suit?

You have to be prepared to watch and observe, to think about what is on the screen and make judgements as well. If you are currently doing History or you have an interest in History then this is ideal for you.

## Why should you do it?

Learn to spot the cheats in films, understand the inaccuracies and be able to say why they are there. If you're interested, then why not?

For instance, why do William Wallace's men wear blue dye on their faces in Braveheart? The Celts from much earlier times used to put warpaint on like this, so why is this in the film? Come along to find out and more.

## Can I do it all year or should I switch every term?

Yes! You can do this all year round

### Equipment/Kit:

None needed

### Maximum Students:

25

### Price:

FREE

### For Further Information Speak to:

Mr Ramsbottom

# ENTERPRISE CLUB

### Equipment/Kit:

None Needed

### Maximum Students:

15

### Price:

FREE

### For Further Information Speak to:

Mrs Marina

## What will you be doing every week?

You will be involved in a range of Business Activities. Looking at more in depth Business practices that will make you a successful entrepreneur.

## What kind of person will this suit?

If you are currently taking Enterprise studies and find the coursework challenging, this extra time with a dedicated business teacher will improve your understanding.

## Why should you do it?

You should consider the Enterprise club if you want to become your own boss. Sharpening your skills and qualities to develop your Business savvy.

## Can I do it all year or should I switch every term?

Yes! You should complete this as a year activity as the curriculum is covered in more depth.

## READING CLUB

### What will you be doing every week?

Reading and talking about different types of stories. We aim to hone and develop a love for reading among students. We also aspire to assist students in writing creatively and analytically. This will inadvertently strengthen their language skills which will ultimately lead to higher and better GCSE language grades.

### What kind of person will this suit?

Anyone who is interested in reading or finding out how they could become a writer.

### Why should you do it?

Reading has lots of benefits-helping you learn new vocabulary, giving you extra confidence when writing, helping you relax and also, realising that stories and books are often relevant and can help you in lots of ways.

### Can I do it all year or should I switch every term?

Yes! You can do this all year round

#### Equipment/Kit:

None needed

#### Maximum Students:

25

#### Price:

FREE

#### For Further Information Speak to:

Mrs Blackstock-Barnaby  
or Mrs Henry-Cross

## ENGLISH AS AN ADDITIONAL LANGUAGE

#### Equipment/Kit:

None Needed

#### Maximum Students:

5

#### Price:

FREE

#### For Further Information Speak to:

Mrs Rohde-Patterson

### What will you be doing every week?

This activity is designed as an intervention for those students who would benefit from additional support with their English language, in a small group environment.

### What kind of person will this suit?

Someone who's First Language is not English and would benefit from this support as advised by the EAL team.

### Why should you do it?

This activity will be allocated instead of an Independent Supervised Study session for students who would benefit from this provision.

## ARTS AND CRAFTS

### What will you be doing every week?

You will be working in small groups to design and make large pieces of Art work to be displayed around the school.

### What kind of person will this suit?

Anyone who is creative and enthusiastic about having their work displayed around the school.

### Why should you do it?

You will learn skills in working as part of a team, have control over your own projects and developing new techniques within Art.

### Can I do it all year or should I switch every term?

Yes, there will be several projects throughout the year.

#### Equipment/Kit:

None needed

#### Maximum Students:

30

#### Price:

FREE

#### For Further Information Speak to:

Miss Dadson / Mr Scarlett

## REFLECTIVE CRAFT

#### Equipment/Kit:

None Needed

#### Maximum Students:

15

#### Price:

FREE

#### For Further Information Speak to:

Mrs Wright or Mrs  
O'Callaghan

### What will you be doing every week?

Each week we will explore mindfulness and strategies to promote emotional well-being through craft activities and discussion in a quiet, peaceful environment. The activities will include a selection of the following as agreed by the group once formed:

- All sessions will start with a mindfulness activity
- Group emblem creation
- Mindfulness colouring
- Positivity Jar Decoration/Decoupage
- Card Making
- Theatre Make-Up
- Any craft activities the group would like to suggest that is viable within a classroom setting

### What kind of person will this suit?

Everyone who wants to be a part of a peaceful, craft loving group who wishes to promote personal wellness.

### Why should you do it?

All of us need some space to explore our emotions, learn new skills and gain a sense of belonging.

# BEADED JEWELLERY MAKING

## What will you be doing every week?

We will begin by learning about the different types of cutters, pliers and equipment that is used in making jewellery. You will then design and make your own set of jewellery; you should aim to be able to make your own one of a kind fashion necklace, bracelet and earrings. Once you know the basics you can branch into more challenging designs over the term.

## What kind of person will this suit?

Someone who enjoys crafting and likes to be creative. You need to have patience and be willing to learn the basic skills before moving onto more intricate designs.

## Why should you do it?

Crafting is relaxing, can help to reduce anxiety and stress and is enjoyable. You will also be able to take home your creations and show to your friends and family (or maybe give them as a gift!).



### Equipment/Kit:

None—this will be provided for you

### Maximum Students:

15

### Price:

£10 Voluntary Contribution

### For Further Information Speak to:

Miss Lambourne

### Equipment/Kit:

Everything is provided but if you wish to bring your own fabrics to work

### Maximum Students:

15

### Price:

No! It is completely free.

### For Further Information Speak to:

Miss Green



# EMBROIDERY CLUB

## What will you be doing every week?

You will learn a range of embroidery techniques to a high level to be able to make your own embroidered panel.

## What kind of person will this suit?

Anyone who is interested in Textiles and Art, Craft and Design. Anyone who is interested in learning a new creative skill.

## Why should you do it?

Embroidery is a traditional textile technique which is constantly being reinvented through up-and-coming artists and designers.

# TRINITY ACTING EXAMS

## What will you be doing every week?

Acting exams are for learners who want to focus on vocal, physical and characterisation skills in dramatic performance. You will work towards two performances of scripted drama, which you will then perform for an examiner. The examinations provide you with an opportunity to measure your progress against an internationally applied standard. The exams also have the potential to contribute towards UCAS points, which are needed when applying for a place at university.

## What kind of person will this suit?

Anyone who is a keen performer and is looking to challenge themselves. You do not need to already be doing GCSE Drama.

## Why should you do it?

It is an opportunity that few schools offer. It will help you develop your acting skills and give you an opportunity to work one on one with your teacher.

## Can I do it all year or should I switch every term?

Preparation will take a whole term.

### Equipment/Kit:

None needed

### Maximum Students:

10

### Price:

Yes. Your parent/ career will be asked to contribute £20 towards the cost of the examination.

### For Further Information Speak to:

Mrs Finnie/Mrs Brooks



### Equipment/Kit:

None Needed

### Maximum Students:

20

### Price:

FREE

### For Further Information Speak to:

Mr Hallam/Miss Kissick/  
Mrs Stefanczyk

# MUSIC MIXING & SEQUENCING

## What will you be doing every week?

You will be working on the IMACS using Software such as Garage band and Logic to build up loop based projects as well as creating your own music and reproducing music from different artists. You will then be shown how to apply effects and develop skills in mixing your work.

## What kind of person will this suit?

Students who like producing music using a computer. Students who like listening to different styles of music and wonder how it is created. Students who would like to produce music of their own taste. Students who are interested in the workings of a recording studio.

## Why should you do it?

It is fun working with loops and exploring different ways of recording and mixing music. You should do it if you like working independently and like creating music.

## SINGING CLUB

### What will you be doing every week?

You will be developing your singing skills as a group as well as having solo opportunities should you wish. You will be singing a range of songs from different genres including pop and Musical Theatre.

### What kind of person will this suit?

Students who like singing! There are no requirements. If you love to sing come along! Someone who likes singing/performing and likes working with others and having fun using your voice.

### Why should you do it?

It will develop your vocal skills and ability and your confidence. It is very rewarding when you sing with others and produce a repertoire of songs.

#### Equipment/Kit:

No. Just your voice!

#### Maximum Students:

15

#### Price:

FREE

#### For Further Information Speak to:

Mr Hallam/Miss Kissick/  
Mrs Stefanczyk

#### Equipment/Kit:

If you have an instrument bring it along. We have different instruments, drums, amplifiers within the department you can use.

#### Maximum Students:

10

#### Price:

FREE

#### For Further Information Speak to:

Mr Hallam/Miss Kissick/  
Mrs Stefanczyk

## BAND/ENSEMBLE CLUB

### What will you be doing every week?

You will be developing skills on your instrument and performing alongside other musicians to produce a variety of ensemble performances.

### What kind of person will this suit?

Students who play an instrument and would like to experience rehearsing and performing with others a range of contemporary music.

### Why should you do it?

To develop your instrumental skills and it is really fun and rewarding when working together as a team to produce an arranged piece of music.

### Can I do it all year or should I switch every term?

Yes! You can do this all year round.

## MAKING A LAMP (WORKING WITH PLASTICS)

### Equipment/Kit:

Everything will be provided for you.

### Maximum Students:

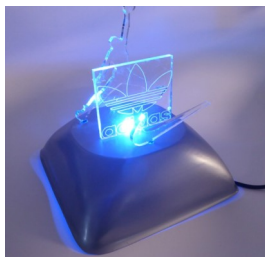
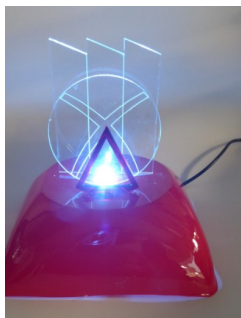
15

### Price:

FREE

### For Further Information Speak to:

Ms Horn



### **What will you be doing every week?**

You will develop making skills and learn about processes such as vacuum forming to make your own lamp.

### **What kind of person will this suit?**

You can have a passion for designing new products or be good at coming up with new ideas. Anyone who is interested in the world of engineering, design and manufacture.

### **Why should you do it?**

To develop your skills and be creative in your designing!

### **Can I do it all year or should I switch every term?**

Yes! You can do this all year round.

## MAKING A T-LIGHT CANDLE HOLDER(WOOD CRAFTING)

### **What will you be doing every week?**

Using a range of woods you will be designing and making a T-light. You will be working in the workshop using a range of machines and tools to create your unique design.

### **What kind of person will this suit?**

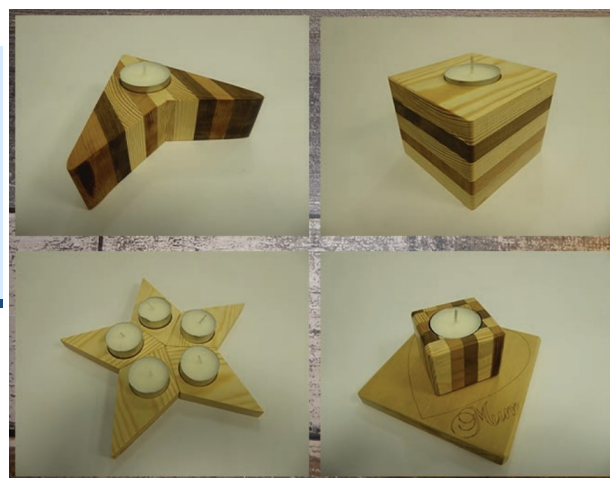
Anyone who is interested in a career in a practical sector such as carpentry or has an interest in crafting (making gifts, trinkets etc.)

### **Why should you do it?**

This activity gives you a chance to be creative and learn traditional woodworking techniques. You will develop skills to make things that are high quality, beautiful and completely made by you!

### **Can I do it all year or should I switch every term?**

Yes! You can do this all year round.



### Equipment/Kit:

No, just a creative mind!

### Maximum Students:

15

### Price:

FREE

### For Further Information Speak to:

Mrs Voigt

## SCIENCE CLUB

### What will you be doing every week?

Carrying out Science experiments beyond the ones that you usually do in your Science lessons.

### What kind of person will this suit?

Anyone who is interested in Science and likes experimenting.

### Why should you do it?

Science experiments are good fun! They also help to develop your organisational skills and the ability to work in a logical way whilst doing something you enjoy.

### Can I do it all year or should I switch every term?

Yes! You can do this all year round.



#### Equipment/Kit:

Just yourself!

#### Maximum Students:

25

#### Price:

FREE

#### For Further Information Speak to:

Mrs McKenzie-Scarlett

## SCIENCE ON FILM

#### Equipment/Kit:

Just yourself!

#### Maximum Students:

25

#### Price:

FREE

#### For Further Information Speak to:

Science Department

### What will you be doing every week?

You will be watching films and T.V. programmes that explore the Scientific world and the ways in which Science influences us. This could be anything ranging from 'Jurassic Park' to 'The Theory of Everything' to 'The Blue Planet'.

### What kind of person will this suit?

Anyone who is interested in films. An interest in Science is an added bonus!

### Why should you do it?

Science is all around us and influences humans all the time, even when we don't realise it!

### Can I do it all year or should I switch every term?

Yes! You can do this all year round.

## SPANISH CLUB

### Equipment/Kit:

Standard school stationery

### Maximum Students:

25

### Price:

FREE

### For Further Information

### Speak to:

Miss Felipe

### **What will you be doing every week?**

You will be involved in a range of cultural activities such as Spanish literature, cinema, music, folklore, etc. to enhance your knowledge of the Spanish speaking world and embed the Hispanic culture.

### **What kind of person will this suit?**

Anyone who really enjoys Spanish lessons and wants to deepen their knowledge on the language through the culture; someone who enjoys travelling, and has a will to expand their mind-set.

### **Why should you do it?**

Spanish is the second most spoken language in the world and there are 21 countries where Spanish is the first language! These countries are spread all around the world, especially in South America, so you can get an insight of how similar we are in spite of the distance!

## EQUALITY & DIVERSITY CLUB

### **What will you be doing every week?**

Each week we will be working on a task that improves inclusion within the school or a project that we have decided on together.

### **What kind of person will this suit?**

Anyone who is interested in making the school more inclusive, anyone with opinions on projects we could do that will improve the school environment and likes group/teamwork.

### **Why should you do it?**

It is important that school is a place where everyone feels safe and included. In this club we can play a part in making these improvements.

### **Can I do it all year or should I switch every term?**

Yes! You can do this all year round.

### Equipment/Kit:

No, just yourself, a positive attitude and any ideas you have.

### Maximum Students:

25

### Price:

FREE

### For Further Information

### Speak to:

Miss O'Loughlin

## NEPAL FUNDRAISING GROUP

### Equipment/Kit:

Just yourself!

### Maximum Students:

15

### Price:

FREE

### For Further Information Speak to:

Mrs Proud

### **What will you be doing every week?**

The World Challenge Nepal group will be meeting to discuss and plan fundraising for the up coming trip, planning the trip and following the World Challenge sessions on becoming responsible travellers.

### **What kind of person will this suit?**

Students who are travelling to Nepal.

### **Why should you do it?**

This will be a huge part of our fundraising.

### **Can I do it all year or should I switch every term?**

Yes! You can do this all year round.

## NETBALL

### **What will you be doing every week?**

A variety of drills and isolated practices to develop and refine skills. There will also be an opportunity to practice positions and skills in a competitive game.

### **What kind of person will this suit?**

Anyone who wishes to represent the school team must select Netball as an option in order to be considered for the team.

Anyone interested in Netball and would like to either develop their skills or try out for the school team.

### **Why should you do it?**

Because you want to improve your knowledge and ability in Netball or would like to represent the school at local games.

### **Can I do it all year or should I switch every term?**

No, this club will only run during the Autumn and Winter season.

### Equipment/Kit:

AVA PE kit and a positive attitude

### Maximum Students:

20

### Price:

FREE

### For Further Information Speak to:

Anyone in the PE Department



## GLOW FIT

### What will you be doing every week?

Glow Fit is an aerobic/dance style fitness class. It is taught in the dark with glow sticks, disco and UV lights. The exercise routines are taught to club music and are a mixture of dance and combat style tracks.

### What kind of person will this suit?

Anyone who is interested in dance and fitness classes and enjoys choreographing their own routines and exercising to music.

### Why should you do it?

GLOW FIT is great form of exercise, it helps to improve not only your cardiovascular fitness and coordination but also tones and strengthens your body.

### Can I do it all year or should I switch every term?

Yes! You can take part in classes all year round.

### Equipment/Kit:

You will need your AVA PE kit. A water bottle is good idea. Optional UV face paint!

### Maximum Students:

15 students in a group. Students in KS3 will also

### Price:

FREE

### For Further Information Speak to:

Mrs Haynes

## FOOTBALL

### Equipment/Kit:

Shin pads and football boots would be optional but recommended.

### Maximum Students:

35

### Price:

FREE

### For Further Information Speak to:

Anyone in the PE Department

### What will you be doing every week?

You will complete a range of football drills and isolated practices with the aim to develop and improve a variety of skills.

### What kind of person will this suit?

Anyone who wishes to represent the school team must select Football as an option in order to be considered for the team.

Football enthusiasts and those looking to develop.

### Why should you do it?

Biggest sport in the world and is a great way to develop co-ordination and team work.

### Can I do it all year or should I switch every term?

Yes you can do this all year round.

## BASKETBALL (BOYS & GIRLS)

### What will you be doing every week?

You will be involved in a range of basketball drills to sharpen your skills in dribbling, shooting, attacking and defence. You will also play games in small and full size teams.

### What kind of person will this suit?

Anyone who wishes to represent the school team must select Basketball as an option in order to be considered for the team.

Anyone who is interested in basketball, keeping fit or enjoy competitive team sports.

### Why should you do it?

It teaches you team work, communication and improves your speed, strength and agility.

### Can I do it all year or should I switch every term?

Yes you can do this all year round.

### Equipment/Kit:

AVA PE kit

### Maximum Students:

30

### Price:

FREE

### For Further Information Speak to:

Anyone in the PE  
Department

### Equipment/Kit:

AVA PE kit

### Maximum Students:

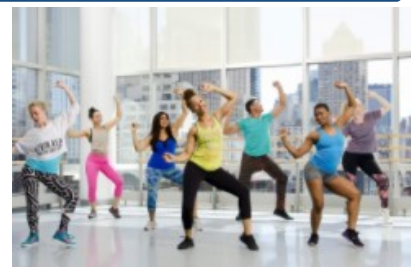
15

### Price:

FREE

### For Further Information Speak to:

Anyone in the PE  
Department or Mrs  
Crompton who leads the  
workouts



## ZUMBA DANCE CLUB

### What will you be doing every week?

You will take part in a group exercise to improve fitness and make new friends. You will explore different music and moves to come up with exciting routines.

### What kind of person will this suit?

Anyone who is interested in dance, music, keeping fit and making friends.

### Why should you do it?

Zumba is a great way to keep active, try something new and exercise with friends.

### Can I do it all year or should I switch every term?

Yes you can do this all year round.

## DANCE CLUB

### What will you be doing every week?

Each week will either consist of creating choreography, developing the dance routines or rehearsing.

### What kind of person will this suit?

Anyone who would like to express themselves in a more creative and enjoyable way. No experience is needed for this club, but you can also have years of experience - we will create choreography that suits and supports all.

### Why should you do it?

Dance is an amazing and enjoyable form of exercise. You do not need experience. We will work at everybody's strengths to create warm-ups and choreography. This will not be a teacher lead club we will work together to make the experience fun for all.

### Can I do it all year or should I switch every term?

This club will be available all year round.

### Equipment/Kit:

You will need your AVA PE kit. A water bottle is good idea.

### Maximum Students:

15

### Price:

FREE

### For Further Information Speak to:

Mrs Edwards

### Equipment/Kit:

You will need your AVA PE kit. A water bottle is good idea.

### Maximum Students:

15

### Price:

FREE

### For Further Information Speak to:

Anyone in the PE Department

## FITNESS (GYM)

### What will you be doing every week?

You will have access to the equipment in the gym suite to complete an exercise programme or different challenges each week.

### What kind of person will this suit?

Anyone who is interested in keeping fit or needs help to design their own fitness programme.

### Why should you do it?

Using the gym suite is a perfect way to keep active and contribute to a healthy active lifestyle.

### Can I do it all year or should I switch every term?

This club will be available all year round.



## GIRLS FITNESS

### What will you be doing every week?

Each week will be focusing on a different way to develop our fitness, for example: boxercise, circuit training, resistance work, bootcamp, yoga, weighted hula hoops.

### What kind of person will this suit?

Anyone looking to develop their fitness in a fun and female only environment. This is suitable for beginners or students who already participate in fitness based activities out of school.

### Why should you do it?

Opportunity to make new friends and have fun whilst exercising. This will help develop physical and mental well-being- also a perfect opportunity for a bit of stress relief.

### Can I do it all year or should I switch every term?

This club will be available all year round.

### Equipment/Kit:

AVA PE Kit and a water bottle is advised.

### Maximum Students:

15

### Price:

FREE

### For Further Information Speak to:

Mrs Michiana

### Equipment/Kit:

AVA PE Kit and a water bottle is advised.

### Maximum Students:

20

### Price:

FREE

### For Further Information Speak to:

Mr Verity

## SPORTS LEADERS

### What will you be doing every week?

Learn how to plan and deliver enjoyable and purposeful sport and physical activity sessions.

### What kind of person will this suit?

Sport Ambassadors or individuals looking to pursue coaching in the future.

### Why should you do it?

To develop your leadership skills and would like to assist with extra-curricular clubs in PE.

### Can I do it all year or should I switch every term?

Yes- in order to gain the qualification you need to complete this in a year.

# BADMINTON

## What will you be doing every week?

Developing skills and tactics within badminton.

## What kind of person will this suit?

Anyone interested in racket sports and wishing to develop co-ordination.

## Why should you do it?

Great way to develop their co-ordination and chance to try a fast paced sport.

## Can I do it all year or should I switch every term?

This club will be available all year round.

### Equipment/Kit:

AVA PE Kit and a water bottle is advised.

### Maximum Students:

30

### Price:

FREE

### For Further Information Speak to:

Anyone in the PE Department

# GIRLS FOOTBALL

## What will you be doing every week?

A variety of drills covering a number of skills. These will be covered in isolated drills and competitive games.

## What kind of person will this suit?

Anyone who wishes to represent the school team must select Girls Football as an option in order to be considered for the team.

Students who have a desire to participate in football, those who would like to refine skills to compete for the school or for those who would like to try a different sport.

## Why should you do it?

You should do it to improve your knowledge and ability in Football, to try something new or to represent the school in fixtures.

## Can I do it all year or should I switch every half term?

No, this club will only run in the Autumn and Winter term

### Equipment/Kit:

AVA PE Kit and a water bottle is advised.

### Maximum Students:

20

### Price:

FREE

### For Further Information Speak to:

Anyone in the PE Department



## BOXERCISE & LIGHT RESISTANCE

### What will you be doing every week?

Fun and challenging fitness workouts using boxercise and light resistance equipment such as punch bags, battle ropes, slam balls and kettle bells.

### What kind of person will this suit?

Anyone looking to develop their fitness in a fun and challenging environment.

### Why should you do it?

Opportunity to make new friends and challenge yourself. This will help develop your physical and mental well-being- also a perfect opportunity for stress relief.

### Can I do it all year or should I switch every term?

This club will be available all year round.



#### Equipment/Kit:

AVA PE Kit and a water bottle is advised.

#### Maximum Students:

15

#### Price:

FREE

#### For Further Information Speak to:

Anyone in the PE Department

#### Equipment/Kit:

Running trainers, gloves and hat for cold weather, showerproof jacket, AVA

#### Maximum Students:

15

#### Price:

FREE

#### For Further Information Speak to:

Anyone in the PE Department

## RUNNING CLUB

### What will you be doing every week?

We will be starting off with the couch to 5K programme to get your fitness levels up. We will be using GIS to track and monitor where we go.

### What kind of person will this suit?

If you are wanting to get into a new fitness hobby, or you want to get better at running. The perfect exercise!

### Why should you do it?

To get fit and healthy - it is also good for mental health and is a good routine to take beyond school.

### Can I do it all year or should I switch every term?

Yes! We can increase the challenge/ distance speed of the runs accordingly.

## RUGBY

### What will you be doing every week?

Introducing and developing a variety of skills required in either Tag or Contact rugby.

### What kind of person will this suit?

Anyone who wishes to represent the school team must select Rugby as an option in order to be considered for the team.

Anyone with a general interest in trying a new sport, developing current ability or competing in matches against other schools.

### Why should you do it?

To gain confidence in a new sport or be introduced to the advanced skills not covered in PE lessons. A great opportunity to practice if you are part of the Rugby Team.

### Can I do it all year or should I switch every term?

No- This club will only run during the Autumn and Spring.

#### Equipment/Kit:

AVA PE kit

#### Maximum Students:

30

#### Price:

FREE

#### For Further Information

#### Speak to:

Anyone in the PE Department

## CHESS CLUB

#### Equipment/Kit:

No.- but feel free to bring your own sets if you like and we can store them safely.

#### Maximum Students:

25

#### Price:

FREE

#### For Further Information

#### Speak to:

Mr Williamson

### What will you be doing every week?

Learn new skills and tactics, play games against people, aim to be the AVA Grandmaster if you like!

### What kind of person will this suit?

Anyone. Beginners and Experts all welcome.

### Why should you do it?

Learning to play Chess dramatically improves the ability to think rationally

- Playing Chess helps you to learn and improves communication skills
- Learning to play Chess results in higher grades, especially in English and Math studies
- Learning to play Chess makes people be more focused by teaching the benefits of careful observation and concentration
- Chess helps to learn and develop the thinking ahead abilities - players have to think first and only then act

### Can I do it all year or should I switch every term?

This club will be available all year round.

## BOARD GAMING CLUB

### What will you be doing every week?

You will play a range of tabletop games. This will range from traditional board games like Risk, card games like Uno, roleplay games like Dungeon and Dragons or wargaming like Warhammer. If there is a tabletop game you like to play then bring it along and teach others!

### What kind of person will this suit?

Anyone who like likes playing tabletop games.

### Why should you do it?

- 1) It is a great way to socialise.
- 2) Develop a range of skills essential for life.
- 3) It's fun!

### Can I do it all year or should I switch every term?

This club will be available all year round.

#### Equipment/Kit:

None needed—but feel free to bring your own tabletop game

#### Maximum Students:

20

#### Price:

FREE

#### For Further Information Speak to:

Miss Collins

## COOKERY

#### Equipment/Kit:

You will need a container to take your food home in.

#### Maximum Students:

20

#### Price:

Voluntary Contribution of £10

#### For Further Information Speak to:

Mrs Edmonds / Mrs Olariu

### What will you be doing every week?

You will be involved in creating tasty dishes from around the world. Experienced members of staff will be teaching you new skills that will last you a lifetime! You will be developing your cooking, baking and decorating techniques through a range of exciting recipes.

### What kind of person will this suit?

Anyone who is interested in understanding and developing their cooking skills.

### Why should you do it?

Cooking is a life skill that you will use in your daily life. It teaches you how to cook a healthy meal and how to store and prepare food.

### Can I do it all year or should I switch every term?

This club will be available all year round.

## PUBLIC SPEAKING & DEBATING

### What will you be doing every week?

Developing your ability to deliver a compelling case for a point of view, debating against others arguing a different point of view. Learning how to build your confidence to inspire and convince others and discovering techniques to build your persuasiveness. As your skills develop, we would look at taking part in local and national competitions.

### What kind of person will this suit?

This is more likely to be of interest to those who take an interest in the world around them, and want to be able to have their voice heard. This is for you if you feel strongly about certain issues. These can be as broad as from climate change and the environment to simply who is the best footballer in the world.

### Why should you do it?

This activity is aimed to help everyone, from those who regard themselves as naturally confident and outgoing, to those who are currently nervous speaking in front of others. That's all ok! Above all else we will be aiming to have fun, in a supportive environment.

### Can I do it all year or should I switch every term?

This club will be available all year round.

### Equipment/Kit:

None needed

### Maximum Students:

25

### Price:

FREE

### For Further Information Speak to:

Mr Hickey

### Equipment/Kit:

None needed

### Maximum Students:

20

### Price:

FREE

### For Further Information Speak to:

Mr Cort or Mr Hallam



## ENTERPRISE IN MUSIC

### What will you be doing every week?

You will be producing music with the intention of releasing and promoting your work for others to listen to.

### What kind of person will this suit?

Anyone who is interested in producing music for others to listen to or someone looking to work within the music industry.

### Why should you do it?

It will help you to develop a range of transferable skills which are vital in any industry including the music industry.

### Can I do it all year or should I switch every term?

This club will be available all year round.

# Duke of Edinburgh's Award

## What will you be doing every week?

DofE students will need to complete 4 sections overall for the full award. These 4 sections are Volunteering, Physical, Skills and an Expedition. There are opportunities to complete the Volunteering, Physical and Skills sections through activities available throughout this brochure or you can use activities that you attend outside of school. The expedition section will be organised for you.

Below are the timescales for each section for Bronze/Silver:

BRONZE		SILVER	
Volunteering <b>3 months</b>	PLUS a further <b>3 months</b> in the Volunteering, Physical or Skills section.	Volunteering <b>6 months</b>	Plus an extra <b>6 months</b> in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.
Physical <b>3 months</b>		Physical <b>one section for 6 months, the other for 3 months</b>	
Skills <b>3 months</b>		Skills	
Expedition <b>2 days 1 night</b>		Expedition <b>3 days 2 nights</b>	 

## What kind of person will this suit?

The DofE Award is for all students and you can select your own activities to suit your interests or try something completely new!

To do Silver you must have completed the Bronze Award or be expected to before December.

## Why should you do it?

To increase your self-confidence and work as part of a team. To enjoy the outdoors and adds a great addition to post-16, college and job applications in the future.

## Can I do it all year or should I switch every term?

Yes! You will need to dedicate yourself for the full year.

## Equipment/Kit:

For expeditions there will be kit required which can be hired, if needed.

## Maximum Students:

30

## Price:

Bronze Award - £70

Silver Award - £110

This includes enrolment onto the DofE scheme and both practice and qualifying expeditions.

## For Further Information Speak to:

Miss Lambourne

# DofE Volunteering

We have a number of different volunteering activities available within the Academy to help you achieve this section of your DofE Award. You are able to help in the primary phase at their after school clubs or working within younger years extra-curricular clubs in secondary. You may also choose to help other departments during Period 6, tidying up, cleaning equipment, organising store cupboards etc. and if a member of staff agrees to this then let Miss Lambourne know so that we can put this as an option on your timetable.

## INDEPENDENT SUPERVISED STUDY

### What is it?

Every week, you will have one Lesson 6 session where you will complete your homework or coursework independently. You decide the work you want to complete. There will be a member of staff there to help you if needed.

### Why?

Independent Supervised Study is about self-discipline, personal organisation and achievement. If you can work independently for an extended period of time, it is more likely to make you into a better learner. By the time you come to the end of Year 11, you will be completely used to revising independently and are more likely to succeed and reach your potential.

### What will it be like?

You will be expected to work in total silence and organise yourself with appropriate work and equipment. We will provide computers if needed but you will have to prove that you need them.

### Rewards

You will receive five achievement points if you meet this expectation every week. At the end of every half term, students who have achievement points for every week will have their names put into a prize draw for a prize.

## FREQUENTLY ASKED QUESTIONS

### **Can I change an activity if I don't like it?**

Yes you can but we recommend that you think about why you chose the activity in the first place and try to give it a chance. If you absolutely cannot continue then speak to Miss Lambourne or Miss Pinker.

### **What if I can't pay for the activity?**

We are asking for a voluntary contribution for some activities to cover the cost of ingredients or materials but if you cannot afford to pay then you will still be able to attend.

### **How do I choose my enrichment activities?**

Follow the instructions on Page 2 of this booklet. If you still have questions, speak to Miss Lambourne, Miss Pinker or your form tutor.

### **What if what I want to do is not one of the options?**

If you think there is another activity that students would be interested in, suggest it and we will see if we can run it! We can't promise it will run but we will try and it will help us for future planning!

### **Do I have to do independent supervised study?**

Yes. These sessions are designed to help you develop the ability to work independently without your teachers' help. You will have to organise yourself to make sure that you know what your homework tasks are. If you are unsure or if you have no homework, some will be provided for you.

### **What if I get a detention?**

Hopefully this will not happen but, if it does, one of the following things will happen: a) you will miss lesson 6 and an activity you really enjoy b) you will have a detention from 3pm - 4pm. Only you can avoid this happening. or c) you will get a detention from 4pm-5pm. It will depend on why you get the detention

### **What if I have a sports fixture on the day I have an enrichment activity?**

You should go to the sports fixture; your team are relying on you. Just let the teacher who runs your activity know that you will not be there.

### **What is expected of me?**

We expect you to choose something that you will enjoy and get a lot out of. We have the same expectations of behaviour and attitudes to learning as any other lesson, therefore, the same school expectations apply.

