

AVA LESSON 6 OPTIONS BROCHURE SUMMER 2023

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WELCOME

Lesson 6 plays an important part in the lives of young people at The Aylesbury Vale Academy and we offer a broad range of activities covering areas such as Creative Arts, STEM, 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.

To support those students who are completing their Duke of Edinburgh's award, where an activity counts toward a **Volunteering**, **Physical** or **Skills** section of the award this has been added to the activities page.

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 Lesson 6:

(Activities in bold are new for the summer term)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	Thursday
Independent Independent Supervised Study Supervised Study		Independent Supervised Study	Independent Supervised Study
Volunteering in Primary	Volunteering in Primary	Volunteering in Primary	Volunteering in Primary
Beaded Jewellery Making	FightKlub	Martial Arts (External)	Rugby (External)
Football	Embroidery	eSports	Singing Club
British Sign Language Level 2	Environmental Club	Ensemble Club	Keyboard Club
Textiles Club	Maths Board Games	Musical Theatre	Computer Aided Design
Clay Techniques	Softball	Painting Techniques	DofE Expedition Training
English Homelearning Club	Cricket	Rubik's Cube Club	Chess Club
Discovering Maths	Anti-Bullying Ambassadors	Rounders	Fitness
Tennis	Book Club	Fitness	Football
Athletics	French club	Cookery	Academy Leaders
Science Club	Practical Science Club	Christian Union	CHIPS CLUB
Debate Club	Novel Exploration	British Sign Language Level 1	Media Film Club - '16 films to watch before you're 16'
MyMaths Club	Independent Research Project	Spanish club	Printing Techniques
	English Through Film	World Challenge Club	
	STEM Research Project		

HOW DO I CHOOSE MY LESSON 6 ACTIVITIES?

You will be emailed a link to an MS Form called 'OPTIONS FORM— LESSON 6 SUMMER 2023' to make your choices. DEADLINE - THURSDAY 23 MARCH

From Monday 17 April, you will continue your lesson 6 provision of staying at AVA until 4pm for two days per week, the remaining two days you will finish at 3pm.

To choose the lesson 6 activities that you would like to participate in:

-For Day 1 choose a 1st/2nd and 3rd option

Example:

-For Day 2 also choose a 1st/2nd and 3rd option

-These can be on different days - you do not have to choose a 1st, 2nd and 3rd all on the same day -If you accidentally tick the wrong option, select the 'Selected in error' option

It is quite possible that for popular activities that you will not get both of your 1st choices so make sure that you choose activities that you will also enjoy for your 2nd and 3rd choices as you will be doing these for the whole term.

Your options form will look similar to the example below.

EXAMPLE OF WHAT THE OPTIONS FORM WILL LOOK LIKE WHEN COMPLETED

You will need to select a 1st, 2nd and 3rd option for each day (Day 1 and Day 2), once you have done this your form should look something like the example below. If you have accidentally selected the wrong option, select the 'SELECTED IN ERROR' circle. Once you have done this make sure you press the 'Submit' button.

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If you make a mistake after you have submitted, then you can submit another form and we will delete any previous forms and just keep the one you submitted last.

ANTI-BULLYING AMBASSADORS

What will you be doing every week?	Our Anti-Bullying Ambassadors meet regularly and discuss ways in which to promote the programme and share ideas about how to offer support to the children who may require it.
What kind of person will this suit?	Someone that is passionate and committed about stopping bullying in our school. Someone that is kind, empathetic, a good listener and supports their peers
Why should you do it?	The Anti-Bullying Ambassadors help educate their peers on bullying, lead on anti-bullying campaigns, promote a culture which celebrates and tolerates difference and help keep their peers safe both online and offline.
Can I do it all year or should I switch every term?	You can complete it all year
Will I need any special equipment or kit?	No
What is the maximum number of students allowed?	20
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Miss Gibbs
Can this count towards my DofE Award?	Yes, this can count as your VOLUNTEERING section



ATHLETICS

What will you be doing	You will have the opportunity to perform a variety of
every week?	running, throwing and jumping events.
What kind of person will this suit?	It is an opportunity to practice your event(s) in preparation for Sports Day 2023 which will be taking place in June.
	Anyone else who wishes to try new events that are not covered in lessons such as high jump, long jump and hurdles.
Why should you do it?	 To practice events for Sports Day Try new events
Can I do it all year or should I switch every term?	Summer term only
Will I need any special equipment or kit?	You will need your AVA PE kit. A water bottle is good idea.
What is the maximum number of students allowed?	20
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Any member of the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



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!).
Can I do it all year or should I switch every term?	Yes! You can do this all year round
Will I need any special equipment or kit?	None needed
What is the maximum number of students allowed?	15
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Miss Lambourne
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



BOOK CLUB

What will you be doing every week?	Reading and discussing a range of engaging texts that will challenge the way you think about the world around us. You will help choose the topics covered!
What kind of person will this suit?	Anyone with an interest in reading, developing their interpretations of texts or who wishes to explore a career as an author.
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. Develops your reading and writing skills which are beneficial GCSE English courses.
Can I do it all year or should I switch every term?	You can do it for a term.
Will I need any special equipment or kit?	No
What is the maximum number of students allowed?	25
Will it cost me anything?	No
Who should I speak to if I am unsure?	Miss O'Loughlin or Mr Cooper
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



BRITISH SIGN LANGUAGE LEVEL 1

What will you be doing every week?	Each week you will learn the basics of British Sign Language. Working at the level 1 curriculum, you will learn the BSL alphabet, fingerspelling and basic sentences before broadening into different topic areas. Sessions will be practical and interactive and run by a professional British Sign Language teacher. In addition to learning BSL you will also develop a strong awareness and appreciation of the deaf culture.
What kind of person will this suit?	 This would suit anyone wanting to: Learn a new skill Improve their communication skills Engage all their senses Stand out from the crowd Support equality for deaf people Connect with a wider community of people
Why should you do it?	By learning BSL you'll be able to communicate with hard of hearing and deaf people, contributing to a society where deaf people are included. Did you know that BSL is the second most used language in the UK after English?!
Can I do it all year or should I switch every term?	Level 1 will run over 1 term with an opportunity to proceed onto Level 2 the following term. Students will receive an official 'Certificate of Recognition'
Will I need any special equipment or kit?	Just a water bottle
What is the maximum number of students allowed?	20
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	www.signtogetheruk.com or Miss Lambourne who can forward your questions to the teacher
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



BRITISH SIGN LANGUAGE LEVEL 2

What will you be doing every week?	 British Sign Language Level 2 is perfect for those who have attended the level 1 sessions or who already have a basic understanding of BSL and want to advance their skills. Sessions will be practical and interactive and run by a professional British Sign Language teacher.
	professional british sign Language teacher.
	In addition to learning BSL you will also develop a strong awareness and appreciation of the deaf culture.
What kind of person will this suit?	 This would suit anyone wanting to: Learn a new skill Improve their communication skills Engage all their senses Stand out from the crowd Support equality for deaf people Connect with a wider community of people
Why should you do it?	By learning BSL you'll be able to communicate with hard of hearing and deaf people, contributing to a society where deaf people are included. Did you know that BSL is the second most used language in the UK after English?!
Can I do it all year or should I switch every term?	Level 1 will run in the Autumn and Spring terms with an opportunity to proceed onto Level 2 in the Summer. Students will receive an official 'Certificate of Recognition'
Will I need any special equipment or kit?	Just a water bottle
What is the maximum number of students allowed?	20
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	www.signtogetheruk.com or Miss Lambourne who can forward your questions to the teacher
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section



CHESS CLUB

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.
Will I need any special equipment or kit?	No but feel free to bring your own sets if you like and we can store them safely.
What is the maximum number of students allowed?	25
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Miss Lutchi
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



<u>COMPUTER HARDWARE</u> INFORMATION PROCESSING

SYSTEMS (CHIPS)

What will you be doing every week?	Writing different codes. Analysing different films algorithms and graphics that are used within the movie. Playing different problem solving games. Gaining a better understanding of how technology is impacting the world.
What kind of person will this suit?	Only Computer Science/IT students will be considered.
Why should you do it?	Because it will prepare you for the future and gives you a better experience of how to enjoy the present by using the apps and the different technologies safety.
Can I do it all year or should I switch every term?	Yes, it can be done all year round
Will I need any special equipment or kit?	None needed
What is the maximum number of students allowed?	20
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Miss Spencer / Miss Carr
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section



CHRISTIAN UNION

What will you be doing every week?	Enrichment activities, games, debates, etc.
What kind of person will this suit?	Christian affiliated students, but all students are welcome.
Why should you do it?	To receive holistic development that will enhance their learning and their self-confidence.
Can I do it all year or should I switch every term?	All year round, if so desired.
Will I need any special equipment or kit?	Not applicable
What is the maximum number of students allowed?	30- 40
Will it cost me anything?	Not applicable
Who should I speak to if I am unsure?	Miss Miller/ Miss Hanmer
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section



CLAY TECHNIQUES (ART)

What will you be doing every week?	Throughout the term, you will explore several different clay techniques, including coil pots, imprinted and relief tiles, creative creatures. While exploring each technique you will develop skills that can be used for your own clay project. For example, themed pots and tile games to begin creating pieces for different purposes depending on your interests.
What kind of person will this suit?	This club will suit you if you are artistic and wish to learn new craft-based techniques and enjoy being creative.
Why should you do it?	You will be introduced to new techniques and can make a product of your choice.
Can I do it all year or should I switch every term?	Yes, you can work on individual projects throughout the year.
Will I need any special equipment or kit?	No, all equipment is provided for you.
What is the maximum number of students allowed?	15
Will it cost me anything?	No, all equipment is provided for you.
Who should I speak to if I am unsure?	Miss Walsh
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section





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.
Will I need any special equipment or kit?	You will need a container to take your food home in.
What is the maximum number of students allowed?	20
Will it cost me anything?	Voluntary Contribution of £10
Who should I speak to if I am unsure?	Mrs Edmonds / Miss Collins
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



COMPUTER AIDED DESIGN

What will you be doing every week?	You will learn how to create and render 3D objects in a virtual environment using design software such as SolidWorks.
What kind of person will this suit?	This would suit students that have an interest in the engineering or design industry and is up for a challenge.
Why should you do it?	This is a way to bring all your design ideas to life. This is the type of skills that look good on your CV one day!
Can I do it all year or should I switch every term?	This club will switch every term.
Will I need any special equipment or kit?	No
What is the maximum number of students allowed?	10 students maximum
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Miss Horn in B-00-02
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section







What will you be doing every week?	You will be participating in a range of cricket drills to sharpen your skills in bowling, batting, and fielding skills. You will also play games in small and full size teams.
What kind of person will this suit?	Anyone who is interested in participating in fixtures against in other schools. Anyone else who wants to play socialable cricket or
	wishes to develop their skills in this sport
Why should you do it?	 To practice for upcoming Cricket fixtures It is a great opportunity to socialise with your friends and play a popular summer sport
Can I do it all year or should I switch every term?	Summer term only
Will I need any special equipment or kit?	You will need your AVA PE kit. A water bottle is good idea.
What is the maximum number of students allowed?	25
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Any member of the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



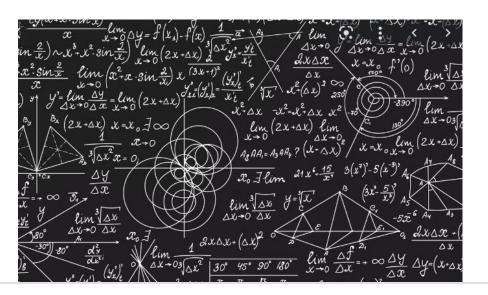
DEBATE CLUB

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.
Will I need any special equipment or kit?	None needed
What is the maximum number of students allowed?	25
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Mr Hickey
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



DISCOVERING MATHS

What will you be doing every week?	Answering the age-old maths question 'when will I ever use this in real life?'! This club is all about the real-life applications of mathematics and why maths is such an important subject in school and the wider world.
What kind of person will this suit?	People with a passion for mathematics and problem solving.
Why should you do it?	It will help build your problem solving and reasoning skills which are incredibly valuable in today's world.
Can I do it all year or should I switch every term?	Either.
Will I need any special equipment or kit?	No
What is the maximum number of students allowed?	30
Will it cost me anything?	No
Who should I speak to if I am unsure?	Miss Lutchi
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



Dofe EXPEDITION TRAINING

What will you be doing every week?	Different Duke of Edinburgh skills in the run up to the Summer expeditions
What kind of person will this suit?	Someone who needs / wants to improve skills needed for Duke of Edinburgh; map reading, tent building, route planning, hiking and camp cooking
Why should you do it?	To be prepared with the skills needed for your Expeditions, to spend time with the rest of your group and have the support of DofE trained staff
Can I do it all year or should I switch every term?	Summer Term - in preparation for the Expedition
Will I need any special equipment or kit?	There may be sessions where you will need to bring in suitable clothing or ingredients for camp cooking. You will be informed of this before.
What is the maximum number of students allowed?	30
Will it cost me anything?	Not for the P6. Expedition payment is separate.
Who should I speak to if I am unsure?	Mrs Crumpton or Mr Braybrook
Can this count towards my DofE Award?	This is part of your EXPEDITION section



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.
Can I do it all year or should I switch every term?	Yes! You can do this all year round
Will I need any special equipment or kit?	None needed
What is the maximum number of students allowed?	15
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Miss Green
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



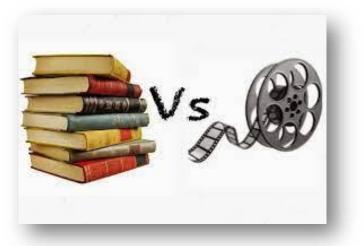
ENGLISH HOME LEARNING CLUB

What will you be doing every week?	Using laptops, you will access your home learning on Teams and have the support of an English teacher to help you complete home learning.
What kind of person will this suit?	Those who struggle with their home learning, don't have good access to technology at home or are poor at keeping to deadlines would find this club useful.
Why should you do it?	This activity will directly enhance your English skills but will also help with your wider skills for future employment.
Can I do it all year or should I switch every term?	This club is for one term.
Will I need any special equipment or kit?	None
What is the maximum number of students allowed?	20
Will it cost me anything?	Nothing!
Who should I speak to if I am unsure?	Miss O'Loughlin or Mr Cooper
Can this count towards my DofE Award?	This cannot count towards the DofE Award



ENGLISH THROUGH FILM

What will you be doing every week?	Class study of film adaptations of classic literary texts, chosen especially to engage, inspire and challenge young minds.
What kind of person will this suit?	Those who love reading, film and discussion will enjoy this club best.
Why should you do it?	This activity will directly enhance your English skills but will also help with your wider skills for future employment.
Can I do it all year or should I switch every term?	This club is for one term.
Will I need any special equipment or kit?	None
What is the maximum number of students allowed?	20
Will it cost me anything?	Nothing!
Who should I speak to if I am unsure?	Miss O'Loughlin or Mr Cooper
Can this count towards my DofE Award?	This cannot count towards the DofE Award



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.
Will I need any special equipment or kit?	If you have an instrument bring it along. We have different instruments, drums, amplifiers within the department you can use.
What is the maximum number of students allowed?	15
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Mr Hallam/Miss Kissick/Mrs Stefanczyk
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



ENVIRONMENTAL CLUB

What will you be doing every week?	Spreading awareness of how we can sustain the environment, use recycling materials to display resourcefulness and creativity, promoting internal recycling competition.
What kind of person will this suit?	The environmental club is suitable for students who would want to find creative ways to make a difference/raise awareness.
Why should you do it?	Empower students to participate and take up meaningful environmental activities and projects.
Can I do it all year or should I switch every term?	Switch every term.
Will I need any special equipment or kit?	No you will not need any special equipment.
What is the maximum number of students allowed?	15-20 students
Will it cost me anything?	Free of cost.
Who should I speak to if I am unsure?	Ms. McLeod and Mr. Binns
Can this count towards my DofE Award?	Yes, this can count as your VOLUNTEERING section







What will you be doing every week?	 Ever wanted to be a part of Esports - one of the fastest growing industries in the world? Now is your chance! You will be completing a Level 2 BTEC in eSports, this course is assessed as 100% coursework. You will cover the following units Unit 1: Esports Games, Teams and Tournaments - You will investigate different genres of esports games and the professional
	 teams that play them. You will study the online and live tournaments and leagues in which these esports team compete. Unit 2: Establishing an Esports Organisation - You will investigate different types of global sports organisations; you will create a brand for an esports organisation as well as a plan to promote their chosen brand. To gain experience of the competitive world eSport we hope to give students the opportunity to take part in British Esports Student Champs. This is a series of exciting competitive video gaming competitions run by the British eSports Assocation for students aged 12+ in schools and colleges across the UK. We hope to enter offer students the opportunity to play League of Legends competitively. Please be aware the competitive play element will take place from 4pm to 5pm. Parents of students taking part in this activity will be given further details when we start in September.
What kind of person will this suit?	This club is designed for students who want to develop a range of skills within the esports and related industries. The students will have a keen interest in gaming competitively and ideally have experience in playing League of Legends. As students are completing a BTEC qualification we will be selecting students which apply who have strong English and Maths skills. We will also take into consideration their behaviour record.
Why should you do it?	You will learn about the eSport industry and hopefully get to compete in the British Esports Student Champs competition.
Can I do it all year or should I switch every term?	You will complete the course over one year.
Will I need any special equipment or kit?	No special equipment or kit is needed.
What is the maximum number of students allowed?	20
Will it cost me anything?	There is no cost involved.
Who should I speak to if I am unsure?	Mr Cort in E0111
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section

BTEC

<u>FIGHTKLUB</u>

What will you be doing every week?	Box Fit is a high intensity fun workout that makes working out fun. It is a workout built around punching and kicking a freestanding punch bag whilst keeping in time with the high energy music.
What kind of person will this suit?	This workout is suitable for both boys and girls who want to try something different and focus on enjoyment and confidence boosting.
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?	Yes! You can do this all year round
Will I need any special equipment or kit?	You will need your AVA PE kit. A water bottle is good idea.
What is the maximum number of students allowed?	25
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Anyone in the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



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?	Yes! You can do this all year round.
Will I need any special equipment or kit?	You will need your AVA PE kit. A water bottle is good idea.
What is the maximum number of students allowed?	15
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Anyone in the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section











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.
Will I need any special equipment or kit?	Shin pads and football boots would be optional but recommended.
What is the maximum number of students allowed?	35
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Anyone in the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



FRENCH CLUB

What will you be doing every week?	Each week we will be practicing different skills. We will use different type of activities such as games, quiz, mini white board games We will look at the culture of French speaking countries through music, films, interviews, traditional dishes We are going to focus on the different aspect of the language and particularly the impact culture has on it.
What kind of person will this suit?	Anyone doing French GCSE from Y9 to Y10 and who wants to expand their knowledge of French and the French speaking world.
Why should you do it?	If you love travelling, discovering new places and culture this is for you! We are going to dive into the French world and culture around the world On the French Clinic you are going to learn some fun ways to improve your skills and knowledge. -You will be able to focus specifically on what you need to work on and on particular interest around the French world. -To build your confidence in a smaller group
Can I do it all year or should I switch every term?	You should do this all year.
Will I need any special equipment or kit?	Standard school stationery.
What is the maximum number of students allowed?	25
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Ms Chony
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section

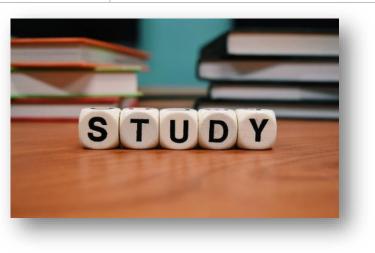
INDEPENDENT RESEARCH PROJECT

-	
What will you be doing every week?	Students will choose an area of interest, set an aim and title before planning, researching and carrying out their own independent research project. As the project is independent there really is flexibility to do a project in anything that supports your own interests!!
What kind of person will this suit?	Students who want to explore others areas of interest and strengthen their independent learning and project skills.
Why should you do it?	To develop and improve your own learning and performance as inquisitive and independent students and to be inspired by new areas and/or methods of study.
Can I do it all year or should I switch every term?	You can do this all year or switch after a term
Will I need any special equipment or kit?	Just the equipment that you will need to complete your project
What is the maximum number of students allowed?	25
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Miss O'Loughlin or Mr Cooper
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



INDEPENDENT SUPERVISED STUDY

	JIODI
What will you be doing every week?	Each week, you will be able to complete your homework or coursework or revise for upcoming mock exams using online services like SAM learning, My Maths or GCSE Pod. You decide the work you want to complete. There will be a member of staff there to help you if needed.
What kind of person will this suit?	All students - studying independently is an important life skill.
Why should you do it?	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.
Can I do it all year or	
should I switch every term?	You can do this all year or switch after a term
Will I need any special equipment or kit?	No - this option will be timetabled in a PC room
What is the maximum number of students allowed?	25 per class
Will it cost me anything?	No
Who should I speak to if I am unsure?	Miss Lambourne
Can this count towards my DofE Award?	No



KEYBOARD CLUB

What will you be doing every week?	Learning to develop your technique and skills on a keyboard. You will be able to direct your own learning to pieces of music you want to learn, as well as music being provided for you. You will learn about chords and melody and develop right and left hand coordination playing the keyboard. You will also learn some of the more advanced features of our Yamaha Keyboards.
What kind of person will this suit?	Someone who likes playing the keyboard and who has an interest in this. You will need to be able to focus and practice for extended periods of time.
Why should you do it?	To develop your musicianship skills and appreciation. It is also rewarding and fun and helps with your cognitive ability.
Can I do it all year or should I switch every term?	You could do all year or switch.
Will I need any special equipment or kit?	No
What is the maximum number of students allowed?	15
Will it cost me anything?	No
Who should I speak to if I am unsure?	Mrs Stefanczyk/Mr Hallam
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section



MARTIAL ARTS (ZKS)

What will you be doing every week?	ZKS Teen/adult classes give students a really good introduction to all the basic elements of our martial arts. They will cover three main aspects in our programme; Self defence, kick boxing and grappling.
What kind of person will this suit?	Any students with an interest in learning more about Martial Arts or wanting to improve their fitness.
Why should you do it?	 To master a new skill To socialise with others To improve your fitness
Can I do it all year or should I switch every term?	You will be able to attend until you opt out.
Will I need any special equipment or kit?	We provide all the equipment.
What is the maximum number of students allowed?	20
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Anyone in the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



MATHS BOARD GAME 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, Cluedo, Monopoly, and card games like Uno. 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?	 It is a great way to socialise. Develop a range of skills essential for life. It's fun!
Can I do it all year or should I switch every term?	This club will be available all year round.
Will I need any special equipment or kit?	None needed—but feel free to bring your own tabletop game
What is the maximum number of students allowed?	25
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Miss Lutchi
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section





MEDIA FILM CLUB

What will you be doing every week?	Each week we will be watching a film or short film from my recommended 16 films to watch before you are 16. These may be films you have not heard of and will be from a range of genres including anime, documentary, foreign film and Blockbusters from the 1970s and 80s. After each film we will have a discussion about the film and share our reviews. There will be opportunities to enter competitions and activities created by the company IntoFilm.
What kind of person will this suit?	Someone with an interest in film and stories. We will not be watching mainstream films that you have seen before, this is for real film buffs!
Why should you do it?	Watching films is a great way to develop your wider cultural knowledge. This film club will help you to discover films that you may not normally have the opportunity to watch. It will help refine your taste in films and give you the opportunity for a lively discussion.
Can I do it all year or should I switch every term?	This club will be available all year round.
Will I need any special equipment or kit?	None needed
What is the maximum number of students allowed?	30
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Miss Proud
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



MUSICAL THEATRE

What will you be doing every week?	Every week we will be exploring musical theatre songs. We will be working on large ensemble performances, also smaller group and solo performances from Musicals.
What kind of person will this suit?	Anyone who loves Musical Theatre. Anyone who likes to dance and sing either as a soloist or as a group.
Why should you do it?	You will get to work with other likeminded students and staff and share your passion for all things musical theatre.
Can I do it all year or should I switch every term?	You will be able to do this for the rest of the year.
Will I need any special equipment or kit?	Not on a regular basis, but you may be asked on occasion to bring in your PE kit.
What is the maximum number of students allowed?	20
Will it cost me anything?	No
Who should I speak to if I am unsure?	Mrs Convery/ Mrs Brooks
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



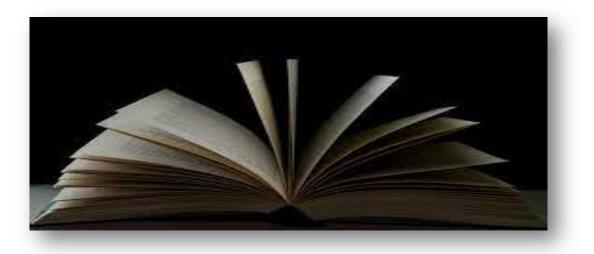
<u>MYMATHS CLUB</u>

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What will you be doing every week?	MyMaths Club provides you with the opportunity to explore maths through games and plug any individual gaps in knowledge using online resources. You can also get support with your weekly MyMaths homework.
What kind of person will this suit?	Everyone - whether you love maths or just need a bit of extra support.
Why should you do it?	It will help consolidate your understanding of mathematics and thus support your progress in the subject.
Can I do it all year or should I switch every term?	Either.
Will I need any special equipment or kit?	No
What is the maximum number of students allowed?	30
Will it cost me anything?	No
Who should I speak to if I am unsure?	Miss Lutchi
Can this count towards my DofE Award?	This cannot count towards the DofE Award



NOVEL EXPLORATION

What will you he doing	
What will you be doing every week?	Class reading of shared novel, chosen especially to engage, inspire and challenge young minds.
What kind of person will this suit?	Those who love reading and discussion will enjoy this club best.
Why should you do it?	This activity will directly enhance your English skills but will also help with your wider skills for future employment.
Can I do it all year or should I switch every term?	This club is for one term.
Will I need any special equipment or kit?	None
What is the maximum number of students allowed?	20
Will it cost me anything?	Nothing!
Who should I speak to if I am unsure?	Mrs Quinnell
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



ART PAINTING TECHNIQUES

What will you be doing	We will be working on painting to a different brief every
every week?	few weeks, this means painting different subjects with different meanings each time. We learn how to use both acrylic and watercolour paint and try and recreate the
	techniques of other artists as well as develop our own.
What kind of person will this suit?	Anyone at all, expert or beginner, as long as you are willing to genuinely try your best.
Why should you do it?	Learn a new skill or improve what you already know.
Can I do it all year or	
should I switch every	You can do it all year round or change between terms.
term?	
Will I need any special equipment or kit?	All painting equipment will be provided for you but you can bring your own if you choose to.
What is the maximum	
number of students allowed?	15
Will it cost me anything?	No
Who should I speak to if I am unsure?	Mr Scarlett
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section





PRACTICAL SCIENCE CLUB

What will you be doing every week?	Practical work focusing on the key scientific skills that you will need throughout your GCSE courses. You will be collecting data, making observations, analysing and evaluating experiments.
What kind of person will this suit?	The Practical Science Club is suitable for students who want to develop their practical skills in Science so that they can be at the top of their game when it comes to their KS4 exams. They may be thinking about taking Science subjects in 6 th Form.
Why should you do it?	It will help you gain confidence with your practical skills and enable you to lead other students when you come across these skills in your lessons.
Can I do it all year or should I switch every term?	All year if you wish.
Will I need any special equipment or kit?	No you will not need any special equipment.
What is the maximum number of students allowed?	15-20 students
Will it cost me anything?	Free of cost
Who should I speak to if I am unsure?	Mrs Kirk
Can this count towards my DofE Award?	No





ART PRINTING TECHNIQUES

What will you be doing every week?	Throughout the term, you will explore several different printing techniques, including screen, mono, lino and collagraph printing. While exploring each technique you will be creating designs for a different purpose depending on your interests, for example you could design and print a tote bag, greeting cards or postcards.
What kind of person will this suit?	This club will suit you if you are artistic and wish to learn new craft based techniques and enjoy being creative.
Why should you do it?	You will be introduced to new techniques and have the opportunity to make a product of your choice.
Can I do it all year or should I switch every term?	Yes you can work on individual projects throughout the year.
Will I need any special equipment or kit?	No all equipment is provided for you.
What is the maximum number of students allowed?	15
Will it cost me anything?	No all equipment is provided for you.
Who should I speak to if I am unsure?	Miss Dadson
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section



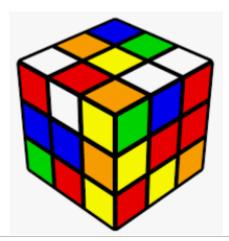
<u>ROUNDERS</u>

What will you be doing every week?	You will be completing in a range of rounder's drills to sharpen your skills in bowling, batting, and fielding skills. You will also play games in small and full size teams.
What kind of person will this suit?	Anyone who is interested in playing in Rounders fixtures against other schools as part of the AVA team. Opportunity to participate in socialable rounder's to help develop skills in this sport
Why should you do it?	 To practice for upcoming Rounders fixtures It is a great opportunity to socialise with your friends and play a popular summer sport
Can I do it all year or should I switch every term?	Summer term only
Will I need any special equipment or kit?	You will need your AVA PE kit. A water bottle is good idea.
What is the maximum number of students allowed?	25
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Any member of the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



RUBIK'S CUBE CLUB

What will you be doing every week?	Ever wanted to be able to solve a Rubik's cube? Spent hours watching YouTube videos of people solving them while standing on one leg and yet you've still failed? Don't worry Rubik's Cube Club is here to save you!
What kind of person will this suit?	People who enjoy puzzle-solving.
Why should you do it?	It will help build your problem solving skills and give you a neat party trick.
Can I do it all year or should I switch every term?	Switch every term.
Will I need any special equipment or kit?	No
What is the maximum number of students allowed?	15
Will it cost me anything?	No
Who should I speak to if I am unsure?	Miss Lutchi
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



<u>RUGBY</u>

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?	Available all year.
Will I need any special equipment or kit?	AVA PE kit
What is the maximum number of students allowed?	30
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Anyone in the PE Department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



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.
Will I need any special equipment or kit?	No you will not need any special equipment.
What is the maximum number of students allowed?	25
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Mrs Kirk
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section



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.
Can I do it all year or should I switch every term?	Yes! You can do this all year round
Will I need any special equipment or kit?	No. Just your voice!
What is the maximum number of students allowed?	15
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Mr Hallam / Miss Kissick / Mrs Stefanczyk
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section





What will you be doing every week?	You will be involved in a range of Softball drills to sharpen your skills in bowling, batting, and fielding skills. You will also play games in small and full size teams
What kind of person will this suit?	Anyone who is interested in playing socialable softball or wishes to develop their skills in this sport
Why should you do it?	It is a great opportunity to socialise with your friends and play a popular summer sport
Can I do it all year or should I switch every term?	Summer term only
Will I need any special equipment or kit?	You will need your AVA PE kit. A water bottle is good idea.
What is the maximum number of students allowed?	25
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Any member of the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



SPANISH CLUB

What will you be doing every week?	You will be involved in a range of cultural activities such as Hispanic literature, cinema or music while practicing different strategies that you need to have a great level of the language
What kind of person will this suit?	Anyone doing Spanish GCSE from Y9 to Y11 who loves travelling and is interested in culture and eager to keep learning more and more about the Hispanic world.
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!
Can I do it all year or should I switch every term?	Yes, you can do this all year round
Will I need any special equipment or kit?	Standard school stationary.
What is the maximum number of students allowed?	25
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Ms Camacho
Can this count towards my DofE Award?	Yes, this can count as your SKILLS section



SPORTS LEADERS

What will you be doing every week?	The sessions use sport to deliver fun and engaging physical activities with other students and within the community. Students will plan, lead and evaluate sports/physical activity sessions over a number of tutored hours and then demonstrate their leadership skills as part of their assessment.
What kind of person will this suit?	Sport Ambassadors or individuals looking to pursue coaching in the future.
Why should you do it?	Students undertaking a qualification in Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people.
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.
Will I need any special equipment or kit?	AVA PE Kit and a water bottle is advised.
What is the maximum number of students allowed?	25
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Anyone in the PE department
Can this count towards my DofE Award?	Yes, this can count as your <mark>VOLUNTEERING</mark> or <mark>SKILLS</mark> section



<u>STEM RESEARCH PROJECT -</u> <u>INDUSTRIAL CADETS</u>

What will you be doing every week?	Students will be completing an exciting STEM project over 12 weeks. The project theme will be 'Island and incorporating a theme park' and will end in a graduation event when the project is complete.
What kind of person will this suit?	Students wanting to gain an insight into current topical themes and develop key skills for learning, life and work.
Why should you do it?	To gain hands on learning experience from industry professionals, help inform future subject and career choices and develop skills.
Can I do it all year or should I switch every term?	Summer Term
Will I need any special equipment or kit?	No
What is the maximum number of students allowed?	6 - students involved are already aware
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Mrs Kirk
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section





What will you be doing every week?	You will be involved in a range of tennis drills to sharpen your skills in serving and different types of shots. You will also play games in singles and doubles format.
What kind of person will this suit?	Anyone who is interested in tennis, keeping fit and a competitive sport.
Why should you do it?	 To develop tennis skills To play in a variety of in house competitions
Can I do it all year or should I switch every term?	Summer term only
Will I need any special equipment or kit?	You will need your AVA PE kit every week. A water bottle is good idea. You are welcome to bring your own racket too
What is the maximum number of students allowed?	25
Will it cost me anything?	No! It is completely free.
Who should I speak to if I am unsure?	Any member of the PE department
Can this count towards my DofE Award?	Yes, this can count as your PHYSICAL section



TEXTILES CLUB

What will you be doing every week?	Using a mixture of hand and machine joining and decorative techniques you will be designing and making a variety of textile (fabric) products
What kind of person will this suit?	Someone who is creative, patient and enjoys practical work
Why should you do it?	An opportunity to develop some skills for life. a way to channel your creativity into a physical product
Can I do it all year or should I switch every term?	You can do it all year
Will I need any special equipment or kit?	You may want to bring in your own fabric and you will need a plain white/black t-shirt for one of the projects
What is the maximum number of students allowed?	15
Will it cost me anything?	You will need to buy a white/black tshirt for one of the projects. costs will also be incurred if you want to bring your own fabric
Who should I speak to if I am unsure?	Miss Whooley
Can this count towards my DofE Award?	Yes, this can count as your <mark>SKILLS</mark> section



VOLUNTEERING

What will you be doing every week?	We have a number of different volunteering activities available within the Academy to help you achieve the volunteering section of your DofE Award or if you are keen to help out in your school community. Primary Berrycare (Mon-Fri) - help the Berrycare leaders set up the equipment for the afterschool club and support them in helping with the younger children. PE Volunteering: Assisting the PE teacher in charge and helping with setting up and tidying away the equipment
	School Community: Litter Picking / Bottle Recycling (Mon-Thurs)
What kind of person will this suit?	Someone who is completing their DofE award or who is keen to support
Why should you do it?	Volunteering is a mandatory section in the DofE award.
	Volunteering gives students the chance to help others and also develops their own soft skills. Volunteering can boost your university or college application as you are showing that you are proactive, reliable, enthusiastic and committed to community service.
Can I do it all year or should I switch every term?	Different volunteering options will be available throughout the year
Will I need any special equipment or kit?	For PE volunteering, you will need your AVA PE kit. A water bottle is good idea.
What is the maximum number of students allowed?	Different for each option.
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Miss Lambourne / Anyone in the PE department
Can this count towards my DofE Award?	Yes, this can count as your VOLUNTEERING section

WORLD CHALLENGE

What will you be doing every week?	The World Challenge group will be meeting to discuss and plan fundraising for the upcoming trip, planning the trip and following the World Challenge sessions on becoming responsible travellers.
What kind of person will this suit?	Students who have signed up to do world challenge.
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?	Summer Term
Will I need any special equipment or kit?	Just yourself!
What is the maximum number of students allowed?	15
Will it cost me anything?	FREE
Who should I speak to if I am unsure?	Mr Hawley
Can this count towards my DofE Award?	Yes, this can count as your VOLUNTEERING section



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 the Achievement Director for your year group.

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, your achievement director 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!

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.