

Longridge
Towers School



Enrichment Programme

Michaelmas 2010 – First Half Term

Senior school enrichment sessions

Enrichment activity	Advanced Ensemble
Age range	Forms 1 - 6
Max number of pupils	Pupils will be invited by Mrs Cheer
A programme for the half term	Concentrated work on a selection of quartet pieces in a variety of styles
Skills developed	Advanced ensemble skills; confidence

Enrichment activity	Art GCSE
Age range	14-16 years
Max number of pupils	15
A programme for the half term	As in GCSE booklet. Still Life Drawing Project for Later development in the Cubism Project
Skills developed	Skills in observation and drawing. Perspective Tone Light and shade Measuring proportions Symmetrical shapes

Enrichment activity	Badminton
Age range	Forms 1-3 / Form 4-6
Max number of pupils	12
A programme for the half term	Stroke development – serve, clear, smash, net shots Scoring Singles and doubles play
Skills developed	An understanding of the game and the scoring Fitness

Enrichment activity	Archery
Age range	11-18
Max number of pupils	16
A programme for the session	Basic skills and rules for competition archery. <u>This session will be run by the local archery club and will incur an extra charge.</u> NB. Logistics and numbers are essential for this activity and as such full confirmation of the programme will be given on return to school in September
Skills developed	Hand eye coordination Fine motor skills Strength and conditioning.

Enrichment activity	Basketball
Age range	Forms 1 - 3
Max number of pupils	15
A programme for the session	Series of controlled games and skills drills developing a tactical awareness of the game along with standard skills such as passing, set shots, screening and rebounding.
Skills developed	Strength and fitness. Hand eye coordination. Communication and teamwork

Enrichment Activity	Borneo Music Group
Age Range	L6 & U6
Max Number of Pupils	12 (pupils signed up to the trip plus invited performers)
A programme for the session	Prepare for the fundraising concert in October
Skills developed	Music and Drama

Enrichment activity	Borneo Group
Age range	L6 / U6
Max number of pupils	12 (Only those already signed up for the expedition)
A programme for the half term	Fund raising and skills development for the expedition
Skills developed	Communication, organisation and camp craft

Enrichment activity	Boys' Choir
Age range	Forms 1 - 6
Max number of pupils	No maximum
A programme for the half term	Pupils will work on songs to develop their vocal skills. Some of these will be used in public performances.
Skills developed	Vocal skills (breathing, diction, good posture), teamwork, confidence building

Enrichment activity	Chamber Choir
Age range	Forms 1 - 6
Max number of pupils	Pupils will be invited by Mrs Cheer
A programme for the half term	Pupils will work upon pieces for both the Carol Service and forthcoming concerts.
Skills developed	Advanced vocal skills; teamwork; confidence building

Enrichment activity	Cheerleading
Age range	Forms J5 – Form 2
Max number of pupils	12
A programme for the half term	Learn the basic skills of cheerleading Produce routines for presentation
Skills developed	Fitness Teamwork Co-ordination

Enrichment activity	Chess
Age range	Forms 1 – U6
Max number of pupils	15
A programme for the half term	Learn the basic skills of chess Chess tactics Openings Middle game Endgame manoeuvres
Skills developed	Tactics for chess Strategy and planning skills

Enrichment activity	Circuits
Age range	1 – U6
Max number of pupils	15
A programme for the half term	A progressive fitness training programme, focusing on stamina and learning to pace yourself.
Skills developed	Physical fitness, discipline.

Enrichment activity	Craft club
Age range	J4 to Form 3
Max number of pupils	20
A programme for the half term	Brooch making Making a money bank Making a soft toy Decorating a bag Clothing Alterations
Skills developed	Sewing skills Creative skills Recycling

Enrichment activity	Creative Writing
Age range	Forms 1 – U6
Max number of pupils	20
A programme for the half term	Study various types and styles of writing and produce own work based on suggested texts and poems
Skills developed	Effective use of language

Enrichment activity	Cricket nets
Age range	Form 1 to 3 and 4 to U6
Max number of pupils	14 per session
A programme for the half term	Two nets will run. This will enable the pupils to hone their batting and bowling skills. Coaching will be available for the pupils if required.
Skills developed	Pupils will improve their personal batting and bowling skills.

Enrichment activity	Cross Country / Road Running
Age range	Form 1 to U6
Max number of pupils	20
A programme for the half term	Cross country running
Skills developed	Time trials Interval training Running Cross country events

Enrichment activity	Drama for Fun
Age range	Form 1 to U6
Max number of pupils	16
A programme for the session	A series of team and individual based activities centring on improvisation and role play scenarios.
Skills developed	Communication skills, Confidence and performing skills Team-working skills

Enrichment activity	Drama – Maltings production
Age range	Forms 5-6
Max number of pupils	Will vary
A programme for the half term	Production at The Maltings in March 2011 This will be cast in the Autumn term and interested pupils should register for the activity. There will be a rehearsal schedule for those involved – working on specific scenes.
Skills developed	Acting/singing/dance

Enrichment activity	EPQ support
Age range	Form 6
Max number of pupils	8
A programme for the half term	Pupils who are pursuing an EPQ as part of their sixth form studies will have an opportunity to seek help and guidance. This will include tutoring in completion of the planning log, taught skills sessions and self evaluation.
Skills developed	Higher level research methodology, critical thinking and appraisal, literature review and academic writing skills.

Enrichment activity	Falconry
Age range	Forms 1 to U6
Max number of pupils	12 (2 groups of 6)
A programme for the half term	<p>These sessions will involve the pupils working with the falconers from The Barn at Beal. The course will cover care, handling, feeding and flying various birds of prey.</p> <p>If there is a full uptake for these sessions, there will be a charge of £5 for each activity session.</p>
Skills developed	<p>Knowledge of birds of prey Falcon husbandry Flying</p>

Enrichment activity	Film Appreciation
Age range	Forms 1 - 6
Max number of pupils	20
A programme for the half term	<p>We will be looking at film theory and examining the classics of cinema, via directors and genres. An ideal activity prior to Film making. We will be watching and discussing for the majority of the programme.</p>
Skills developed	<p>Develop critical and analytical skills, directly relevant to elements of the English Curriculum.</p> <p>Via discussion there will be a furthering of debating and argumentative skills.</p> <p>The core texts we will be looking at will broaden students appreciation of the social and cultural issues being dealt with in the films being examined.</p>

Enrichment activity	Five a Side Football
Age range	Forms 1-3
Max number of pupils	12
A programme for the half term	Pupils will work on skills and drills and then apply these to match situations
Skills developed	Improved ball control and balance. Greater tactical awareness. Improved fitness.

Enrichment activity	Futuristic Physics
Age range	5 th and 6 th Form
Max number of pupils	20
A programme for the half term	Looking at cutting edge uses of Physics <ul style="list-style-type: none"> • Tracking breakthroughs in Science • The Herschel Telescope • The Plank Telescope • The New Horizons Mission • Renewable Energy • Nano Technology • Nuclear Fusion • The Large Hadron collider
Skills developed	Pupils will develop their skills in: <ul style="list-style-type: none"> • Research and tracking of new research • Use of computer simulations • Materials Science • Particle Physics • Spectroscopy

Enrichment activity	GCSE Drama
Age range	Forms 5 & 6
Max number of pupils	20
A programme for the half term	Pupils will rehearse and improve their GCSE Drama pieces and develop their technical skills where relevant.
Skills developed	Skills developed will relate directly to the GCSE level specifications.

Enrichment activity	Girls' Football and Tag Rugby
Age range	Forms 1-3
Max number of pupils	20
A programme for the half term	Club for beginners to intermediate players. We will focus on building up basic football and rugby skills with an aim to playing a few 'friendly' matches against other local schools or clubs.
Skills developed	Ladies' football and rugby growth areas of interest and there are now many opportunities for girls to play football and rugby in schools, clubs or at university. Having a basic skill level would open the door for future opportunities.

Enrichment activity	History Help Drop In
Age range	Forms 1 - 6
Max number of pupils	5
A programme for the half term	Pupils can drop in during this session to seek advice regarding any aspect of their History course.
Skills developed	

Enrichment activity	Hockey (Senior)
Age range	Forms 5 – U6
Max number of pupils	20
A programme for the half term	Basic ball skills Tactics and team play Rules and regulations
Skills developed	The skills that the pupils develop will be utilised in the school fixture programme.

Enrichment activity	Hockey
Age range	Forms J6 - 2
Max number of pupils	20
A programme for the half term	Basic ball skills Tactics and team play Rules and regulations
Skills developed	The skills that the pupils develop will be utilised in the school fixture programme.

Enrichment activity	Hockey (Boys)
Age range	Forms 4 – U6
Max number of pupils	20
A programme for the half term	Basic ball skills Tactics and team play Rules and regulations
Skills developed	Teamwork and a possibility of playing hockey at club level or university.

Enrichment activity	Kickboxing
Age range	Form 5 - U6
Max number of pupils	12
A programme for the half term	Pupils will develop the skills they learnt in Boxercise sessions in the previous term. They will continue to hone techniques using punchbags and hand held pads. They will work towards more advanced techniques.
Skills developed	Correct boxing stance The ability to use several punch techniques The ability to shadow box

Enrichment activity	Kwik Cricket
Age range	Form 1-3
Max number of pupils	10
A programme for the half term	Games of Kwik cricket are fast with little chance of a break. Technique regarding hitting, bowling and throwing will be taught throughout the sessions.
Skills developed	Fitness, hand eye-coordination, throwing skills, teamwork

Enrichment activity	Mathematics Drop in Help
Age range	Forms 1 to U6
Max number of pupils	20
A programme for the half term	These sessions will provide the pupils with the opportunity to drop in and resolve and problems that they may be having with their mathematics. This may be a particular topic or individual questions.
Skills developed	Improved understanding of mathematics.

Enrichment activity	Modern Foreign Languages club
Age range	Forms 1 to U6
Max number of pupils	16
A programme for the half term	Practical practice of the language. Language games. Cultural background.
Skills developed	Improved languages skills and confidence.

Enrichment activity	Music Theory club
Age range	Forms 1 - 6
Max number of pupils	15
A programme for the half term	Pupils will work at their own level towards improving their understanding of the theoretical aspects of music. Pupils may take theory grade examinations – any pupil considering practical music examinations beyond Grade 5 will need to have passed Grade 5 theory prior to entry.
Skills developed	Understanding of the theory of music; recognised certification if examinations are sat and passed

Enrichment activity	NTO
Age range	Forms 1 - 6
Max number of pupils	Pupils will be invited by Mrs Cheer and Mrs Smith
A programme for the half term	A progressive series of pieces will be rehearsed to build skills in ensemble playing.
Skills developed	Consolidation and support of work done by the peripatetic staff; teamwork; confidence; problem solving

Enrichment activity	Philosophy
Age range	11-18
Max number of pupils	12
A programme for the session	In the Philosophy club, we will, through rational discussion, delve in to some of the more interesting questions that life offers upon us. Topics will be discussed on a weekly basis and could consist of questions such as; who am I? Why am I here? The Philosophy club will aim to excite the intellect and broaden the mind of its participants. Members will be invited to put topics to discuss in a hat. Each week, a topic will be chosen as that meetings focus.
Skills developed	Rational thought

Enrichment activity	Photography and animation
Age range	11-18
Max number of pupils	12
A programme for the session	<p>A sequence of activities involving basic principles of photography and using a stills camera and manipulation of images using editing software.</p> <p>The activity will then move onto stop-motion animation techniques with a view to pupils creating their own short animation.</p>
Skills developed	<p>Technical ICT awareness</p> <p>Planning and development of creative thought</p> <p>Team-working skills.</p> <p>Manipulation and control of a camera.</p>

Enrichment activity	Rock Bands
Age range	Forms 1-6
Max number of pupils	Two bands worth
A programme for the half term	<p>The plan would initially be to listen to various rock influences and Blues over the years.</p> <p>Bands would identify the style and sound to be created and the use of Overdrive and Reverb.</p> <p>Vocals would be developed.</p>
Skills developed	<p>Once the Bands have developed a 5 song repertoire, they would perform as part of a Friday lunch-time live music entertainment package.</p> <p>Skills would be gained in individual playing and also having the confidence to perform live in public.</p>

Enrichment activity	School magazine
Age range	Form 1- U6
Max number of pupils	20
A programme for the half term	To be highly involved in the production of the school magazine. Journalistic skills could be developed in interviewing people of groups in order to write an article regarding their activity. Compilation of the final magazine will be discussed.
Skills developed	Pupils will develop their writing skills, specifically their media writing skills. They will learn how to focus their writing for a particular target audience. Pupils will work as a group and be responsible for creating a magazine. They will have more ownership over the school magazine.

Enrichment activity	Science club
Age range	J3 to Form 1
Max number of pupils	15 of each age range
A programme for the half term	Star awards for age 5 – 7 Students complete 8 of 12 activities to gain an award Superstar awards for age 7 – 11 Students complete 8 of 12 activities to gain an award The activities will be mixed with experiments that are not normally done in science lessons.
Skills developed	Confidence with scientific apparatus. Thinking skills.

Enrichment activity	Science Drop In
Age range	Forms 1-6
Max number of pupils	Will vary
A programme for the half term	This is a lunchtime activity designed to support students who require extra help in science. Students can come voluntarily or if recommended by the student's teacher. Tuition will be provided by a science teacher as well as 6 th Form science students.
Skills developed	Firm knowledge of science concepts/topics Act upon advice and guidance Problem solving skills Examination technique

Enrichment activity	Senior Choir
Age range	Forms 1 - 6
Max number of pupils	No maximum
A programme for the half term	Pupils will work on songs for both the Carol Service and forthcoming concerts
Skills developed	Vocal skills (breathing, diction, good posture), teamwork, confidence building

Enrichment activity	Senior Orchestra
Age range	Forms 1 - 6
Max number of pupils	Pupils will be invited by Mrs Cheer or their instrumental instructor
A programme for the half term	Pupils will work on pieces for both the Carol Service and forthcoming concerts
Skills developed	Problem solving Independent working Sharing ideas Organisation and communication The awards prepare the pupils for the CREST awards, which can be completed throughout their school career.

Enrichment activity	Senior Drama Production
Age range	Years 11/12/13
Max number of pupils	Will vary
A programme for the half term (give a brief description of the activities covered in the 7 week block)	Production of “Accrington Pals” There will be a rehearsal schedule for those involved – working on specific scenes.
Skills developed (ie what will the pupils get out of completing the programme)	Acting/singing/dance

Enrichment activity	Science in the Media
Age range	Forms 4 to U6
Max number of pupils	10
A programme for the half term	A discussion group raising their awareness of latest scientific technique and discovery
Skills developed	Rational thought, debating issues.

Enrichment activity	Social Dancing
Age range	Forms 4 to U6
Max number of pupils	20
A programme for the half term	An introduction social dancing, including Scottish Country Dance
Skills developed	Timing, working with a partner, fitness, steps and formations, etiquette.

Enrichment activity	Beginners Spanish
Age range	Forms 2 to U6
Max number of pupils	10
A programme for the half term	An introduction to the Spanish language. Topics covered will include: Shopping, eating out, travel, asking for directions.
Skills developed	Pronunciation of the language. Simple translations. Reading basic Spanish. A knowledge of the country and its culture.

Enrichment activity	Surfing
Age range	Form 5 to U6
Max number of pupils	10
A programme for the half term (give a brief description of the activities covered in the 6 week block)	<p>This six week programme will cover all aspects of beach safety and the basic techniques needed for successful surfing.</p> <p>The sessions will take place at Coldingham Bay and will be delivered by Steve Powner, the resident instructor. Steve is a British Surf Association qualified instructor and a fully qualified beach lifeguard.</p> <p>Pupils will leave school at 14.20, enabling a full surf lesson to take place each session, with plenty of time in the water. Pupils will return to school in time to catch buses as normal.</p> <p>Over the six weeks the pupils will develop surf fitness, balance and co-ordination, an awareness of the hazards involved and the skills to manage them, as well as having a lot of fun.</p> <p>The cost of the six week programme is £150 (a reduction of £60 compared to booking the lessons independently) and this will cover transport to and from Coldingham Bay, hire of wetsuits, boots and gloves, hire of surf boards and all instruction. The fee will be charged to your Michaelmas fee note.</p> <p>Pupils should bring trunks/swimsuits, a towel, a bag for wet gear and a warm drink to each session.</p>

Enrichment activity	Swing Band
Age range	Forms 1 - 6
Max number of pupils	Pupils will be invited by Mrs Cheer or their instrumental instructor
A programme for the half term	The pupils will work on pieces in a swing/jazz style, some of which may be used in public performances.
Skills developed	Teamwork; confidence; improvisation skills

Enrichment activity	Table Tennis
Age range	Form 1 to U6
Max number of pupils	16
A programme for the half term	Learning a new sport. Learn rules of the game. Forehand and backhand. Service. Doubles. Pupils selecting table tennis will be required to provide their own bat. All other equipment will be provided by the school.
Skills developed	Ball skills. Team work. Coordination

Enrichment activity	Under 13 and Under 15 Rugby
Age range	Forms 1-2 and 3-4
Max number of pupils	28
A programme for the half term	Rugby skills will be developed both for the forwards and the backs. Games situations will be developed and they will be coached towards Saturday games.
Skills developed	Handling, ball skills and general rugby game development.

Enrichment activity	Young Engineers Club
Age range	Forms 1 to U6
Max number of pupils	15
A programme for the half term	<p>The club will participate in a number of challenges. Typical examples might be:</p> <p>Week 1 What Shape Falls the Fastest?</p> <p>Week 2 The Marble Run Challenge</p> <p>Week 3 The Tallest Tower Challenge</p> <p>Week 4-5 The Wooden Bridge Challenge</p> <p>Week 6 Rubber Band Buggy Challenge</p> <p>Week 7-8 Hover Brush Monster</p> <p>Additionally we will be entering national competitions organised by BAA, The Royal Navy and Airbus industries.</p>
Skills developed	<p>Young Engineers' aim is to inspire young people to develop an interest in engineering, and, in doing so, recognise the importance and excitement of engineering as a future career.</p> <p>Young Engineers clubs open students' eyes to the diversity of activities that are involved in engineering and illustrate the enormous impact that engineering has on the modern world. A wide range of activities, challenges and awards aim to encourage young people to develop an interest in all things to do with engineering and technology and hopefully then follow a career in engineering through either the higher education route or as technicians and apprentices.</p>

Enrichment activity	Young Enterprise
Age range	L6 to U6
Max number of pupils	15
A programme for the half term	<p>This will be a programme for the entire year.</p> <p>In the first half term focusing on: setting up a business; raising finance; identifying markets; and potential products.</p> <p>Students will be given the opportunity to apply for the Directorships for the Young Enterprise Company</p>
Skills developed	<p>An increased understanding of how a business is set up, operates and continues.</p> <p>A developed understanding of running and chairing business meetings and raising finance.</p>

Enrichment activity	Volleyball
Age range	11-18
Max number of pupils	14
A programme for the session	Series of controlled games and skills drills developing a tactical awareness of the game along with standard skills such as serving, digging, lay-up and blocking.
Skills developed	<p>Strength and fitness.</p> <p>Hand eye coordination.</p> <p>Communication and teamwork</p>

Enrichment activity	Wildlife Gardening
Age range	Forms 1-3
Max number of pupils	15
A programme for the half term	This enrichment activity will restore the wildlife garden in the school grounds. During the Lent half term and the summer term the group will work towards clearing the invasive weeds, adding plants to encourage wildlife and restoring the pond. Further projects will include making bee boxes, and homes for frogs and newts. Students need to bring wellies and old clothes or overalls.
Skills developed	Environments issues. Knowledge of horticulture and micro environments. Knowledge of habitat.

Enrichment activity	Yoga
Age range	Forms 4 - U6
Max number of pupils	16
A programme for the session	Series of yoga based exercises and routines
Skills developed	Core conditioning Balance Poise General fitness

Enrichment activity	6th Form Tutorial
Age range	L6 / U6
Max number of pupils	By invite
A programme for the session	Students will have time (by rota) to discuss progress in detail with their form tutor.
Skills developed	Awareness of academic and social progress

Junior school enrichment sessions

Enrichment activity	Adventure Service Challenge
Age range	J4-J6
Max number of pupils	15
A programme for the half term	<p>ASC offers a structured but flexible programme which is complete in itself, but which will also prepare young people who wish to continue into the Duke of Edinburgh's Award scheme. A choice of activities is available under the ASC banner: adventure service and challenge. Activities range from training programmes to leisure pursuits, attitudes and skills for life – from exploration and discovery to concern for others and opportunities to help those in need.</p> <p>There will a nominal charge for any certificates and badges awarded.</p>
Skills developed	<p>Life Skills Personal Achievement Setting personal targets Meeting new challenges</p>

Enrichment activity	Cheerleading
Age range	Forms J5 – Form 2
Max number of pupils	12
A programme for the half term	<p>Learn the basic skills of cheerleading Produce routines for presentation</p>
Skills developed	<p>Fitness Teamwork Co-ordination</p>

Enrichment activity	Eco Club
Age range	J4 – J6
Max number of pupils	12
A programme for the half term	Working towards an Eco – certificate awarded by “Keep Britain Tidy”. Topics considered are: Transport, Waste, Water, Litter, School Grounds, Healthy Living, Energy, Biodiversity and Global Perspective.
Skills developed	Awareness of environmental issues at relevant at home and in school.

Enrichment activity	Gardening
Age range	J4 – J6
Max number of pupils	12
A programme for the half term	Developing pupil’s skills in horticulture. The programme is linked to the Royal Horticultural Society schools programme and the National Curriculum
Skills developed	Horticulture, aesthetics, communication and design.

Enrichment activity	Craft club
Age range	J4 to Form 3
Max number of pupils	20
A programme for the half term	Brooch making Making a money bank Making a soft toy Decorating a bag Clothing Alterations
Skills developed	Sewing skills Creative skills Recycling

Enrichment activity	Junior Choir
Age range	J4 - J6
Max number of pupils	No maximum
A programme for the half term	Pupils will work on a variety of styles of songs in unison and parts. For those who wish this will be part of their work for the RSCM Voice for Life Scheme
Skills developed	Vocal skills (breathing, diction, good posture), teamwork, confidence building RSCM awards for those who take the assessment

Enrichment activity	Junior Chamber Choir
Age range	J4 - J6
Max number of pupils	By invite
A programme for the half term	Pupils will work on a variety of styles of songs in unison and parts, at a greater level of difficulty than the Junior Choir For those who wish this will be part of their work for the RSCM Voice for Life Scheme
Skills developed	Vocal skills (breathing, diction, good posture), teamwork, confidence building RSCM awards for those who take the assessment

Enrichment activity	Junior Orchestra
Age range	J4 - J6
Max number of pupils	Pupils will be invited by Mrs Cheer or their instrumental instructor
A programme for the half term	A progressive series of pieces will be rehearsed to build skills in ensemble playing.
Skills developed	Consolidation and support of work done by the peripatetic staff; teamwork; confidence; problem solving

Enrichment activity	Latin
Age range	J4 - J6
Max number of pupils	10
A programme for the half term	Learn the basics of the language of Latin, which forms the basis of grammar and structure of many modern languages
Skills developed	Understanding of language

Enrichment activity	Percussion Club
Age range	J4 - J6
Max number of pupils	15
A programme for the half term	A progressive series of pieces will be rehearsed to build skills in ensemble playing.
Skills developed	Teamwork; confidence; performance skills

Enrichment activity	Rounders
Age range	J4 - J6
Max number of pupils	15
A programme for the half term	Learning to effectively play rounders, with particular coaching on the skills of batting, bowling, throwing and catching
Skills developed	Teamwork; confidence; fitness

Enrichment activity	Science club
Age range	J3 to Form 1
Max number of pupils	15 of each age range
A programme for the half term	<p>Star awards for age 5 – 7 Students complete 8 of 12 activities to gain an award</p> <p>Superstar awards for age 7 – 11 Students complete 8 of 12 activities to gain an award The activities will be mixed with experiments that are not normally done in science lessons.</p>
Skills developed	<p>Confidence with scientific apparatus. Thinking skills.</p>

Enrichment activity	Table Tennis
Age range	Form J4 to J6
Max number of pupils	16
A programme for the half term	<p>Learning a new sport. Learn rules of the game. Forehand and backhand. Service. Doubles. Pupils selecting table tennis will be required to provide their own bat. All other equipment will be provided by the school.</p>
Skills developed	<p>Ball skills. Team work. Coordination</p>

Enrichment activity	War games
Age range	J4 – J6
Max number of pupils	12-16
A programme for the half term	Introduction to War games, simple rules. Greek Naval Warfare. Strategies. Different vessels. Rules. Game play.
Skills developed	Insight into Greek Navies without class teaching Realisation of how to draw up, play and set rules. Planning ahead and devising strategies. What is plan B?