

NAME..... TUTOR GROUP.....



ENRICHMENT DAY

Wednesday 18th October

Year 8



Please choose two of the following options from each session, indicate a 1st and 2nd choice.

Do not choose the same session more than once unless it is Battle of the Bands, Choir, Samba group then you must choose that option in every session.

Periods 1 + 2	Choice
<p>Fitness Boot Camp- this is a fun, challenging and dynamic fitness based class that can cater to all levels of fitness and will leave you thirsty for more! BOYS ONLY <i>You will need your indoor PE kit, water bottle and inhaler if appropriate.</i> Mr King</p>	
<p>Korf Ball – a chance to learn a new evasion game. <i>You will need your indoor PE kit, water bottle and inhaler if appropriate.</i> Mr Simpson</p>	
<p>Netball workshop – a chance to stretch yourself with high level netball skills. GIRLS ONLY <i>You will need your PE kit, water bottle and inhaler if appropriate.</i> Miss Coote</p>	
<p>Gymnastics – a chance to do some trampette or rope work. <i>You will need your indoor PE kit, water bottle and inhaler if appropriate.</i> Mrs Johnson</p>	
<p>Mountain biking skills – test your bike handling ability with our skills course, work on technique and share tips with fellow riders. Can you win the slow bike race? <i>Bring your own bike, or borrow one for £2</i> Mr Eckersley</p>	<input type="checkbox"/> I want to borrow a bike
<p>The biscuit challenge! You will create your own biscuit with either a filling or a topping. Just like ‘The Apprentice’ you will work in teams. All biscuits must be identical - so teamwork and excellent organisational skills will be required. <i>There will be a small cost for ingredients.</i> Mrs Jayakanthan</p>	
<p>STEM challenge - Bridge building. Compete against your year group in teams to build the best bridge using everyday materials. Dr Pickup/Ms Thorogood</p>	
<p>Beginners first aid – How to deal with strains and sprains, what to do if someone is choking and how to administer basic life support. Mrs Hartshorn/Mrs Mundy</p>	
<p>Board games – bring in your favourite board games and try to beat your friends! Mrs Watson</p>	
<p>Samba Group – come along and get a chance to play together and perform in the afternoon. Miss Matley</p>	
<p>Battle of the Bands – Play in a band? Spend the day learning new pieces and preparing for an afternoon variety show. Mr Wood</p>	
<p>Choir – Enjoy singing? Spend the day learning new pieces and preparing for an afternoon variety show. Mrs Hicks Beach</p>	

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Periods 3 + 4	Choice
<p>Zumba – fitness class set to music. <i>You will need your indoor PE kit, water bottle and inhaler if appropriate.</i> Mrs Johnson</p>	
<p>Mountain biking skills – test your bike handling ability with our skills course, work on technique and share tips with fellow riders. Can you win the slow bike race? <i>Bring your own bike, or borrow one for £2</i> Mr Eckersley</p>	<input type="checkbox"/> I want to borrow a bike
<p>Origami & papercraft – try your hand at the ancient art of Japanese paper folding to make amazing models. Alternatively design and make tessellating patterns. Miss Hester/Mrs Perkins</p>	
<p>Beginners first aid – How to deal with strains and sprains, what to do if someone is choking and how to administer basic life support. Mrs Hartshorn/Mrs Mundy</p>	
<p>Board games – bring in your favourite board games and try to beat your friends! Mrs Watson</p>	
<p>Group Performance poetry - create your own poetry, lyrics and rhythm, then perform your masterpiece... Ms Futtu</p>	
<p>Mindfulness – a chance to learn basic techniques to improve your everyday wellbeing. Mrs Robinson</p>	
<p>Samba Group – come along and get a chance to play together and perform in the afternoon. Miss Matley</p>	
<p>Battle of the Bands – Play in a band? Spend the day learning new pieces and preparing for an afternoon variety show. Mr Wood</p>	
<p>Choir – Enjoy singing? Spend the day learning new pieces and preparing for an afternoon variety show. Mrs Hicks Beach</p>	

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Periods 5 + 6	Choice
Cross country – get outside and enjoy a 2.5 km run in the land around school. <i>PE kit required</i> Mr Eckersley	
Beginners Mandarin - a chance to learn some basic Chinese from our visitors.	
The biscuit challenge! You will create your own biscuit with either a filling or a topping. Just like 'The Apprentice' you will work in teams. All biscuits must be identical - so teamwork and excellent organisational skills will be required. <i>There will be a small cost for ingredients.</i> Mrs Jayakanthan	
Team maths quiz – get into teams and get your brain into gear as you work through a range of maths puzzles. Miss Hester/Mrs Perkins	
Beginners first aid – How to deal with strains and sprains, what to do if someone is choking and how to administer basic life support. Mrs Hartshorn	
Board games – bring in your favourite board games and try to beat your friends! Mrs Watson	
Samba Group – come along and get a chance to play together and perform in the afternoon. Miss Matley	
Battle of the Bands – Play in a band? Spend the day learning new songs and preparing for the afternoon variety show. Mr Wood	
Choir – Enjoy singing? Spend the day learning new pieces and preparing for an afternoon variety show. Mrs Hicks Beach	

Tick one option only for the afternoon.

Periods 7 – 9	Choice
Variety show If you are in the Samba group, Battle of the Bands, Choir, or have produced a monologue then this is your chance to shine! If you have another talent and wish to take part and have seen Mr Eckersley then you will be taking part in the show in the afternoon. If you want to watch the show and support your fellow students then choose this option.	<input type="checkbox"/> Take part <input type="checkbox"/> Watch
Zumba – fitness class set to music. <i>You will need your indoor PE kit, water bottle and inhaler if appropriate.</i>	
Tag rugby tournament <i>You will need your outdoor PE kit, water bottle and inhaler if appropriate.</i>	