

# Enriched Curriculum Options Booklet

2016  
to  
2017

The Enrichment Programme starts on Friday 25<sup>th</sup> September and runs in three blocks until the end of the academic year.

Each activity will last the duration of a term and a different activity is usually undertaken by each student at the beginning of each term.



## **Introduction**

**The Enriched Curriculum is a popular set of activities which fulfils our ambition to provide 'extra' provision for all pupils. Learning and recreation activities take place within and beyond the school boundary. Staff and pupils work collaboratively with other experts in our community. Developing this network of community links; pupils develop a range of skills, encounter new challenges and enhance their talents.**

**The Enriched Curriculum has been designed to broaden student experience and develop skills that universities and employers find attractive in potential candidates. There is also a strong link between students who take part in a range of extra-curricular activities and successful outcomes in examination results. In making selections, students should be aware of making the most of the opportunities on offer. Universities, in addition to academic success, look for candidates who have a range of interests and a wider view of the world, and who have shown commitment. For example, a student looking to go into medicine will find that universities will expect them to have spent considerable time and effort doing some form of voluntary work within the hospital/care sector.**

**The activities found within the programme are divided into three different categories.**

- **Citizenship, Service, Enterprise and Leadership.**
- **Curriculum and Cultural Enrichment.**
- **Personal Leisure, Health and Wellbeing.**

**Students will be expected to choose activities from each category in order to gain the full benefit from the opportunities which the programme has to offer.**



## How it works

- Students follow two year cycles of the Enriched Curriculum and will gain an Akeley Wood Enriched Curriculum Certificate at the end of each cycle. The certificate will outline the activities which they have undertaken.  
Cycles:
  - Year 7 & 8 – Bronze Certificate
  - Year 9 & 10 – Silver Certificate (Year 11 if necessary)
  - Year 12 & 13 – Gold Certificate
- To gain the certificate students will need to complete at least one activity from each of the 3 categories. They will have the flexibility to choose more options from their favoured category over the length of the two years.
- The Enriched Curriculum is funded or subsidised by the School, however, contributions will be needed to cover certain materials, transport, hire of facilities and employing specialist tutors. Students can take home items made. Costs are included in the course detail.
- The cost listed is usually for the 1 term (approximately 10 weeks) elective. Extra materials or additional sessions may incur further costs.
- The activities listed will only run if there is sufficient interest. They have a minimum number required to run. In the event of this number not being reached, the course will not run.
- Different activities can run at different times during the year and it may not be possible to timetable all choices for this reason.
- As they approach their final examinations Year 11 and 13 students will be able to opt to undertake revision and/or coursework sessions in terms 2 and 3.

## The selection process

Students will select 6 options for this academic year. These should be in order of priority, but students should have a desire to take part fully in any of their choices.

Term 1 activities will be issued in the first instance; being followed shortly by term 2 and term 3 activities. Activities will be fairly distributed and where possible, if students do not get their first choice straight away then they will be given priority for this in the coming terms.



## Category A – Citizenship, Service, Enterprise and Leadership

### 1. Sixth form leadership skills – Mr Wylde and Mr Bown

In the course we shall be examining and considering the following aspects of leadership which we shall develop using role plays:

- a. Setting the standard
- b. Professional Expertise
- c. Moral Courage
- d. Judgement
- e. Decisiveness and flexibility
- f. Integrity
- g. Personal touch
- h. Delegation

Thereafter students will get the opportunity to go into other Enriched Curriculum areas and see if they can apply what they have learned and practiced.

### 2. Project Sri Lanka with Leadership Training (Year 12& 13) – Mrs Stone

This option is aimed at students going on the Sri Lanka Volunteering Project in the Summer 2016. We will be writing letters and creating posters, fliers, etc., to help with the fundraising, as well as planning activities and creating resources to go with each activity. As part of the experience you will also develop your leadership skills through conducting a series of workshops.

### 3. First Aid Training (Term 1& 2 only) - Mr Handby & Mr Brown

This is a great opportunity to qualify for the nationally recognised First Aid Level 2 / Level 3 awards which last for 3 years. The award holder must be 14 years of age or over and can use the certificate in the work place at the age of 16 (ideal for D of E folk and those going into part time work). The cost is £6.50 level 2 and £10 for level 3. This includes all admin, tuition, certificates and booklet.

Anyone under the age of 14 can also join the activity and they will get an emergency response certificate which we can give free of charge.

### 4. Business Challenge (Years 9 and 10 only) - Mrs Kinton

The challenge gives students a chance to pitch their business ideas against other schools. If successful at regional finals the best student teams will be invited to regional finals to work alongside Coca-Cola business experts on a live challenge.

### 5. Charity Crafts - Mrs Parker

Charity Crafts will work on a variety of craft projects - knitting, crochet, fabric and art are among the many possibilities - with the aim of benefitting a charity as well as learning new skills. This might be through making items which can be donated directly or through selling our products and donating the money raised.

Those who attend this option should bring ideas for crafts and charity.

## 6. Criminology (Year 9 upwards) -

In an 'Introduction to Criminology' students will have the opportunity to explore the motives, minds & methods of criminals and the theory behind crime. We will examine a range of infamous cases investigating the world of Harold Shipman & Jack the Ripper, as well as addressing less well-known serial killers, such as Beverly Allert (Britain's first female serial-killer). The nature of the subject is inclined towards A level students, however we are happy to welcome younger students who demonstrate a maturity and interest in the subject.

## 7. Baby Sitting (Year 9 upwards) - Mrs Trice

This course is intended to boost your confidence to deal with situations that may arise whilst undertaking baby-sitting. A very useful option for those of you who are regular baby-sitters. Undertaking the course will not currently lead to a formal qualification but will cover many of the aspects of competent child care.

## 8. Akeley Wood History (Term 1) - Miss Jones

During this academic year we will reach Akeley Wood's School's 70<sup>th</sup> anniversary! To mark this achievement I need a dynamic and creative squad of History Detectives who will research the 70 year history of Akeley Wood School. The finished product will be designed to celebrate our 70<sup>th</sup> anniversary in a format of your choice and that of the Heads of School.

## 9. Inside Out - Mrs Dee-Andrew & Mrs McMahon-Brown

Inside and out, using threads, wool and rope to weave, wrap and bind- can you help us transform the trees, fences and building into a more colourful place?

## 10. Model United Nations (Year 10 upwards) - Mr Medd

Model United Nations (MUN) asks you to take on the role of world leaders and key decision makers, simulating the diplomacy and procedures of the real United Nations, as you represent your given country in debates on a wide range of issues. One week you could be debating nuclear disarmament as a delegate from Iran, the next week animal testing as a delegate from Sweden. This is fast paced, lively and often highly contentious debating where you rarely have to give your own, but rather those of the country you represent.

New to the Enriched Curriculum this year, we will teach you the ropes of writing resolutions, submitting amendments, forming alliances, lobbying, debating, voting, and even chairing debates; with the aim later in the year to hopefully enter teams into some of the many MUN conferences that take place at schools around the country.

Knowledge of global affairs and politics has huge relevance to many subjects and could be particularly advantageous to those looking to apply to particular degree courses, and MUN also aims to develop transferable skills including: expertise in public speaking; negotiation, mediation and consensus building; and the ability to form relationships rapidly with people of alternative viewpoints.

Open to Year 9 upwards. For more information please see Mr Medd.



#### 11. Employment Readiness (Years 11 to 13 only) – Mrs Kinton

Students will be guided through the process of developing a curriculum vitae and covering letter to assist with applications for work experience and employment. We will also explore interview skills and help students to develop examples for use in interview situations.

#### 12. Raspberry Pi Projects (Year 9 upwards) - Dr Haworth

The Raspberry Pi is a credit-card sized computer that enables people of all ages to explore computing, and to learn how to program and control. Suitable for beginners, we will learn the basics of how to set-up and program the Pi, equipping us with the skills to make music, artificially intelligent robots, or burping jelly babies. Students with more advanced programming skills are encouraged to develop their own projects, and show the rest of us what they can do with their Pi!

#### 13. Science Crest Award (Year 7 to 10 only) - Mr Marsden

Each year, over 32,000 CREST Awards are undertaken by students, giving them opportunities to explore real-world science, technology, engineering and maths projects in an exciting way.

CREST is a UK award scheme that recognises success, and enables students to build their skills and demonstrate personal achievement in project work. It offers educators an easy-to-run framework for curriculum enhancement and is student-led, which means that young people take ownership of their projects and choose to undertake them in areas they enjoy or see as relevant.

#### 14. Media Competition (Year 9 upwards) - Mrs Keegan

'Creative Media Competitions Club will be the opportunity to produce Media in different forms, in response to competition briefs from around the UK. You will get the opportunity to create print and audio/visual texts, such as short films, magazines, animations, posters and others, depending on the entry requirements, in order to enter into nationwide competitions.'

#### 15. International History Bee and Bowl (Term 2) – Miss Jones

The International History Bowl is a buzzer-based history quiz competition. The International History Bee is a buzzer-based history quiz competition for individual students. Questions will reference the history of the arts, sciences, religion, philosophy, language, historical geography, recent history, and even a bit of the history of sports and entertainment. Of course, many questions will also reference political, diplomatic, social, and military history too. Questions can reference events in the past from all over the world, and from all eras in the past – from ancient Egypt until the present day. We aim to enter the History Bee and Bowl of London during the 2015-16 school year. The tournament will take place in London between February and April of 2016 (we are waiting for confirmation.)

#### 16. Youth Umpire Award (Year 9 upwards) – Miss Rawlings

The Youth Umpire Award (YUA) has been designed for young people in Year 9 and above to learn how to become a qualified Netball Umpire. The workshop will include both theory and



practical lessons where we will introduce the principles of umpiring and learn all the intricate rules of Netball. It will enhance your understanding of the sport making you a better performer, as well as qualify you to umpire matches within school or other appropriate environments. This is a recognised qualification by England Netball and you will complete a small assessment at the end in order to receive your certification.

A cost of £10 is required to cover the cost of the student resource packs containing attendance certificate, student workbook, rule book, finger whistle and umpire score card.



## Category B – Curriculum and Cultural Enrichment

### 1. Alternative Language (Term 1 &2) - Madame Eames

Join Madame Eames to learn one of the newest languages in the world. Why not try your hand at Afrikaans - the language spoken in South Africa and very similar to Dutch.

### 2. Musical Theatre (Terms 1 and 2 only) - Mrs Glynn, Mr Cutler-Ames and Mr Powell

Music Theatre club is a compulsory session for all students who are successful in auditioning for the school production. This year we are putting on High School Musical. These sessions will be used as show rehearsal time, and could be spent singing, dancing, acting or a combination of three.

See Mrs Glynn, Mr Cutler-Ames or Mr Powell if you have any further questions.

Note this is a commitment of 2 terms.

### 3. French Film Club – Mrs Barratt

Come and experience some genuine French film classics. This we will be looking at:

- Asterix and Obelix in Mission Cleopatra - a challenge for Cleopatra to outwit Julius Caesar!!
- Deux Freres - about two tigers who are separated by humans - full of humour, tenderness and emotion.

### 4. Chess Club -

It has been said that the game of chess possesses a rare quality: children enjoy it despite the fact it's good for them! Chess is an exercise of infinite possibilities for the mind, one which develops mental abilities used throughout life: concentration, critical thinking, abstract reasoning, problem solving, pattern recognition, strategic planning, creativity, analysis, synthesis, and evaluation, to name but a few.

Through chess, we learn how to devise creative solutions and put a plan into action. Chess is far more than just a brilliant game: it has fascinated humans for almost 2000 years and the goals of attack and defence, culminating in checkmate, inspire us to dig deep into our mental reserves. The world chess champion and grand master, ranked no.1 in the world, is Magnus Carlsen. He's just 24 years old at the age of 9 he had already surpassed Gary Kasparov's rating. Why not see if you could give him a run for his money? Alternatively, just have great fun learning and playing chess. Whether a beginner or an expert, you'll enjoy it *and* it's good for you! Up to 20 students welcome per term.

### 5. Drama Workshop (Years 7 & 8 and Term 3 only) - Mrs Glynn

In Drama we will be exploring theatre and performance – with the aim of performing a play to an audience. Every session will be practical – so you will need to be imaginative, open-minded and willing to put yourself in the spotlight.

Open to all Years 7 and 8 pupils – no experience necessary.





## 6. History in the Media - Mr Jackson

Do you enjoy watching documentaries and films about History?

Do find that after watching a historical film or documentary you always want to know more?

Well now is your chance. In 'History in the Media' you get the opportunity to study how important historical events have been portrayed in the media, before researching and finding out more information about what you have just seen.

## 7. Year 11 Coursework and Revision Sessions (Terms 2 & 3 only) -

### Various teachers

Term 2 – Use this extra time to assist in meeting coursework deadlines. Any subject maybe tackled, but you will need to bring the work with you.

Term 3 - This is an opportunity to use your last 3 weeks of Enriched Curriculum time to focus on revising Mathematics, Science and English. You will spend one week in each of the subjects and then rotate onto the next. Each subject will focus on the most challenging areas of the curriculum and will be relevant to all levels of entry.

Open to all of Year 11 – Maximum of 60 students (20 in each rotation group).

## 8. Archaeology -

Have you ever considered yourself to be an Indiana Jones in the making? Did you grow up watching Time Team with the hope that one day, you would actually understand how it all works?

Miss Owens is offering the opportunity for you to investigate archaeology. From looking at genuine artifacts and practicing the art of mummifying alongside dispelling some archaeological myths, you will explore a wide breadth of topics of the course of this enriched curriculum.

Indiana Jones costumes are not necessary but a curiosity of the past and a thirst for archaeological knowledge is essential!

## 9. Number Puzzles and Patterns - Miss Smith

Unravel the mysteries of number patterns and solve a variety of puzzles. Over the length of the activity we will be looking at:

- Sudoku
- Rangoli Patterns
- Cypher Code Cracking
- Islamic patterns
- Morse Code
- Celtic knotwork

## 10. Creative Writing - Mrs McEwen

For anyone interested in writing poetry, scripts or short stories. The group will look at a range of different texts and objects to stimulate writing and will be able to share, edit and discuss ideas.

### 11. Tech Crew (Term 1 and 2 only) - Mr Startin

The nature of this enrichment activity is be work with and learn about basic stage and studio equipment, sound, lighting, props etc. This is an opportunity for students with an interest in the music and theatre production. Students will learn how to operate and work with sound and lighting in different situations. The crew will be an essential part of the Music and Drama department, supplying technical support for shows within the school calendar, most notably the school Musical. In addition, there is the possibility for students to gain BTEC entry level certification in Performing Arts.

Note this is a commitment of 2 terms.

### 12. Library Society – Miss Cooper

Library Society provides pupils with the opportunity to meet as a committee in order to discuss and initiate library events and activities. Last year, pupils promoted reading, made models of their favourite books and created a Firefly page to allow them to master a range of skills, including journalism and games design.

### 13. Holiday Spanish (Term 2) – Mrs Davis

**"Holiday Spanish"** is a great opportunity for you to acquire a basic knowledge of Spanish to help you and your parents when on holiday in a Spanish speaking place. It is open to all year groups, but it is not recommended for those who are taking GCSE Spanish.

### 14. AWS Minecraft (Term 1 & 2) – Mr Sumner

Pupils are divided into teams of four or five. Team co-operation is vital. You are then given an architectural plan showing all three floors of Tile House Mansion. The task is to reproduce the school building in our *Minecraft* world. Plans will need to be carefully and accurately read and each measurement will need to be converted to equivalent *Minecraft* squares. Teams are required to appoint a team leader and assign individual tasks to each team member. In order to survive teams will need food gatherers, miners mining for building materials, builders accurately reading from the school plans and they also need to have a defensive strategy for when night falls.

Our *Minecraft* task helps develop, among others things, team work and co-operation, leadership skills, planning skills, various mathematical and special awareness skills and all within a fun- filled environment.

Pupils will need to have purchased a membership in order to join this adventure.

### 15. Contemporary Mixed Media Design – Mrs Sexton & Ms Wykes

The session will explore abstract watercolour paintings which will then be scanned and developed digitally into patterns and layers with the use of photography and photoshop skills. It gives the opportunity to experiment with mixed media, learn photography and photoshop techniques and bring it all together as an exciting composition.

### 16. Music Jam (Term 3 only) – Mr Powell & Mr Startin

Can you play an instrument? Do you Sing? Do you want to develop your performance skills? Then come along to the Friday afternoon jam session at THM/AWSS. This group is for students who want to play music in a group. You choose the music you want to play (with



support from one of your music teachers). If you are interested in performing at WoodFest then this is the group for you! Beginners are also welcome to join in the fun. See your music teacher if you would like more information.

### 17. Geography Film and Documentary – Miss Manby

Have you ever noticed how many films and TV programmes are about Geography and the world? Now is your chance to watch them! You will be deciding as a group what you would like to watch and we can discuss what we have seen.

### 18. Fabric Painting (Term 3) – Dr Mitchell

Use paints, dyes, embroidery and beading to create fabric to hang as pictures or use in garment making. Or paint a garment you already own. Starting on small practice pieces, you will move on to making a larger piece of work to your own design, using the techniques you prefer.

Open to all years, this course will appeal to anyone interested in colour and design. There is no requirement to be good at drawing; all you will need is a love of colour and a willingness to experiment.

Cost - £15



## Category C – Personal Leisure, Health and Wellbeing

### 1. Swimming - Miss Charsley & Miss Rawlings

Open to all pupils, we can take a maximum of 10 pupils to Swan Pool per term for an open swim session. Please note this does not include any formal swimming tuition. Transport will be provided to Swan Pool. Pupil collection will be required directly from Swan Pool at 4pm. A small weekly charge will accompany this option (tbc).

### 2. Ice Skating (Term 2 only) – Mrs Smith

Why not take this opportunity to develop your ice skating skills over the winter months. Depending on the numbers coaching maybe available. In order to take part in this activity you will need to be picked up at Planet Ice in Milton Keynes. Please see Mrs Smith for further information.

Cost – TBC

### 3. University Cooking (Year 12 and 13 only) – Mrs Cope

This is a course targeting Sixth Form students who want to increase their confidence in the kitchen. With the journey to university or moving out of home on the horizon – can you not only cook for yourself, but also impress your mates in the process.

This is a practical, hands on course in which we will be looking at basic cooking skills, cooking on a budget, quick and simple meals and cuisine from around the world.

We will be using the Food Technology Room at THM and you will need to bring your own ingredients.

### 4. Warhammer – Mr Marsden

No matter what you're painting, from the tip of a sword to the bases on which your miniatures stand, our painting club provides all the help and tips you need to achieve a specific effect. Based on the Citadel Paint System, model painters - both veterans and new recruits - will be able to bring along their brushes, paints and figures to paint and get advice to help you easily achieve great results on your miniatures. If you're completely new to the world of creating and painting models or returning to the hobby after a brief break, then this club is for you. A small selection of Citadel paints will be provided if you don't have your own, and each member will be given a figure on joining to practice their painting skills on. We will have monthly painting competitions similar to those at Games Workshop Games Day, where points can be won for your house and small prizes will be awarded.

### 5. Golf – Mr Webster

Following the installation of a 9-hole golf course at Tile House Mansion I am offering the opportunity to hone your golf skills. This option is targeted at people who already play golf, but want the additional time to practice.

Players must provide their own clubs and balls.

### 6. Sailing (Term 3 only) - Mr Brown



Come and try your hand at sailing at Willen Lake. Over the 8 weeks pupils will learn everything they need to know to prepare and sail a dinghy, the appropriate safety precautions and the “rules of the road” when sailing. They will be provided with a logbook and should achieve the RYA stage 1 qualification with elements of the second stage also signed off.

The course will be delivered by coaches based at Willen Lake and to give the pupils the most time on the water, the sessions will be 2 hours long. Because of this, pupils will have to be collected directly from Willen Lake at 5:30pm.

There are a maximum of 16 spaces for this course and the cost is approximately £195 (£24 a session) depending on numbers.

## 7. Wakeboarding (Term 3 only) - Mr Handby

Akeley Wood is proud to continue to offer the extreme sport of Wakeboarding. Led by Mr Handby you will be tutored over 8-10 weeks at one of the UK's largest cable wakeboard and waterski centers. Whether you are an absolute beginner, seasoned wakeboarder, waterskier, kneeboarder, wakeskater, kitesurfer, surfer or snowboarder, this opportunity is set to be one of the favourites in the summer term.

Each session will be 2 hours long and will guide you from day one; aiming to get you to successfully start every time and make the corners to week eight, where you will be pulling off tricks and hitting rails. All equipment and tuition is included in the price.

Successful applicants **must be able to swim 50 meters** successfully and will be able to have a parent or guardian pick them up from MK wakeboard at Willen Lake at 17:30 every Friday.

Cost per session is: approximately £176 depending on numbers (£22 per session).

## 8. Karate - Mr Calver

I teach shotokan karate which is practised in every country of the world. It focuses on respect, discipline and awareness of the student to practise techniques that help in fitness in body and mind. It improves concentration levels in students and confidence. Our style is semi contact so we pull our techniques (slight contact). We practise in the 3 sections of karate training KIHON (basics). Punches blocks and kicks. KUMITE (sparring) learning blocks from punches and kicks and KATA (patterns) these are taught for each of the belts in karate. Most important is to enjoy your karate.

Cost - £6 per session.

## 9. Street Dance - Peploe-Williams Academy

Street dance sessions led by a dance teacher from the Peploe-Williams Academy. These classes are open to all pupils and the focus on group choreography and individual skills. Based at THM, if pupils from Year 9-11 opt to join, transport will be provided to THM from AWS each week. This course will cost approximately £4 per session.

## 10. Yoga - Mrs Wilkings

Yoga is for everyone - you don't need to be flexible or have great balance to start, but you will develop these skills along the way. During a Yoga class you will unwind, recharge, and learn new skills. Yoga will help you develop strength, flexibility and balance. It will also help you to concentrate, stay calm and feel happy.

You will need to bring your own Yoga mat.

### **11. Table Tennis (Term 3 only) - Mr Houghton-Brown**

To be undertaken in the summer term, this activity is intended to be played outside. It will be a fantastic opportunity to develop your own skills and to learn from others.

### **12. Archery - Mr Brash & Mr Sumner**

This course will allow students to 'have a go' at archery. They will receive tuition on the basics and rules of shooting as well as learning about the important safety considerations of this sport. This activity will be dependent on the weather, but activities will include: care of equipment, target making and the history of archery in addition to the practical shooting sessions. Successful completion of the course will contribute to House points and individual awards.

### **13. Girls Self Defence (Term 2 only) - Mr Calver**

During the term you will be taught self-awareness and basic techniques in defending against many different realistic attack situations. Like always with control with your partner. Techniques are practised so one becomes familiar with the techniques. The class will be in a very relaxed and friendly environment.

### **14. Summer Boot Camp (Term 3 and girls only) - Miss Charsley**

Back by popular demand, all girls are invited to attend the Summer Bootcamp based at the Akeley Wood site. A dynamic combination of aerobics, circuit training and fun exercise will ensure you are fighting fit for the Summer!

### **15. Cricket Academy (Term 3 only) - Mr Seddon & Mr Browne**

Mr Seddon and Mr Browne will lead a series of cricket nets sessions in the Summer Term to develop bowling and batting. This will take place in the cricket nets on both AWSS sites.

### **16. Life's a Stitch - Miss Manderston**

Come and learn some basic dressmaking skills and some tips and tricks to re-invent your wardrobe and give it a quirky twist! We will be looking at fashion illustration, basic sewing skills and some styling and customizing too when budgets are limited! Boys and girls welcome.

### **17. Akeley Wood Body Shop – Mrs Smith**

The course will take you through the basic process of Making Soaps, Bath Bombs, Lipbalms and Bath Salts. Having mastered the skills you will then have the opportunity to design and make your own themed range, taking into consideration colours, scents, labelling and packaging. Get your creative thinking caps on and take away a personal gift.

Cost - £10

### 18. Christmas Crafts (Term 1 only) – Dr Mitchell

Candles, cards, gifts, wrappings and strawberry snowmen; Get a head start on your Christmas preparations by making goodies and gifts for all the family. Using a range of techniques and materials we will make candles, calendars, bags, cards and lots of goodies to get you ready for the festive season.

Cost - £15

### 19. Indoor Rock Climbing (Terms 2 and 3 only) – Mr Cutler-Ames

We will be going to Big Rock in Milton Keynes where pupils will be able to take part in this exciting sport. They will be taught how to climb effectively and safely and also how to belay a climber from the ground. There is a student:instructor ratio of 6:1 to ensure maximum safety and progression.

This activity is open to all levels of climber and the pupils will be taught in accordance with the national indoor climbing award schemes (NICAS).

The cost is £11.70 for each session with an additional £4 for the NICAS logbook. Pupils would need to be collected from the climbing centre at 5:30pm

### 20. Equestrian (Term 3 only) - Miss Harknett

This is an opportunity to meet regularly as a team.

You must own and provide your own horse. Horses may be left at the yard from the morning if necessary.

Sessions will have combination of dressage and show jumping lessons with some weeks of just pleasure hacking. Lessons will be chargeable and paid for as we have them. All horses must have their own public liability insurance.

If the activity is oversubscribed priority will be given to students who regularly represent the school at competitions.

These sessions will run over the end of the school day.

Please see Miss Harknett for further details.

### 21. Fencing (Year 9 upwards) – Ms Coker

Are you a budding D'Artagnan?

Come and make friends with Athos, Porthos and Aramis..... Learn swordplay with ex International and Commonwealth medallist fencer Mrs Coker. Working towards the British Fencing Association's Go Fence Award Scheme, this course will focus on a wide range of fencing skills including technique, tactics and etiquette. Fencing has been proven to also improve balance and posture, self-reliance, concentration and self-control. But above all it is fun!

All safety equipment will be provided but to take part you must be wearing long tracksuit trousers and trainers.

Please note, there is a maximum of 6 fencers for this course.

### 22. Knit like a celebrity and 3D felt – Mrs McMahon-Brown & Mrs Dee-Andrew

Learn how to knit and crochet. Using simple skills and stitches make an item to cosy up in, for the winter. Undertake a graphics, design and 3D felt construction- looking at typography, colour and pattern as well as using your creative flare to design, develop and produce a 3D felt outcome inspired by well-known brands.

### **23.U16 Regional Hockey (Term 1 only) – Miss Charsley**

U16 hockey squad players are invited to train to prepare for the regional qualifier rounds and the newly entered indoor hockey league. All U16 players must bring full Games kit to this session.

### **24.Year 9-11 Football Academy (Term 1 only) – Mr Tombs**

Boys in Year 9-11 who have represented the School in A team football are invited to take part in high performance training sessions to prepare for the newly entered FA Small Schools Cup competitions. All players must bring full PE kit, including boots, to this session.

### **25.Rugby Sevens (Term 2 only) – Mr Seddon and Mr Browne**

Mr Seddon and Mr Browne will lead a course of intense training sessions designed to prepare the Rugby Sevens teams for entrance into the Rosslyn Park Sevens Competition. The sessions will focus on team performance, tactics and strategy.

### **26.Colts Rugby Performance Group (Term 1 only) – Mr Seddon**

Year 7 and 8 boys who have represented the School at Colts level are invited to take part in challenging rugby performance sessions to stretch and develop team and individual performance on the rugby field.

### **27.Year 7 to 11 Tennis Academy – Mr Tombs & Mr Browne**

During Terms 1 and 2 Year 7-11 girls and boys have the opportunity to develop their tennis skills through the Winter months in the Tennis Academy at Stony Stratford Tennis Club. The players will be coached by a team of 'Tennis Works' coaches who are based at Stony Stratford Tennis Club. Transport is provided to Stony Stratford, however this option does require pick up from the Tennis Club at 4.30pm. This tennis course costs approximately £4 per session, dependent upon numbers.

In Term 3 Year 7-10 girls and boys have the opportunity to develop their tennis skills in the Tennis Academy at Akeley Wood School. The players will be coached by a team of 'Tennis Works' coaches who will use the 12 courts at the Akeley Wood site to develop singles and doubles play. This tennis course costs approximately £4 per session, dependent upon numbers.