



# E5

# Enrichment

# Programme

# 2018-19

# Summer Term



# Why should I do enrichment?

**Attending enrichment will help you to improve your attainment.**

You can get extra help in your subjects.

**You can be stretched a bit more and face a new challenge in subjects that you are already enjoying and succeeding in.**

You will learn new skills.

**You will make new friends.**

You can work with others outside of your year group.

**Enrichment builds confidence.**

You might discover a new talent.

**You can try new things.**

You could do something different every term.

**You will get to work with different teachers and also interesting visitors.**

You can take part in enrichment trips.

**Enrichment will broaden your mind.**

Enrichment gives you a wide range of skills that employers and universities will be impressed with.

**Develop interpersonal skills.**

Develop intrapersonal skills.

**Broaden your horizons.**



MONDAY ENRICHMENT				
ACTIVITY	YEAR	STAFF	TIME	VENUE
BREAK				
Rugby Skills	7	SM	11:05 - 11:25	Gym
LUNCH				
Hockey week 1	7,8,9	LG	13:30-14:00	Astro
Netball week 2	7,8,9	LG	13:30-14:00	Sports Hall/Gym
Drop In	7, 8, 9, 10, 11	EL	13:25 - 14:00	Youth Room
Folk Band	various musicians	MR	13.25 - 14.00	G3
Sax Ensemble	sax players	GSS	13.25 - 14.00	practice room
Mixed Gymnastics	7, 8, 9, 10	Sport Pembs	13:25 - 14:00	Gym
Fitness Class	7, 8, 9, 10, 11	JML	13:25 - 14:00	Fitness Room
AFTER SCHOOL				
Hockey Week 1	All years	LG	15:15-16:00	Astro
Netball Week 2	All years	LG	15:15-16:00	Sports Hall
Rugby	7/8/9	SM,ST,ME	15:15-16:00	Field
Wind Band	7, 8, 9, 10, 11	SL & GSS	15:15-16:00	Steynton Hall

Transport is available via the EXCEL bus on Monday, Tuesday, Wednesday and Thursday.

If you require this service please see Mr Riley in the Library at 3.10pm



## TUESDAY ENRICHMENT

ACTIVITY	YEAR	STAFF	TIME	VENUE
Breakfast Club	7, 8, 9	CB	8:15 - 8:40	Sports Hall
BREAK				
Rugby Skills	9	SM	11:05 - 11:25	Gym
Football	7, 8, 9	CB	11:05 - 11:25	Sports Hall
LUNCH				
Athletics	All Years	PE Staff	13:30-14:00	Sports Facilities
Basketball	7, 8, 9, 10, 11	EL	13:25-14:00	Gym
Clwb Cymraeg	7-13	KK	13.25-14.00	L3
Football	7, 8, 9	CB	13:25 -14:00	Astro
GCSE R.E. Full Course Group 1	11	CE	13.25-14.00	H6
AFTER SCHOOL				
Athletics	All Years	PE Staff	15:15-16:00	Sports Facilities
Bamboo Bicycle Club	7-9	ST	15:15-16:00	D11
Dodgeball	7, 8, 9	CB	15:15 - 16:00	Gym
GCSE R.E. Full Course Group 2	11	CE	15.15-16.00	H6

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**GAMES CLUB**



## WEDNESDAY ENRICHMENT

ACTIVITY	YEAR	STAFF	TIME	VENUE
BREAK				
Rugby	8	SM	11:05 - 11:25	Gym
LUNCH				
Clwb Codio	7-9	AP	13:30 - 14:00	H10
Wheelchair Rugby	7-9	SM	13:30-14:00	Gym
Squash	7, 8, 9, 10, 11	Sport Pembs	13:30 - 14:00	Sports Hall
Fitness Class	7, 8, 9, 10, 11	JML	13:30 - 14:00	Fitness Room
Subaquatic Robotics	7-9	MO, ST	13:30:14:00	D3
Athletics	All Years	PE Staff	13:30-14:00	Sports Facilities
AFTER SCHOOL				
Drop-In Cymraeg	10-11	CR	3.15-4.00	L4
Composition drop in	yr 11 music	SL	3.15-4.00	G4
GCSE Drama	Year 10-11	Jonny	3.15-4.00	Steynton Hall
Rounders	All years	LG	15:15-16:00	Sports Facilities

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## THURSDAY ENRICHMENT

ACTIVITY	YEAR	STAFF	TIME	VENUE
Breakfast Club	7, 8, 9	CB	8:15 - 8:40	Sports Hall
BREAK				
Football	7, 8, 9	CB	11:05 - 11:25	Sports Hall
LUNCH				
Weightlifting	All years	LG	13:30-14:00	Gym
Drop In	7, 8, 9, 10, 11	EL	13:25 - 14:00	Youth Room
Brass Group	All (brass players)	MAS	13:25 - 14:00	G3
Composition drop in	yr 11 music	SL	13:30-14:00	G4
Street Dance	7, 8, 9, 10, 11	Sport Pembs	13:30 - 14:00	Gym
Football	7, 8, 9	CB	13:30 - 14:00	Astro
AFTER SCHOOL				
GCSE Drama	10-11	Jonny	3.15-4.00	Steynton Hall

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## FRIDAY ENRICHMENT

ACTIVITY	YEAR	STAFF	TIME	VENUE
BREAK				
Rugby Fit (Girls Only)	7, 8, 9, 10, 11	SM	11:05 - 11:25	Gym
LUNCH				
Girls Football	7, 8, 9, 10, 11	VP	13:30 - 14:00	Sports Hall
Fitness Class <i>GIRLS ONLY</i>	7, 8, 9, 10, 11	JML	13:30 - 14:00	Fitness Room
GCSE R.E. Full Course Group 1	11	CE	13.25-14.00	H6
AFTER SCHOOL				
County Ensembles	All (musicians)	Peri staff	Bus leaves 3.45	HHS
Surf Club	7, 8, 9, 10, 11	Outer Reef	Bus leaves 3:20	

No bus is available on Friday.





Mr Williams will be signing up new participants from Year 9 Just after Easter. Watch the D of E noticeboard in the main corridor for any new information.



D of E can contribute towards the community participation hours of your Welsh Bacallaureate.



## THE DUKE OF EDINBURGH'S AWARD

- Are you an independent thinker?
- Do you want to learn new skills?
- Do you have what it takes to meet a challenge?
- Do you want to help your community?

The Duke of Edinburgh's Award is for you!

### Reminders for Year 10:

- Make sure you are logging your 3 sections as you complete them.
- All sections must be filled before you can take part in any expeditions.
- Keep your E D of E profile updated.





