



E5

Enrichment

Programme

2018-19



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
Choir	8 - 13	SL	13.25-14.00	G4
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
Composition drop in	yr 11 music	SL	13:30-14:00	G4
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	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
Singing Club	7 & 8	SL	13:30 - 14:00	G4
Fitness Class GIRLS ONLY	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.



