**After School clubs**

**Students Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **First session (ends 5.15pm)** |
| **Monday**  | Tick your choice | **Tuesday**  | Tick your choice | **Wednesday**  | Tick your choice | **Thursday**  | Tick your choice |
| **Activity Session 1** |
| 1. Model makingUsing model kits plan and build a variety of small vehicles and figures. |  | 1.FA Football CoachingThis session will be led by a trained coach from the Football Association. |  | 1.Ball SkillsHelp to improve students team working and coordination through various ball games including football, basketball and dodge ball  |  | 1.Warhammer ClubIncluding Strategy games such as Warhammer 40,000, Space Hulk and Necromunda each week will be a themed game in a continuing story can you claim victory in the 41st millennium? (Continues after Tea) |  |
| 2. Duke of EdinburghLooking at map reading and orienteering around the local country parks  |  | 2. Cycle Maintenance and riding skills.The first few weeks will involve checking the cycles and undertaking basic maintenance tasks. The remaining weeks will be spent practising your cycling skills within the school grounds. |  | 2.Art ClubYou will be able to work using a variety of materials and techniques to create a piece of work that can be displayed in school. |  | 2.Taste of the WorldLearn about food and drink from around the world. Will include making and tasting sessions |  |
| 3. CookingPlan, cook and eat your own tea. Learn simple quick recipes you can use at home. |  | 3. Singing groupHave fun learning a variety of songs and improve your confidence in singing. |  | 3.Fire Cadets (1 and 2)Students who started in January will complete their cadet training. |  Not open to new students this term. | 3.Fitness ClubTake part in a variety of individual and team games aimed at improving fitness and coordination. |  |

Parent/Carer Collecting at 5.15pm  or Staying for Session 2 

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| **Activity Session 2 (ends 7.20pm)** |
| **Monday**  | Tick your choice | **Tuesday**  | Tick your choice | **Wednesday**  | Tick your choice | **Thursday**  | Tick your choice |
| 1. SwimmingLearn how to swim or practice your swimming technique. |  | 1.Climbing ClubLead by the instructors at Beaumanor Hall sessions will include bouldering and wall climbing.  |  | 1.First AidFrom treating a minor cut to dealing with a heart attack you will learn a variety of essential first aid skills. |  | 1.Warhammer ClubContinued from session 1 |  |
|  2. D of E / Sports(**Open to non-D of E students**) Activities will include Archery, Kick boxing, team games and a canoe session. |  | 2. AppinessTry out a variety of fitness and well- being apps and learn about a variety of exercises. |  | 2.ScoutsTake part in a variety of indoor and outdoor scouting challenges. |  | 2.TaekwondoTrain with a 4th Dan black belt instructor at his class in Loughborough. You will learn a variety of taekwondo movements and skills(Open to students who have trained this term as well as new attendees) |  |
|  |  | 3.Film Makers Plan, write, and produce short films while learning about camera use and video editing. |  | 3.Fire Cadets (1 and 2) Group continues | Not open to new students this term | 3.Yoga and mindfulnessLearn about mindfulness and how it can help you relax and focus. Make your own stress sock, and build your own relaxation kit box. |  |

7.20pm finish

 Collected by Parent/Carer 

Requires transport Assistance\*  Town/Village \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*We will try to assist those students who need help with transport but this may not be available for each day or for all locations.

Signed (Person with legal responsibility) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We aim to give students their choice of activity whenever possible. If activities or certain days are over subscribed then students may choose an alternative. We will contact you in this circumstance to discuss the options.

All sessions are open to male and female students from all key stages with the exceptions of D of E Session 1 (14 yrs. and over).