

# Enrichment Programme

“WHERE THERE  
IS BELIEF THERE  
IS POSSIBILITY”



**GUIDE TO CLUBS  
AND BOOKING**

**2024-25**

Our varied programme of enrichment runs from Monday to Thursday inclusive and enables your child to explore different interests and discover new talents. The programme is updated each term with new activities added, while others remain on the programme for the whole year.

All pupils are encouraged to participate and the variety available ensures there is something for everyone. Supervised prep forms part of the programme which enables pupils to complete their homework in a structured but relaxed environment.

This guide explains what each club entails, as well as any associated costs or restrictions on numbers and availability.

Not all clubs run year-round, please consult [My School Portal](#) to view the clubs available for this term.

Bookings can be made via [My School Portal](#). Visit the 'Clubs, Bookings and Activities' tab and either browse the overview, or navigate to the weekday you would like to book. If a club is showing as unavailable, this could be because it has either reached capacity, or because it is unavailable for your child's year group.

# Enrichment Programme

Each term, pupils have a wide variety of enrichment activities to choose from. Over 50 diverse and interesting activities are currently offered during the course of the year. There is no charge for the vast majority of enrichment activities, however some may involve a fee for additional costs to cover specialist materials or external tuition.

<a href="#"><u>Acestars Tennis Coaching*</u></a>	<a href="#"><u>Athlete Development Programme*</u></a>	<a href="#"><u>Board Games &amp; Trivia Club</u></a>
<a href="#"><u>CAD CAM Club</u></a>	<a href="#"><u>Candle Making</u></a>	<a href="#"><u>Chamber Choir Trip Rehearsals</u></a>
<a href="#"><u>Christmas Wreath Making</u></a>	<a href="#"><u>Climbing Club**</u></a>	<a href="#"><u>Combined Cadet Force (CCF).</u></a>
<a href="#"><u>Cross Country</u></a>	<a href="#"><u>Dance Club (Junior).</u></a>	<a href="#"><u>Dance Club (Senior).</u></a>
<a href="#"><u>Debate &amp; Public Speaking Club</u></a>	<a href="#"><u>Drama Club (Junior).</u></a>	<a href="#"><u>Drama Club (Senior).</u></a>
<a href="#"><u>Eco-Schools Club</u></a>	<a href="#"><u>E-sports Club**</u></a>	<a href="#"><u>Girls Football</u></a>
<a href="#"><u>HIIT, Circuits &amp; Boxercise</u></a>	<a href="#"><u>Indoor/Outdoor Club</u></a>	<a href="#"><u>Indoor Rowing</u></a>
<a href="#"><u>Jetsetters</u></a>	<a href="#"><u>Judo*</u></a>	<a href="#"><u>Junior Rock School</u></a>
<a href="#"><u>Lacrosse</u></a>	<a href="#"><u>Lo-Fi Lego Club</u></a>	<a href="#"><u>Luckley Creates</u></a>
<a href="#"><u>Manga Club</u></a>	<a href="#"><u>Music Studio Skills</u></a>	<a href="#"><u>Music Study Support Sessions</u></a>
<a href="#"><u>Music Theory (GCSE).</u></a>	<a href="#"><u>Open Music</u></a>	<a href="#"><u>Open Netball</u></a>
<a href="#"><u>Photography Club**</u></a>	<a href="#"><u>Prep</u></a>	<a href="#"><u>Problem Solving &amp; Puzzles</u></a>
<a href="#"><u>Psycho-doodle</u></a>	<a href="#"><u>Rock &amp; Pop School**</u></a>	<a href="#"><u>Scholars Society</u></a>
<a href="#"><u>Scuba Diving Club* **</u></a>	<a href="#"><u>STEM Club</u></a>	<a href="#"><u>String Ensemble</u></a>
<a href="#"><u>Team Basketball</u></a>	<a href="#"><u>Team Football Training</u></a>	<a href="#"><u>Team Hockey Training</u></a>
<a href="#"><u>Team Rugby Training</u></a>	<a href="#"><u>The Cowshed</u></a>	<a href="#"><u>The Duke of Edinburgh (DofE).</u></a>
<a href="#"><u>The Good Book Film Club</u></a>	<a href="#"><u>Trampoline</u></a>	<a href="#"><u>Upcycling Fashion Club</u></a>

\*Fees apply \*\*Restricted numbers

# Adventure

## **COMBINED CADET FORCE (CCF)**

CCF aims to enable the development of personal responsibility, leadership and self-discipline. Each CCF is an educational partnership between the School and the Ministry of Defence, and a CCF may include Royal Navy, Royal Marines, Army or Royal Air Force sections. CCF is open to pre-registered pupils only.

## **THE DUKE OF EDINBURGH (DOFE)**

As well as planning and participating in a two-day expedition with overnight camp, you will engage in three other extended activities in your own time, including physical, skill and volunteering activities. Taking part in DofE helps develop the skills and attitudes you need to become a well-rounded, confident adult.

## **CLIMBING CLUB\*\***

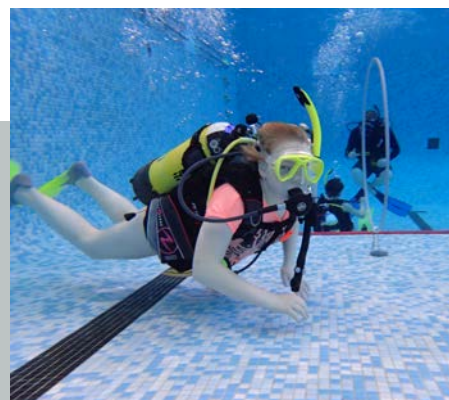
Learn how to climb on our fantastic indoor climbing wall or extend your existing climbing skills and push your grades! Come along for a taster session if you have not been before.

## **SCUBA DIVING CLUB\* \*\***

Pupils will do the theory and practical sessions including closed and open water dives with qualified instructors, and will work towards their Open Water I certification.

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\*FEES APPLY \*\*RESTRICTED NUMBERS



## **JUNIOR DRAMA CLUB**

Join us for drama club! We enjoy fun and games before working on a production in the summer term.

## **SENIOR DRAMA CLUB**

An opportunity for those who love performing to take part in a production.

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## **JUNIOR ROCK SCHOOL**

If you play guitar, bass, piano, drums or sing, come along and join us as you learn to play your favourite pop and rock songs.

## **ROCK & POP SCHOOL\*\***

An experienced rock band. If you are a confident guitarist, drummer, pianist or singer and want to play pop and rock music, come and collect a form from the Music Department.



## **STRING ENSEMBLE**

A great activity for all those interested in String music! We play all kinds of repertoire, from film music, to pop, to classical. All abilities welcome - we learn to play as a group, practice our instrumental skills and have the chance to perform regularly at school concerts.

## **MUSIC THEORY CLUB**

This is for pupils to learn the important music theory to support practical music exams and pass grade 5 essential for advanced performance exams.

\*FEES APPLY \*\*RESTRICTED NUMBERS



# Performing Arts

## MUSIC STUDY SUPPORT (GSCE & A LEVEL)

Pupils can receive support with preparation for composition and performance course work.

## OPEN MUSIC

Come and use the Music Department's facilities and practice rooms for supervised practice and rehearsals.

## CHAMBER CHOIR TRIP REHEARSALS

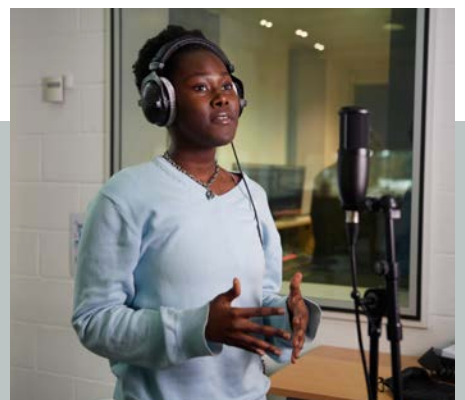
Chamber Choir will be involved in a UK tour in the Spring term. Rehearsals will be required after school from Autumn half-term for all participants.

## MUSIC STUDIO SKILLS

Learn how to record live sound and skills using a mixing desk, microphones, etc.

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\*FEES APPLY \*\*RESTRICTED NUMBERS



## **ECO-SCHOOLS CLUB**

Are you interested in the world around us and environmental issues? Do you wonder how you can be more environmentally friendly or want to know more about nature? Perhaps you already have a keen interest in these things and would love to use your knowledge to help improve the School's sustainability.

## **ECO-SCHOOLS IS AN INTERNATIONAL PROJECT WHICH IS PUPIL-LED AND WE NEED YOU!**

Whether you are on the Eco-Committee or not, you are more than welcome. You will have an opportunity to survey the School's sustainability and create an action plan to decide how we can make a difference around school in the coming year. We shall also be hands on planting and creating in the wildlife garden. Join us to get your voice heard, make a real difference to school and spend some (often muddy!) time in nature.

## **THE COWSHED**

The Cowshed is a local charity that provides support to people in a time of personal crisis. At The Cowshed HQ we help with tasks such as organising clothes donations, cleaning and craft activities.



# **Leadership & Social Action**

## **DEBATE & PUBLIC SPEAKING CLUB**

Debate club is open to all year groups and takes place on a Wednesday after school. This club provides an opportunity to develop speaking and listening skills in a playful way. We start every session with debating games before exploring a topic in more detail. Recently we have tackled topics such as 'whether university education should be free', 'the prison sentences associated with cyberbullying' and ultimately, 'what the best flavour of crisp is!' Six of our club represented the School in the Youth Speaks Debate and we hold an annual Inter-House Debate Competition. Anyone is welcome.

# Creative Arts

## **LUCKLEY CREATES**

Luckley Creates runs on a weekly basis and each week we explore new ways of creating art. This is an excellent opportunity, particularly if you have a flair for art, to come along and try out new materials and styles. Last term, the artists worked with paint, clay and printing. In the summer term, we will hopefully get some sessions outside working on easels. You are welcome to join us whether you have experience or just want to have some fun making art.



## **PHOTOGRAPHY CLUB**

Learn how to take better photographs and use the darkroom.

## **CAD CAM CLUB**

Pupils can design and make products using CAD CAM.



# Creative Arts

## CHRISTMAS WREATH MAKING

We will be making pompoms in colours of your choice, decorating them, and then turning them into a lovely Christmas Wreath ready to hang on your door. N.B. This club will only run in the half-term leading up to Christmas.

## CANDLE MAKING

We will make a variety of candles such as rolled beeswax, cones, stars, fruit, flowers and marbled candles.

## UPCYCLING FASHION CLUB

A fun opportunity to upcycle and customise your own clothes with your own unique designs. Activities will include: tie dye, hand embroidery, stencilling, transfer printing, appliqué, refashioning and many more!

## MANGA CLUB

Manga is a style of Japanese comic books and graphic novels. It is a style of art which is a bit like drawing cartoons. Manga Club is a place to develop your drawing skills or learn to draw characters and animals in a comic book style. You can be a complete beginner or have some experience at drawing.



\*FEES APPLY \*\*RESTRICTED NUMBERS

## **PSYCHO-DOODLE**

This year's psychodoodle will involve the development of zentangle and neurographic arts skills followed by the decoration of the inside of the Psychodoodle dolls house. We talk about psychological concepts and use the sessions to destress and as a form of meditative art.



## **LO-FI LEGO CLUB**

The Lo-Fi Lego Club is a new club that partners mindfulness with STEM. Pupils can let their creativity run wild as they build structures to solve a series of problems and challenges, or they can simply take time to build a product utilising their own imagination and ingenuity. This will all be run to the sound of Lo-Fi music in creating an experience that is as much about wellbeing as it is engineering!

## **BOARD GAMES & TRIVIA CLUB**

Come join us to chill with your favourite board game or discover a new one with friends. There's also the opportunity to take part in themed Trivia Quizzes solo or as part of a team, with weekly and termly prizes!

## **E-SPORTS CLUB\*\***

This club is for pupils with a passion of e-sports-related content who want to play games and look at pathways where they may be able to apply this passion.

# Social & Wellbeing

## THE GOOD BOOK FILM CLUB

The Good Book Film Club will allow us to watch and discuss film versions of some amazing books, both modern and classics. There is no requirement to have read the books before we watch the films, but it would be wonderful if pupils felt inspired to do so after having watched them!

\*FEES APPLY \*\*RESTRICTED NUMBERS



## INDOOR/OUTDOOR FUN

Everyone is welcome and we meet in the food room every Monday. Our activity depends on the weather. If the weather is fine, we will go outside for around 35 minutes. We make use of the zip wire, play outdoor games such as giant Jenga or quoits or we will walk in our beautiful surroundings. We then return to the food room to make something fun. This could be milkshakes, fruit smoothies, popcorn, hot chocolate with marshmallows or we could even be making candles or bird feeders. The indoor activity varies every week and will always be lots of fun.



# Super curriculum

## PROBLEM SOLVING & LOGIC PUZZLES

We take on a variety of challenges and puzzles, problem solving which require an open mind - lateral thinking - and they are fun, but also are good preparation for some of the team-work challenges that they may meet in interviews. Think I% club and beyond.

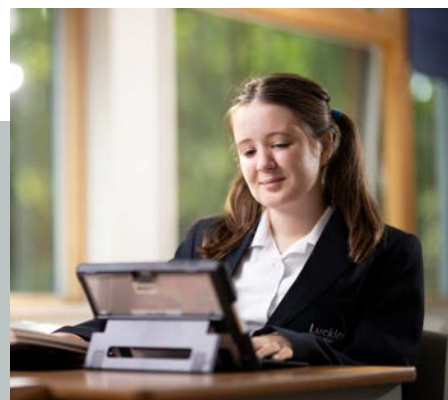
## STEM CLUB

This exciting club provides an opportunity for pupils in Years 7-9 to creatively engage in aspects of Science which may not be covered in the curriculum. This term we will be working on entries for the Royal Society of Biology 'Biocraft' competition and coming up with innovative ideas for the TeenTech Awards. This club will appeal to pupils who want to combine their creative design ideas with their curiosity about Science and Technology.

## SCHOLARS SOCIETY

This club is for all Academic and All-Rounder Scholars in Year 7 upwards. Each week we will explore different lectures and ideas that go beyond the ordinary curriculum and seek to develop our own powers of research, analysis and presentation.

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\*FEES APPLY \*\*RESTRICTED NUMBERS

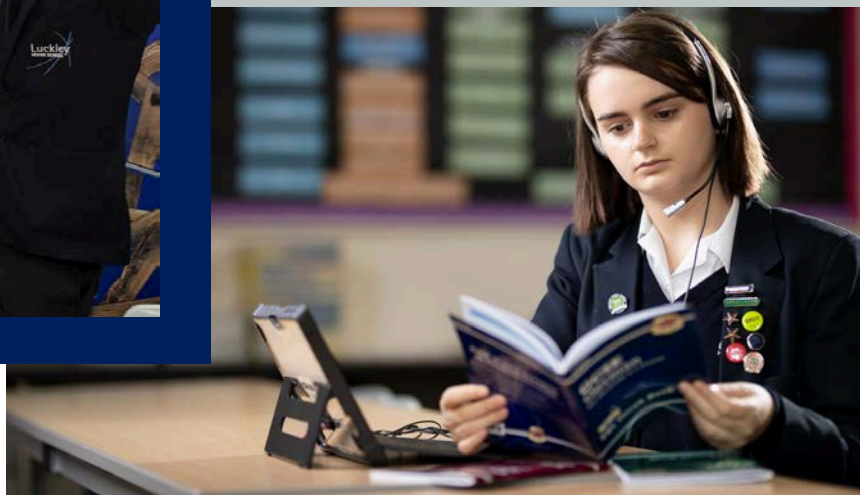




## **JETSETTERS CLUB**

For Years 7-9, we celebrate other countries and their cultures. Following a national days calendar that incorporates celebrations from the French-, German- and Spanish-speaking world as well as the countries our boarders come from, pupils arrive unaware of what they will celebrate and how they will celebrate it. It is a pure surprise! The celebration may include food, drink, crafts, photo editing, videos, music or anything else Frau Hinz can think of. Travel the world with Jetsetters!

## **JETSETTERS CLUB CELEBRATES THE WORLD!**



# Super curriculum

## **PREP**

Use the prep activity to complete homework, revise for a test or work on assignments. Prep runs every day.

# Sports

## **JUDO\***

The benefits of judo are numerous. Apart from having a lot of fun, the 'judoka' develops confidence, coordination and balance, falling skills, efficiency of movement, and self-defence skills. It is the perfect activity for improving aerobic capacity, flexibility and strength.

## **CROSS COUNTRY (INVITE ONLY)**

The club meets at 07:30 at the sports hall and we run as a group to the Gorrick Plantation. We welcome runners of all abilities, ranging from top level club runners to those who are just starting to get into running. This club includes breakfast and is a commitment club; ad-hoc bookings are not available.

## **INDOOR ROWING**

Pupils will be given opportunities to compete against each other and themselves through distance-specific personal best time trials, as well as taking part in team relays and wider competitions.

## **ACESTARS TENNIS COACHING\***

Acestars is a well-established professional tennis coaching school providing high-quality professional tennis coaching.

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\*FEES APPLY \*\*RESTRICTED NUMBERS



## **TEAM FOOTBALL TRAINING**

Fun football training sessions to help players become the best they can be. We cover physical, technical and tactical training to improve football technique as well as practice matches.

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## **HIIT, CIRCUITS, BOXERCISE**

A warm welcome is waiting for Upper School pupils (Year 9 and above) of all abilities and fitness levels. Motivating music, good company and expert advice will help you reach your fitness goals.

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## **TEAM BASKETBALL**

We focus on building a strong foundation through practice drills to refine basic skills, and mini games to encourage teamwork and strategic thinking.

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## **GIRLS FOOTBALL**

Fun football training sessions to help players become the best they can be. We cover physical, technical and tactical training to improve football technique as well as practice matches.

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## **TEAM HOCKEY TRAINING**

During these sessions we work on basic ball control skills, attacking, defending and passing effectively.

## **TRAMPOLINING**

Whether you already enjoy bouncing in your back garden or want a thrilling way to get fit, you'll find a lot to love about trampolining.



# Sports

## **OPEN NETBALL**

During these sessions we work on individual skills (e.g. shooting technique, passing, footwork, changing direction, stages of defence), as well as some match play. All year groups welcome.

## **LACROSSE**

Lacrosse is a competitive sport which encompasses learning how to cradle and pass the ball, defend opponents and shoot goals inside a 'fan'. It is a fast-paced game and helps develop leadership and teamwork skills.

## **TEAM BASKETBALL**

We focus on building a strong foundation through practice drills to refine basic skills, and mini games to encourage teamwork and strategic thinking.

## **DANCE CLUB**

Junior Dance Club is for pupils in Year 7 and 8. We look at a variety of dance styles, learning new choreography as well as technique. Senior Dance Club is for pupils in Year 9 and above who have some form of dance training already.

## **TEAM RUGBY TRAINING**

Open to Year 9 and 10 pupils, our rugby training programme is designed to elevate game understanding and skill development (passing, tackling and kicking) in a fun and engaging manner to inspire confidence on the field.





# Athlete Development Programme (ADP)\*

The aim of the ADP is to unlock sporting potential through game-based and technical sessions. The focus within the Junior and Intermediate stages is to develop members' athletic ability through a clear philosophy, designed to make them diverse movers. As they transition into the Senior stage of the programme there is a shift to a performance focus to enable high sporting attainment.

**ATTENDANCE AT ADP SESSIONS, FIXTURES AND SQUAD TRAINING WILL GO TOWARDS AN ADP LEADER BOARD WHICH WILL BE UPDATED WEEKLY.**

The timetable (13:15-13:45) will be as follows during the lunch hour:

- Monday - Circuit Conditioning.
- Thursday - Speed & Agility.
- Friday - Balancing & Going to Ground.



## MOVEHQ

We are delighted to announce that the ADP has joined forces with MoveHQ, an elite Strength and Conditioning gym based in Winnersh. MoveHQ will be supporting the ADP with performance testing.

## PERFORMANCE TESTING

20m Sprint, 5-10-5 Agility, Vertical Jumps (Counter Movement and Squat Jumps), Mid-Thigh Pull, Anthropometric data (Height, Seated Height and Body Mass Maturation).

\*FEES APPLY \*\*RESTRICTED NUMBERS

# ADP

## YEAR 7-8 (JUNIOR)

- Half termly workshops.
- Termly combine provided by [MoveHQ](#).
- Lunchtime sessions focusing on physical literacy.
- Bespoke training/coaching sessions to aid performance.
- End of Year workshop held by [GoPerform](#).
- Yearly ADP Report in the Summer Term with recommendations for over the Summer.



## YEAR 9-10 (INTERMEDIATE)

- Half-termly workshops.
- Weekly morning strength and conditioning sessions at MoveHQ.
- Termly combine provided by [MoveHQ](#).
- Senior Sports Mentor in their preferred sport.
- Bespoke training/coaching sessions to aid performance.
- Learn to lift session bi-weekly.
- End of Year Trip to [GoPerform](#).
- Annual ADP Report (Summer Term) with recommendations for over the Summer.

## YEAR 11-13 (SENIOR)

- Half-termly workshops.
- Termly Combine provided by [MoveHQ](#).
- Assisting delivery of the Luckley Co-Curricular provision sessions.
- Become a Senior Sports Mentor to the Junior and Intermediate ADP.
- Bespoke training/coaching sessions to aid performance.
- Access to I-I's during study lessons.
- Lead Sport's Council.
- Enrolment onto [GoPerform's Scholar Athlete Support Programme](#).
- Annual ADP Report (Summer Term) with recommendations for summer.