



Arts Awards

Forensic Science

Enrichment

Trip Planning Performing Arts

Astronomy **Dance**

Golf for Beginners Young Enterprise

Junk Percussion

Weight Training

Parliamentary Debating

Italian for Beginners

Critical Thinking

Czech for Beginners



Course

overview

“Self-care means giving yourself *permission* to pause.”

Mindfulness is a mental state achieved by focusing on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

The benefits of mindfulness:

- Higher brain functioning
- Decreased stress
- Improved health
- Increased awareness, attention and focus
- Lowered anxiety levels
- Experience of being calm, still and connected

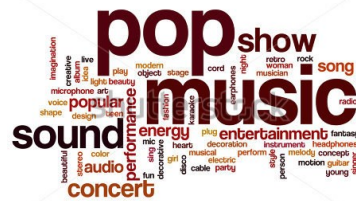
We will experience different forms of mindfulness to allow you to practise these at home.

These may include:

Meditation, Yoga, Mindfulness Colouring, Pampering

Teacher: Miss Waite

PERFORMING POPULAR SONGS



www.shutterstock.com · 242280643

Course Overview

- ⇒ Work towards learning a new instrument or getting even better at one you can already play
- ⇒ Learn pieces of your choice from the charts or anything else you may like
- ⇒ You can even form a band if you would like to!
- ⇒ Bring or request any music and learn this on an instrument you wish (Keyboard, guitar etc)



Teacher: Mrs Kingston



Course Overview

Year 9 Expedition training

- ⇒ Planning for an adventurous journey
- ⇒ Map reading skills
- ⇒ Route planning
- ⇒ Kit preparation and management
- ⇒ Meal planning and preparation
- ⇒ Ration pack creation
- ⇒ Countryside, highway and campsite codes
- ⇒ Pitching tents
- ⇒ eDofE completion

Teacher: Miss Eynon



Course overview

- ⇒ Learn basic skills needed to play successful badminton
- ⇒ Play Singles and Doubles
- ⇒ Improve on your Health and Fitness
- ⇒ More experienced players progress onto competition within the Walsall consortium

Equipment: PE Kit

Location: Walsall University Campus

Teacher: Mr Dhadda



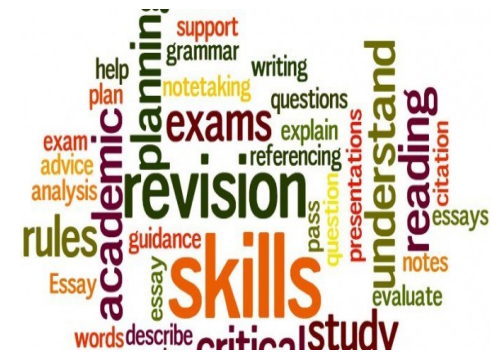
LEARNING & REVISION SKILLS

Course Overview

Year 10-11 ONLY

- ⇒ Learn how your brain functions and how to maximise its ability to learn and retain information
- ⇒ Practice various techniques that can improve your revision techniques
- ⇒ Develop systems that will make you a better learner

Teacher: Mr Honey





Course Overview

Year 7-8 ONLY

Quizlet for exam revision

Struggling to remember key vocabulary for

Languages, definitions for Science, formulae for Maths?

Quizlet provides a variety of study methods and games to make exam revision and focused study time more fun. It will help you to stay engaged and improve marks. More than 92% of students who study with Quizlet report better marks.

Students will be able to practise study sets that have already been created by teachers or create their own for a variety of subjects.

Teacher: Mrs Dhadda



Course Overview

Suitable for all



abilities.

Pupils will follow the training programme.

Pupils who fully complete the programme should be able to run at least 5k by the end of term.

There will also be opportunities for power walking and other forms of outdoor fitness.

Equipment: PE Kit

Location: Arboretum

Teacher: Miss Hamilton & Mrs Shaw

STRATEGY GAMES

Course overview

- ⇒ Are you someone who enjoys playing games? I don't mean games that are just based on luck, but games that require skill and strategy.
- ⇒ In our strategy games enrichment we will focus on multi-player games that call upon your aggression and wit.
- ⇒ In some games you will have to battle others for land and in others create an unbeatable plan.
- ⇒ These games are fun, challenging and competitive. Bring yourself, some determination and a sprinkle of cunning and join this new, fun enrichment.



Equipment: You will not need to bring any equipment to this enrichment.

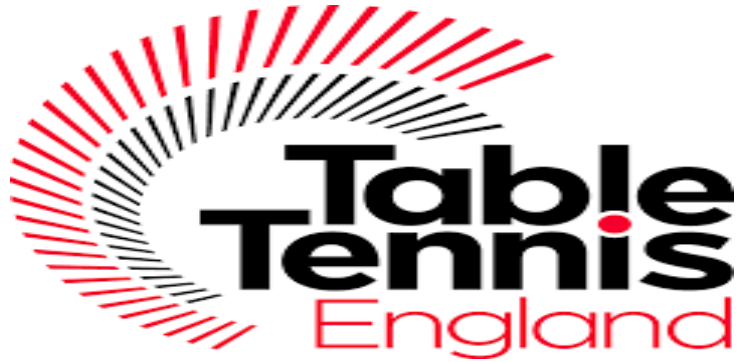


Spark your creativity....Play Chess

Course Overview

Playing chess helps unleash your originality, since it activates the right side of the brain, the side responsible for creativity.

Teacher: Miss Chattha



Course overview

- ⇒ Learn basic skills needed to play successful table tennis
- ⇒ Play Singles and Doubles
- ⇒ Pupils will work on improving the quality of their skills with the intention of outwitting opponents
- ⇒ Improve on your Health and Fitness



Course overview

In 'Bakes and Cakes' you will be:

- ⇒ Baking different cakes and biscuits following short and simple recipes
- ⇒ Competing for winning 'Baker of the week'
- ⇒ Selling some of your bakes and cakes during school break and lunch times in order to raise money for the school's nominated charity

Qualifications Gained:

You will learn vital life skills

Teacher: Mr Lawrence

