



HYDESVILLE  
TOWER SCHOOL

# Prep School Enrichment Programme

*Autumn Term 2022/23*  
*Information Booklet*

# Introduction

This booklet has been put together to give you information regarding the Enrichment activities that can be selected and which will take place during Wednesday afternoons throughout the Autumn Term.

Please read this booklet carefully before making your choice.

There are a range of activities available and these will last for the entire term.

Please note that activities may incur additional costs; these are shown where applicable. Any costs will be charged via the Payments area on Cognita Connect. There may be age restrictions in place.

Your child can book their place via their class teacher. They will need to select their first, second and third choices and then will be allocated an activity (depending on capacity levels).

## Baking (Year 4-6: no cost)

Pupils will be given a new recipe each week and bake different cakes and biscuits throughout the term following short and simple recipes. Pupils will have the chance to competing for winning 'Baker of the Week'.

Pupils will be given every Wednesday the ingredients they need to bring for the following week. These ingredients need to be measured out at home ready for their Wednesday baking session.



## Drama (Year 3-6: no cost)



Pupils will be exploring the voice and body language through warmup games and exercises. You will learn to take on the roles of characters, demonstrate emotions and improve your performance skills, including musical theatre.

## Guitar Club (Year 3-6: no cost)

Do you want to learn to play the guitar or practise and improve your existing skills?

If the answer is "Yes" then Guitar Club is for YOU.



# Arts & Crafts (Year 3-4: no cost)

In Arts and Crafts, pupils from Year 3 and 4 will have the opportunity to create items with an Autumn or Winter theme: from snow globes to leaf wreaths to creating your own model using clay.



# Cartoon Art (Year 3-4: no cost)



Pupils will be able to draw some of their favourite characters by learning the art of cartoon art. Follow step-by-step instructions to create your very own characters.

# Mindfulness (Year 3-6: no cost)

In these sessions pupils will have time for mindful colouring, quiet crafts and jigsaw puzzles. Explore different types of calming music, read stories and listen to audio books.

The benefits of mindfulness are:

- Higher brain functioning
- Improved health
- Increased attention and focus
- Experience of being calm and still

Pupils will experience different forms of mindfulness to allow them to practise these at home.



## Badminton (Year 3-6: no cost)



Pupils will learn basic skills needed to play successful badminton singles and doubles and improve on their overall health and fitness. More experienced players will progress on to compete against other schools. You will need to wear PE kit and trainers. Rackets and other equipment will be supplied.

## Tag Rugby (Year 5-6: no cost)

TAG rugby is a fun, fast-paced, non-contact form of rugby that is easy and safe to play by boys and girls of any age and size. It is excellent for developing coordination, teamwork, determination and physical ability.

Pupils will be involved in the school team and be entered into TAG rugby competitions against local schools.

You will need to wear PE kit and trainers. Equipment will be supplied



## Archery (Year 3-6: no cost)



Archery is a sport that involves using a bow and arrow. Learn the basic skills you need to shoot your perfect arrow. Pupils will work on the quality of their shots improving: stance, grip, place of arrow, aiming and drawing and more importantly the release.

You will need to wear trainers. Equipment will be supplied