

STUDENT

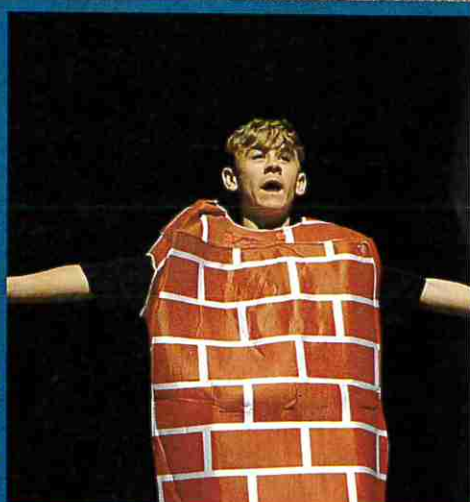
Extra-Curricular



ACTIVITIES

Booklet

2019-2020



PENSBY
HIGH SCHOOL
Care Respect Inspire

Pensby High School

ACTIVITIES WILL START WEEK BEGINNING

MONDAY 23 SEPTEMBER 2019

- Please read through the booklet and complete the options form at the back. You may need to check with your parent/carers.
- Once you have completed the form make a note in your own planner of the activities you have chosen.
- Post your completed form in the box in reception.
- Remember expectations in terms of behaviour, attitude and personal responsibility will be the same in extra-curricular activities as it is in the normal lessons.



LIPA
4-19
ACADEMY
ASSOCIATE

'Care, Respect, Inspire'

Pensby High School

Extra-curricular Activities

Monday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Brown & Mrs Crammond	8:00-8:30am	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCHTIME				
Language Leaders	Mrs Hall	1.30 – 2.00pm	KS4	E6
Table Tennis Must wear trainers (No food in the gym)	Mr Saunders	1:30 – 2:00pm	All years	Gym A
Year 11 Triple Biology revision class	Mrs Theobald	1.30 – 2.00pm	11BT group only	C8
DofE online evidence update session / Q&A	Mrs Cantillon	1.20 – 2.00pm	DofE participants	SSC or IU
AFTER SCHOOL				
Girls RFU Rugby	Mr Atkinson / Mrs Theobald	3.15 – 4.30pm	All Years	Changing rooms
Boys RFU Rugby	Mr Davies / RFU Coach	3.15 – 4.30pm	Years 7, 8, & 9	Changing rooms / Astro
Girls Football	Mr Wright	3.15 – 4.30pm	All Years	Changing rooms / Astro
Musical Singing Rehearsals	Mr Hogg	3.15 – 4.15pm	Members of the cast Little Shop of Horrors	B7
Homework Club	Progress Mentors	3:10 – 4:00	All years	SSC
Harry Potter Aloud	Mrs Hartley	3:30 – 4:15	Years 7 & 8 (Max 12)	Library
Trampoline Club	Mrs Murphy	3.15 - 4.45pm	All Years (25 students per session max)	Changing Rooms/Sports Hall

Football daily at break time and lunchtime in the cage for Years 7 & 8 only in the tennis courts (cancelled if wet) and on the field when it is open. You have to leave your tie as a deposit for the loan of a ball, returned when you give the ball back. **THIS IS NOT AN ACTIVITY YOU HAVE TO PICK.**

Musical Instrument and singing lessons will take place during the school day. See Mr Hogg if you are interested in taking up tuition and for timings and further information.

‘Care, Respect, Inspire’

Pensby High School

Extra-curricular Activities Tuesday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Brown & Mrs Crammond	8:00-8:30am	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCHTIME				
Art & Craft Club	Mrs Graham	1.30 – 2.00pm	All years	D4
Year 11 Combined Science revision class	Mrs Theobald	1.30 – 2.00pm	11S2 group only	C8
Science Club	Science staff	1.30 – 2.00pm	All years	F2
History of Art Club	Mrs Eymond	1:30 – 2:00 WEEK B ONLY	All years	D2
AFTER SCHOOL				
Year 7 Boys Football	Mr Jones / Mr Berry / Mr Wright / Mr Davies	3.15 – 4.30pm	Year 7	Changing rooms / Astro
Year 8 Boys Football	Mr Berry / Mr Wright / Mr Davies	3.15 – 4.30pm	Year 8	Changing rooms / Astro
Year 9 Boys Football	Mr Prescott	3.15 – 4.30pm	Year 9	Changing rooms / Astro
Homework Club	Progress Mentors	3:10 – 4:00pm	All years	SSC
Gardening Club	Mrs Mills	3:15 – 4:15pm	All years (Wear appropriate foot wear and clothing)	Meet in the SSC
Trampoline Club	Mrs Murphy	3.15 - 4.45pm	All Years (25 students per session max)	Changing Rooms/Sports Hall
Dance Yrs 7 & 8	Sarah Dwyer - Principal	3:15 – 4:15pm	Yrs 7 & 8 Boys and Girls	Changing Room / Dance Studio
Dance Yrs 9, 10 11	Sarah Dwyer - Principal	4.15 – 5.15pm	Yrs 9, 10 11 Boys and Girls	Changing Room / Dance Studio

Football daily at break time and lunchtime in the cage for Years 7 & 8 only in the tennis courts (cancelled if wet) and on the field when it is open. You have to leave your tie as a deposit for the loan of a ball, returned when you give the ball back. **THIS IS NOT AN ACTIVITY YOU HAVE TO PICK.**

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‘Care, Respect, Inspire’

Pensby High School

Extra-curricular Activities Wednesday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Brown & Mrs Crammond	8:00-8:30am	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCHTIME				
School Action Team	Mrs Taylor	12.40 – 1.20pm	All years – application process, see Mrs Taylor	D5
Boardgames/Chess/ Yu-gi-oh! Cards Club	Mrs Hannaway/ Mrs Evans	12.40 – 1.20pm	All years	B6
Junior Language Leaders	Mrs Clarke	12.40 – 1.20pm	Year 7 & 8	E3
AFTER SCHOOL				
Tennis Club	Sue Davies, Head Coach, Heswall Tennis Club – Tennis Coach	2.30 – 3.30pm	All Years	Changing room / Tennis Courts / Sportshall
DofE Award – Expedition Training – All enrolled DofE groups must attend DATES & GROUPINGS TO BE CONFIRMED	Mr Davies	2.20 – 4.30pm	Year 9 Bronze Year 10 Silver	B4 DATES TO BE CONFIRMED
LAMDA Yrs 7 & 8	Sinead	2.25 – 3.15pm	Years 7 & 8	Drama Studio B
LAMDA Yrs 9, 10 & 11	Sinead	3.20 – 4.15	Yrs 9, 10 & 11	Drama Studio B

Years 9 & 10 Duke of Edinburgh Award participants

This early finish may be a good time to complete the volunteer or skill sections of the award that you may want to arrange in or out of school.

Football daily at break time and lunchtime in the cage for Years 7 & 8 only in the tennis courts (cancelled if wet) and on the field when it is open. You have to leave your tie as a deposit for the loan of a ball, returned when you give the ball back. **THIS IS NOT AN ACTIVITY YOU HAVE TO PICK.**

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‘Care, Respect, Inspire’

Pensby High School

Extra-curricular Activities Thursday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Brown & Mrs Crammond	8:00-8:30am	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCHTIME				
DT Year 11 GCSE 3D Catchup	Mrs Sands	Lunchtime	Year 11	D1
Brainteaser and Puzzle Club	Miss Karran-Antrobus	1.30 – 2.00pm	All Years	B9
STARTING SPRING TERM 2020 Years 7 & 8 Drama Club	Miss Hazelhurst	1.30 – 2.00pm	Years 7 & 8	Drama Studio A
Debating Club	Mrs Hartley	1.30 – 2.00pm	Year 9 & 10	C2
Coding Club	Mrs Mullan	1.30 – 2.00pm	Year 7 & 8 (max 20)	C7
Spanish music, film, culture and IT club	Mrs Teare	1.30 – 2.00pm	Spanish students in KS3 and All GCSE Spanish students KS4 (Max 25 students)	E1 or E8 (see the timetable on Mrs Teare's door)
AFTER SCHOOL				
Year 10 Boys Football	Mr Berry	3.15 – 4.30pm	Year 10	Changing Rooms / Astro
Year 11 Boys Football	Mr Wright	3.15 – 4.30pm	Year 11	Changing Rooms / Astro
Girls Netball	Miss Lanceley / Miss Guest/ Mrs O'Hare	3.15 – 4.30pm	All years	Changing Rooms
Musical Singing Rehearsals	Mr Hogg	3.15 – 4.15pm	Members of the cast Little Shop of Horrors	B7
Pop Band Rehearsals / Guitar Group	Mr Hogg	3.15 – 4.15pm	All students who are interested in being in a rock group	B7
KS4 Practical Catch-up Cooking Club	Miss McCluskey	3:15 – 4:15pm	Years 10 & 11	A1
Homework Club	Progress Mentors	3:10 – 4:00pm	All years	SSC
Trampoline Club	Mrs Murphy	3.15 - 4.45pm	All Years (25 students per session max)	Changing Rooms/Sports Hall

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'Care, Respect, Inspire'

Pensby High School

Extra-curricular Activities Friday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Brown & Mrs Crammond	8:00-8:30am	All years	Dining Hall
This is free breakfast – all students welcome				
Brass Ensemble	Mr Hogg	8.40 – 9.00am	All years	DSA
LUNCHTIME				
Italian Club	Mr DuNoyer / Mrs Clarke	1.20 – 2.00pm	Year 7 & 8 (max 20)	C6
Table Tennis Must wear trainers (No food in the gym)	Mr Saunders	1:30 – 2:00pm (please wait for Mr Saunders to arrive)	All years	Gym A (please enter through Boys and Girls changing room)
Year 11 Revision Support Drop In	Miss Whorwood	1.20 – 2.00pm	Year 11	G1
AFTER SCHOOL				
Dance Yrs 7 & 8	Sarah Dwyer - Principal	3:15 – 4:15pm	Yrs 7 & 8 Boys and Girls	Changing Room / Dance Studio
Dance Yrs 9, 10 11	Sarah Dwyer - Principal	4.15 – 5.15pm	Yrs 9, 10 11 Boys and Girls	Changing Room / Dance Studio

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**ANY ADDITIONAL CLUBS WILL BE
ADVERTISED VIA POSTERS IN SCHOOL
AND STUDENT NOTICES
THROUGHOUT THE YEAR!**

‘Care, Respect, Inspire’

DANCE

DANCE CLASSES START TUES 24TH SEPTEMBER

2019 AND FRI 27TH SEPTEMBER 2019

TUESDAY – Y7 & Y8 – 3:15PM – 4:15PM

GIRLS AND BOYS

TUESDAY – Y9 UPWARDS – 4:15PM – 5:15PM

GIRLS AND BOYS

FRIDAY Y7 & Y8 – 3:15PM – 4:15PM

GIRLS AND BOYS

FRIDAY Y9 UPWARDS – 4:15PM – 5:15PM

GIRLS AND BOYS

STREET /CONTEMPORARY/ JAZZ/ LYRICAL

+ MANY MORE

A RANGE OF STYLES



PENSBY HIGH SCHOOL
LAMDA
LONDON ACADEMY
OF MUSIC & DRAMATIC ART



LAMDA STARTS
WED 25TH
SEPTEMBER 2019
WEDNESDAY - Y7 & Y8
2:25PM - 3:15PM
WEDNESDAY Y9 UPWARDS
3:20PM - 4:15PM

LAMDA is one of the UK's oldest and most
respected awarding bodies

LAMDA exams are about achievement – recognising
and rewarding the endeavours of each individual
but they are also about empowerment


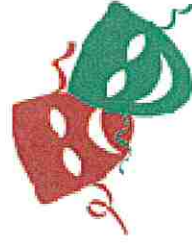


Calling all

ACTORS!

from Pensby
High School

- DO YOU ENJOY DRAMA?
- WANT TO DEVELOP YOUR SKILLS?
- TAKE EXAMS WITH LAMDA AND GAIN UCAS POINTS?



LAMDA

**COME TO OUR EXTRA CURRICULAR CLASSES ON
WEDNESDAY AFTERNOONS!**

WHAT IS LAMDA?

LAMDA stands for London Academy of Music and Dramatic Art - the top organisation for actors and performers!

WHAT WOULD I GAIN?

Performers can develop their acting skills during lessons and then take solo or group examinations. Most awards have certificates and some even gain you extra UCAS points! Most experienced actors and performers have a background of LAMDA. LAMDA is also looked on favourably from drama schools and professional organisations.

DO I NEED TO PAY FOR CLASSES?

No, classes are part of Pensby High School's extra curricular programme.

DO I NEED ANY PRIOR EXPERIENCE?

No! Beginners and experienced performers are all welcome!

ACTING

Developing a strong speaking voice and good memory skills by learning and performing monologues and duologues. Designed for solo or duologue performances.

DEVISING DRAMA

Developing creativity by exploring ideas and themes, and realising them through devised dramatic performances. Designed for solo or duologue performances.

GROUP ACTING

Working as a group to perform acting scenes to recognise and enhance team work. Designed for groups of three to 15 candidates.

GROUP DEVISING DRAMA

Maximising the creativity of a group and working together to create dramatic scenes. Designed for groups of three to 15 candidates.


GROUP RECITAL

Exploring the group dynamics involved in developing and performing a recital including performed pieces and devised introductions, linking statements and conclusions.. Designed for groups of three or more candidates.

CHORAL-SPEAKING

Working as a group to perform verse and prose selections, designed for groups of three or more candidates.

LITTLE SHOP HORRORS



Performance dates -

Tuesday 11th February 2020

7PM

Wednesday 12th February 2020

7PM

All tickets £5.00

Tickets on sale from school office - From January 2020



A team of teachers visit Pensby High School on a weekly basis and deliver lessons on a variety of instruments, including:

Piano/keyboard

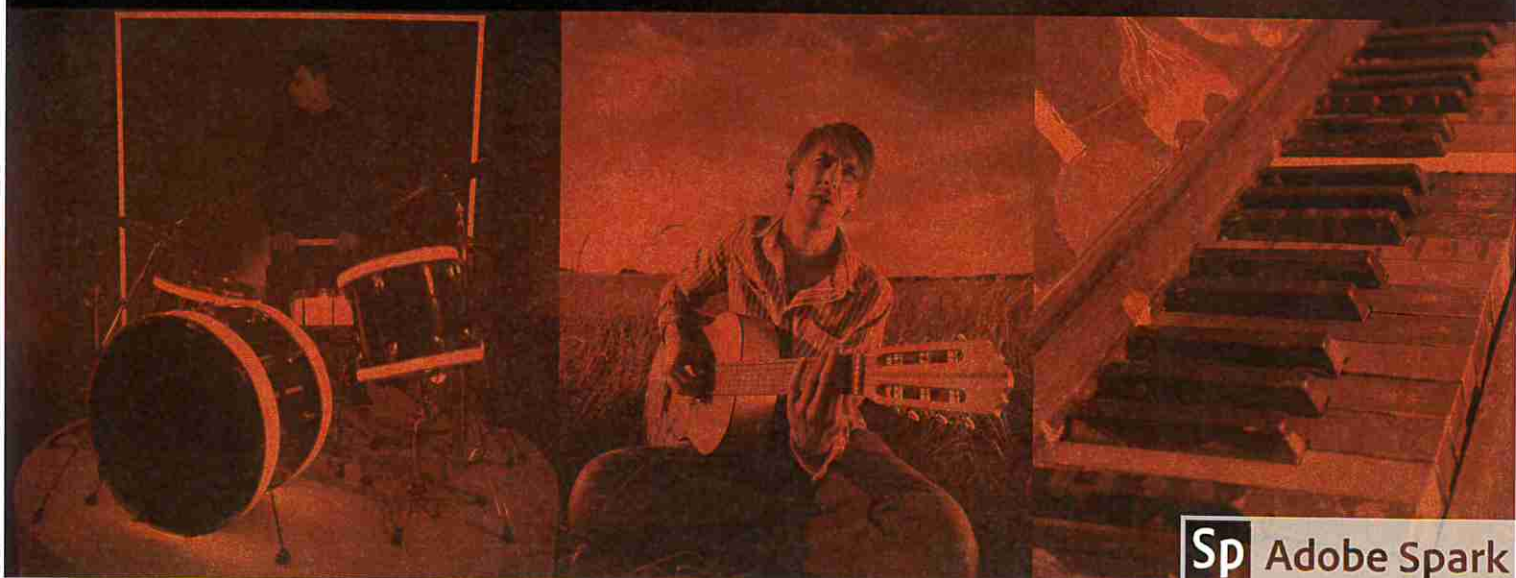
Drums

Guitar

Brass

Singing

Woodwind



Lessons last for 20 minutes and take place during the school day. Timetables are rotated so that pupils do not miss (where possible) the same 20 minute slot each week. (Pupils are expected to catch up on any missed work – if leaving a curriculum lesson).

The cost for lessons is £10 per lesson for an individual lesson and £7 per lesson for a shared lesson (2 pupils to a lesson). For pupils in receipt of the Pupil Premium grant, there will be a 50% reduction in fees.

During the first couple of weeks of term, pupils will be asked if they are interested in signing up for vocal/instrumental lessons.

If accepted, the relevant tutor will then distribute a contract to parents which outlines all of the necessary information, including frequency of payments etc.

Please contact Mr. Hogg in the music department for further information

LIPA

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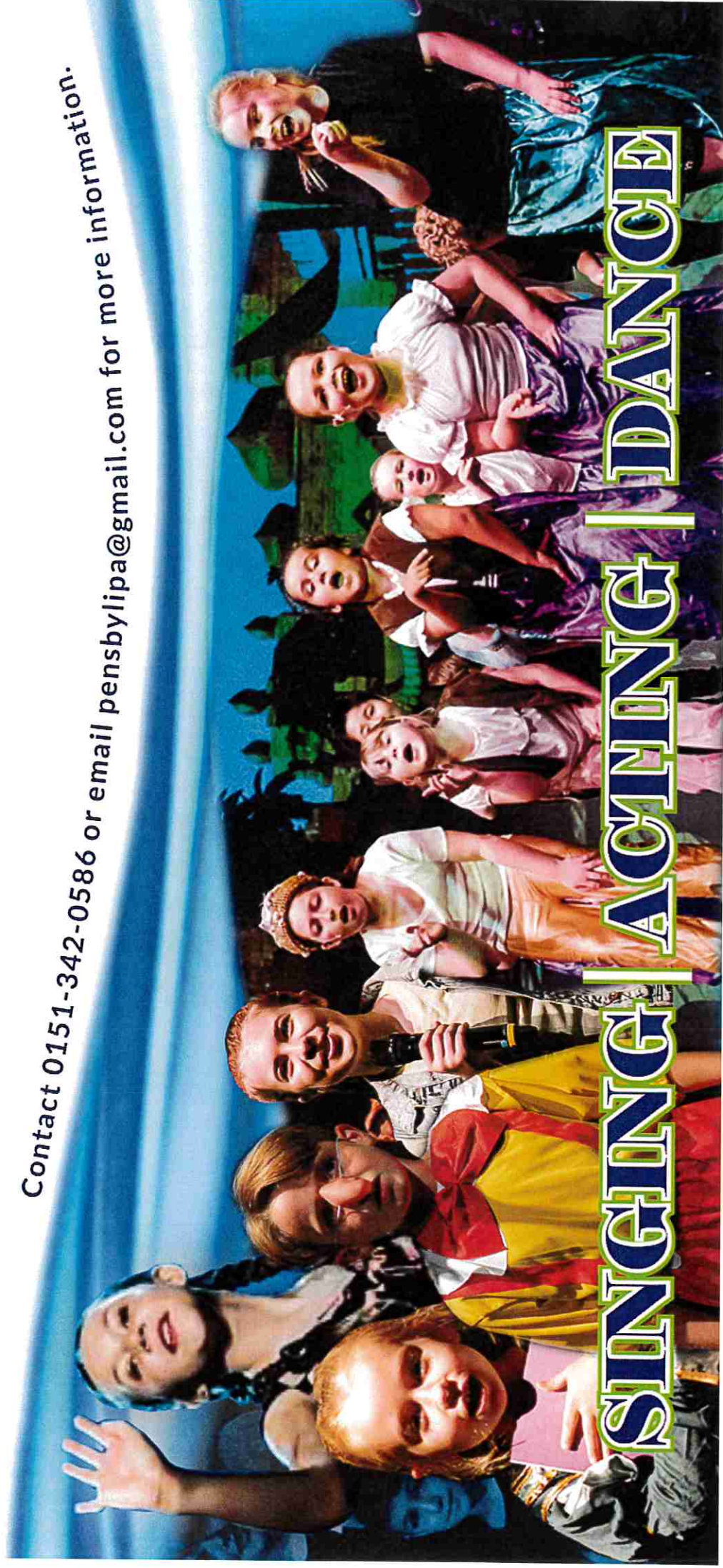
PENSBY

STARTS SATURDAY 14 SEPTEMBER

Ages 4 to 19 | held at Pensby Sports Complex

New starters welcome at any time

Contact 0151-342-0586 or email pensbylipa@gmail.com for more information.



SINGING | ACTING | DANCE

AGED 4-6 Years

LIPA
4:19
PENSBY

Singing! Acting! Dance!

Classes held every Saturday
at Pensby Sports Complex



Looking for new members!

Contact: 0151-342-0586 - email: LIPA.pensby@gmail.com

AGED 7-19 Years

LIPA
4:19
PENSBY

Singing! Acting! Dance!

Classes held every Saturday
at Pensby Sports Complex



Looking for new members!

Contact: 0151-342-0586 - email: LIPA.pensby@gmail.com

BRONZE

Volunteering **3 months**

Physical **3 months**

Skills **3 months**

Expedition **2 days 1 night**



PLUS a further 3 months in the Volunteering, Physical or Skills section.

SILVER

Volunteering **6 months**

Physical one section for 6 months, the other for 3 months

Skills

Expedition **3 days 2 nights**



Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

GOLD

Volunteering **12 months**

Physical one section for 12 months, the other for 6 months

Skills

Expedition **4 days 3 nights**



Residential **5 days 4 nights**

Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

How long does a DofE programme take to complete?



Each section

1 HOUR

average per week

STARTING AGES:



All Awards must be completed by the participant's 25th birthday



PROGRAMME IDEAS

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a programme of your own! For each idea, there is a useful document giving you guidance on how to do it, which you

can find under the category finder on www.DofE.org/sections

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

Volunteering section

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Helping people:

Helping children
Helping older people
Helping people in need
Helping people with special needs
Youth work

Community action & raising awareness:

Campaigning
Cyber safety
Council representation
Drug & alcohol education
Home accident prevention
Peer education
Personal safety
Promotion & PR
Road safety

Working with the environment or animals:

Animal welfare
Environment
Rural conservation
Preserving waterways
Working at an animal rescue centre
Litter picking
Urban conservation
Beach and coastline conservation
Zoo/farm/nature reserve work

Helping a charity or community organisation:

Administration
Being a charity intern
Being a volunteer lifeguard
Event management
Fundraising
Mountain rescue
Religious education
Serving a faith community
Supporting a charity
Working in a charity shop

Coaching, teaching and leadership:

Dance leadership

DofE Leadership
Group leadership
Leading a voluntary organisation group:
- Girls' Venture Corps
- Sea Cadets
- Air Cadets
- Jewish Lads' and Girls' Brigade
- St John Ambulance
- Scout Association
- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade
Sports leadership
Music tuition

Physical section

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Individual sports:

Archery
Athletics (any field or track event)
Biathlon/Triathlon/Pentathlon
Bowling
Boxing
Croquet
Cross country running
Cycling
Fencing
Golf
Horse riding
Modern pentathlon
Orienteering
Pétanque
Roller blading
Running
Static trapeze
Wrestling

Water sports:

Canoeing
Diving
Dragon Boat Racing
Free-diving
Kneeboarding
Rowing & sculling
Sailing
Skurfing
Sub aqua (SCUBA diving & snorkelling)

Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

Dance:

Ballet
Ballroom dancing
Belly dancing
Bhangra dancing
Cercoc
Contra dance
Country & Western
Flamenco
Folk dancing
Jazz
Line dancing
Morris dancing
Salsa (or other Latin styles) dancing
Scottish/Welsh/Irish dancing
Street dancing/breakdancing/hip hop
Swing
Tap dancing

Racquet sports:

Badminton
Matkot
Racketlon
Rapid ball
Real tennis
Squash
Table tennis
Tennis

Fitness:

Aerobics
Cheerleading
Fitness classes
Gym work
Gymnastics
Medau movement
Physical achievement
Pilates
Running/jogging
Trampolining
Walking
Weightlifting
Yoga

Extreme sports:

Caving & potholing
Climbing
Free running (parkour)
Ice skating
Mountain biking
Mountain unicycling
Parachuting
Skateboarding
Skydiving
Snow sports (skiing, snowboarding)
Snowkiting
Speed skating
Street luge

Martial arts:

Aikido
Capoeira
Ju Jitsu
Judo
Karate
Self-defence
Sumo
Tae Kwon Do
Tai Chi

Team sports:

American football
Baseball
Basketball
Bocce
Camogie
Cricket
Curling
Dodge disc
Dodgeball
Fives
Football
Hockey
Hurling
Kabaddi
Korfball
Lacrosse
Netball
Octopushing
Polo
Rogaining
Rounders
Rugby
Sledge hockey
Stoolball
Tchoukball
Ultimate flying disc
Underwater rugby
Volleyball
Wallyball
Water polo

Yoyo extreme

Science & technology

Aerodynamics
Anatomy
Astronomy
Biology
Botany
Chemistry
Ecology
Electronics
Engineering
Entomology
IT
Marine biology
Oceanography
Paleontology
Physics
Rocket making
Taxonomy
Weather/meteorology
Website design
Zoology

Care of animals

Agriculture (keeping livestock)
Aquarium keeping
Beekeeping
Caring for reptiles
Dog training & handling
Horse/donkey/lama/alpaca handling & care
Keeping of pets
Looking after birds (i.e. budgies & canaries)
Pigeon breeding & racing

Music

Church bell ringing
Composing
DJing
Evaluating music & musical performances
Improvising melodies
Listening to, analysing & describing music
Music appreciation
Playing a musical instrument
Playing in a band
Reading & notating music
Understanding music in relation to history & culture

Natural world

Agriculture
Conservation
Forestry
Gardening
Groundsmanship
Growing carnivorous plants
Plant growing
Snail farming
Vegetable growing

Skills section

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Performance arts

Ballet appreciation
Ceremonial drill
Circus skills
Conjuring & magic
Dance appreciation
Majorettes
Puppetry
Singing
Speech & drama
Theatre appreciation
Ventriloquism

Games & sports

Cards (i.e. bridge)
Chess
Clay target shooting
Cycle maintenance
Darts
Dominoes
Fishing/fly fishing
Flying
Gliding
Go-karting
Historical period re-enacting
Kite construction & flying
Mah Jongg
Marksmanship
Model construction & racing
Motor sports
Power boating
Snooker, pool & billiards
Sports appreciation
Sports leadership
Sports officiating
Table games
War games

Life skills

Alternative therapies
Cookery
Democracy in action
Digital lifestyle
Driving: car maintenance/car road skills
Driving: motorcycle maintenance/road skills
Event planning
First Aid – St John/St Andrew/BRCs
Hair & beauty
Learning about the emergency services
Learning about the RNLI (Lifeboats)
Library & information skills
Life skills
Massage
Money management
Navigation
Public speaking and debating
Skills for employment
Young Enterprise

Learning & collecting

Aeronautics
Aircraft recognition
Anthropology
Archaeology
Astronautics
Astronomy
Bird watching
Coastal navigation
Coins
Collections, studies & surveys
Comics
Contemporary legends
Costume study
Criminology
Dowsing & divining
Fashion
Forces insignia
Gemstones
Genealogy
Heraldry
History of art
Language skills
Military history
Movie posters
Postcards
Reading
Religious studies
Ship recognition
Stamp collecting

Media & communication

Amateur radio
Communicating with people

who are visually impaired
Communicating with people who have a hearing impediment
Film & video making
Journalism
Newsletter & magazine production
Signalling
Writing

Creative arts

Basket making
Boat work
Brass rubbing
Building catapults & trebuchets
Cake decoration
Camping gear making
Candle-making
Canoe building
Canvas work
Carnival/festival float construction
Ceramics
Clay modelling
Crocheting
Cross stitch
DIY
Dough craft
Drawing
Dressmaking
Egg decorating
Embroidery
Enamelling
Fabric printing
Feng Shui
Floral decoration
French polishing
Furniture restoration
Glass blowing
Glass painting
Interior design
Jewellery making
Knitting
Lace making
Leatherwork
Lettering & calligraphy
Macramé
Marquetry
Model construction
Mosaic
Painting & design
Patchwork
Photography
Pottery
Quilting
Rope work
Rug making
Snack pipping
Soft toy making
Tattooing
Taxidermy
Textiles
Weaving and spinning
Wine/beer making
Woodwork

Expedition section

Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative. The expedition can be as far away or as close to home as you want it to be, and there are hundreds of ways you can go about it.

On foot

- Studying insect life on the South Downs.

- Exploring teamwork by nominating a different leader each day.
- Searching for forms of fungi, recording and sketching them.
- Planning a route around three of the places that inspired Wordsworth's poems in the Lake District.
- Considering the impact of tourism on the flora and fauna of the French Alps.
- Drawing all the different star constellations you can see.
- Creating a photo guide to the Countryside Code round the Mourne Mountains.

By bicycle

- Using the cycle system in the Netherlands to undertake a research project on the provisions and quality of cycle paths compared to Britain.
- Producing a nature guide of your route for future visitors.
- Investigating features of the Thames using the Thames cycle path.
- Doing a cycle of remembrance, taking in the historic wartime sites in Normandy.
- Creating a video diary of the expedition, recording each team member's experiences.
- Following part of the Gerald of Wales route of 1188 through Pembrokeshire.

By boat

- Exploring the Norfolk Broads using sailing dinghies.
- Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.
- Rowing along the Danube in Germany booking camp sites in advance.
- Planning a cross-channel journey in a yacht.
- Using simple mapping techniques to produce a map of an estuary on the expedition & compare it with a real map when you return.
- Planning a Bronze sailing expedition on Lake Ullswater in the Lake District.

By canoe or kayak

- Recording the wildlife found on the Strangford Lough canoe trail.
- Taking a series of photos to come up with a guide to a section of canal systems.
- Making a study of the locks and lochs on the Caledonian Canal.
- Investigating samples of the river bed en route and comparing them with each other.
- Carrying out a wilderness trip in Canada using the canoe trails used by the original settlers.
- Choosing several points along a river and measure speed of flow, width and depth and comparing the

differences along their route, trying to explain why this may be.

By wheelchair

- Following a disused railway track noting the current use of previous railway buildings.
- Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.
- Planning and doing a challenging route in the Peak District, making a video diary.
- Planning a route in Cropton Forest to take a series of landscape photographs to use in a calendar.
- Producing an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.
- Creating an expedition music play list that reflects the team's experiences.

On horseback

- Planning an expedition on horseback in the countryside including identifying suitable farm camp sites and bridleways.
- Exploring accessibility and bridle paths in the Brecon Beacons.
- Planning an expedition with sea views in Devon, taking photos along the way so that you can paint a picture of your favourite scene when you return.
- Creating a series of team games to play whilst on expedition.
- Going on an expedition through woodland, noting the different types and ages of trees you see.
- Going on a horseriding expedition and writing a poem on your return to describe your experiences.

Residential section

Going on a residential gives you the chance to learn how to work with people from different backgrounds and build confidence living in new environments. There are loads of exciting possibilities and opportunities, so choose something which you will find really fulfilling.

Service to others

- Teaching English overseas.
- Helping out on an overseas pilgrimage (i.e. to Lourdes or Mecca).
- Being a leader at an overseas children's camp that promotes healthy eating and exercise.
- Rebuilding a school roof

in Lesotho.

- Helping deafblind young people and adults to enjoy a holiday.
- Being an assistant to support an eco-friendly waste project at an outdoor education centre.
- Assisting at a summer camp for Brownies.
- Helping at an orphanage.

Environment and conservation

- Attending a conference on climate change as a youth representative for your local authority.
- Studying coral bleaching in Australia.
- Joining a tree planting project with The Woodland Trust.
- Monitoring the bat population in the New Forest.
- Doing dry stone walling in the West Tyne Valley in the shadow of Hadrian's Wall.
- Helping the preservation team of a narrow gauge railway in mid Wales.

Learning

- Undertaking a cookery course.
- Doing a falconry course.
- Studying traditional dance.
- Studying art history in Florence.
- Doing a photography course run by a university and exhibiting your work.
- Learning to snowboard on an intensive course in Scotland.
- Improving your Spanish language skills on a course in Madrid.
- Learning to write and produce music and putting on a show for locals.
- Taking part in an astronomy course, learning about constellations, black holes and solar systems.

Activity based

- Taking part in a week-long discovery of stage combat in Wales.
- Going white water rafting in New Zealand past glaciers and mountains.
- Taking part in a multi-faith residential, studying different religions.
- Joining an historical re-enactment of the Battle of Bosworth.
- Joining an ACF activity week with members of different detachments.

Extra-curriculars

Please fill in the form below to choose which activities you would like to do – you need to keep this page as a record of what you’ve chosen.

Name:			Form:		
		Lunchtime	After School		
MONDAY	1				
	2				
	3				
	4				
	5				
TUESDAY	1				
	2				
	3				
	4				
	5				
WEDNESDAY	1				
	2				
	3				
	4				
	5				
THURSDAY	1				
	2				
	3				
	4				
	5				
FRIDAY	1				
	2				
	3				
	4				
	5				

Please fill in the form below to choose which activities you would like to do,
tear this page off and put in the box at reception.

Name:			Form:	
			Lunchtime	After School
MONDAY	1			
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TUESDAY	1			
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WEDNESDAY	1			
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THURSDAY	1			
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FRIDAY	1			
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