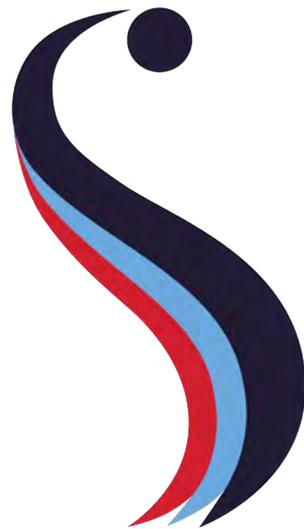


PERSONAL  
DEVELOPMENT  
ENRICHMENT  
2022



SAMUEL WARD

AMBITION SUCCESS PERSEVERANCE INSPIRATION RESEARCH EXPERIENCE

**ASPIRE**

# Welcome and guidance

At Samuel Ward Academy we believe that enrichment is a right, not a privilege. Enrichment is a core part of our curriculum and this is why we are dedicating curriculum time to this.

We are delighted to introduce this year's Personal Development Enrichment Programme for Year 7 – Year 11 students. This will be a one-hour super-curricular experience per fortnight, on Wednesday period 5 in week B. We are offering an array of experiences including creative, cultural, environmental, and physical and emotional well-being activities.

All activities will be appropriate for ages 11-16 as groups will be vertical (mixed year groups). This is an excellent opportunity to try something new, and broaden your horizons. Please take your time to read through the experiences on offer.

## Completion of choices

You will choose 4 enrichment options from the list. You will be allocated one of these options for January-April (Term2)

## Oversubscription and undersubscription

Whilst we will try our hardest to allocate you with one of your 4 choices; if we are unable to do so we will come and see you in person to ensure you are given an enrichment option that you will enjoy. If you have been allocated one of your 4 options, you will not be able to change this during term 2 so please choose wisely.



# Cultural Experiences:

## **Model United Nations**

Simulation and academic activities in which students can learn about diplomacy, international relationship, and the United Nations.



## **Cultural Diversity Club**

Explore a range of different cultures and celebrate diversity in our SWA community.



## **Samuel Ward Creative Writing Club**

Let your creativity flow... with the help of an expert, plan and write stories and let your imagination run wild!



## **Sports History**

Enrichment session with a focus on influential personalities and historic moments across various sports.



## **Japanese Culture & Language**

Learn conversational Japanese, write Japanese script and enjoy some cultural activities.



## **Books and biscuits**

Reading and discussing a prize-winning novel over a half- term- with refreshments.



### **Ukulele**

Singling, strumming & fingerpicking. Ukulele for beginners and upwards.



### **Roman Culture with Latin Language KS3 ONLY**

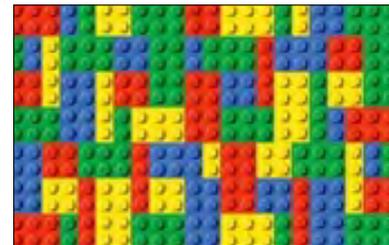
Students will have the opportunity to explore Roman culture including a taste of mythology, history of notable emperors and gladiators, and finally Roman Britain – each with a little flavour of Latin language skills.



## Emotional Wellbeing:

### **Lego Club**

Centered around relaxation, mindfulness and fun to combat stress.



### **Freestyle drawing**

Destress by drawing free-style on large sheets of paper while music plays to inspire you - draw solo or collaboratively with others.



### **Yoga**

Let's relax and find our inner peace.



### **Meditation**

Come and practise the art of meditation, learn the skills to relax and find inner calm.



# Physical Wellbeing:

## 5-a-side Football

Create your own 5-a-side dream teams and compete against each other in a SWA tournament.



## Samuel Ward Netball Club

Learn the core skills of netball, work up a sweat, and compete.



## Samuel Ward Badminton Club

Enjoy a relaxing game of badminton and get active at the same time!



## Dance for Fun

Do you want to strut your stuff? This is for anyone who wants to let their hair down and dance!



## Gym Workout

Do you want to get fitter and faster? Why not spend an hour in the SWA gym and work off those Christmas puddings?



## Circuit Training

Do you want to get fit in 2022? Why not join the circuit training tribe and get sweating?



# Academic Extension:

## **SWAA- Samuel Ward Academy Academics**

Do you enjoy a challenge? Are you intellectually curious? In this club you will be taught how to set hypotheses, conduct research, and use Harvard referencing. You will explore areas of academia that are of interest to you and produce a mini report on your findings.



## **SWADS - SWA Debate Squad 2021/22**

Come and learn the skill of effective debate; set motions, research your view point, and debate. This could potentially lead to a seat on the England Debate Squad.



## **SWA Study Skills – Revision Club**

### **KS4 ONLY**

With exams approaching and deadlines to meet. You can join one of our study groups. You can practice revision skills and work independently.



# Fun and Games:

## **Table top games**

Come and explore table top games like Warhammer and other model-based games.



## **Chess Club**

Develop critical thinking and outwit opponents in the ancient 'mind sport' game of chess.



### Quizzing and Board Games

Come along and take part in different style quizzes covering a range of topics including some based on TV shows. Create your own quizzes to share with each other and possibly across the school as the weekly quiz.



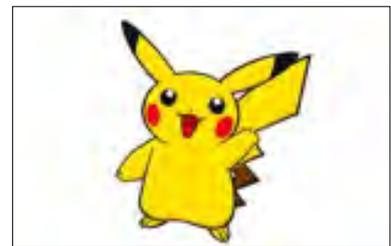
### Card Games

Come and play your favourite card games and learn some new ones! Bring your poker face.



### Pokémon Professionals

Battle, draw and learn about all things Pokémon.



## Environmental Awareness:

### Campfire Cooking

Try your hand at lighting a campfire (without matches!) and then take part in some outdoor cooking and other forest school style activities such as whittling and Hape Zome (Japanese Leaf printing).



## Creative Experiences:

### Mixed Choir

Come and sing a range of songs, using complex harmonies and melodies. This group is for any gender! However, you will need to brush up on your funky moves



### **The SWA Drama and Performing Arts Club:**

Perform, sing, or dance. This is a high energy approach to building confidence and improving self-esteem, whilst having lots of fun!



### **Mask making**

An opportunity to create masks from everyday materials.



### **Garage Band - An Introduction to Sound Recording**

Learn how to create, record and edit music and sound using multi-track recording software.



### **Mindfulness Colouring**

Colouring is a form of meditation; join this session to colour your way to reach a state of calm that relieves your brain from the daily stresses of life.



### **Science through Art**

Exploring scientific concepts through arts and crafts activities such as tie dye, chlorophyll paintings and loads more!



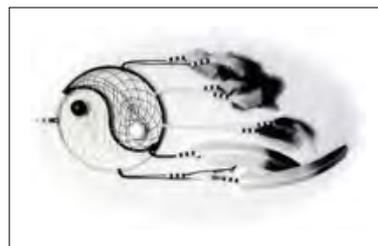
### **Crochet Club**

Come and learn a dying skill, learn the basics of crochet and make something to take home.



### **Craft Club**

Make worry catchers & bracelets to signify a positive outlook.



### **Cross-stitch Club**

A relaxing environment to learn how to cross-stitch gift tags, cards and other items, possibly design your own bookmark if interested in design.



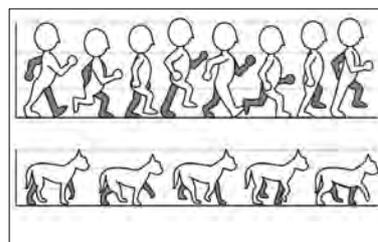
### **Build your own pop up books**

Design and build pop up books to illustrate your own or favourite stories.



### **Animation Workshop**

Zoetropes, flick books, stop motion, puppets, sand and silhouettes - discover the wider world of animation.



### **Guitar Workshop**

Come and play/learn guitar with guitarists of all abilities.



### **Quick Bakes**

Learn to bake a range of quick and easy recipes.



### **Quick Cooks**

Learn to cook healthy, quick, and affordable family dinners.



### **Quilling Club**

This involves folding and working paper to create decorative designs and shapes to make cards and models.



## **Information Technology:**

### **Coding Club**

Learning programming using Scratch and Micro Bit computers.

