



November 2024

Dear Parents/Carers,

Year 7 Enrichment Options Process Launch

We are excited to announce the launch of our Enrichment Options process for Year 7 students, which begins this week. This program is designed to offer your child a variety of activities aimed at contributing to their personal development, character building, and overall growth as individuals.

Vision Overview:

At United Learning, we place a strong emphasis on *“Education with Character.”* Our aim is not only to support academic success but also to help nurture qualities such as resilience, leadership, compassion, and service. The enrichment lessons we offer are designed to inspire students, providing them with the opportunity to explore their interests while developing essential skills for their future. Throughout the enrichment program, students will have the chance to select from a range of activities, each of which is designed to promote personal growth, teamwork, and leadership. These activities are an important part of our broader mission to prepare students for future success.

Process Overview:

1. Exploring Enrichment Activities:

To assist your child in selecting their enrichment activities, we have attached an Enrichment Pathway Booklet. This booklet contains detailed information on the available options. We encourage you to review it together with your child and discuss the activities that might spark their interest.

2. Enrichment Fair:

On Wednesday, 20th November, we will host an Enrichment Fair during students' normal enrichment session. This event will give students the opportunity to speak with teachers and learn more about the different enrichment sessions. It's a great chance for them to ask questions and get a better understanding of each activity.

3. Option Preference Choices:

After the fair, students will be asked to make their option preferences. The sign-up window will open on Wednesday, 20th November at 4:00pm and will close on Friday, 22nd November at 8.00pm. A follow-up email will be sent to students with a link to the online sign-up form. We ask students to provide four preferences so that we can ensure they are placed in one of their top choices.

We encourage you to have open discussions at home to help your child make informed decisions. This is a fantastic opportunity for them to explore new interests and develop valuable life skills outside the classroom.

Principal: Michelle Dyer



Avonbourne Boys' & Girls' Academies

The best in everyone™

Part of United Learning

Respect - Equality - Ambition - Community - Hard Work & Determination



If you have any questions or would like further clarification, please do not hesitate to contact me at ross.goldsmith@avonbourneacademy.org.uk

Thank you for your continued support as we embark on this exciting journey of enrichment and personal development.

Yours sincerely,

Ross Goldsmith

Associate Assistant Principal & Head of Physical Education

Principal: Michelle Dyer

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Year 7 Enrichment Options Booklet

*A guide to the activities
available from December 2024*

No.	Activity Summary	
1	Fitness Bootcamp	Mr Taylor
	<p>Fitness Bootcamp aimed at promoting physical fitness while fostering essential life skills such as hard work, determination, and resilience.</p> <p>The bootcamp will combine various forms of exercise, including strength training, cardio, and team-building activities, providing students with a well-rounded fitness experience. Sessions will focus not only on physical health but also on helping students develop a positive mindset, overcome challenges, and push through mental and physical barriers.</p> <p>Throughout the course, participants will learn the value of consistency, perseverance, and teamwork, while confidence and improving their overall fitness. The bootcamp is structured to encourage personal growth, as students will be motivated to track their progress and celebrate small victories along the way.</p> <p>We believe that this experience will empower students to develop a stronger work ethic and a deeper sense of resilience—qualities that will benefit them both inside and outside the gym. By the end of the program, students will have gained a greater understanding of how to set and achieve goals, while cultivating the determination needed to tackle challenges in all aspects of their lives.</p>	
	Values Developed- Hard Work, Determination, Resilience	
2	AVB Future Coaches Course - Girls	Miss Slaughter
	<p>AVB Future Coaches course aims to empower GIRLS by equipping them with essential leadership skills through the medium of football. This is a programme designed to nurture their leadership skills in sports coaching. The course will guide students through the key elements of becoming a confident and effective sports coach, while focusing on teamwork, goal-setting, resilience, and overcoming challenges.</p> <p>Throughout the program, students will engage in a variety of sports activities that teach them the importance of collaboration, communication, and leadership. They will work together in teams to plan, deliver, and evaluate coaching sessions, learning how to set clear goals for them and their peers. Student will have the opportunity to lead a coaching activity in a sport of their choice, putting their skills into practice.</p>	



	<p>By the end of the programme, students will not only be more confident public speakers, but also equipped with practical coaching skills and the ability to lead sports sessions with enthusiasm and clarity. This program will help your child become a more resilient, motivated leader both on and off the field. We look forward to seeing your child develop into a capable and confident future coach!</p>	
	Values Developed- Community, Respect, Hard Work and Determination	
3	AVB Future Coaches Course Football - Boys	Mr McHale
	<p>AVB Future Coaches course aims to empower GIRLS by equipping them with essential leadership skills through the medium of football. This is a programme designed to nurture their leadership skills in sports coaching. The course will guide students through the key elements of becoming a confident and effective sports coach, while focusing on teamwork, goal-setting, resilience, and overcoming challenges.</p> <p>Throughout the program, students will engage in a variety of sports activities that teach them the importance of collaboration, communication, and leadership. They will work together in teams to plan, deliver, and evaluate coaching sessions, learning how to set clear goals for them and their peers. Student will have the opportunity to lead a coaching activity in a sport of their choice, putting their skills into practice.</p> <p>By the end of the programme, students will not only be more confident public speakers, but also equipped with practical coaching skills and the ability to lead sports sessions with enthusiasm and clarity. This program will help your child become a more resilient, motivated leader both on and off the field. We look forward to seeing your child develop into a capable and confident future coach!</p>	
	Values Developed- Community, Respect, Hard Work and Determination	
4	RFU- Rugby Young Leaders Award	Mr Moysey
	<p>We're excited to offer your child the chance to become a Young Rugby Leader through this enriching program! This award is designed to help students build key skills such as leadership, communication, problem-solving, and conflict resolution, all while embracing the core values of Rugby Union. By participating, students will become more confident, develop stronger relationships, and enhance their character both on and off the field. Alongside these personal growth opportunities, they will also learn essential rugby coaching techniques to use in a fun, supportive environment. Perfect for students interested in rugby and eager to develop leadership skills, this program will leave them feeling empowered and ready to make a positive impact in their community. Sign up today and watch your child grow into a true rugby leader!</p>	
	Values Developed- Community, Respect, Hard Work and Determination	
5	Active Girls	Mr Rushent
	<p>We're thrilled to offer an exciting enrichment opportunity for girls at Avonbourne Academies to explore the world of women in sport! In these dynamic sessions, students will learn about inspiring female athletes who are breaking barriers, promoting diversity, and empowering others through their achievements. Working with the 'Rebel Girls' and 'Nike' collaboration, we'll</p>	



	<p>celebrate the joy of female sports while helping students build their own confidence and champion mindset.</p> <p>Throughout the program, girls will have the chance to try various sports, develop their athletic skills, and set personal goals. Whether they're into team sports, individual challenges, or trying something new, these sessions are designed to inspire and motivate. By the end, students will leave with a clear vision for their year ahead in sports, armed with the resilience, motivation, and work ethic to succeed both in sports and in life. Let's empower your child to become a winner, both on and off the field!</p>	
	Values Developed- Community, Respect, Hard Work and Determination	
6	Rowing - Three Peaks Challenge	Mr Brown
	<p>Are you ready to take on an exciting challenge that will test their strength, endurance, and determination? The 3 Peak Rowing Challenge offers students the opportunity to row the equivalent distance of the three highest mountains in the UK—Ben Nevis, Scafell Pike, and Snowdon—using Concept 2 rowing machines.</p> <p>This dynamic activity is inspired by the famous 3 Peaks Challenge, where climbers tackle the UK's tallest mountains, but with a twist—students will conquer the distances indoors, through a series of rowing sessions. Along the way, they'll learn the fundamentals of rowing, from proper technique to building stamina, as they work together to reach their goal.</p> <p>The challenge is designed for all fitness levels—whether your child is new to rowing or has some experience. It's about setting personal goals, building confidence, and discovering the power of persistence, even when things get tough. As they push through the challenge, they'll not only develop their physical strength but also valuable life skills like teamwork, resilience, and the determination to keep going.</p> <p>Join us for this exciting adventure! It's a fantastic way for your child to stay active, set goals, and experience a true sense of achievement when they cross the finish line. Ready to row? Sign up today!</p>	
	Values Developed- Ambition, Hard Work and Determination.	
7	Textiles - Design and Making	Mrs Blackmore
	<p>An enriching hands-on experience for students interested in learning the art of sewing and textile design! In this workshop, students will gain practical skills in setting up and using a sewing machine, building confidence as they create their very own small textile product.</p> <p>Throughout the course, students will also explore creative techniques such as stenciling and block printing to design unique patterns on fabric. These personalized pieces will then be transformed into practical items such as a mobile phone holder, purse, or mobile phone stand. Students may also have the chance to enhance their creations with additional embellishment techniques like quilting, hand embroidery, or appliqué, allowing them to further personalize their projects.</p> <p>This is a fantastic opportunity for students to develop both practical skills and creative expression in a supportive and fun environment!</p>	



	Values Developed - Ambition, Creativity, Hard Work & Determination.	
8	Performing Arts	Miss Cumbers
	<p>Our Audition Preparation Course is designed to help aspiring actors refine their craft and build confidence in their performances. Over the course of the program, you'll work on a diverse selection of monologues, from classic to contemporary. The students will do a variety of workshops and games helping them develop a deeper understanding of character, intention, and emotional range. Students will be bringing a variety of characters and texts to life and looking at a range of practitioners to influence their work.</p> <p>The course enables students to build confidence performing on their own and not just as part of a group. They will get the opportunity to showcase their skills and receive individual feedback tailored to their performance style and skills. The students will be given ample rehearsal time with the opportunity to not only perform but watch each other's performances and offer feedback.</p> <p>Each week students will be introduced to a new text which we will polish and perfect. By the end of the course, the students will be ready to bring their monologues to life with the poise and professionalism needed to excel in any audition setting.</p>	
	Values Developed - Creativity, Hard Work, Ambition	
9	German Language	Miss Turner
	Introducing students to the German language, enabling students to communicate in basic German with peers, as well as order food and drink abroad. This will include mainly spoken and role-play activities to encourage students to express themselves confidently. This is the perfect activity for students who love languages and would like to explore one that we do not yet offer in our curriculum.	
	Values Developed- Equality, Ambition, Hard Work and Determination	
10	Music- Ukulele and Singing	Mrs Heaslip
	<p>Learning to play and sing favourite songs on the ukulele. The aim is to support KS3 students with their ukulele knowledge and provide equity to ensure quality teaching without needing to pay for ukulele lessons.</p> <p>An opportunity for students to explore the joy of playing and singing their favourite songs on the ukulele! This workshop is designed to help students build their ukulele skills, whether they're beginners or looking to expand their knowledge.</p> <p>The focus of the course will be on teaching students how to play simple chords and melodies, while also developing their confidence to sing along. It's a fun, accessible way for students to engage with music and gain a sense of accomplishment through hands-on learning.</p> <p>This is a wonderful chance for your child to nurture their musical talents in a supportive and enjoyable setting!</p>	



	Values Developed- Equality, Community, Respect, Creativity, Hard work and Determination.	
11	Latin Language and Roman Culture	Mr Martinez
	<p>Want to master the language that built empires? Latin offers students a unique chance to explore language and culture together. Learning Latin builds a strong foundation for understanding English and other languages, enhancing vocabulary and reading skills through Latin roots. Students will engage with basic Latin, uncover the wonders of Roman culture, and students will dive into interactive activities that make each lesson engaging and memorable, sparking curiosity and deepening their understanding.</p> <p>Studying Latin develops critical thinking, problem-solving, and attention to detail—skills that benefit all areas of learning. Latin is an exciting way for students to expand their knowledge and gain tools that support future studies in language, history, and science.</p>	
	Values Developed- Equality, Ambition, Determination, Hard work	
12	Creature concepts and fantasy illustrations	Mr Spencer
	Introducing students to creature folklore and illustration. Students will learn of different fantastical creatures and their origins while learning skills in drawing and illustration. Each session students will learn how to illustrate different fantasy creatures adding to a personalised sketchbook. We will be developing skills in creative conceptualisation, painting, drawing, and crafting. By the end of the project students will have learned about folklore creatures from different cultures and countries as well as refined their own fantasy themed illustrated sketchbook.	
	Values Developed- Equality, Respect, Creativity, Ambition	
13	Chinese Ink and Watercolour illustrations	Miss Lyons
	<p>An inspiring enrichment program where students will explore the traditional techniques of Chinese ink and watercolour painting. Over the course of several sessions, students will learn to master various brush techniques, blending ink and watercolours to create beautiful artwork. Each lesson will build on previously learned skills, allowing students to develop their technique and confidence with every class.</p> <p>Students will work towards creating a final piece of art in each session, culminating in a portfolio of their work to take home. They will have the opportunity to paint scenes inspired by famous Chinese mythologies, including the <i>Legend of the Sister Snakes</i> and the <i>Legend of Wu Kong</i>, offering a unique blend of cultural storytelling and artistic expression.</p> <p>This is a fantastic opportunity for your child to connect with traditional Chinese art forms while developing their creativity and technical skills in a supportive and encouraging environment!</p>	
	Values Developed- Creativity, Equality, Resilience	
14	Netball Umpiring / leadership course.	Miss Farrell



	<p>We're excited to offer a fantastic enrichment opportunity for your child to develop essential leadership and coaching skills in netball! This course is designed to equip students with the tools to lead, coach, and umpire in netball through both practical and theoretical lessons. Students will learn key principles of leadership, effective communication, game rules, and umpiring techniques, all while gaining the confidence to manage and officiate netball games independently. Perfect for students who are passionate about netball and eager to take on new challenges, this course will empower them to develop valuable skills that can be applied both in sports and beyond. Sign up today and help your child take the next step in their netball journey!</p>	
	Values Developed- Ambition, Respect, Resilience, Hard Work and Determination	
15	Computer Games Art	Mr Bowen
	<p>Explore the creative world of Computer Games Art. This course combines digital art, 3D modelling, and animation to teach students how to design game-ready assets and environments. Students will learn fundamental skills, from navigating 3D software to advanced techniques like digital sculpting and UV unwrapping. Through hands-on projects, they'll develop both technical and creative problem-solving skills, while gaining insight into industry-standard workflows. This is a fantastic opportunity for students to discover the exciting possibilities in game design and digital art!</p>	
	Values Developed- Creativity, Hard Work, Ambition, Resilience	
16	Fashion Design	Miss Klajderic
	<p>In this enrichment activity, you will be encouraged to explore the fascinating world of fashion through a series of hands-on activities and design challenges. This activity will give you an opportunity to explore various themes in clothing design, while developing key skills in fashion theory and materials. Each week, we will delve into a different exciting theme, including creating gowns inspired by the 4 elements, designing a casual outfit inspired by their favourite TV/Movie character, experimenting with 90s fashion and even designing ballgowns inspired by famous paintings and artworks. Alongside these practical design activities, we will also explore essential fashion design theory, including The 9 head fashion figure drawing technique, which will help refining proportions and structure in design. You will also gain understanding of materials, fabrics, and their symbolic significance, allowing you to make informed choices in your designs. Whether you're interested in pursuing fashion in the future or simply just like to express your creativity, this enrichment activity offers a fun and engaging introduction to the exciting world of fashion design. I look forward to seeing what you create!</p>	
	Values Developed- Equality, Creativity, Hard Work, Ambition, Resilience	