



Active Enrichment Menu

Enrichment should ignite a child's passion for learning

Enrichment	Description	Resources
Mobility and Mindfulness x 2 With Miss Bates	Fitness isn't always about getting your heart rate high, its also about low level strength, balance, mobility and mindfulness. Join Miss Bates for an hour session where you will explore fitness from a new angle. Using Ballet Barre and Yoga techniques to improve strength and mobility,	A mat and hip height surface to support balance.
Beginners Guide to Juggling x 2 With Mr Saunt	In this Enrichment, students will learn how to juggle with up to 3 objects.	Small balls, socks, paper
Jump Rope x 2 With Miss Moore	In this Enrichment, pupils will learn how to jump rope. This will progress to different jump rope challenges. Some pupils will be able to create a jump rope routine using the different skills learnt throughout the sessions.	Skipping Rope
Football Skills x 2 With Mr Davis	In this Enrichment students will improve basic football skills and attributes including, passing, control, coordination and technique.	Outdoor Space & Football
Street Dance x 2 With UDO	In this Enrichment, students will learn how to perform a Street Dance routine with expert street dance performers and instructors.	
Beginners Guide to Juggling x 2 With Mr Saunt	In this Enrichment, students will learn how to juggle with up to 3 objects.	Small balls, socks, paper

Course	Workshop Descriptions		Resources & Links
Active Fitness With Mr Saunt and Miss Moore	Cardiovascular Challenge: Can you ' Beat the Teachers ' challenges. Test your cardiovascular endurance against many different teachers.	Reaction Challenge: Can you ' Beat the Teachers ' challenges. Test your reactions against many different teachers.	Links to workshops Session 1 Session 2 Session 3 Session 4 For the reaction challenge you will need 1 tennis ball.
	Muscular Challenge: Can you ' Beat the Teachers ' challenges. Test your Muscular endurance against many different teachers.	Power Challenge: Can you ' Beat the Teachers ' challenges. Test your Power endurance against many different teachers.	

Active Mobility With Mrs Boyer-Castle and Miss Cronin	Focus - Animal Movements Students explore the different animal movements. Which area of the body do these movements focus on? How can we incorporate mind/breathing?	Focus - Yoga Students explore different yoga poses. Which area of the body do these movements focus on? How can we incorporate mind/breathing?	Links to workshops Session 1 Session 2 Session 3 Session 4
	Focus - Pilates Students explore different Pilates movements. Which area of the body do these movements focus on? How can we incorporate mind/breathing?	Focus - Zumba Students explore different Zumba movements. Which area of the body do these movements focus on? How can we incorporate mind/breathing?	
Active Locomotion With Miss Crabtree and Mr Latham	Focus - Crawling Students to explore the different ways of movement across/around a specified area. How does this movement feel? What body parts are used? When would this movement be used?	Focus - Walking Students to explore the different ways of movement across/around a specified area. How does this movement feel? What body parts are used? When would this movement be used?	Links to workshops Session 1 Session 2 Session 3 Session 4
	Focus – Jumping Students to explore the different ways of movement across/around a specified area. How does this movement feel? What body parts are used? When would this movement be used?	Focus – Skipping Students to explore the different ways of movement across/around a specified area. How does this movement feel? What body parts are used? When would this movement be used?	
Active Object Control with Mrs Yasities and Mr Thomas	Using our Feet In this Enrichment, we will explore the activities needed to develop ball mastery as well as improving the skills of passing, receiving and control of the ball.	Using our Hands In this Enrichment, we will explore the activities needed to develop hand eye coordination as well as improving the skills of reaction time, and coordination.	Links to workshops Session 1 Session 2 Session 3 Session 4
	Catching Students to explore the different ways of holding the ball when thrown at different speeds to a specified area. How does this movement feel? What body parts are used? When would this movement be used?	Striking Students to explore the different ways of hitting an object when thrown at speed to a specified area. How does this movement feel? What body parts are used? When would this movement be used?	