

Enrichment Week Option Details – Year 8

Before you make a decision regarding the options you choose for the Enrichment Week, here is a brief description of the each activity from the member of staff leading the activity.

Out of school day trips:

Golf Day – Mr Stewart

Have a practice in school in the morning followed by a 18 hole round at Abbey View in the afternoon.

Horse Riding lesson – Ms Esmizadeh

In exchange for some ‘mucking out’ and general duties around the stables, experience horse riding. You must be ready to get dirty!

Cuffley Camp – Mrs Hosegood

Mountain biking, assault courses and archery. A full day of physical challenges.

Theatre Trip – Mrs Proudfoot

Enjoy a relaxing picnic in Regents Park before being entertained by an open air performance of one of Shakespeare’s most popular comedies.

Outdoor Activity at Stanborough Lakes – Miss Benn

Spend the day on the water – canoeing, sailing and raft building. Wet suits and other equipment provided.

Whipsnade Zoo –Dr Jones

Visit Whipsnade Zoo to discover how the zoo is addressing the issue of conservation. The day will consist of an educational session provided by the zoo, followed by free time to visit the animals and complete a fun activities booklet.

Escape from Wildchild Wood – Wildchild – Mrs Mitchell

Take part in High Ropes, Cratestaking, Zip wire, Den Building and orienteering

Escape from Wildchild Wood and Quad biking – Wildchild –Mrs.Mitchell

As well as High Ropes, Cratestaking, Zip wire, Den Building and orienteering spend an hour Quad Biking

Natural History Museum – Dr Jones

Spend a day walking with dinosaurs and come face-to-face with stunning specimens, historic characters, live animals and Museum scientists.

Walking Sightseeing Tour of London – Mrs Masters

Spend the day seeing the sights of London: Embankment, Parliament Square, Houses of commons, Big Ben, Westminster Abbey, The Guards museum, Buckingham Palace, St. James’s Park, The Mall, Trafalgar Square, Whitehall, Downing Street, London Eye.

Out of school half day trips:

Climbing – Mr Stewart

Enjoy a challenging session ‘learning the ropes’ at the University of Hertfordshire.

Full Day Activities:

Cooking – Mrs Johnston

Ready, Steady, Cook - Create a meal to be proud of. Unlock your talent to be a Chef and turn your home into your own restaurant for a night! Prepare a 'Japanese' meal in school. Learn how to set a table and fold napkins; take your food home and "wow" your friends and family.

Camera-less photography – Ms Burns

"How can you take a photo without a camera?" Learn how – with photo paper, chemicals and light – to make great images!

Make a project in wood – Mr Polding

Use the day to enjoy yourself in technology and make a project in wood to take home at the end of the day.

Make a project in metal – Mr Polding

Take the opportunity to use some of the machinery in technology to make a project in metal to take home at the end of the day.

Textiles – Ms Selby

Fantastic Hats, use your creative talents to make a stunning hat decorated with tyvek flowers. Explore free machine embroidery, beading to embellish the flowers.

Half Day Activities

Football Tournament – Mr Stewart

A day of non-stop football action. Create your team, tactics and strategy to defeat the opposition and win the tournament. Team sizes will depend on the number of people who choose this option.

Tennis Tournament – Mr Stewart

A complete day of serves, volleys and smashes! Play, referee and win your way to the tournament final. Pairs and singles competitions if numbers allow

Ultimate Frisbee Competition – Mr Stewart

Have a go at one of the fastest growing sports in Europe. Round robin tournaments all day involving several teams. Size of teams and number of games depends on interest.

Twenty/Twenty Cricket Match – Mr Stewart

Very simply a half day of cricket!! 20 overs each with an interlude for lunch and tea!! All abilities welcome.

Basketball coaching – Mr Levoir

Doing skills practice to improve your techniques: improving your defence and offence and playing in games.

Softball – Mr Levoir

Your chance to spend half a day enjoying pitching, hitting, catching and throwing in softball games.

Badminton Tournament – Mr Goodwin

Come and be an Olympic hopeful to win at singles or doubles.

Skateboarding – Wildchild – Mrs Mitchell

Spend the morning with qualified instructors developing your skills.

Archery – Wildchild – Mrs Mitchell

Learn how to use a full bow from qualified instructors

Street Dance – Outside teacher

Spend half a day learning to pop and lock. Get in the groove with the cool moves on the street. Take a class with an expert dancer- coming into the school.

Yoga – Mrs Hannay

Learn the techniques associated with Yoga and find your own 'inner calm'.

Drama project – Ms Shepherd

Take part in a range of Drama activities based on a visit to Professor Shepherd's Lab.

Improvisation – Ms Shepherd

Have you got the ability and confidence to improvise? Have fun throughout the morning taking part in impromptu improvisation.

Cartoon Design – Mr Jeffcoate

Ever fancied a go at cartooning – come along and learn some of the tricks of the trade.

Origami – Mr Jeffcoate

Have a go at the ancient art – be amazed at what you can do with a piece of paper! Just one piece of paper!

Video – Mrs Grace

Come and spend half a day making a video. Learn how to split and trim clips, add transitions and effects and produce a quality video.

Animation – Mrs Grace

Have you ever wanted to make an animation? Come and spend two half days learning how to use the program and make a short animation by the end.

Photoshop – Mrs Grace

Come and learn how to use some of the skills on Photoshop and recap on some of the skills you may already have discovered. Make a quality finish product by the end of the session.

Paint a Mural –Mrs Finlay

Be part of a group that design and paint a large mural to go up in school.

Art activities – Mrs Finlay

Come and take part in a range of different activities throughout the morning.

Cross Stitch- Mrs Thomas

Learn how to do simple cross – stitch – whether you want to cross stitch your initials or your favourite animal, come along and learn. Absolute beginners welcome!

Kite Activities – Mrs Vine

Make and fly your own Kite and learn a little about the history of kites.

Creative Writing – Mrs Proudfoot

Produce a piece of written work using a variety of stimuli.

Gardening – Mrs Lofthouse/Mrs Roberts

Spend half a day in the biology Garden.

Knitting – Mrs Rowlands

Learn the basics of knitting and knit a finished product.