



**2021—2022**

**YEAR 5 - YEAR 6**

# Dear Parent,

At Auckland College we have always placed enrichment at the heart of everything we do to ensure that every child develops to their full potential, both academically and personally.

We are proud that our Outstanding 2019 Ofsted report stated that “Pupils really enjoy the enriched curriculum which provides so many different opportunities, such as projects on sensory science and dances across the world.”

We continue to strive to offer the broadest range of topics that we can, and our Enhanced Curriculum provision helps us to do this.

It is important to us, therefore, that our curriculum continues to enhance our formal academic programme and provide a complete education experience for your child.

In relation to our Enhanced Curriculum, the 2019 Ofsted report also stated that **“The aim is to widen pupils’ intellectual experience, improve research skills and inspire them.”**

As last years’ programme was such a success we have decided to keep most of the activities, but will adapt their content for the 2021 – 2022 academic year to ensure they remain engaging and interesting for your child. The activities include a series of projects, which will further broaden pupils’ experiences. They embrace four key ideas. These objectives are to:

- Widen pupils’ intellectual experiences
- Improve independent learning skills
- To inspire learning within pupils
- Offer them the opportunity to study a variety of options of their choice in something they would not experience under the national curriculum.

Each project is designed to incorporate the investigation of cross- curricular academic subjects, with key skills, creativity, and a community approach. Where applicable, the outcome of each project is a display of both the end result, and the work leading up to it.

The projects link to all core subjects; Literacy, Numeracy and Science. They incorporate skill development in areas such as: dexterity, self-discipline, team work, creativity and singing.

There is also a wealth of choice. Pupils will opt for up to 6 different projects over the course of the year. They will have a choice of at least four options each time. And this year we are introducing basic Computer Aided Design for years 4-6.

**It is important to note, however, that due consideration must be made for group numbers, and places on any of the courses are limited and cannot be guaranteed, although we will continue to endeavour to place pupils in the options they have requested as far as possible. Places will be allocated on a “first come first served” basis.**

Below are examples of the activities we deliver across our Enhanced Curriculum for our Pre-prep pupils. Your child’s specific Year-Group choices will be sent via a Google Form for you to choose at the start of each academic year or in the event of a change of activity part-way through the academic year.

**For Year 5 & Year 6 pupils the following options will be available during the year 2021—2022:**

# MULTI-SPORTS

## KINBALL

Kin-ball provides all children with the chance to participate, regardless of ability.

The ball used in Kin-ball is so unique it engages pupils straight away. Our range of games and schemes of work provide levels of high activity for every age group.

Kinball (a Canadian game) differs from other ball games because the ball is 1.22 metres in diameter and the matches are played between three (not the traditional two) teams.



Each team has their own colour. Pupils will learn the different ways to designate the attacking and defending teams, correctly hold the ball, hit the ball and then how to use it to score points in the game.



## GAELIC FOOTBALL

Gaelic Football is a form of football played mainly in Ireland. It has some similarities to traditional football (soccer) and rugby and it is one of the most popular spectator sport in Ireland.



Gaelic football is played by teams of 15 players on a rectangular grass pitch with H-shaped goals at each end. The object is to score by kicking/striking the ball with your hand and getting it through the goals. The team with the highest score at the end of the match wins.

The ball is round, however, is a little smaller than a soccer ball. The goalposts look like those used in games of rugby, with the posts higher than the crossbar. A goal, worth three points, is scored by either kicking or punching the ball under the crossbar. A single point is scored by either kicking or punching the ball over the crossbar.

Players in the game try to score by moving up the field with the ball. As in rugby, they can carry the ball and hand-pass or kick it to a teammate. A foul occurs if a player moves more than four steps without releasing the ball, bouncing it once, or soling it.

Soling involves dropping the ball but then toe-kicking it upward back into the same player's hand. A player can run any distance by soling the ball.

Gaelic football teaches young people lessons for life in relation to sharing, teamwork and appreciating the different skills people have.



# ULTIMATE FRISBEE

Ultimate Frisbee for children offers a good physical workout, and helps develop important skills such as:

- Cardiovascular exercise
- Spatial awareness
- Balance
- Coordination
- Encourages teamwork and cooperation
- Builds self-confidence
- Safe (non-contact)

In Ultimate Frisbee teams are made up of seven players. Each team has an end zone, and the goal of the game is to catch the frisbee in the opposing team's end zone to score a point. The first team to score 15 points wins.

Ultimate frisbee is not a contact sport, so it is safe and fun children of all ages and abilities.



Rules of the game:

- Once a player catches the disc, they are not able to move with the disc
- They must keep one foot on the ground as a pivot point
- They then have 10 seconds to throw the disc to another player on their team

The game is very versatile and can be played on an outdoor field (or open space), or in an indoor gym or court.

Ultimate Frisbee is a non-contact team sport played with a flying disc. Ultimate Frisbee was developed in 1968 by a group of students at Columbia High School in Maplewood, New Jersey.



Playing it improves hand – eye co-ordination as well as improving team working skills and being good exercise. Pupils who enjoy fast moving, active sports will enjoy taking part.



# LACROSSE

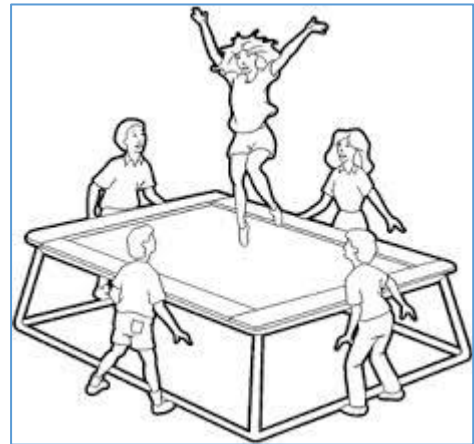
Lacrosse is a fast moving, exciting team sport played with lacrosse sticks and a lacrosse ball. It is part of the cultural heritage of the Iroquois people and it is thought that a version of the game has been played for over 3000 years.



Players use the head of the stick to pass, catch and even carry the ball. There are different versions of the game which require different sticks and rules. Some of the adult versions involve a great deal of person-to-person contact. However, we will be learning a non-contact version (apart from stick-to-stick contact), so extensive protective gear will not be required. This is a choice for pupils who enjoy being active a running around.



# TRAMPOLINING



Apart from being great fun, bouncing on a trampoline brings a number of very real health and wellbeing benefits including:

Balance – trying to bounce in one place on a trampoline means you have to develop a keen sense of balance.

Coordination – closely related to balance is the need to coordinate arm and leg actions, as well as many fast-twitch muscle groups, necessary to form the different shapes and perform the various somersaults and twists.

Bilateral motor skills – the action of bouncing whilst trying to maintain balance and coordinate bodily extremities calls on both sides of the body and brain.

Rhythm – again closely related but distinct is the need to bounce in tune with the trampoline to achieve optimum height for least effort.

Self-confidence – even those least confident with sports will find it possible to make some progress on the relatively forgiving surface of a trampoline and this progress will help boost confidence.

Cardiovascular fitness – bouncing on a trampoline increases the pulse rate and strengthens muscle groups essential for a healthy cardiovascular system.

## FOOTBALL

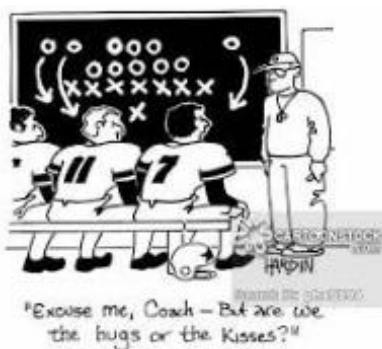
Football is always a popular choice, so we have included it again this year.

We have included this sports programme as part of our Enhanced Curriculum as it offers a high energy, fun, age-appropriate introduction to physical activity. These Football sessions help develop children's physical and social skills simultaneously promoting an active and healthy lifestyle. Our Football sessions are more than just physical exercise, they also promote friendship, learning, having an abundance of fun, being active and having a positive impact.

Women's football is becoming increasingly popular. We are proud that here at Auckland College, that our girls are just as good at football as the boys. And of course, the Champions League cup came to Liverpool last season – who knows, we could be helping to start our next football star on their career path.



Classes will be taught by a football expert and will include practice in footwork skills, running with the ball and teamwork.



## GOLF

Do you want to give your child a head start in playing golf? Well now you can!



Golf is a game that can be played throughout most of a person's life. It is known to be a great way of improving bonds between people throughout childhood and adulthood. Golf increases motor skills and concentration as well as camaraderie and just simply being fun.



Golf is historically an honourable game, it is unusual in that it is more-or-less, self-policing. The etiquette within the game mirrors that of the way people should act in everyday life.

Part of our course will be to teach about the rules of the game, not just the ability to correctly hit the golf balls.

All the necessary equipment (apart from clothing) will be provided by the school





## DANCE

Dance was a popular topic last year, so we are making it available again this year, just for one session – for those who love it the most. In the lessons pupils learn new ways to move – thereby improving both co-ordination and memory skills.



The aim of the course is to use and explore the fundamentals of dance. It will help to improve posture, flexibility and balance. In learning specific dance moves it will also help to practice focus and allow an exploration into different types of music, as well as simply being fun.



Furthermore, movement combinations increase memory, order, and sequencing skills.

Dance also increases self-esteem which is so very important to learning. Utilizing dance in academics also helps children develop skills that are necessary for learning such as creativity, communication, critical thinking, and collaboration.

## DESIGN TECHNOLOGY

Design technology enables children and young people to actively contribute to the creativity, culture, wealth and well-being of themselves and their community. It teaches how to take risks and so become more resourceful, innovative, enterprising and capable.



Using children's natural creativity and offering opportunities for investigation, designing and making can enable children to learn a great deal about their world.

Design and technology is inextricably linked to exploration and investigation right from the early years. As children grow the Design Technology develops children's skills and knowledge in design, structures, mechanisms, electrical control and a range of materials, including food. It encourages children's creativity and encourages them to think about important issues.

- Design and Technology encourages children to consider design problems
- Children learn about functionality in design
- Children develop practical skills that aid them in everyday life
- The design process is central to project work as a method of problem solving
- Children develop communication skills through designing and working as a team to solve design problems
- Design and Technology provides a constructive channel for a child's creative needs