



2021—2022

YEAR 7—YEAR 11

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.

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 7 to Year 11 pupils the following options will be available during the year 2021—2022:

MULTI - SPORTS

KINBALL

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 soloing it.

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



TENNIS

We've included tennis in Enhanced Curriculum in some previous years and it proved popular.



Tennis improves physical fitness and dexterity. It provides a cardiovascular workout and allows pupils to focus on improving hand-eye coordination. Places are limited though, so first come first served (if you'll excuse the pun).



Tennis not only teaches children valuable life skills like teamwork, dedication, and self-confidence, but has also got many physical developmental benefits for them, too. Below are some of the benefits for children:

- Bone Strength
- Hand-Eye Coordination
- Aerobic and Cardiovascular Exercise
- Speed
- Flexibility
- Fine and Gross Motor Coordination
- Agility
- Dynamic Balance
- Immune System

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 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.



MARTIAL ARTS



Study of the martial arts improves co-ordination and balance. It teaches self-discipline and socialisation skills whilst improving fitness. These are important skills for everyone.



Pupils choosing this topic will have the opportunity to either learn the basic skills of a martial art or expand on knowledge that they already have. It will suit active children and older pupils to help to build their muscle strength and flexibility.

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.

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.

CRAZY SCIENCE

This is one of our pupils' favourite Enhanced Curriculum topics and as such is being included again.

The children will be learning to make Catapults, Bridges and Crash Test Cars.

Taking part in these projects will teach our students to follow an engineer's approach as they identify problems, brainstorm solutions, design, plan, build, test, refine and produce a product or solution.



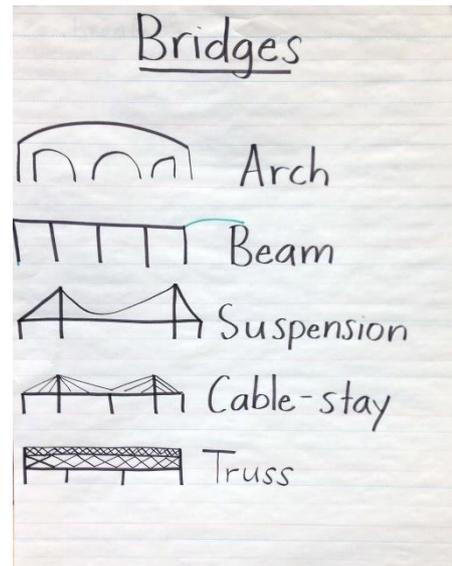
Making catapults will provide the children with hours of fun as well as being a brilliant engineering and design project. There are many different catapult designs we will be learning and designing as part of this project.

When making Catapults children will learn about how and when catapults were invented and how they harness physical and/or mechanical energy to launch projectiles. They will learn also about the history of catapults and looking at a variety of designs, each created with a different purpose. Furthermore, the children will learn about Energy, Gravity and Newton's Laws of Motion.

Another theme the students will be learning as part of our Crazy Science is designing Bridges. In this engineering activity the students will design and make bridges out of folded pieces of paper, and test how much weight they can hold with pennies. How does the shape of a bridge affect its strength?

As part of these lessons the students will also be looking at how the material a bridge is made out of can change its strength, have

discussions about how a bridge's shape can make it stronger and of course perform tests to compare different bridge designs and determine which one can support more weight.



Another project planned for our Crazy Science is building Crash Test Cars!



Designing crash test cars will enable the students to explore how the mass affects momentum in a head-on collision.

The students will be challenged to design or improve an existing passenger compartment design/feature so that it better withstands front-end collisions, protecting riders from injury and resulting in minimal vehicle structural damage.

Academic subjects in this project include:

Maths, Science, Engineering