



Activity Week 2022

27th June – 1st July 2022





ACTIVITY WEEK

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Welcome to this year's Activity Week.

What is Activity Week?

The simple answer is that it is a time when both students and staff can share experiences that are not usually available during the rest of the academic year. Even a cursory glance at the course titles on the contents page will give you an idea of the great range of experiences available.

The normal school timetable and curriculum will be suspended for the week.

Activity Week was endorsed at our last full Ofsted inspection when the team felt that it enhanced the students' education.

Different courses are offered to specific year groups. The booklet indicates who may apply for advertised courses.

All students are expected to participate in, and benefit from, the week.

There are courses that represent some particular strength, hobby or interest that staff wish to share with others. Some courses are based in school, others are day trips and some are residential.

Some courses are expensive, some less so, while others are completely free of charge.

New skills can be learned, new friends made, new challenges met and overcome.

THE AIMS AND OBJECTIVES OF ACTIVITY WEEK

All courses arranged for the week include elements that can be identified in the various National Curriculum documents and the week is specifically designed to enrich the school curriculum and provide opportunities to:

- learn a variety of new skills
- develop self-confidence and self-reliance
- develop a sense of responsibility
- work co-operatively
- provide experiences outside the scope of the normal curriculum
- promote the achievement of short-term goals
- reinforce the development of the social and personal skills in new situations
- encourage self-assessment

Through the residential experience, there are a number of additional aims and objectives:

- to encourage corporate spirit
- to develop self-confidence, self-reliance, maturity, awareness and a sense of responsibility
- to promote and improve personal physical ability

Special note regarding charging for activities within the academic year:

The 1988 Education Act has implications regarding charging for school courses such as those outlined in this booklet:

There is no legal obligation for you to contribute and indeed no child at Lutterworth High School will be treated differently according to whether or not his/her parents have made a contribution. It must be made clear at the outset, however, that courses on offer may not go ahead as planned if there is insufficient financial support.

Please take special note that:

Whilst every effort will be made to give students their first choice it is inevitable that some will have to be placed on one of their other preferences. Students should not choose any course that they would not be happy to participate in.

Courses are allocated to ensure that as many students as possible get their first choice.

Once allocated a place on a course it will not be possible for a student to switch to another course unless there are exceptional circumstances.

Students who are allocated a place on a paid course will be required to pay a non-refundable deposit very soon after allocation. £50.00 for school-based courses, £100.00 for residential visits. All payments for all courses will be handled using parentpay via the website.

The balance of all course costs must be paid by deadline dates. Failure to meet deadlines for payment, unless special arrangements have been agreed between parents and school, may result in your child forfeiting their place.

Allocating courses can be complicated and whilst we make every effort to give students their preferred option it is inevitable that some will be disappointed. We are happy to place these students on a waiting list for their preferred option.

Some residential courses require a high level of physical fitness. Students who have opted out of PE and swimming sessions at school on a long-term basis for reasons other than serious medical conditions or long-term injuries are unlikely to be allocated a place on sports-related trips.

Thank you for taking the time to read this information.

What you need to do:

Carefully read the information with your Parents/Carers. Complete and return your application to your tutor on **Monday 21st February 2022**.

Ready to select your course? This is what you do:

Step 1 Read the booklet carefully with your parents or carers. Remember that we will spread the payments across the year.

Step 2 Complete the application form giving us three choices.

Step 3 Check that all the information required is on the application and bring into to school to hand in after half term.

DO NOT SEND A DEPOSIT WITH YOUR APPLICATION

You need to know:

Students who do not return the form by the deadline will usually have their choices looked at *after* the others have been processed.

No course - residential or school-based - is allocated on a first come, first served basis.

Please ensure the form is handed in on time:

Your child should submit their option form to tutors on **Monday 21st February 2022**.

ACTIVITY WEEK INFORMATION

Online Payments

Please use the 'Online Payments' service, which can be accessed via www.scopay.com If you require an 'online link code' please e-mail finance@lutterworthhigh.co.uk All payments taken are via credit or debit card. Please do not make any payments until you receive the specific trip letter with further details of cost.

Consent Forms

When completing your child's consent form please complete and sign both pages and ensure all contact information is correct. These will be issued when students are offered a course.

All enquiries: activityweek@lutterworthhigh.co.uk

Activity Week – Application for Financial Assistance

There are a number of ways in which the school is able to support families requiring financial assistance. Should you wish to request support please contact Mrs Howells (finance@lutterworthhigh.co.uk)

OVERVIEW OF COURSES AVAILABLE

No.	COURSE TITLE	TYPE OF COURSE	COST (approx.)	YEAR GROUP			
				7	8	9	10
1	Performing Arts Masterclass	School based	FREE	✓	✓		
2	STEAM	Day trips	£120	✓	✓		
3	The London Experience	Residential	£550	✓	✓		
4	Art and Design KS3	School based	FREE	✓	✓	✓	
5	Extreme Action	Day Trips	£150	✓	✓	✓	
6	Fantastic Food	School based	£65	✓	✓	✓	
7	Get Gaming	Day trips	£150	✓	✓	✓	
8	Horse Riding	Day trips	£160	✓	✓	✓	
9	Look Good, Feel Good	School based	£40	✓	✓	✓	
10	Sportsweek	School based	FREE	✓	✓	✓	
11	Engineering Challenge	School based	£90	✓	✓	✓	✓
12	Lake District Experience	Residential	£460		✓	✓	
13	Arts in Cornwall	Residential	£400			✓	✓
14	Performing Arts: London	Residential	£600			✓	✓
15	Snowdonian Adventure	Residential	£500			✓	✓
16	Sports Tour - Wales	Residential	£510			✓	✓
17	LEBC Work Experience	Workplace based	FREE				✓

Course number: 1

Performing Arts Masterclass

Course Leader: ***Mrs Chinery***
Year group: ***Years 7,8,9***
No. places: ***40***
Dates: ***27/06 – 01/07***
Cost: ***FREE***

Aims and Objectives

- *To discover and develop musical, theatrical and dance talents*
- *To have fun exploring different arts skills*

Details of the course

We will explore lots of different performing arts skills, visit a theatre, watch a show and meet professionals in the world of theatre. We will try out a variety of new skills. Proposed workshops include; musical theatre, samba drumming, circus skills, contemporary dance and street dance.

Course number: 2

STEAM

Course Leader: **Mrs Burchett**
Year group: **Years 7 and 8**
No. places: **40**
Dates: **27/06 – 01/07**
Cost: **£120 approx.**

Aims and Objectives

- *To allow students to develop social skills away from the normal school atmosphere*
- *To experience a number of STEAM (Science, Technology, Engineering, Art and Mathematics) attractions across the UK*
- *To develop self-confidence by being in new places away from home*
- *To be reflective and use ICT to describe experiences*

Details of the course

We will be going on a range of day trips throughout the week, aiming to broaden students' STEAM experience. Full itinerary isn't yet confirmed, but it'll include visits such as; Twycross Zoo, Think Tank Birmingham, Peak District Lead Mine and Museum, Sea Life Centre, Lego Discovery Centre and Pottery Painting.

Students will arrive back at school to get their 3pm bus home.

The price of this course includes entrance fees to all venues, coach travel and insurance. The order we do these trips and the exact costings are subject to change as and when they are booked. Further details about the venues are available online.

Course number: 3

The London Experience

Course Leader: **Mrs Malik**
Year group: **Years 7 and 8**
No. places: **40**
Dates: **27/06 – 01/07**
Cost: **£550 approx.**

Aims and Objectives

- *To develop a deeper understanding of London as a place of cultural significance and to enjoy what it has to offer*
- *To be immersed in a show and activities based on key literary figures*

Details of the course

The trip will depart on Monday and return Thursday afternoon/evening. Students will take part in a mixture of activities ranging from visiting the London Dungeons and Madame Tussauds to trips to the Sherlock Holmes Museum, National History Museum and The Globe. We are also hoping students will get the chance to see a West End show as well as enjoying other evening activities like bowling. Students will get to see Buckingham Palace and enjoy being a tourist in our capital city. The trip will be rounded off with a trip to Warner Brother Studios on the way home!

Friday will be spent in school completing reflective activities about the week's visits.

Course number: 4

Art and Design KS3

Course Leader: **Miss Evans**
Year group: **Years 7,8,9**
No. places: **20**
Dates: **27/06 – 01/07**
Cost: **FREE**

Aims and Objectives

- *To develop designing and making skills*
- *To discover a range of media and techniques that you can use in your art and design work*

Details of the course

This is the ideal course for you if you love drawing and making things and using lots of different materials!

This week will feature a number of creative workshops in various areas of art and design. You will complete a number of projects working with a variety of different materials, both 2D and 3D. You will have the opportunity to work with materials like clay and textiles. You will get to hear about how professionals in the industry work with different media to create their outcomes.

Come and join us to push your creative skills to the limit!

Course number: 5

Extreme Action

Course Leader: **Mr Webster**
Year group: **Years 7,8,9**
No. places: **200**
Dates: **27/06 – 01/07**
Cost: **£150 approx.**

Aims and Objectives

- *To develop team working skills whilst enjoying new, exciting experiences*
- *To be involved in a range of different sporting and outdoor pursuits*
- *To develop new and different interests*
- *To develop problem solving skills*

Details of the course

The week will be divided into five separate visits, each focusing on a different skill and activity. Full details are still being confirmed but the course should include activities such as climbing, water sports, skiing/snowboarding, high-ropes, assault courses, swimming, roller skating and bowling.

Students opting for this course must be willing to try out new, physical activities. Students need to be able to swim to take part in this course, and be willing to tackle activities involving heights.

Course number: 6

Fantastic Food

Course Leader: **Miss Ronald**

Year group: **Years 7,8,9**

No. places: **20**

Dates: **27/06 – 01/07**

Cost: **£65 approx. (to include all ingredients)**

Aims and Objectives

- *To learn and develop new cooking skills*
- *To build confidence in the kitchen and beyond*

Details of the course

Every day will be different and you will have the opportunity to understand what it takes to feed yourself on a budget and cook for your family.

The course includes a trip to Coombe Abbey – you will make your own picnic and take part in an exciting outdoor challenge.

All the food and recipes you make will be yours to take home at the end of each day and you will be free to adapt recipes to suit any special dietary needs.

Course number: 7

Get Gaming

Course Leader: **Mr Patel**
Year group: **Years 7,8,9**
No. places: **30**
Dates: **27/06 – 01/07**
Cost: **£150 approx.**

Aims and Objectives

- *To experience games in different formats (virtual and non-virtual)*
- *To encourage creativity and independence*
- *To develop problem solving skills*

Details of the course

You will...

- *Compete in different live games, such as Escape rooms, Laser Tag, Bowling, Ninja Warrior and Mini Golf*
- *Visit the Retro Computer Museum, Leicester to learn about, and play with, old consoles and computers*
- *Use and discover different uses of Virtual Reality*
- *Build Lego Mindstorms robots*

This course will be an exciting week for students to expand on the world of gaming, both online and offline. We might play games, or problem solve, or even program to understand how games/robots are built. All tools and resources will be provided where necessary.

Course number: 8

Horse Riding

Course Leader: **Mrs Cutting**
Year group: **Years 7,8,9**
No. places: **20**
Dates: **27/06 – 01/07**
Cost: **£160**

Aims and Objectives

- *To introduce those new to horse riding to the joys and experience of caring for, understanding and riding horses*
- *To give the opportunity, to those who can already ride, to develop and extend their skills in the heart of Leicestershire's riding country*

Details of the course

Each day, between 9:00am and 3:00pm, you will be able to:

- *If a novice, learn to ride*
- *If more experienced, learn to improve your skills and technique.*

As well as riding lessons, you will also learn stable management skills, i.e. looking after a horse, mucking out the stable, grooming and tacking up ready for your lesson. As well as insights into feeding and the work of a vet and farrier. You will also get the chance to learn about and take part in competitions, including winning rosettes and prizes.

This course should appeal to both those who have always wanted to try horse riding but haven't had the opportunity and to those more experienced, who wish to improve their riding experience.

Course number: 9

Look Good, Feel Good

Course Leader: **Miss Morgan**
Year group: **Years 7,8,9**
No. places: **30**
Dates: **27/06 – 01/07**
Cost: **£40 approx.**

Aims and Objectives

- *To increase your self-confidence by learning healthy ways to help you feel good about yourself. Hairstyles, skin, make-up, diet, exercise and clothes all contribute to our appearance and if we feel we look good, we feel good about ourselves.*

Details of the course

This course is an introduction to beauty care, diet and exercise. The course includes hair, nail and skin care, fashion and make-up, healthy eating, gymnastics, Taw Kwon Do, aromatherapy, neck and shoulder massage and a day at Lutterworth Leisure Centre.

Course number: 10

SportswEEK

Course Leader: **TBC**
Year group: **Years 7,8,9**
No. places: **50**
Dates: **27/06 – 01/07**
Cost: **FREE**

Aims and Objectives

- *To further develop skills in a wide range of sports*
- *To deepen understanding of more detailed concepts within each activity*
- *To develop officiating skills*
- *To test skills in a competitive environment*

Details of the course

This course will enable students to participate in a variety of sporting activities, including taking part in some sports which are not covered much, or at all, in the usual Physical Education curriculum. Time will be devoted to a number of activities with a balance of coaching, skills development and competition - combining to give an informative, enjoyable, rewarding and active five days!

Course number: 11

Engineering Challenge

Course Leader: **Mrs Cochrane**
Year group: **Years 7,8,9,10**
No. places: **40**
Dates: **27/06 – 01/07**
Cost: **£90 approx.**

Aims and Objectives

- *To explore the world of engineering*
- *To investigate materials, mechanics and power*
- *To create solutions to solve problems*
- *To promote teamwork*

Details of the course

Students will investigate the properties of materials and test different engineering set-ups with gears, chains, motors and wheels. They will then design, cost and build machines to compete in a range of different challenges. There will also be a day trip to “Enginuity” engineering museum near Telford and the Silverstone experience with a STEM workshop.

This course is suitable for students of all year groups with a keen interest in Design, Engineering, Maths and Science.

Course number: 12

Lake District Experience

Course Leader: **Mrs Niemeijer**
Year group: **Years 8 and 9**
No. places: **50**
Dates: **27/06 – 01/07**
Cost: **£460 approx.**

Aims and Objectives

- *To experience being out and about in Britain's hill country*
- *To appreciate a wild area that is part of a National Park*
- *To learn how to work as part of a team*
- *To live, for a week, with friends, taking on new responsibilities for social relationships and valuing community life*
- *To learn new skills (climbing, kayaking, etc.)*

Details of the course

Have you ever climbed above 3000 feet, scrambled up a rocky ridge, canoed on a lake? Are you adventurous enough to try? If you are, you will love this introduction to the wonderful surroundings of one of Britain's most beautiful National Parks.

Location: Keswick, Derwent Water

Activities: A range of water sports (canoeing and rafting) and mountain activities (Ghyll scrambling, climbing, abseiling, hill walking and mountain biking) are offered by Keswick Activity Centre instructors. A programme of evening activities includes a swimming pool session and a visit to Keswick Climbing Wall.

Course number: 13

Arts in Cornwall

Course Leader: **Mrs
Hornbuckle**
Year group: **Years 9 and 10**
No. places: **40**
Dates: **27/06 – 01/07**
Cost: **£400 approx.**

Aims and Objectives

- *To experience Arts settings outside the classroom*
- *To learn new skills and see working practitioners*
- *To be independent and have fun away from home*

Details of the course

Five days, four nights, in sunny Cornwall, home to fabulous beaches and landscapes plus plenty of creative and cultural experiences. Travel by coach and take part in various daytime and evening activities including; Eden Project visit, Tate St Ives gallery visit, tour of St Ives, a creative workshop, beach walks, ice cream, sandcastles and more exciting experiences...

Course number: 14

Performing Arts: London

Course Leader: **Miss Cowling**
Year group: **Years 9 and 10**
No. places: **30**
Dates: **27/06 – 01/07**
Cost: **£600 approx.**

Aims and Objectives

- *To develop knowledge and understanding of Performing Arts by immersing yourself in a Performing Arts experience week in London*

Details of the course

In this week, students will have the opportunity to complete three West End performance workshops and attend three West End shows. Students will also get to take in other key sights and attractions.

Course number: 15

Snowdonian Adventure

Course Leader: **Mrs Lea-Simpson**

Year group: **Years 9 and 10**

No. places: **30**

Dates: **27/06 – 01/07**

Cost: **£500 approx.**

Aims and Objectives

- *To discover and explore the diverse landscapes in Northern Wales, including several historical places of interest*
- *To participate in fieldwork activities in a range of environments, such as sand dunes*

Details of the course

This course will provide GCSE Geography and History students an opportunity to apply their studies in an unfamiliar context. Students will be staying at YHA Snowdon Ranger for three nights (Monday to Thursday) with the final day being a visit within Leicestershire. The trip will feature visits to Conwy Castle, Beaumaris Castle, Bounce Below, a trip up Snowdon and a visit to Great Orme Tramway & Mines. The perfect itinerary for a humanities explorer!

Course number: 16

Sports Tour - Wales

Course Leader: **Mr Howgate**
Year group: **Years 9 and 10**
No. places: **44-54**
Dates: **27/06 – 01/07**
Cost: **£510 approx.**

Aims and Objectives

- *To offer Year 9 and 10 students the opportunity to take part in a UK sport tour*

Details of the course

Any student who has represented the school in sport can access this trip.

Students will be exposed to elite sports training facilities at Loughborough and Bath University. Whilst in Bath we will stay at the sport village.

The sports tour will build up to games in Cardiff against Welsh opposition in Boys Football, Girls Netball and Boys Rugby.

In between training and games, we will tour the Principality Stadium and visit Go Ape and Aqua Park Cardiff. In the evening, you will be offered Bowling, Cinema or Ice Skating.

Course number: 17

LEBC Work Experience

<p>Course Leader: TBC</p> <p>Year group: Year 10</p> <p>No. places: 50</p> <p>Dates: 27/06 – 01/07</p> <p>Cost: Funded by school</p>	<p>Aims and Objectives</p> <ul style="list-style-type: none">• <i>To gain a week of experience in a work placement</i> <p>Details of the course</p> <p><i>This course is for any Year 10 student who wants to gain an insight into a particular employment sector. We are offering a work placement administered by the Leicestershire Education Business Company (LEBC).</i></p> <p><i>The school will work with the LEBC to find a placement that matches the aspirations of each student.</i></p> <p><i>School will cover the cost of all aspects of the administration of the placement.</i></p>
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END OF COURSE LIST