

# Activity Week 2023

3<sup>rd</sup> July to 7<sup>th</sup> July 2023





# ACTIVITY WEEK

**3<sup>rd</sup> July – 7<sup>th</sup> July 2023**

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 Scopay 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.

**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**

Your parent/carers will need to complete the 'AW 2023 Course Application Form' on the Edulink App/Website & enter your three choices in order of preference.

Parents/Carers that have not yet signed up for Edulink, should email [edulinkapp@lutterworthhigh.co.uk](mailto:edulinkapp@lutterworthhigh.co.uk) for set up details.

Whilst every effort will be made to allocate a student's highest preference, it is not always possible and some students will inevitably be allocated one of their other choices, **so choose wisely.**

**The Edulink 'AW 2023 Course Application Form'  
must be completed by 10.00am on Wednesday 26<sup>th</sup> October 2022.**

The form will not be available after this time.

Please note that no course, residential or school-based, is allocated on a first come, first served basis, although any student applying after the deadline will usually be allocated after the applications received on or before the deadline.

Once applications have been received, we will collate the information. Parent/carers will be notified by email to confirm your course allocation and advise payment details.

# ACTIVITY WEEK INFORMATION

## Online Payments

Please use the 'Online Payments' service, which can be accessed via [www.scopay.com](http://www.scopay.com) If you require an 'online link code' please e-mail [finance@lutterworthhigh.co.uk](mailto: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

Consent forms will be published via Edulink nearer to Activity Week next year.

All enquiries: [activityweek@lutterworthhigh.co.uk](mailto: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 Hartland ([finance@lutterworthhigh.co.uk](mailto:finance@lutterworthhigh.co.uk))

## OVERVIEW OF COURSES AVAILABLE

No.	COURSE TITLE	TYPE OF COURSE	COST (approx.)	YEAR GROUP			
				7	8	9	10
1	Get Gaming	Day trips	£150	✓			
2	STEAM and CREST Award	Day trips	£100	✓	✓		
3	The London Experience	Residential	£700	✓	✓		
4	Performing Arts Musical Medley	School based	FREE	✓	✓	✓	
5	Art and Design KS3	School based	FREE	✓	✓	✓	
6	Extreme Action	Day trips	£180	✓	✓	✓	
7	Fantastic Food	School based	£65	✓	✓	✓	
8	Horse Riding	Day trips	£195	✓	✓	✓	
9	Sportsweek	School based	FREE	✓	✓	✓	
10	Engineering Challenge	School based	£90	✓	✓	✓	
11	Lake District Experience	Residential	£550		✓	✓	
12	Arts and Food in Cornwall	Residential	£600			✓	✓
13	Geneva Experience	Residential	£570			✓	✓
14	Snowdonian Adventure	Residential	£575			✓	✓
15	Seville – Spanish Language Trip	Residential	£710			✓	✓
16	Berlin Experience	Residential	£650				✓
17	LEBC Work Experience	Workplace based	FREE				✓



Course number: 1

## Get Gaming

Course Leader: **Mr Patel**

Year group: **Years 7**

No. places: **30**

Dates: **03/07 – 07/07**

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: 2

# STEAM and CREST Award

Course Leader: **Mrs Burchett**  
Year group: **Years 7 and 8**  
No. places: **30**  
Dates: **03/07 – 07/07**  
Cost: **£100 approx.**

### Aims and Objectives

- To work towards completing a recognised STEM certificate (CREST Award)
- To experience 2 STEAM (Science, Technology, Engineering, Art and Mathematics) daytrip attractions across the UK
- To develop students' communication, problem solving and teamwork skills by addressing real-world challenges over the course of the week.
- To be reflective and use ICT to communicate experiences

### Details of the course

*CREST is a nationally recognised scheme for student-led project work in the STEM subjects (science, technology, engineering and maths) and we will be working towards completing an award throughout the week. We will also be going on 2-day trips throughout the week, aiming to broaden students' STEAM experience. The full itinerary isn't yet confirmed, but it'll include visits such as Twycross Zoo, Think Tank Birmingham, Sea Life Centre and Lego Discovery Centre.*

*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 and completion of the CREST award. 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: **03/07 – 07/07**  
Cost: **£675-775 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 London Experience is an amazing opportunity to see the very best of London's culture all crammed into four superb days. The trip includes a guided tour of London, providing ample opportunities for selfies with famous landmarks such as Big Ben and Buckingham Palace. Student's love being tourists in our capital city! For museum lovers, we explore Ancient Egypt at the National History Museum; rifle for clues at the Sherlock Holmes Museum; and get up close and personal with celebrities in wax at Madame Tussauds.*

*For theatre lovers, we will not only experience theatre as Shakespeare did at The Globe but will also be dazzled and amazed by two musical performances in the West End. To make the trip even more magical, we will be heading to the Warner Brother Studios to see behind the scenes of the wizarding world of Harry Potter.*

*The trip will depart on Monday and return Thursday evening. This is a fantastic opportunity to see the best London has to offer, at a fraction of the cost. We can't wait to take you with us!*



Course number: 4

## Performing Arts Musicals Medley

Course Leader: **Miss Curtis**

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

No. places: **40**

Dates: **03/07 – 07/07**

Cost: **FREE**

### Aims and Objectives

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

### Details of the course

*Step inside the world of musical theatre - acting, singing and dancing. Perform some of the most famous songs from the musicals. Explore dances in different styles and create scenes from the shows. Plans include visiting a theatre and seeing professionals in action. At the end of the week, we will share what we have worked on in a grand finale.*





Course number: 5

# Art and Design KS3

Course Leader: **Miss Evans**  
 Year group: **Years 7,8,9**  
 No. places: **40**  
 Dates: **03/07 – 07/07**  
 Cost: **FREE**

## Aims and Objectives

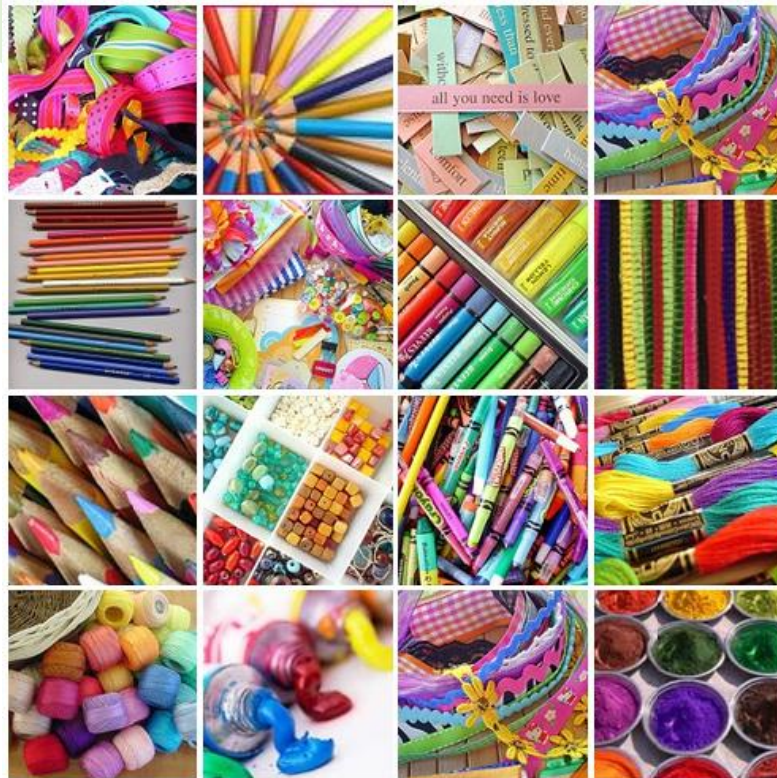
- To develop designing and making skills
- To discover a range of media and techniques that you can use in your art and design work

## 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: 6

# Extreme Action

Course Leader: **Mr Webster**  
Year group: **Years 7,8, 9**  
No. places: **200**  
Dates: **03/07 – 07/07**  
Cost: **£180 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: 7

# Fantastic Food

Course Leader: **Miss Jarvis**  
Year group: **Years 7,8,9**  
No. places: **20**  
Dates: **03/07 – 07/07**  
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: 8

## Horse Riding

Course Leader: **Mrs Cutting**

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

No. places: **15**

Dates: **03/07 – 07/07**

Cost: **£195**

### Aims and Objectives

- *Providing lessons for beginners, intermediate and advanced riders*
- *For those new to horse riding, it's an opportunity to experience caring for a pony and learn to ride.*
- *For those who can already ride, to develop and extend their knowledge.*

### Details of the course

*This is an exciting opportunity for you to experience what it's like to care for a pony as though they were your own.*

*As well as riding lessons, you will learn about stable management such as mucking out, learning to feed your pony, groom, plait and tack up ready for your lesson.*

*Riding lessons will include either flat work/jumping, mounted games and a gymkhana as well as winning rosettes and prizes.*

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





Course number: 9

## Sportsweek

Course Leader: **Mr Howgate**  
Year group: **Years 7,8,9**  
No. places: **50**  
Dates: **03/07 – 07/07**  
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: 10

## Engineering Challenge

Course Leader: **Mrs Cochrane**  
Year group: **Years 7,8,9**  
No. places: **40**  
Dates: **03/07 – 07/07**  
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: 11

## Lake District Experience

Course Leader: **Mrs Niemeijer**  
Year group: **Years 8 and 9**  
No. places: **30**  
Dates: **03/07 – 07/07**  
Cost: **£520-560 approx.**

### Aims and Objectives

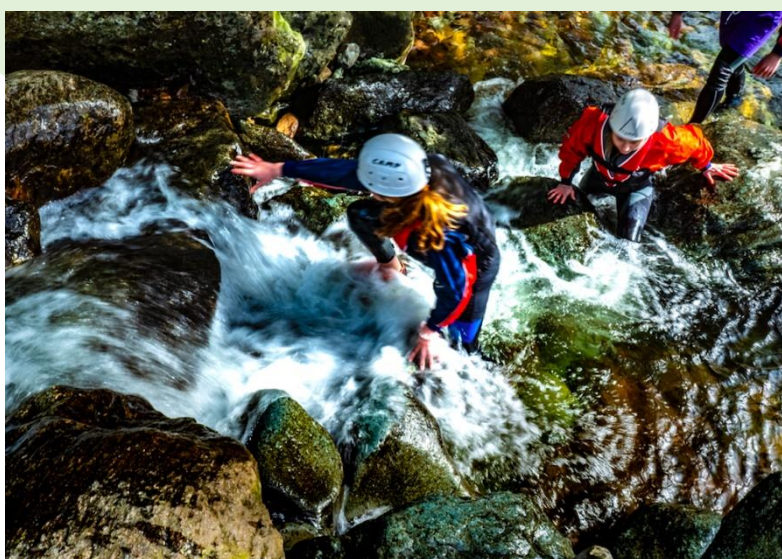
- *To experience being out and about in Britain's hill country*
- *To appreciate a wild area that is part of a National Park*
- *To learn how to work as part of a team*
- *To live, for a week, with friends, taking on new responsibilities for social relationships and valuing community life*
- *To learn 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: 12

## Arts and Food in Cornwall

Course Leader: ***Mrs Hornbuckle***

Year group: ***Years 9 and 10***

No. places: ***40***

Dates: ***03/07 – 07/07***

Cost: ***£600 approx.***

### Aims and Objectives

- *To experience Arts settings outside the classroom*
- *To experience Food production and business in the real world*
- *To learn new skills and see working practitioners*
- *To be independent and have fun away from home*

### Details of the course

*Details of the course Five days, four nights, in sunny Cornwall, home to fabulous beaches and landscapes plus plenty of creative, cultural and gastronomic experiences.*

*Travel by coach and take part in various daytime and evening activities including; Eden Project visit, Tate St Ives gallery visit, a creative workshop, Food experience beach walks, ice cream, sandcastles and more exciting activities...*





## Course number: 13

# Geneva Experience

Course Leader: **Mrs Keatman**  
Year group: **Years 9 and 10**  
No. places: **40**  
Dates: **03/07 – 07/07**  
*Tues 4<sup>th</sup> – Thurs 6<sup>th</sup>  
July (Mon and Fri  
in School)*  
  
Cost: **£570 approx.**

### Aims and Objectives

- *To see the world's largest and most powerful particle accelerator*
- *To be inspired by the history and future of science*
- *To experience authentic Swiss culture*
- *To visit the beautiful city of Geneva*

### Details of the course

*The cost includes the following: flights on Tuesday and Thursday (preparation day on Monday in school), Bed and Breakfast at Ibis Budget Geneve Aeroport for two nights and two evening meals ('Restaurant Edelweiss' and 'Holy Cow Restaurant').*

*Visits include: CERN, a cruise on Lake Geneva, SIG Energy Pavilion and the Natural History Museum.*

*If CERN is not available, an alternative European city will be offered instead. The trip will still be science focussed*

***This course is provided specifically for GCSE students (or prospective GCSE students) by the Science Department.***



Course number: 14

## Snowdonian Adventure

Course Leader: ***Mrs Lea-Simpson***

Year group: ***Years 9 and 10***

No. places: ***30***

Dates: ***03/07 – 07/07***

Cost: ***£575 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: 15

## Seville – Spanish Language Trip

Course Leader: **Mrs John**  
Year group: **Year 10 GCSE  
and Year 9s  
intending on  
taking GCSE  
Spanish**

No. places: **30**  
Dates: **03/07 – 07/07**  
Cost: **£710 approx.**

### Aims and Objectives

- *To improve language and communication skills*
- *To experience Spanish culture*
- *To visit local sights*

### Details of the course

*Students will stay in a hostel/motel-type accommodation close to the city centre.*

*This visit provides opportunities to use and improve language skills – asking for food in a market, ordering in a restaurant going in to a tourist information office etc.*

*Excursions during the trip will include activities such as a flamenco show, a tapas evening, a visit to a bull ring and a theme park/water park very close to the city centre.*

***This course is provided specifically for GCSE students (or prospective GCSE students) by the MFL Department.***





## Course number: 16

# Berlin Experience

Course Leader: **Mr Kirby**  
Year group: **Year 10**  
No. places: **40**  
Dates: **03/07 – 07/07**  
Cost: **£650 approx.**

### Aims and Objectives

- *The visit covers key topic areas of the AQA GCSE history unit on Germany 1890-1945*
- *Visit one of the world's leading cities with a rich 20<sup>th</sup> Century history*
- *Brings the history course to life improving students' knowledge and understanding of German history in the 20<sup>th</sup> Century*

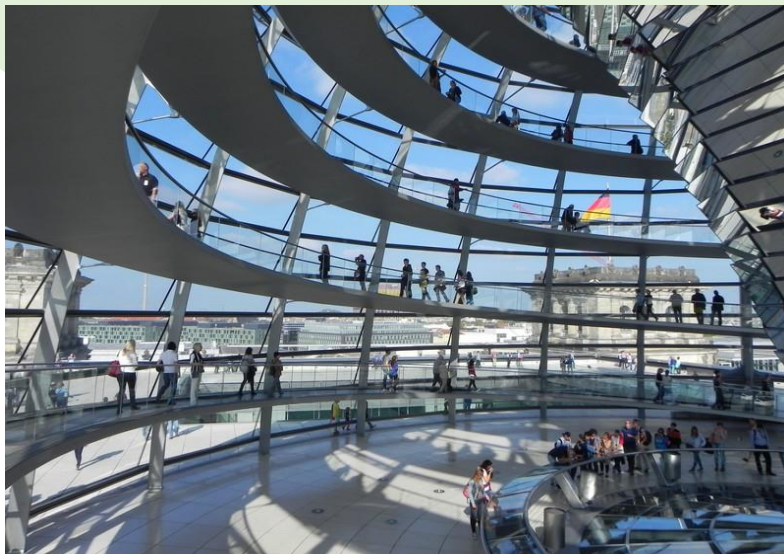
### Details of the course

*We will be flying to Berlin and staying full board in a hotel in the centre. The trip is for 4 days and 3 nights from Monday 3<sup>rd</sup> July to Thursday 6<sup>th</sup> July.*

*Highlights of the visit will include a visit:*

- *To the Reichstag.*
- *A tour of Sachsenhausen concentration camp.*
- *To the Holocaust memorial*
- *To the Plötzensee memorial.*
- *To the Brandenburg gate.*

*In the evening we will have a walking tour of Berlin and the opportunity to go bowling.*



Course number: 17

## LEBC Work Experience

Course Leader: **Miss Hasdell**  
Year group: **Year 10**  
No. places: **50**  
Dates: **03/07 – 07/07**  
Cost: **Funded by school**

### Aims and Objectives

- *To gain a week of experience in a work placement*

### Details of the course

*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 either by the Leicestershire Education Business Company (LEBC) or us in school.*

*The school will work students to find a placement that matches the aspirations of each student.*

*School will cover the cost of all aspects of the administration of the placement.*



**END OF COURSE LIST**