



FORRES SANDLE MANOR  
FORDINGBRIDGE

# ACTIVITIES & SATURDAY ENRICHMENT



FORRES SANDLE MANOR  
FORDINGBRIDGE

# PRE PREP ACTIVITIES

## **Mondays 3.30 - 4.30pm**

### **Activity**

### **Price**

#### **Cooking Club**

With Miss Green in the  
Pre Prep Building

**£5**

#### **Robin Wild Art**

In the Art Room

**£70 per term**

## **Tuesdays 3.30 - 4.30pm**

### **Activity**

#### **Music**

With Miss Green in the Music Room

**£5**

#### **Lego Club**

With Mr Fairbairn in the Computer Room

**£5**





## Wednesdays 3.30 - 4.30pm

### Activity

### Price

Tea Club

£5

### Textiles

£8

With Mrs Chismon and Mrs Carver in the Year 1 Classroom

## Thursdays 3.30 - 4.30pm

### Activity

Graded Gymnastics - Downton & Fordingbridge Club

£37.50 per half term

Book directly with the Club - <https://www.downtongymnastics.co.uk/classes>

Awards book £7 each. Any certificates achieved are purchased from the website for £2.25 each.

## Fridays 3.30 - 4.30pm

### Activity

Multi-Sports

£5



FORRES SANDLE MANOR  
FORDINGBRIDGE

# PREP ACTIVITIES





# Co-curricular Activities Spring 2023

## Mondays

### Activity

### Year Groups

#### Athletics

Y3 - 8

Faster, Higher, Stronger!

Run, jump and throw your way to improvements and personal bests in athletics with focused coaching and training.

#### Boarders' Chillout

Y3 - 8

Watch a film, read a book, take a walk – a chance to wind down at the end of the day.

#### Brownies

Y3 - 5 Girls

Come on an adventurous journey with your Brownie friends. You'll have lots of fun together and discover the world around you. You'll play lots of games, be creative, learn new skills, try new hobbies and have outdoor adventures. Put it all together and start earning badges, too!

#### Lego Education & Robotics Club

Y3 - 8

Unleash a world of walking, talking and thinking robots that can do anything imaginable by combining the versatility of Lego building. Pupils will build and construct a robot to complete a series of different challenges.

#### Music Practice

Y3 - 8

An opportunity for pupils to practise their instruments under supervision. Miss Green will be available to go through aural and sight reading tests with pupils prior to exams, as well as practise with piano accompaniments if applicable. This may suit those who are struggling to find the time to practise after school or at weekends.

#### Photography Club

Y3 - 8

Photography is a vibrant and creative group that teaches the basics of traditional and digital photography. Students will experiment with aperture, shutter speed, lighting and experimental techniques to build a portfolio of their images (Min 7 pupils needed to run).





# Tuesdays

## Activity

## Year Groups

### Badminton & Table Tennis

Y3 - 8

Informal practice and matches in the DHH on the badminton courts and table tennis table - lots of fun and games!

### Boarders' Chillout

Y3 - 8

Watch a film, read a book, take a walk – a chance to wind down at the end of the day.

### MFL Club

Y4 - 8

An opportunity to practise your French and Spanish with revision activities and games.

### Music Practice

Y3 - 8

An opportunity for pupils to practise their instruments under supervision. Miss Green will be available to go through aural and sight reading tests with pupils prior to exams, as well as practise with piano accompaniments if applicable. This may suit those who are struggling to find the time to practise after school or at weekends.

### Read with Mr Scott

Y6 - 8

Be transported into the world of books and enjoy a story read by Mr Scott.

### Skiing

Y3 - 8

The second term of skiing begins the week back after the Christmas holidays. There will be two groups, each with instructors. Please be aware we cannot accept beginners in this skiing block as we have an improvers' group and an advanced group.

### Riding (Arniss)

Y3 - 8

Learn to ride at a local riding school; all tack and horses provided. (Max 4 pupils).

NOTE: Prior to riding, parents **must** have completed the attached Registration Form:

<https://arniss-equestrian.ecpro.co.uk/>



# Thursday

## Activity

## Year Groups

### Ballet

**Y5 - 8**

Children will learn to love dance, have fun and achieve their goal of becoming successful and happy dancers.

### Ballet

**Y3 - 4**

Ballet sessions run at break and lunch time.

### Boarders' Chillout

**Y3 - 8**

Watch a film, read a book, take a walk – a chance to wind down at the end of the day.

### Chess Club

**Y3 - 8**

The ancient and ultimate game of tactics and strategy! Are you the next grand master? The Spring Term tournament begins!

### Dude Perfect

**Y5 - 8**

Dude Perfect will be based upon the famous YouTube gang who create brilliant and amazing trick shots. We will do our own, film them and then edit to put together a short video clip with all of our best action.

### Guides

**Y6 - 8 Girls**

Be a part of the huge family of Girlguiding! 1st FSM Guides will decide together what to do in our meetings, choosing from the wide range of badges, skills and activities covered by the six programme themes. So whether you want to try a new sport, have a go at performing, run a debate or brush up on your first aid skills – you can!

### Gymnastics

**Y3 - 8**

We are pleased to announce the arrival of UK Academies of Gymnastics at FSM. In the classes the children will work on developing skills and techniques set out in the UK Academies of Gymnastics syllabus. Your coaches look forward to meeting the gymnasts next term! To book your child's place, [click here](#) -





# Thursday (cont)

## Activity

## Year Groups

### Multi-Sports

Y3 - 8

Come and run around and play a variety of sports in the evening.

### Read with Mr Scott

Y3 - 5

Be transported into the world of books and enjoy a story read by Mr Scott.

### Science Club

Y5 - 8

Come and delve deeper into the world of science! Get hands on and discover more about new technologies, how to reach the stars or survive a disaster.





# Friday

## Activity

## Year Groups

### Street Dance

Y3 - 8

A fun introduction to Street Dance whilst learning knowledge, skills and history! The session runs at lunch time.

### Basketball

Y3 - 8

Come and practise your skills and see if you can become the next Michael Jordan.

### Boarders' Chillout

Y3 - 8

Watch a film, read a book, take a walk – a chance to wind down at the end of the day.

### Board Games

Y3 - 8

Back by popular demand! A chance to chill out and enjoy a range of board games with your friends. There will also be the chance to learn and play card games.

### Golf

Y3 - 8

Golf keeps you fit and engaged. It can be a friendly competition against friends or with yourself. It challenges both your mind and body. Whether you shoot a 72 or 144, there's nothing like spending a few hours out on the golf course. Indoor based for now, start your golfing journey and improve your swing with a pro!

### Netball

Y3 - 8

Improving netball skills through fun practices and game play.

### Riding (Arniss)

Y3 - 8

Learn to ride at a local riding school; all tack and horses provided.

NOTE: Prior to riding, parents **must** have completed the attached Registration Form:

<https://arniss-equestrian.ecpro.co.uk/>

### Wild Art

Y3 - 8

A dynamic and fun art group for all ages and abilities that focuses on giving children freedom to explore, experiment and build self-confidence through mixed media art and our natural environment. (Min 7 pupils to run).





FORRES SANDLE MANOR  
FORDINGBRIDGE

# PREP SATURDAY ENRICHMENT PROGRAMME

**The sessions for children in Y3 and Y4 will be a mix of popular activities and depend on the number of children attending. Simply sign up to the Y3 and 4 option for a morning of activities with Mr Scott.**

We run two double sessions for Years 5-8. The first from 9.00am – 10.30am and the second from 11.00 – 12.30pm. Lunch will begin at 1.00pm for boarders who are staying in over the weekend. Mr Humphreys will run activities for boarders in Y6 and below on Saturday afternoons, along with the boarding team. Boarders in Y7 & 8 will be allowed to go into Fordingbridge in small groups during this time, if they wish or may join the activities

## Session 1, Years 5-8 (9.00am – 10.30am)

**Academic Support / Scholars** – This is an opportunity for children to work independently in a supervised environment with a member of staff. *Scholars may also attend this session for an opportunity to focus on academic scholarship work or portfolios.* It is essential that the Scholars selecting this option are self-motivated and able to work independently.

**Design Technology** – Mr Jarvis will compliment his DT lessons with this Saturday session. The three main themes are: a pendant or keyring, a box with a hinged lid and a design for a wall mounted clock. If a pupil has a well-defined alternative plan, they may work on their own design.

**Cookery** – Do you know your roux from your Béarnaise? Do you like the aroma of home baking? Can you make a simple meal, your own salad dressing or something lovely for dessert? Miss Green invites you to come along and create a masterpiece! £5 per session, please note you will be charged even if a session is missed.

**Orienteering** – Orienteering is an exciting outdoor adventure sport that exercises mind and body. Mr Scott will challenge you to navigate between checkpoints or controls marked on your map. There is no set route so the skill and fun come from trying to find the best way to go.

**SCUBA**– Following earlier correspondence from Mr Hancock this activity is now fully booked. For any further information please contact Mr Hancock directly. **Please note, the SCUBA session will run across both sessions 1 and 2.**

**STEAM Projects**– Mrs Young will challenge the children to consider the fundamentals around designing, testing and engineering solutions. For example this could include designing a completely self-sustaining and sustainable city.



# Session 2, Years 5-8 (11.00am – 12.30pm)

**Art** – In this session, Mr Jarvis will explore a wide range of techniques and resources with the children, to help our budding artists grow!

**Academic Support / Scholars** – This is an opportunity for children to work independently in a supervised environment with a member of staff. *Scholars may also attend this session for an opportunity to focus on academic scholarship work or portfolios.* It is essential that the Scholars selecting this option are self-motivated and able to work independently.

**Cookery** – Do you know your roux from your Béarnaise? Do you like the aroma of home baking? Can you make a simple meal, your own salad dressing or something lovely for dessert? Miss Green invites you to come along and create a masterpiece! £5 per session, please note you will be charged even if a session is missed.

**Music** – An opportunity for pupils to practise their instruments under supervision. Miss Green will be available to go through aural and sight reading tests with pupils prior to exams, as well as practise with piano accompaniments if applicable.

**Parkour** – Mr Scott will be running a parkour session in the DHH. From jumping to cartwheels, climbing to mat work, a chance to try them all.

**STEAM Projects**– Mrs Young will challenge the children to consider the fundamentals around designing, testing and engineering solutions. For example this could include designing a completely self-sustaining and sustainable city.





FORRES SANDLE MANOR

FORDINGBRIDGE

Forres Sandle Manor School  
Fordingbridge  
Hampshire  
SP6 1NS