

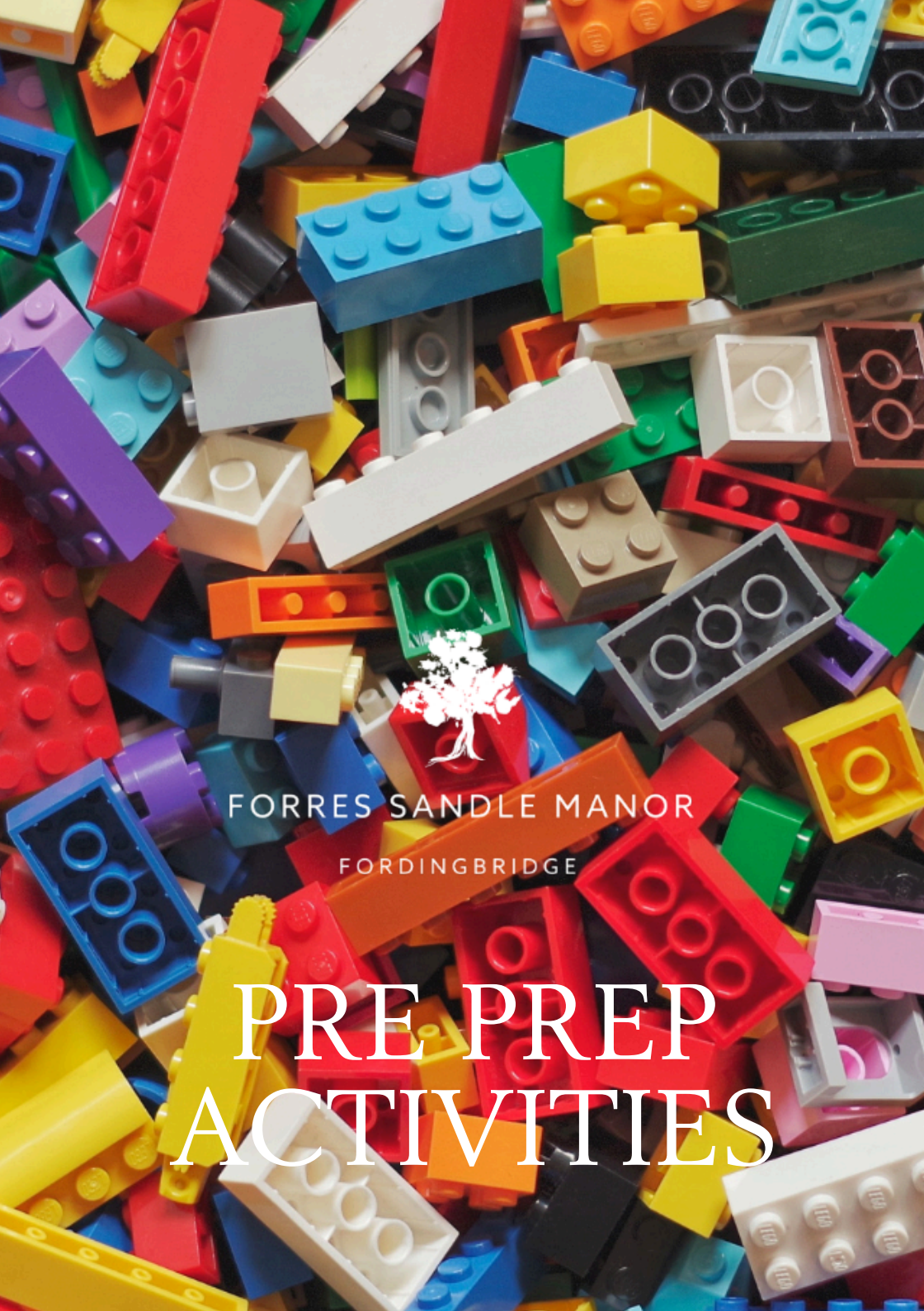


FORRES SANDLE MANOR

FORDINGBRIDGE

# ACTIVITIES & SATURDAY ENRICHMENT





FORRES SANDLE MANOR  
FORDINGBRIDGE

# PRE PREP ACTIVITIES

# **Mondays 3.30 - 4.30pm**

## **Activity**

## **Price**

### **Reading Club**

**£5 per session**

(Reception, Yr1 and Yr2)

A chance to wind down at the end of a busy day by doing some reading with Miss Green. Miss Green will hear readers 1:1 throughout the session as well as read stories to the children. When the weather is warmer, we may take this outside to enjoy the sunshine!

### **Robyn Wild Art**

**£70 per term**

(Reception, Yr1 and Yr2)

Create beautiful pieces of artwork with our specialist arts tutor, Robyn Cheal. Learn how to use both traditional and experimental mediums and techniques to express yourself through art.

# **Tuesdays 3.30 - 4.30pm**

## **Activity**

### **Cookery Club**

**£8 per session**

Yr1 & Yr2 only

Explore the world of cookery and learn what goes into your favourite dishes! During Cookery Club, children will utilise key skills such as weighing and counting, how to use cooking equipment safely and create delicious snacks, meals and desserts to take home, all while learning a skill that will stay with them for life.

### **Lego Club**

**£5 per session**

(Reception, Yr1 and Yr2)

Lego Club provides a creative environment for children to explore their imagination and develop their cognitive skills. By using Lego Spike Essentials, children learn the basics of coding, engineering, and design through building and programming their own robots.





## Wednesdays 3.30 - 4.30pm

### Activity

### Price

#### Tea Club

(Reception, Yr1 and Yr2)

£5 per session

## Thursdays Lunchtime

### Activity

#### Ballet (AM)

(Reception, Yr1 and Yr2)

£45 term

Our lunchtime Ballet classes with Miss Kiri. All existing students will automatically be re-enrolled, please book via Schoolbase system if you would like to book a new child onto the course.

## Thursdays 3.30 - 4.30pm

### Activity

#### Textiles

(Yr2 only)

£8 per session

Produce creative and useful items during our popular Textiles activity with Mrs Carver. Children will learn both hand-stitching and machine stitching in a safe environment, together with other textile-crafting skills. Please note there is a waiting list.

## Graded Gymnastics - Downton & Fordingbridge Club

(Reception, Yr1 and Yr2)

Downton & Fordingbridge Gymnastics Club

Practice graded Gymnastic techniques and learn how to use gymnastics equipment effectively and safely. Must be booked directly with the Gymnastics Club - <https://www.downtongymnastics.co.uk/classes>.

£37.50 per half term

# Fridays 3.30 - 4.30pm

## Activity

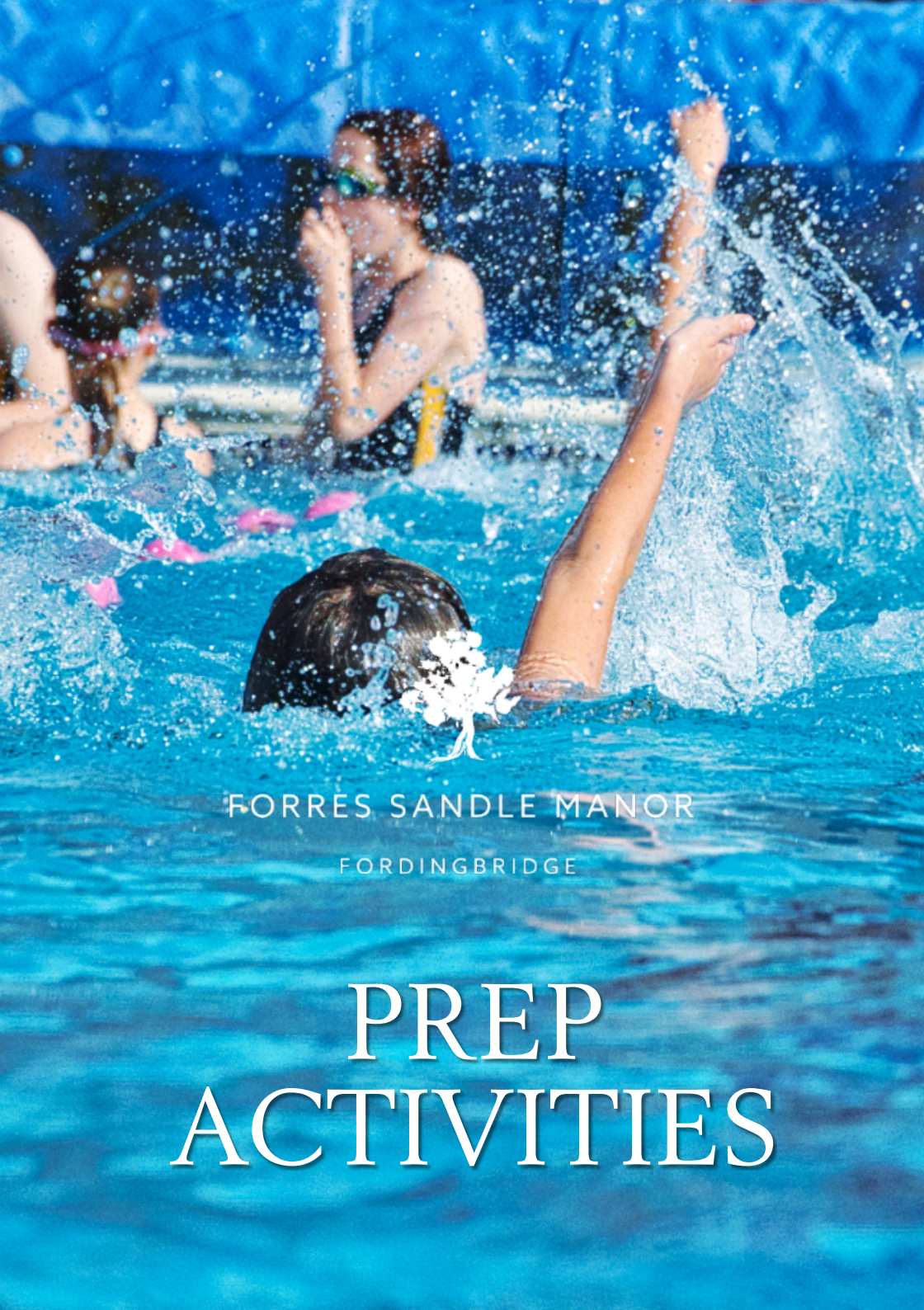
### Multi-Sports

(Reception, Yr1 and Yr2)

£5 per session

A range of sporting activities using the wide selection of facilities and equipment at FSM. The activities are both indoors and outdoors, weather dependent.





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# PREP ACTIVITIES







# Co-curricular Activities Spring 2023

## Mondays

Activity	Year Groups	Price
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<b>Brownies</b>	<b>Y3-5 Girls</b>	<b>£30</b>
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Come on an adventurous journey with the Brownies. 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. It's Brownie Camp term, too!

<b>Music Practice</b>	<b>Y3 - 8</b>
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Supervised practice time in the Music Department with Miss Green.

<b>Air rifle shooting</b>	<b>Y6-8</b>	<b>£7.50</b>
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Come and test your skills on the shooting range.

<b>Multi-Sports</b>	<b>Y3 - 8</b>
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An evening of sport of the children's choice.

<b>Pool Fun</b>	<b>Y3 - 8</b>
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After a busy day, chill out in the school pool for a leisurely dip!

<b>Chillout</b>	<b>Y3 - 8</b>
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Watch a film, read a book, take a walk – a chance to wind down at the end of the day.





# Tuesdays

## Activity

## Year Groups

## Price

### Rounders

Y3 - 8

Come & enjoy the quintessential English summer sport! Learn tactics, wallop the ball, catch or stump out your friends and have lots of fun!

### Pool Fun

Y3 - 8

After a busy day, chill out in the school pool with a leisurely dip!

### Chillout

Y3 - 8

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

### Golf

Y3 - 8

£120

Head off-site for our golfing activity. With nine sessions available, you'll have plenty of opportunities to learn new skills, practice your swing, and try your luck on the nine-hole course.

You'll receive expert instruction from a seasoned golf pro, who will work with you to identify areas where you can improve and help you develop your skills.

### Book/Film Club

Y3 - 8

Come and read great books (outside weather permitting), watch films of books, write and illustrate!

### Science club

Y5 - 8

Come and explore more practical science! Take part in competitions, lead teams, survive disasters and achieve awards.

### MFL Club

Y3 - 8

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





# Thursday

Activity	Year Groups	Price
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<b>Guides</b>	<b>Y6 - 8 Girls</b>	<b>£30</b>
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Be a part of the huge family of Girlguiding! 1st FSM Guides will choose from the wide range of badges, skills and activities covered by the six programme themes and have a LOT of fun completing the challenges. It's Guide Camp term, too!

<b>Pool Fun</b>	<b>Y3 - 8</b>
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After a busy day, chill out in the school pool for a leisurely dip!

<b>Chess Club</b>	<b>Y3 - 8</b>
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Back by popular demand! Turn on your problem-solving brain for a deceptively competitive time at Chess... who will be the Summer Term Grandmaster?

<b>Multi-Sports</b>	<b>Y3 - 8</b>
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An evening of sport of the children's choice.

<b>Computing Club</b>	<b>Y3 - 8</b>
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Computing club at FSM provides a fun and engaging environment for children to explore technology and learn new skills. Children can work on coding projects, develop games and apps, experiment with robotics, and collaborate on creative multimedia projects. Through the club, children can develop critical thinking, problem-solving, and teamwork skills, while also cultivating their interest in technology and computing.

<b>Gymnastics</b>	<b>Y3 - 8</b>	<b>£67.50</b>
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The children will work on developing skills and techniques set out in the UK Academies of Gymnastics syllabus. Book directly with Downton Gymnastics Club <https://www.downton-gymnastics.co.uk/classes>

# Thursday Break time/Lunch time

Activity	Year Groups	Price
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Ballet	Y3 - 4	£45
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Children will learn to love dance, have fun and achieve their goal of becoming successful and happy dancers.

Ballet	Y5 - 8	£45
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Children will learn to love dance, have fun and achieve their goal of becoming successful and happy dancers.





# Friday

Activity	Year Groups	Price
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Riding (Arniss)	Y3 - 8	£220
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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/>

Pool Fun	Y3 - 8
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After a busy week, chill out in the school pool with a leisurely dip!

Chillout	Y3 - 8
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Watch a film, read a book, take a walk – a chance to wind down at the end of the day.

Team Building	Y3 - 8
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Sign up for an adventurous programme of team-building activities! By working as a team, children develop important life skills like problem solving, listening, leadership, and creative thinking, along with higher levels of self-confidence, self-esteem, empathy and compassion.

## Friday Lunch time

Street Dance	Y3 - 8	£54
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A fun introduction to Street Dance whilst learning knowledge, skills and history!



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# PREP SATURDAY ENRICHMENT PROGRAMME



**For Y3 and Y4 simply sign up to Archery, Beaulieu Activity Centre, Performing Arts or Swimming.**

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)

### Price

**Archery** (8 years old and above) - Spend your Saturday morning focussing on perfecting your Archery skills. Working with the experts from Wild Edge Archery you will improve your core strength, hand-eye co-ordination and focus to allow you to hit the bullseye!

**£90 per term**

**Beaulieu Activity Centre** (8 years old and above) – A combination of different activities, including kayaking, canoeing, Battlezone and Low/High ropes. A great opportunity to get offsite and try some completely new activities. **Session will run across both sessions 1 and 2.**

**£160 per term**

**Cookery** (Y7/8) - Either start or continue to master your cookery skills in the kitchen with a variety of different recipes throughout the term.

**£30 per term**

**DT** – Spend the morning in the workshop with Mr Jarvis honing your design and building skills as you work on a variety of projects throughout the term.

**Performing Arts** – Come and practice your performing arts with Mr Peak and Miss Green. This is also an opportunity for you to prepare for your role in the Jungle Book performance, although completely optional for cast members and still open to students not in the performance.

**Swimming** – A chance to practice your swimming and see how many length of the pool you can build up to.



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

Price

**Academic** - 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.

**Archery** (8 years old and above) - Spend your Saturday morning focussing on perfecting your Archery skills. Working with the experts from Wild Edge Archery you will improve your core strength, hand-eye co-ordination and focus to allow you to hit the bullseye!

£90 per term

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

**Beaulieu Activity Centre** (8 years old and above) – A combination of different activities, including kayaking, canoeing, Battlezone and Low/High ropes. A great opportunity to get offsite and try some completely new activities. **Session will run across both sessions 1 and 2.**

£160 per term

**Cookery** (Y5/6) - Either start or continue to master your cookery skills in the kitchen with a variety of different recipes throughout the term.

£30 per term

**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.

**Swimming** – Following earlier correspondence from Mr Hancock this activity is now fully booked. For any further information please contact Mr Hancock directly.





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