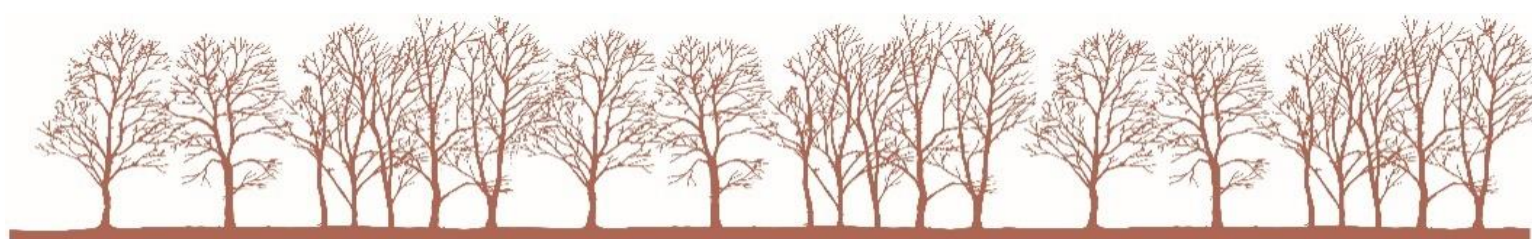




LEIGHTON PARK
FOUNDED 1890

Co-Curricular Brochure

Spring Term 2021



Fryer

Fryer APP	Fryer Mobius Board Game	Fryer Prep Club Mon
Fryer Adventure Club	Fryer Model Club	Fryer Prep Club Tues
Fryer Board Games	Fryer Netball	Fryer Prep Club Weds
Fryer Book Club	Fryer NEWTS	Fryer Prep Club Thurs
Fryer Chinese Culture Club	Fryer Rugby	
Fryer & the Choc Factory	Fryer Russian Culture	Yr 7 Code Club
Fryer Couch to 5K	Fryer Voices	Yr 7 Dance
Fryer Craft Club	Fryer Warhammer	Yr 7 Fantastic Beasts
Fryer Drama	Orchestra	Yr 7 Lego Builders
Fryer Eco Schools Club		
Fryer Girls' Cricket		Yr 8 Code Club
Fryer Jazz		Yr 8 Dance
Fryer Mix & Mash Art		Yr 8 Guided Relaxation



'Last year's words belong to last year's language. And next year's words await another voice', I wonder what T.S Eliot would have thought and written had he been commenting on 2020. I am sure we are all keen to start 2021 with hope for a better year than the last, and the good news is that the Spring Co-Curricular programme is geared to help you do just that. It is filled with new options and a real focus on STEAM to kick off 2021 with a bang! For where would we be without pioneering scientists at this crucial point in our collective history?

This term you could try our Code Club or Lego Builders group for Fryer, Origami or Artful Maths for Year 9 or perhaps you see yourself entering competitions through our Science Essay Writing group for Sixth Form? Budding Year 10 Engineers might want to join our STEAM Design & Build Club or sign up for the STEAM Projects Club which is geared towards the CREST awards. Debating Matters is a new society for the Lower Sixth and NEWTS (our amazing Nature, Environmental and Wildlife Taskforce) is back in Fryer for those interested in supporting our Eco Schools initiative. Remember you have year group Prep Club options too should you need a quiet space to work before tea.



LEIGHTON PARK
FOUNDED 1890

Have a fantastic time making your choices and most importantly, have fun when you get to your activity.

In friendship,
Natasha Coccia
Assistant Head, Co-Curricular



Year 9

Yr 9 APP
Yr 9 Artful Maths
Yr 9 Book Club
Yr 9 Dance
Yr 9 Drama Club
Yr 9 Football
Yr 9 Jazz
Yr 9 Junior Maths
Yr 9 Music Production
Yr 9 Sewing Bee
Yr 9 The Art of Paper
Orchestra
Senior Choir
Yr 9 Prep Club Monday
Yr 9 Prep Club Tuesday
Yr 9 Prep Club Wednesday
Yr 9 Prep Club Thursday

Year 10

Yr 10 APP
Yr 10 Book Club
Yr 10 Design and Build
Yr 10 Girls' Rugby
Yr 10 Guided Relaxation
Yr 10 Intro to Latin Studies
Yr 10 Jazz
Yr 10 Knitting
Yr 10 Music Production
Yr 10 NEWTS
Yr 10 Open Art
Yr 10 Steam Project
Yr 10 Production Tartuffe
Orchestra
Senior Choir
Yr 10 Prep Club Monday
Yr 10 Prep Club Tuesday
Yr 10 Prep Club Wednesday
Yr 10 Prep Club Thursday

Year 11

Yr 11 Acapella
Yr 11 APP
Yr 11 Artist Development
Yr 11 Basketball
Yr 11 Jazz
Yr 11 Wellbeing
Orchestra
Senior Choir
Yr 11 Prep Club Monday
Yr 11 Prep Club Tuesday
Yr 11 Prep Club Wednesday
Yr 11 Prep Club Thursday



Isaac Walker
Outdoor Education Manager /
DofE Co-ordinator

You will notice the all activities are now colour coded helping you identify which clubs count towards which element of the Duke of Edinburgh Award. All students in Year 9 upwards have the opportunity to get involved in this fantastic achievement award. Through DofE, you will make friends and memories and build traits like confidence, resilience and self-esteem, which can benefit mental health. You'll gain skills and attributes for work and life, like problem-solving, team-working and self-motivation – and you'll achieve an Award that's recognised by top employers and can help you stand out when applying for university or jobs.

To achieve their Award, participants must complete four sections: Skills, Volunteering, Physical and their Expedition. Looking for a great 'skill' opportunity? Give NEWTS or music a try. Super sporty? Why not sign up to sign up to football or dance for your physical?



Sixth Form

- Sixth Form Amicus
- Sixth Form Amnesty Int'l
- Sixth Form Casting Controversy
- Sixth Form Cooking for Uni
- Sixth Form Drawing Club
- Sixth Form Eco Schools
- Sixth Form GSA
- Sixth Form Jazz
- Sixth Form Philosophy
- Sixth Form Senior Maths
- Sixth Form Science Essay
- Sixth Form Yoga

Senior Choir

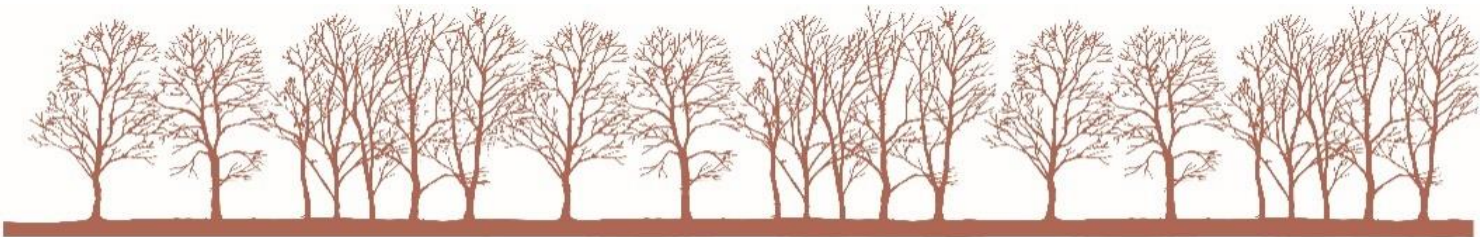
- Orchestra
- Sixth Form Prep Club Mon
- Sixth Form Prep Club Tues
- Sixth Form Prep Club Weds
- Sixth Form Prep Club Thurs

Upper Sixth

- Upper Sixth EPQ - Tues
- Upper Sixth EPQ - Weds
- Upper Sixth EPQ - Thurs
- Upper Sixth Guided Relaxation
- Upper Sixth Music Production

Lower Sixth

- Lower Sixth Aspiring High
- Lower Sixth Debating Matters
- Lower Sixth EPQ - Tues
- Lower Sixth EPQ - Weds
- Lower Sixth EPQ - Thurs
- Lower Sixth Literary Writers' Club
- Lower Sixth Social Enterprise



Fryer APP

Thursday: 16.20 - 17.15

By invitation only, our Advanced Performers' Programme in Sport focuses on fitness training, nutrition and psychology. Building on the core speed, agility and strength skills needed to be one of the elite.

Fryer Adventure Club

Friday: 13.30 - 14.10

Throughout the year you can have the opportunity to explore the Park grounds in a new way. Enjoy exciting sessions such as shelter building, navigation, camp fires and first aid. Love adventure? Join Adventure Club.

Fryer Board Games

Wednesday: 16.20 - 17.15

A chance to try out some new board games that can all be played in under an hour. Improve your planning and strategy, indulge your co-operation and competitive streak, and have fun with friends.

Fryer Book Club

Monday 16.20 - 17.15

Come and join us for a friendly chat about anything to do with books and reading. Recommend your favourites, learn about new titles, expand your knowledge and have fun!

Fryer Chinese Culture

Monday 16.20 - 17.15

Discover Festivals, life traditions, holiday activities, sports and food in China

Fryer & The Chocolate Factory

Wednesday: 16.20 - 17.15

Immerse yourself in the glorious world of chocolate. From Bourneville to Cadbury and beyond this Club will transform you into a chocolate connoisseur.

Fryer Couch to 5K

Thursday 16.20-17.15

Running for those who don't think they can run! We follow a simple, tried and tested programme that over the term will take you from running for 60 seconds to 40 minutes. Good for the body, mind and soul.

Fryer Craft Club

Wednesday: 16.20 - 17.15

Time to sit and do something "crafty", maybe knitting, crochet, cross-stitch, card-making, whatever you fancy.

Fryer Drama

Thursday: 13.30-14.10

Improvisation, physical theatre, games and script work are all features of this weekly Drama Club for the Lower School. Come along and give it a try.

Fryer Eco Schools

Tuesday: 16.20-17.15

Do you want to make a difference in School? Would you like to find out how to save the planet through decreasing waste and being more environmentally friendly. If so, this is the club for you.

Fryer Girls' Cricket

Tuesday: 16.20 - 17.15

Start learning a new sport this term or develop your cricket skills with a fun and accessible game of Kwik Cricket for all abilities.

Fryer Jazz

Thursday: 13.30 - 14.10

Our popular Fryer Jazz sessions are run by specialist Stuart who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section.



DofE Volunteering



DofE Skill



DofE Physical



STEAM Hobby

Fryer

Fryer Mix & Mash Art

Monday: 16.20 - 17.15

Lots of crafty projects and creative activities both in the Art classroom and outside. Mostly led by Ella but if you have something super you know how to make and want to share with the group, ideas are welcome!

Fryer Mobius Board Game



Tuesday: 16.20-17.15

Board games to help improve your mathematical skills as well as develop strategies to deal with multi-step problem-solving, spatial reasoning and pattern recognition.

Fryer Model Club

Wednesday: 16.20 - 17.15

In this club members can bring along pre-designed models like Airfix kits, or build a model from scratch allowing their creativity to shine through. In the club we will also paint and decorate the models if appropriate.

Fryer Netball

Wednesday: 16.20 - 17.15

Netball for Fryers on hard courts.

Fryer NEWTS



Friday: 13.30 - 14.10

A series of half-term projects to support bio-diversity and sustainability at LP. From who can grow the biggest oak seedling to designing a wildlife and well-being garden and window box challenge.

Fryer Rugby

Monday: 16.20 - 17.15

Rugby training for boys and girls in Fryer on the astro.

Fryer Russian Culture Club

Monday: 16.20 - 17.15

Come and learn about the fascinating language and culture of Russia, explored through its film, music and food.

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

Fryer Voices

Tuesday: 13.30 - 14.10

A fun and lively vocal group for all voices in Fryer to build confidence, musicality and community.

Fryer Warhammer

Wednesday: 16.20 - 17.15

Modelling, painting and gamng with Warhammer, Age of Sigmar miniatures.

Fryer Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Fryer prep club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6 in Peckover.

Year 7 Code Club



Monday: 16.20 - 17.15

Progress through various projects to create games, animations and web pages. This is a brilliant, fun activity regardless of your previous coding experience



DofE Volunteering



DofE Skill



DofE Physical



STEAM Hobby



Year 7 Dance

Wednesday: 13.30 - 14.10

Developing your skills in performance and also in choreography. Creating dance pieces for the "Let's Dance" Annual Performance evening in 2021 and the ISA Dance Competition.

Year 7 Fantastic Beasts

Wednesday: 16.20 - 17.15

A quiet room club where students can turn their hand to creating some cool pieces of origami.

Year 7 Lego Builders Club



Tuesday: 16.20 - 17.15

Building Lego in a team. You will take turns to be the builder, supplier and engineer.

Year 8 Code Club



Monday: 16.20-17.15

Progress through various projects to create games, animations and web pages. This is a brilliant, fun activity regardless of your previous coding experience

Year 8 Dance

Thursday: 13.30 - 14.10

Developing your skills in performance and also in choreography. Creating dance pieces for the "Let's Dance" Annual Performance evening in 2021 and the ISA Dance Competition.

Year 8 Guided Relaxation

Tuesday: 13.30 - 14.00

Trained staff will guide you through relaxation techniques to help you feel calmer and refreshed if you are feeling tense, stressed, and overwhelmed or you just want a little time to yourself. Bring headphones.



DofE Volunteering



DofE Skill



DofE Physical



STEAM Hobby

Year 9

Year 9 APP



Tuesday: 16.20-17.15

By invitation only, our Advanced Performers' Programme in Sport focuses on fitness training, nutrition and psychology. Building on the core speed, agility and strength skills needed to be one of the elite.

Year 9 Artful Maths



Thursday: 16.20-17.15

If you like patterns, shapes, geometry and drawing, join us for some maths in art fun. We will draw, have a try at Islamic art and modern art.

Year 9 Book Club



Wednesday: 16.20 - 17.15

Come and join us for a friendly chat about anything to do with books and reading. Recommend your favourites, learn about new titles, expand your knowledge, have fun!

Year 9 Dance



Thursday: 16.20 - 17.15

Developing your skills in performance and also in choreography. Creating dance pieces for the "Let's Dance" Annual Performance evening in 2021 and the ISA Dance Competition.

Year 9 Drama Club



Tuesday: 16.20-17.15

Come and explore naturalism in this weekly acting class. Opportunities to perform in duologues, triads and a company performance, as part of a showcase later in the year.

Year 9 Football



Thursday: 16.20 - 17.15

Football training this term with coaching tips and a focus on tactics and fun.

Year 9 Jazz



Tuesday: 13-15 - 13.45

Our popular Jazz sessions are run by specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section.

Year 9 Junior Maths Club

Wednesday: 16.20 - 17.15

Improve your problem solving skills and learn about collaborating with others, a most important skill as we prepare for future team Maths competitions.

Year 9 Music Prod.



Wednesday: 16.20 - 17.15

Learn how to create music and sound on the computer using Digital Audio Workstations (Logic Pro X, Garageband, Cubase).



DofE Volunteering



DofE Skill



DofE Physical



STEAM Hobby

Year 9 Sewing Bee



Monday: 16.20-17.15

A class for beginners where you can learn to use a sewing machine; the intention is that you make a craft item of your choice.

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

Senior Choir

Monday: 16.20-17.15

Do you love singing? Would you like the opportunity to go on an international music tour? This term we will be a large 4 part/bubble vocal group singing a fun and lively repertoire.

Yr 9 The Art of Paper



Tuesday: 16.20 - 17.15

From making paper to construction and folding 2D into 3D. Reduce paper waste and repurpose it into something unique and beautiful. For crafters and those who enjoy structural architecture and sculpture.

Year 9 Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Year 9 Prep Club after Period 6, Monday, Tuesday, Wednesday or Thursday.



DofE Volunteering



DofE Skill



DofE Physical



STEAM Hobby

Year 10

Year 10 APP



Monday: 16.20 - 17.15

By invitation only, our Advanced Performers' Programme in Sport focuses on fitness training, nutrition and psychology. Building on the core speed, agility and strength skills needed to be one of the elite.

Year 10 Book Club



Thursday 16.20 - 17.15

Come and join us for a friendly chat about anything to do with books and reading. Recommend your favourites, learn about new titles, expand your knowledge and have fun!

Yr 10 Design & Build



Tuesday: 16.20 - 17.15



An opportunity for you to come and use the workshop for your own projects or repair some of LP's bikes and other items.

Year 10 Girls' Rugby



Thursday 16.20-17.15

Do you need to let out some GCSE stress? Come and along and try rugby! This girls only club will allow you to learn the basics of rugby before eventually working towards playing in a game scenario. No previous experience needed.

Yr 10 Guided Relaxation



Friday: 13.15-13.40

Trained staff will guide you through relaxation techniques to help you feel calmer and refreshed if you are feeling tense, stressed, and overwhelmed or you just want a little time to yourself. Bring headphones.

Yr 10 Intro to Latin Studies



Thursday: 16.20-17.15

A wonderful way to discover what the Romans have done for us and try something not always available in other schools. Complements a range of interests and GCSE subjects, suitable for historians, linguists, artists and more!

Year 10 Jazz



Monday: 13.15 - 13.45

Our popular Jazz sessions are run by specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section.

Year 10 Knitting



Wednesday: 16.20 - 17.15

A knitting club for Year 10 led by Bev. A great combination of craft and conversation whilst learning a new skill and supporting charities.

Year 10 Music Production



Thursday: 16.20 - 17.15

Learn how to create music and sound on the computer using Digital Audio Workstations (Logic Pro X, Garageband, Cubase).

Year 10 NEWTS



Thursday 16.20-17.15



A series of half-term projects to support bio diversity and sustainability at LP. From who can grow the biggest oak seedling to designing a wildlife and wellbeing garden and window box challenge.



DofE Volunteering



DofE Skill



DofE Physical



STEAM Hobby

Year 10 Open Art

Wednesday: 16.20-17.15

A session for GCSE students to extend their studio time and work on coursework with staff support. Enables students to strengthen skills and extend learning with more individual specialist skills, both digital and practical.

Yr 10 Prod. Tartuffe

Tuesday: 13-15 - 13.45

Continuation of rehearsals - tread the boards in Moliere's most famous theatrical comedy. Directed by Damon, learn the art of farce, timing and melodrama through this wonderful play.

Yr 10 Steam Project

Wednesday: 16.20-17.15

Are you passionate about a particular idea or issue? Come and develop it in a Project in STEAM and let your idea "fly", receiving formal recognition of a CREST award at the same time.

Senior Choir

Monday: 16.20 - 17.15

Do you love singing? Would you like the opportunity to go on an international music tour? This term we will be a large 4 part/bubble vocal group singing a fun and lively repertoire.

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

Year 10 Prep Club


Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Prep Club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6.



 DofE Volunteering

 DofE Skill

 DofE Physical

 STEAM Hobby

Year 11

Year 11 Acapella

Lunchtimes

By invitation only, this quartet will meet on Fridays of Week 1 and Thursdays of Week 2 to prepare a repertoire for their ever growing audience.

Year 11 APP

Wednesday: 16.20 - 17.15

By invitation only, our Advanced Performers' Programme in Sport focuses on fitness training, nutrition and psychology. Building on the core speed, agility and strength skills needed to be one of the elite.

Year 11 Artist Development

Wednesday: 16.20 - 17.15

Invitation only club for aspiring musical artists to develop your creative talent. Work with dedicated Music Dept staff to expand your capability and record material to demonstrate your prowess and progression.

Year 11 Basketball

Wednesday: 16.20 - 17.15

Shooting hoops with coaching and training, come and practice your game in this Year 11 only Club.

Year 11 Jazz

Monday: 13.45 - 14.15

Our popular Fryer Jazz sessions are run by Music specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section. Join in!

Year 11 Well-being

Wednesday: 16.20 - 17.15

With exam season approaching in this most extraordinary of times, these weekly sessions will explore how to stay happy and focus of mental well-being

Year 11 Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our prep club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6.

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

Senior Choir

Monday: 16.20 - 17.15

Do you love singing? Would you like the opportunity to go on an international music tour? This term we will be a large 4 part/bubble vocal group singing a fun and lively repertoire.



 DofE Volunteering

 DofE Skill



 DofE Physical

 STEAM Hobby


Sixth Form

6th Form Amicus  Tuesday: 16.20 - 17.15 Join this student led activity and take charge of organising charity events at Leighton Park. Come and be a change-maker.	6th Form Amnesty International  Friday: 13.15 - 13.40 A student-led group with Tom as your guide on the side. This group is focused on human rights and campaigning through Amnesty International.	6th Form Casting Controversy Wednesday: 16.20 - 17.15 Podcasts - Dig through the evidence and argue your case in a recorded debate: let the listeners decide.
6th Form Cooking for University  Monday: 16.20 - 17.15 A fun session where you will get to try out a range of sweet and savoury recipes which you can use in the future. The aim is that everyone can eat or take their culinary creations home with them.	6th Form Drawing Club  Tuesday: 16.20 - 17.15 From life drawing, plein air painting, watching art films to making your own oil paint, Drawing Club will help you improve your technical skills, try new materials and take a breather after a busy day.	6th Form EcoSchools  Wednesday: 13.30 - 14.10  Driving real change on how sustainable our School is. Take an idea from inspiration to action, learn to negotiate and persuade peers and staff to adopt new ways of consuming.
6th Form GSA Monday lunchtime Student-led gender and sexuality alliance exploring relevant issues and offering weekly support sessions for those interested in inclusion and diversity.	6th Form Jazz  Friday: 13.15 - 13.45 Our popular Jazz sessions are run by specialist Stuart Henderson who will be sure to have you foot tapping to the beat. Improvise in the front line, sing with a Jazz group or be the driving force behind the band in the rhythm section.	6th Form LP Philosophy Society  Wednesday: 16.20 - 17.15 Your opportunity to think about and discuss life's most fascinating questions: "What's the meaning of life?", "Does God exist?", "Should I be vegan?" and "Do I really know anything at all?"
6th Form Senior Maths  Monday: 16.20 - 17.15  Taught, structured lessons in Advanced Problems Solving in preparation for STEP, MAT, TSA+. Some team maths and explore the philosophy of mathematics and key maths topics of our time.	6th Form Scientific Writing Essay  Tuesday: 16.20 - 17.15  If you wish to apply for a science related degree at a top university, the ability to research and write scientific articles is a vital skill. Join scientific essay writing to develop this skill and enter national competitions. Add serious weight to any personal statement.	6th Form Yoga  Tuesday: 16.20 - 17.15 Breathe, stretch, relax and unwind in this yoga class with Isabelle.

 DofE Volunteering

 DofE Skill

 DofE Physical

 STEAM Hobby

Sixth Form



L6th Debating Matters

Thursday: 16.20 - 17.15

In this club we will develop thinking, speaking, presentation and research skills. We will work in a collaborative manner to build self-confidence before you launch into a full-scale debate.

L6th Literary Writers' Club

Wednesday: 16.20 - 17.15

We will engage as a circle of writers, discussing literature and exploring creative idea. There will be lots of time to write freely and share your writing in a comfortable, respectful and creative environment.



L6th Social Enterprise

Thursday: 16.20 - 17.15

You will be encouraged to identify a business opportunity and form a company in School to bring your idea to success. You will also be provided with coaching on how to become a successful entrepreneur.

L6th Aspiring High

Thursday: 16.20 - 17.15

Medicine and Oxbridge applicants must attend this important academic enrichment club. You will benefit from skills-building activities, support and discussion as you move forward with applications.

U6th EPQ

Tues/Weds/ Thurs: 16.20 - 17.15

Completing your amazing EPQs, these sessions will focus your attention on crossing the finishing line.

U6th Guided Relaxation

Monday: 13.30 - 14.00

Stressed about exams? Feeling tense? Our guided relaxation sessions will help put you in the right frame of mind at the start of your week. Join Amie in the Dance Studio.

U6th Music Prod.

Thursday lunchtime

Learn how to create music and sound on the computer using Digital Audio Workstations (Logic Pro X, Garageband, Cubase).

Orchestra

Tuesday: 16.20 - 17.15

An exciting and fun Orchestra playing modern and contemporary music. If you love playing in an ensemble with a big sound, we would love you to join us. This term you will be playing in bubbles.

Senior Choir

Monday: 16.20 - 17.15

Do you love singing? Would you like the opportunity to go on an international music tour? This term we will be a large 4 part/bubble vocal group singing a fun and lively repertoire.

6th Form Prep Club

Monday - Thursday: 16.20 - 17.15

Need some support with your homework? Have a project that requires concentration and a quiet space? Join our Prep Club on Mondays, Tuesdays, Wednesdays and Thursdays after Period 6.



DofE Volunteering



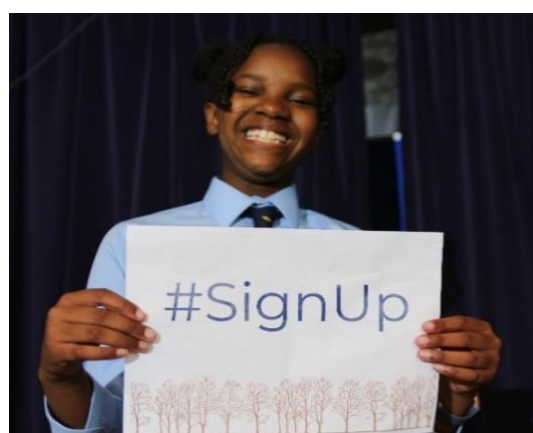
DofE Skill



DofE Physical



STEAM Hobby



If you should have any questions about the Spring Term Co-Curricular Programme, contact:
 Natasha Coccia Assistant Head, Co-Curricular Email: natashacoccia@leightonpark.com

