

# LORD WANDSWORTH COLLEGE

## SATURDAY MORNING PROGRAMME



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# COLOUR KEY

Curiosity - a desire to know or learn something new

Creativity - involve the imagination and original ideas

Consolidation - reinforce and strengthen existing knowledge

Active - develop your fitness

# SATURDAY MORNING PROGRAMME

The Saturday Morning Programme is designed to help you become a more inquisitive learner – and not just in the classroom. We want to help prepare you for life beyond LWC. It's a competitive world out there. Often, employers are not only interested in an applicant's qualifications but also concerned that they have developed the right thinking, creative and communication skills.

The modern workplace is less structured than it used to be; working from home and on multi-discipline projects with only light management is common. Numerous career changes will become the norm and self-direction, drive, inner strength and adaptability will be the key to success. The Saturday Morning Programme will give you the freedom to:

- **Go off-piste educationally**
- **Try things that you would not normally have the opportunity to experience**
- **Challenge yourself and develop your character**
- **Stretch your intellectual passions**
- **Find the additional support you need to consolidate your learning**

We want to provide you with a supportive, nurturing environment that develops your mind and helps you stand out from the crowd.

*'It is through the choices we make that our character is defined'*

Saturday mornings are about CHOICES. It is a non-uniform day to ensure it feels different from the normal working week. Full boarders are expected to participate but the programme is optional for all other pupils; however, we are confident that you will not want to miss out. It is your opportunity to try something new, enrich your academic program and stretch yourself.

This brochure shows you all the courses, they are divided into four areas:

## CONSOLIDATION

Some of you might need extra guidance and attention in certain subjects. These courses will aim to give you the additional support you need to consolidate your learning and ensure you do the best you possibly can come exam time – and beyond.

## ACTIVE

A chance for you to try a new sport, develop your skills and work on your fitness. Remember to leave enough energy for afternoon fixtures though!

## CURIOSITY

These are courses that will hopefully spark a new interest. Your teacher will often be learning with you and together you will discover and develop new knowledge and skills.

## CREATIVITY

Creativity is often stifled by the rigorously assessed educational process. We want you to explore your creativity through many different means in an informal and supportive environment.

# RULES/NOTES FOR YEAR GROUPS

Please read the information below and if you have any further questions please contact your tutor. (*The below options are shown as examples only*)

## FORMS 1-3

ACTIVE	CURIOSITY	CREATIVITY
Rugby 7s	Chess	Textiles
Football	Dissection Club	MAD Band
Tennis	Political Voice	3D Design & Animation
etc	etc	etc

### Rules/Notes

- Each term you can do two activities from **different columns**
- Over the year you should do at least one activity from each column
- Consolidation/support will be available for selected pupils (Maths support, etc) but they will be selected by Tutors, Teachers or HODs
- Junior play rehearsals will also cut across at points in the year

## FORM 4

CONSOLIDATION	ACTIVE	CURIOSITY	CREATIVITY
History Clinic	Archery	Debating Society	Block/Batik Printing
French GCSE Clinic	Rugby Skills	Bike Surgery	Mid Year Play
EAL Consolidation	Climbing Wall	Introduction to Law	Gremlin Dance
etc	etc	etc	etc

### Rules/Notes

- 4th Form pupils pick freely from columns 2-4
- Clinics/catch up are available but pupils must be proposed by HODs, SENCO or Tutor.

## FORMS 5-6

CONSOLIDATION	ACTIVE	CURIOSITY	CREATIVITY
Chemistry Clinic	Self-Defence	Amnesty International	Open Art Studio
Maths Clinic	D of E	Botany Club	Film Club
Geography Clinic	Rugby Refereeing	Vets & Medics	Music Tech Lab
etc	etc	etc	etc

### Rules/Notes

- Free choice for Forms 5-6 - to be monitored by tutors
- Play rehearsals will cut across activities
- Tutors will be able to request opt outs from any rules if appropriate

**Please note: Activities are selected on a termly basis and are subject to change.**

## LEADERSHIP

Sixth Form have the additional opportunity to lead an activity themselves. The benefits of leadership are vast. It demonstrates skill building, mentoring younger students, gives opportunities to diversify UCAS statements etc.

The activity can be run in a pair or small group; however, the more confident student could lead individually. It requires a staff member to oversee the activity, however the onus is on the Sixth Former to prepare and plan for the activity.

For further information, please see a member of department, your tutor or Mr Beven.

# CURIOSITY

## AMNESTY INTERNATIONAL



Stand up and make a difference. Join and be part of the UK Amnesty Youth Group and get a chance to work with Amnesty International in London.

<https://www.amnesty.org/en/>

**FORMS**

6

**INVITE/OPEN**

Open

## BBQ CLUB



Learn how to butcher, marinade, cook and serve a range of BBQ dishes, including meats, salads and sides.

**FORMS**

3, 4, 5, 6

**INVITE/OPEN**

Open

## BEGINNERS PORTUGUESE



Looking to learn a new language? Come and give Portuguese a go. Test yourself by learning all the basics to this fascinating language from saying hello to asking your way around a city.

**FORMS**

ALL

**INVITE/OPEN**

Open

## BIKE SURGERY



Got a bike issue? From gears to shifters and brakes to shocks, bike mechanics at the bike surgery fix everything. Servicing, repairs, upgrades, adjustments, rebuilds, new builds - the mechanics team can fix anything attached to a bicycle. All abilities welcome. Learn the skills needed to keep your bike on the road. Road/Mountain/Uni/Tri/Tandem - all types welcome.

**FORMS**

ALL

**INVITE/OPEN**

Open

## BOOK CLUB



Share your love of reading and get together with others to discuss the books you have read.

FORMS	INVITE/OPEN
ALL	Open

## BOTANY CLUB



Explore your interest in the science of plants.

FORMS	INVITE/OPEN
ALL	Open

## BUILD A BUSINESS



Have you ever thought about what it might feel like to run your own business? This course will equip you with the skills to market and manage your business. You will also get the chance to make your own sales and profit.

FORMS	INVITE/OPEN
3	Open

## CHESS



War of the boards. Try to check mate your enemy and take over their Kingdom. Come and play some recreational chess, from beginner to intermediate.

FORMS	INVITE/OPEN
ALL	Open

## CONFIDENCE AND LIFE SKILLS



Develop your skills in how to be confident throughout life. Look at techniques and tips for topics such as self-belief, body language and communication etc.

FORMS	INVITE/OPEN
ALL	Open

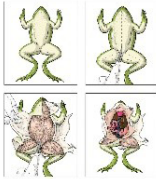
## DEBATING SOCIETY



Formulate an argument and develop an opinion. Learn to be articulate in your responses and persuade others around to your point of view.

FORMS	INVITE/OPEN
3, 4, 5, 6	Open

## DISSECTION CLUB



Want to know what's inside? How anatomy works? Develop the minutiae of dissection skills working on a variety of species whilst learning about how all the different parts work.

FORMS	INVITE/OPEN
3, 4, 5, 6	Open

## FLIGHT CLUB



In Flight Club we look at the basic principles of flight and the different types of airframes of aircraft. We also look at aeroplane engines, controls and flight instruments.

FORMS	INVITE/OPEN
ALL	Open

## GAME DEVELOPMENT USING UNITY



Are you interested in video games? Learn the skills required to create a video game using Unity.

FORMS	INVITE/OPEN
ALL	Open

## GREEK CLUB



Learn the Classical Greek language.

FORMS	INVITE/OPEN
3, 4, 5, 6	Open



## INTRODUCTION TO LAW



An overview of the law of England and Wales; how the law works within the constitution; the place of the law within the European context; lots of discussion and lots of cases; suitable for anyone thinking about a career in the law as well as for those who are interested generally.

FORMS	INVITE/OPEN
4, 5, 6	Open

## MAKE A PODCAST



Learn how to create your own podcast from concept to recording, editing and promoting.

FORMS	INVITE/OPEN
ALL	Open

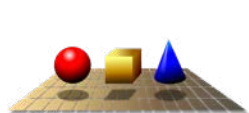
## MANDARIN



This is an additionally expensed course and only available to those who have signed up via Mrs Badger. Please contact her directly for more information.

FORMS	INVITE/OPEN
ALL	Invite

## MATHS PUZZLES



Use your mathematical prowess to combat these tricky puzzles.

FORMS	INVITE/OPEN
ALL	Open

## MFL FILMS



Watching a range of films in either French, Spanish or German.

FORMS	INVITE/OPEN
ALL	Open



## PRIDEAUX SOCIETY



Pupil led series of talks by scholars.

FORMS	INVITE/OPEN
All Scholars	Invite

## PSYCHOLOGY BASICS



Psychology is a very interesting topic and one that is widely regarded around the world. This activity will give you all the basics of psychology and allow you to think differently about the world, school and sport.

FORMS	INVITE/OPEN
3, 4, 5	Open

## ROBOTICS



Robotics is an interdisciplinary branch of engineering and science that includes mechanical engineering, electronics engineering, computer science, and others. Discover more about the fascinating world of robotics!

FORMS	INVITE/OPEN
ALL	Open

## SCIENCE CLUB



An opportunity to extend and further your scientific knowledge.

FORMS	INVITE/OPEN
3, 4, 5, 6	Open

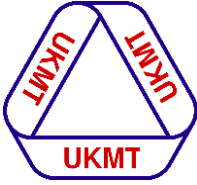
## THE BEATLES STORY



Mr Badger is a Beatles enthusiast with a wealth of knowledge of how the young men from Liverpool came to be the most decorated band in UK history.

FORMS	INVITE/OPEN
ALL	Open

## UKMT PROBLEMS



The UK Mathematics Trust: this activity will prepare you for the Challenges. These will consist of lively, intriguing multiple choice question papers which are designed to stimulate interest in and advance your maths.

FORMS	INVITE/OPEN
3, 4, 5, 6	Open

## VETS & MEDICS



Prepare for university courses studying either Vet Science or Medicine.

FORMS	INVITE/OPEN
5-U6th	Open

## WILDLIFE PRESERVATION



A project to bring wildlife to LWC. A variety of skills will be put to the test. Previous projects included hedgehog houses and a giant insect hotel.

FORMS	INVITE/OPEN
ALL	Open

# CREATIVITY

## 3D DESIGN & ANIMATION



Learn how to use specialised software to design and develop 3D models.

FORMS	INVITE/OPEN
1, 2, 3, 4	Open

## BATIK PAINTING AND BLOCK PRINTING



Learn the technique of batik painting and block printing in two mini projects.

FORMS	INVITE/OPEN
3, 4	Open

## CHINESE PAINTING



Chinese Painting - led by Sarah Qu - is an ancient art form exploring still life and landscapes in nature. The painting is similar to calligraphy, creating free hand, line and tonal paintings on rice paper with a brush and ink. The results are delicate and decorative, ideal for gifts and cards.

FORMS	INVITE/OPEN
3, 4	Open

## CHINESE WRITING



Are you interested in learning how to write in Chinese? This is another form of Art! Using demonstrations, pictures and drawings, you will learn how the language of these traditional characters has transformed throughout history.

FORMS	INVITE/OPEN
ALL	Open

## CODING CLUB



Got a project you are working on? Want to develop new ideas or software in computing? Then this is the place for you. Coding club is a time when you can work in the IT room and develop the things you are interested in.

FORMS	INVITE/OPEN
2, 3, 4, 5, 6	Open

## FILM CLUB



Are you interested in film and how it is made? Spend this activity learning how to shoot film and edit the footage into short films.

**FORMS**

3, 4, 5, 6

**INVITE/OPEN**

Open

## GREMLIN DANCE



This is a dance initiative. Please sign up through Mrs Radmann who can give you further information.

**FORMS**

3, 4, 5

**INVITE/OPEN**

Invite

## INSTALLATION ART



*'The term installation art is used to describe.... mixed-media constructions often designed for a specific place or for a temporary period of time'* - Tate Modern

The art department are twinned with Geography this year and Ms Swingler - alongside the Art and Geography prefects - will be running a collaborative project, creating a piece of installation art in response to the theme 'A Sense of Place'. The installation will be multisensory - creating an environment that the viewer can experience. Students will work as a team to explore creative ideas and outcomes together.

**FORMS**

1, 2, 3, 4

**INVITE/OPEN**

Invite

## JUNIOR ART ACTIVITY



Love art and finding new and exciting techniques? Then this will provide a variety of different activities to learn new skills.

**FORMS**

1, 2

**INVITE/OPEN**

Open

## JUNIOR PLAY



Cast list and rehearsal schedule will be given to those pupils involved.

FORMS	INVITE/OPEN
1, 2	Invite

## LAND ROVER 4X4 INSCHOOLS CHALLENGE



Work together as a team to design and build a radio controlled four-wheel drive (4x4) vehicle.

FORMS	INVITE/OPEN
ALL	Invite

## MID - YEAR PLAY REHEARSALS



Join in the Mid-Year play and showcase your talent. Those in the play should ask to slot into an alternative activity when they are not needed for rehearsals.

FORMS	INVITE/OPEN
3, 4	Invite (Auditions)

## MUSIC & DRAMA - BAND PRACTICE



Start a band and work together to play and write music. Work towards performing in live acoustic nights and shows.

FORMS	INVITE/OPEN
ALL	Open

## MUSIC & DRAMA - GCSE/A LEVEL MUSICIANS



An opportunity to work on your GCSE and A Level Music curriculum whilst getting guidance in a clinic format.

FORMS	INVITE/OPEN
5, 6	Open

## MUSIC & DRAMA - THEORY/AURAL



Need some help and guidance in musical theory? Come to Open MAD Theory to get the help you need.

**FORMS**

ALL

**INVITE/OPEN**

Open

## MUSIC & DRAMA - INDIVIDUAL PRACTICE



A valuable opportunity to practise your musical instrument and prepare for lessons and exams.

**FORMS**

ALL

**INVITE/OPEN**

Open

## MUSIC & DRAMA - MUSICAL



Auditions will take place for our epic LWC musical of the year and those chosen to take part will attend rehearsals.

**FORMS**

ALL

**INVITE/OPEN**

Invite

## MUSIC & DRAMA - SONGWRITING/DJ/ELECTRONIC MUSIC CLUB



Feed your musical creativity.

**FORMS**

ALL

**INVITE/OPEN**

Open

## MUSIC & DRAMA - TECH LAB



Use this activity time to develop your music tech skills and work on coursework towards your GCSEs and A Levels.

**FORMS**

4, 5, 6

**INVITE/OPEN**

Open



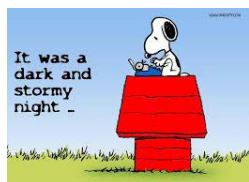
## OPEN ART STUDIO



Use the studio and resources to develop your art skills whilst working independently on projects. Take the opportunity to seek advice from 6th Form artists and teachers.

FORMS	INVITE/OPEN
3, 4, 5, 6	Open

## PROJECT CREATIVE WRITING PUBLICATION



Work on creative writing - original projects - as well as entering competitions. Work on editing and publishing a creative magazine based on LWC creative work from all ages. A chance to lead, project manage as well as to create.

FORMS	INVITE/OPEN
3, 4, 5, 6	Open

## SENIOR PLAY REHEARSAL



This is a fantastic opportunity for those in the 5th, L6th and U6th to tread the boards and be part of a senior production. Rehearsals will also run during the week.

FORMS	INVITE/OPEN
5, 6	Invite

## TECHNICAL DRAWING



Are you serious about drawing? Want to learn how to use proportions like the masters and learn skills for technical pencil drawing? This is for you!

FORMS	INVITE/OPEN
3, 4, 5, 6	Open

## TEXTILES



Love Textiles and finding new and exciting techniques? This will show you a variety of different activities to learn new skills. Pattern Magic session also available for 5th and 6th Form.

FORMS	INVITE/OPEN
1, 2, 3, 5, 6	Open

# CONSOLIDATION

BIOLOGY A LEVEL EXAM SKILLS	
FORMS	INVITE/OPEN
6	Open

BIOLOGY GCSE CLINIC	
FORMS	INVITE/OPEN
5	Open

BUSINESS STUDIES CLINIC	
FORMS	INVITE/OPEN
6	Open

CHEMISTRY CLINIC	
FORMS	INVITE/OPEN
5, 6	Open

COMPUTER SCIENCE GCSE CLINIC	
FORMS	INVITE/OPEN
4, 5	Open

D&T GCSE CLINIC	
FORMS	INVITE/OPEN
5	Open

EAL CONSOLIDATION	
FORMS	INVITE/OPEN
ALL	Invite

ECONOMICS CLINIC	
FORMS	INVITE/OPEN
6	Open

ENGLISH LANGUAGE IGCSE CLINIC	
FORMS	INVITE/OPEN
5, L6	Invite

### ENGLISH LITERATURE IGCSE CLINIC

FORMS	INVITE/OPEN
5	Invite

### EXTENDED PROJECT QUALIFICATION

FORMS	INVITE/OPEN
6	Open

### FRENCH GCSE CLINIC

FORMS	INVITE/OPEN
4, 5	Open

### FRENCH EXTENSION

FORMS	INVITE/OPEN
3, 4, 5	Open

### GEOGRAPHY GCSE 5TH FORM REVISION CLINIC

FORMS	INVITE/OPEN
5	Open

### GEOGRAPHY A LEVEL CLINIC

FORMS	INVITE/OPEN
6	Open

### GERMAN GCSE AND EXTENSION CLINIC

FORMS	INVITE/OPEN
4, 5	Open

### HISTORY GCSE CLINIC

FORMS	INVITE/OPEN
4, 5	Open

### LATIN/CLASSICS GCSE CLINIC

FORMS	INVITE/OPEN
4, 5	Invite

## LATIN JUNIOR CLINIC

FORMS	INVITE/OPEN
1, 2	Open

## MFL SELF STUDY

FORMS	INVITE/OPEN
6	Open

## MATHS A LEVEL CLINIC

FORMS	INVITE/OPEN
6	Open

## MATHS GCSE CLINIC

FORMS	INVITE/OPEN
5	Open

## MATHS CLINIC

FORMS	INVITE/OPEN
3, 4	Open

## MATHS - DECISION 1

FORMS	INVITE/OPEN
6	Invite

## PE A LEVEL CLINIC

FORMS	INVITE/OPEN
4, 5	Open

## PE GCSE

FORMS	INVITE/OPEN
4, 5	Invite

## SPANISH GCSE CLINIC

FORMS	INVITE/OPEN
4, 5	Open

## SPANISH A LEVEL CLINIC

<b>FORMS</b>	<b>INVITE/OPEN</b>
4, 5	Open

## 6TH FORM SELF STUDY

An opportunity to do some independent study work. Please register with reception and work in the Library or a relevant department. Self-Study cannot be taken in Houses.

<b>FORMS</b>	<b>INVITE/OPEN</b>
6	Open

# ACTIVE

## AIR RIFLE RANGE CCF



An opportunity to spend time on the air rifle range for those who are in CCF training.

**FORMS**

**INVITE/OPEN**

ALL

Open

## ARCHERY



Pick up a bow and arrow, draw the string and learn how to shoot accurately. You'll be hitting the bulls-eye in no time!

**FORMS**

**INVITE/OPEN**

3, 4, 5, 6

Open

## BADMINTON



Come along, develop your badminton skills, and have some fun.

**FORMS**

**INVITE/OPEN**

3, 4, 5

Open

## CLIMBING WALL



Can you harness your core strength, flexibility and balance, then maybe climbing is for you. Learn the skills inside that can take you outside. Challenge both mind and body.

**FORMS**

**INVITE/OPEN**

3, 4, 5, 6

Open

## CRICKET (GIRLS)



Practice cricket in preparation for competitions.

**FORMS**

1, 2

**INVITE/OPEN**

Open

## CROQUET



Ever fancied playing croquet? Croquet is an exciting game of skills, tactics and concentration.

**FORMS**

ALL

**INVITE/OPEN**

Open

## DODGEBALL



An energetic game where only fun is had. Two teams, one ball and lots of fun! The five Ds of Dodgeball - Dodge, Duck, Dip, Dive and.....Dodge!

**FORMS**

1, 2, 3, 4

**INVITE/OPEN**

Open

## FOOTBALL (GIRLS)



Football for the girls - develop skills and enjoy the game!

**FORMS**

ALL

**INVITE/OPEN**

Open

## FUTSAL



Enjoy this lively and exciting variation of football.

**FORMS**

ALL

**INVITE/OPEN**

Open

## GOLD DUKE OF EDINBURGH



Take on the ultimate D of E challenge which includes charity work, physical activity, learning new skills and getting out of your comfort zone on an expedition.

**FORMS**

4, 5, 6

**INVITE/OPEN**

Open

## HANDBALL



Handball is a fun and fast team sport in which two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the other team.

**FORMS**

1, 2, 3

**INVITE/OPEN**

Open

## HOCKEY SKILLS



Work on your hockey skills and improve your game.

**FORMS**

1, 2

**INVITE/OPEN**

Open



## MINDFULNESS AND YOGA



Relax and unwind with a spot of yoga.

**FORMS**

3, 4, 5, 6

**INVITE/OPEN**

Open

## MOUNTAIN BIKING (JUNIOR)



Explore some of our 1200 acre campus on the back of a mountain bike.

**FORMS**

1, 2

**INVITE/OPEN**

Open

## NETBALL SHOOTING



Improve your shooting skills.

**FORMS**

ALL

**INVITE/OPEN**

Open

## OPEN GYM



Keep fit and enjoy a workout.

**FORMS**

ALL

**INVITE/OPEN**

Open

## RUGBY KICKING



Practice your technical rugby kicking whether it be in game or for a conversion or penalty. Top of the range video analysis equipment will be used so you can look back at the footage and see how you are progressing.

**FORMS**

3, 4, 5, 6

**INVITE/OPEN**

Open

## RUGBY REFEREEING



A fantastic opportunity for those invited to learn how to referee – a valuable skill to have.

**FORMS**

4, 5, 6

**INVITE/OPEN**

Invite

## RUGBY 7S



Sessions will be divided for Junior and Senior groups.

**FORMS**

ALL

**INVITE/OPEN**

Open

## RUGBY SKILLS



Practice and improve your rugby skills.

**FORMS**

3, 4, 5, 6

**INVITE/OPEN**

Open

## SELF-DEFENCE



This is an activity requested by the girls, another example of pupil voice leading the way. Initially this will be for girls only.

**FORMS**

3, 4, 5, 6

**INVITE/OPEN**

Open

## SILVER DUKE OF EDINBURGH



For those students who also do CCF, this is another opportunity to work on your route planning for your silver expedition.

**FORMS**

5

**INVITE/OPEN**

Invite

## SQUASH (JUNIOR)



Professional coaching to develop your squash game. All levels welcome.

**FORMS**

1, 2

**INVITE/OPEN**

Open

## TENNIS



Develop and improve your tennis techniques and enjoy the games.

**FORMS**

3, 4, 5

**INVITE/OPEN**

Open

## TRAMPOLINING (JUNIOR)



Learn the basic pike, tuck and straddle jumps and then progress to more complex combinations of somersaults and twists.

**FORMS**

1, 2

**INVITE/OPEN**

Open

## VOLLEYBALL



Learn the basic techniques of volleyball and take part in fun matches.

**FORMS**

1, 2, 3

**INVITE/OPEN**

Open

## ZUMBA



Join in the energetic fun in this popular activity.

**FORMS**

1, 2, 3, 4, 5

**INVITE/OPEN**

Open



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