



Midhurst Rother College
The best in everyone™
Part of United Learning

MRC
EXPERIENCE
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Foreword

The enrichment opportunities offered at Midhurst Rother College during 2016-17 will develop on the outstanding programme that was launched in 2015. All students in Years 7-10 will have the choice of a hugely varied and exciting enrichment programme timetabled into their College day on at least two occasions each week and on one occasion for year 11 students. Activities range across elite sports coaching, journalism, archaeology, debating, cookery lessons, Science, forest schools and much more. These activities will be delivered by College teaching staff and on some occasions by external coaches with a specialism in their field.

The enrichment programme launched during this academic year has already started to show signs of reward and success for our students across a range of activities; The Saints football academy has enjoyed several district league successes for the 1st time, the netball academy students are more successful than in previous years, our Debating team beat the esteemed Winchester College debating team on their own ground, our archaeology students have proven to be a real success and are planning their first trip and links with other schools, over 70 students have achieved the Science crest award, our cross country runners stormed the County finals and the Chichester corporate challenge event with winners in both events, a clean sweep of musical awards at The Chichester festival of Music for our fantastic musicians, our annual College Production and many more examples.

United Learning schools have a mission to test and challenge children in unexpected ways – to help them to develop creativity and resilience. They aim to help young people to learn about teamwork, to care and to serve, to overcome difficulties and to manage themselves and their feelings. In order to develop these personal qualities and skills are many opportunities beyond the classroom – in sport, music, performance, clubs and societies, in chances to lead, take responsibility and in opportunities to volunteer. Enrichment activities at the College will link in with the United Learning ethos of becoming involved and experiencing a variety of different areas.

This brochure informs you about the '10 pledges' that make up the MRC Experience and that students should strive to achieve throughout their time at the College. These pledges help create fully rounded students with a vast range of skills and experiences that will support their future career choices whatever they may be, for the first time ever these pledges are now tracked electronically across a student's time with us here at MRC, using our online reward system epraise.

We are sure you will enjoy looking through the enrichment opportunities available to you. We are confident that the variety available will allow each and every student to develop skills and confidence during their time at MRC. If you feel that you could contribute in any way to our range of options then please do get in contact with us at the email addresses below- links with the local community and outside agencies is a key part to us delivering the incredible programme that we do.



Mrs Heide Evans
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Follow us on Twitter

[@MRCperformance](https://twitter.com/MRCperformance)

How to use this brochure

Step 1. Look at the overview of activities (pages 7 – 9) for autumn term (**Term 1**) and each day within that term, making sure you are looking at the correct year group as of September 2017.

Step 2. Now read the information about the activities you are interested in to ensure this is what you would like to do for the term.

Step 3. Ensure that you are choosing an activity for the **year group you will be in at the start of September 2017**. You will find the year groups clearly identified under the title of the activity.

Step 4. You need to select 3 enrichment activities for each day in each term. **THESE ARE NOT CHOSEN IN ORDER OF PREFERENCE – YOU WILL BE ALLOCATED ANY 1 OF YOUR 3 CHOICES.**

Years 8 will choose a total of 9 activities per term, three per night (see table 1 below). We will try to ensure all students are allocated one of their enrichment choices.

Years 9 and 10 will choose a total of 6 activities per term, three per night (see table 2 below). We will try to ensure all students are allocated one of their enrichment choices.

Year 11 will choose a total of 3 activities per term, three per night (see table 3 below). We will try to ensure all students are allocated one of their enrichment choices.

Table 1 - Year 8

Term 1	Monday	Tuesday	Wednesday
Enrichment one			
Enrichment two			
Enrichment three			

Table 2 - Years 9 & 10

Term 1	Monday	Wednesday
Enrichment one		
Enrichment two		
Enrichment three		

Table 3 - Year 11

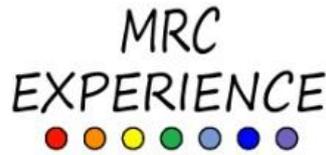
Term 1	Wednesday
Enrichment one	
Enrichment two	
Enrichment three	

Step 5. Students in current Years 8 – 10 will use Survey Monkey to select their enrichment activities during a PE lesson.

Step 6. You will be allocated into one of your enrichment choices on each day and this will be set into your timetable in September.

NB:

- Saints Academy and Netball Academy players will automatically be allocated so should pick a full range of activities from this brochure as per the instructions above.
- Some off-site activities will have a cost attached to them and return to College later than the finishing time of 15.40. These will be clearly stated in the activity information. These costs cover; insurance, transport and hiring of facilities.
- Clubs have maximum and minimum numbers to run, allowing for staff ratios and external coach quotas – meaning some clubs may not be viable to run due to lack of demand.
- A drama production will take place throughout term 2 and 3. Interested students will audition for this during Term 1 and, if successful, will be removed from their enrichment activities in Term 2 and 3 when rehearsals take place instead.
- This programme is subject to change throughout the year.
- All sporting activities will require the College sports kit normally worn in PE lessons.
- Ensure you are committed to the enrichment activities you choose for the entire term.



'As part of United Learning, all our schools are able to offer pupils a wider range of experiences than they would be able to do alone. From music and sport events to enterprise challenges, debating competitions and trips abroad, all of our pupils - regardless of age or location - have countless opportunities to take part in activities, all enriching their school experience.'

Here at MRC we have 10 pledges that students should aim to achieve throughout their time at the College;

- 1 Regularly attend a physically active and non-active enrichment activity**
- 2 Represent the College at a sporting, cultural or academic event**
- 3 Take part in a major House event**
- 4 Attend a national sporting or cultural event, or a performance at a major venue**
- 5 Take part in a major College Drama or Musical production/event**
- 6 Take part in a formal presentation to an audience using ICT/multimedia**
- 7 Lead on a significant out of lesson event, presentation or activity**
- 8 Be actively involved in an international experience**
- 9 Be actively involved in some form of community or fund-raising experience**
- 10 Contribute to sustainability or international development**

Throughout this brochure you will see the above pledges linked to certain enrichment activities, meaning that the enrichment activity will support you gaining that particular pledge. Attendance alone is not enough to achieve a pledge.

The pledges should form the foundation of a student's life whilst at the College. Achieving these pledges will allow students to take forward a vast array of life skills into their future plans whether that is sixth form, university or employment. Students will be recognised for their contributions and achievements in gaining these pledges through awards evenings and presentations.

Enrichment activities overview – Term 1

Term 1 - Monday			
Year 7	Year 8	Year 9	Year 10
Adventure Orienteering	Adventure orienteering	Adventure Orienteering	Adventure orienteering
Art – Printing Class	Art – Printing Class	Art – Printing Class	
Ballet – Cost £30.00	Ballet - Cost £30.00	Ballet - Cost £30.00	Ballet - Cost £30.00
Basketball (girls only)	Basketball (girls only)	Basketball (girls only)	Basketball (girls only)
Bee Keeping	Bee Keeping	Bee Keeping	Bee Keeping
Cheerleading Junior level 2			
Chess Club	Chess Club	Chess Club	Chess Club
Choir	Choir	Choir	Choir
		Climbing	Climbing
		Cross country	Cross country
Debate Club	Debate Club	Debate Club	Debate Club
Drama Club	Drama Club	Drama Club	
Football	Football		
French cookery	French cookery	French cookery	French cookery
Geography in the news	Geography in the news	Geography in the news	
Hockey	Hockey	Hockey	Hockey
Homework Club	Homework Club	Homework Club	Homework Club
Humanities Film club	Humanities Film club	Humanities Film club	Humanities Film club
Knitting & crochet	Knitting & crochet	Knitting & crochet	Knitting & crochet
Mandala Making	Mandala Making	Mandala Making	Mandala Making
Microbit	Microbit	Microbit	
Multi-Gym	Multi-Gym	Multi-Gym	Multi-Gym
Nail Art	Nail Art	Nail Art	
		Netball	Netball
		Photography Club	Photography Club
		Rugby	Rugby
SEND Homework	SEND Homework	SEND Homework	
Street dance	Street dance	Street dance	Street dance
Videography	Videography	Videography	Videography

Term 1 - Tuesday	
Year 7	Year 8
SEND Homework	SEND Homework
Adventure Orienteering	Adventure Orienteering
Modern Dance - Cost £30.00	Modern Dance - Cost £30.00
Basketball	Basketball
Chess Club	Chess Club
Climbing	Climbing
Cross country	Cross country
Football	Football
Gardening Club	Gardening Club
Hair and Beauty	Hair and Beauty
Homework Club	Homework Club
Lego Therapy	Lego Therapy
Library Club	Library Club
Modern Dance	Modern Dance
Multi-Gym	Multi-Gym
Music Academy	Music Academy
Netball	Netball
Rugby	Rugby
Science club	Science club
	Spanish
Squash – Cost £15.00	Squash – Cost £15.00
Ukulele	Ukulele

Term 1 - Wednesday				
Year 7	Year 8	Year 9	Year 10	Year 11
Art – Life drawing class	Art – Life drawing class	Art – Life drawing class		
		Babysitting course	Babysitting course	Babysitting course
The BBC News School Report				
Cheerleading Snr Level 3				
Chess Club				
Cookery club	Cookery club	Cookery club		
Cross stitch	Cross stitch	Cross stitch		
Debate Club				
		Football	Football	Football
		Hair and Beauty	Hair and Beauty	Hair and Beauty
History Club	History Club	History Club		
Hockey	Hockey	Hockey	Hockey	Hockey
Homework Club				
Humanities Film club	Humanities Film club	Humanities Film club	Humanities Film club	
Microbit	Microbit	Microbit		
Modern Dance - Cost £30.00				
			Multi-Gym	Multi-Gym
		Netball	Netball	Netball
Orchestra	Orchestra	Orchestra	Orchestra	Orchestra
		Photography Club	Photography Club	Photography Club
Rugby (girls only)	Rugby (girls only)			
Running club				
SEND Homework				
	Spanish			
Textiles Club	Textiles Club	Textiles Club		
			Weather Station	Weather Station
Web Design - Cost £20.00	Web Design – Cost £20.00	Web Design – Cost £20.00	Web Design - Cost £20.00	Web Design – Cost £20.00
Yoga	Yoga	Yoga	Yoga	Yoga

Adventure Orienteering

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1, 10

Using local walking routes, students will walk off site using map and compass skills to gain confidence in exploring the local area. As skills develop students will start creating their own routes and leading the group. This is a natural lead into skills required for the Duke of Edinburgh Award, it would support Geography skills and allow students to start exploring their local area with more confidence.

Art - Life Drawing Class

Year Groups: 7 8 9

Off Site timings: N/A

Cost: N/A

Pledges: 1

A dedicated pencil drawing class learning how to draw from still life compositions. Learning how to scale up techniques and use shading pencils to achieve realistic 3d effects.

Art – Printing Class

Year Groups: 7 8 9

Off Site timings: N/A

Cost: N/A

Pledges: 1

Working with lino and lino cutting tools to create and detailed print in layered colours. Learning a range of texture techniques. Using a variety of ink colours and working onto a range of surfaces

Ballet

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: £30.00

Pledges: 1, 2

Deborah Purves (LRAD, AISTD) trained at The Royal Academy of Dance. She is a qualified and registered dance teacher of both the Royal Academy of Dance and the Imperial Society of Teachers of Dancing. She is also Principal of The Midhurst Dance School (www.midhurstdanceschool.co.uk). Students will study

RAD ballet and ISTD Modern Dance. Experience is recommended, particularly for ballet. The classes will consist of both free work and syllabus work. This will be determined by the level students are currently training at and how mixed the levels are within each class. The aim is to develop technique, strength, flexibility and a broader vocabulary of steps whilst encouraging an appreciation for the artistic and performance elements in both disciplines. Exams require more than one class a week but the classes will compliment any existing studies towards dance examinations outside of school.

Babysitting Course

Year Groups: 9, 10 & 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 7

Are you looking for part-time work? If so this course could be for you. You will learn the basic skills of child care and what is involved when looking after others. The course uses materials from the Red Cross and an exam will be taken at the end with a certificate awarded. You will be required to do First Aid training as part of the programme. This is an accredited course.

Basketball

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2

‘Slam and Dunk’ – you will develop all the fundamental skills of basketball. Train using high intensity drills taken from professional coaches. Progress will be monitored using state of the art sporting technology. Students will have the opportunity to compete in school and county competitions.

Bee Keeping

Year Groups: 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1, 10

We will be looking to set up, design a bee hive and then build it, which will eventually mean that we can produce MRC’s first ever honey! This will be a practical as well as a researching based project, where we will look to maintain a bee colony over the whole year.

Cheerleading Senior Level 3 & Junior Level 2

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2, 5

TRIALS will be held during the first two weeks of term. Cheerleading is a hugely energetic dance style that is now a sport in its own right. Made up of several different elements; dance, stunting, gymnastics, motions and jumps, it is no wonder that it keeps you fit! A 'cheer routine' is not done with pom poms but does combine motions and dance, as well as stunting and gymnastics. The stunts are great to learn and achieving them creates a great sense of teamwork and achievement for the participants.

NB: Please note due to a competition in the summer term, students will need to select this option in Term 1, 2 & 3

Chess

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1

Beginners and masters alike can learn to develop their strategic skills being coached and playing chess against one another and/or computers.

Choir

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2, 3, 5

Do you enjoy singing? Do you like watching Glee? If the answer is yes, then taking part in the College choir is definitely for you. The choir is open to all year groups. We will be singing in a variety of different styles such as popular songs, songs from the musicals and traditional favourites. Performances will take place throughout the year.

Climbing

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2

Students will have the opportunity to learn to rock climb in a safe and stimulating environment. They will learn to climb, belay, scramble and traverse. There are over 20 different routes to test and challenge your skills. This is suitable for beginners through to advanced climbers.

Cookery Club

Year Groups: 7 8 9

Off Site timings: N/A

Cost: Students will be required to bring their own ingredients

Pledges: 1

'Ready, Steady, Cook!' Students will have a choice of two dishes available every week. Recipes will be put up on the food technology window. Students are required to bring their own ingredients. Students will get to cook a range of recipes from pizza and toast, to cookies. Students will also have an input on what recipes we can put on for the following week.

French Cooking

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: Students will be required to bring their own ingredients

Pledges: 1, 8

Want to make an authentic Spanish Tapas meal or Coq au vin? We will improve your language skills by using recipes and instructions in a foreign language to make dishes from different European countries, simple dishes that can be made in one hour!

Cross County & Running Club

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2

Want to be the next Mo Farah? Commonly known as an individual sport, cross country is actually far from it. Through the year we train on various terrains using a

variety of training methods to ensure that progress is made whilst enjoyment remains high. All training involves lots of group work and through the year there are a number of competitions for teams of runners to compete in. This club buzzes with enthusiasm and success, and allows you to gain the fitness levels necessary for other sports, in fact Gareth Bale used to be a cross country champion in Wales!

Cross Stitch

Year Groups: 7 8 9

Off Site timings: N/A

Cost: N/A

Pledges: 1

Cross stitching is a form of decorative embroidery. Designs are composed of many x-shaped stitches, the same way digital images are composed of many square pixels. You can copy a design or create your own. Cross Stitch Club is your opportunity to get creative and make your own items, such as greetings cards, bookmarks, or a more ambitious larger sewing project. Most materials will be provided to start you off so come along and find out just how much fun cross stitch can be!

Debating Club

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2, 7

Are you ever wrong? Can you understand another point of view? Do you like to discuss current issues that have an impact on our lives? Debating is more than just talking; it is about listening, responding and thinking through the arguments. Be prepared to present your ideas to an audience and participate in some lively discussions and competitions.

Drama Club

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2, 3, 5

Everyone is welcome at the KS3 Drama Club. We will be playing games, improvising and performing a short play at the Drama and Dance evening in the spring

term. So, if you enjoy performing or just want to give it a go, then come along for some fun.

Football

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2

Football is an intense, fast and exciting game that gets the whole team involved. Improve your ball skills whilst working as part of a team and developing leadership. It develops individuals to have discipline, communication, sportsmanship and respect for others.

Gardening

Year Groups: 7 8

Off Site timings: N/A

Cost: N/A

Pledges: 1, 10

Like pottering around and getting your hands dirty? Do you think of yourself as green-fingered? Then join our gardening club where you will learn the basics of practical horticulture including how to plant bulbs, take plant cuttings, identify plants, design a garden and nurture seedlings for fruit/vegetable production.

Geography in the News

Year Groups: 7 8 9

Off Site timings: N/A

Cost: N/A

Pledges: 1, 6

Every day something in the world is affected by "Geography", for example volcanic action, earthquakes, floods, tropical storms. Each week students will research the news for such items, write articles, and develop presentations. These will be displayed on a college noticeboard. This work will be extremely useful for those students interested in geography, who may be planning to study it at exam level, and also may be interested in going into journalism.

Hair and Beauty

Year Groups: 7, 8, 9, 10, 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 3, 9

Students can experience our wonderful salon facilities to learn more about hair and make-up and also take part in practical work of applying these skills to other students and in some cases to other groups or teams within the College.

History Club

Year Groups: 7 8 9

Off Site timings: N/A

Cost: N/A

Pledges: 1

Interested in the past? Want to find out more? Why did things happen and what were the consequences? Some of the world's biggest historical mysteries and events are explored in this exciting club

Hockey Club

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2

“Get a Grip, come and pick up a hockey stick!”

Come and join the MRC hockey club, never played before, great come and “have a go”. Played before, great come and show off your skills and learn new ones. Hockey is a great team game, make new friends, encourage old friends to come along and let the games begin.

Homework Club

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1

An opportunity for students to independently complete any set homework with support from a member of staff. However the expectation will be that students complete additional set homework at home.

Humanities film Club

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1

Hollywood, Bollywood, and Ealing comedy are all part of the new Film Club being run by the Humanities Faculty. Join us as we give you an insight into the world of motion pictures. Each member of staff will present a chosen film for the club and give their reason for choosing it and what to look out for.

Knitting/Crochet

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1

Do you enjoy crafts? Have you ever wanted to learn how to knit or crochet? Then this is the enrichment activity for you. All are welcome from beginners to experienced knitters and crocheters. Beginners will be taught the basic stitches and how to use knitting needles and crocheting hooks. You will also have the opportunity to make various wearable/useable items. (Mobile phone sock, scarf, etc.) Experienced pupils will have the opportunity to learn new techniques (Tunisian crocheting and cable twist for knitters) or begin working on creating your own works of inspiration. You can also bring your own patterns to work on or continue a project you have already begun. Crochet hooks, knitting needles and yarn will be provided for those that need it.

Lego Therapy

Year Groups: 7 8

Off Site timings: N/A

Cost: N/A

Pledges: 1

Lego is an amazing way of both creating through mainly knowing your Lego pieces and assembly. Working on many skills such as imagination and building that 'idea' or on the other hand following building instructions and being able to complete a 'set' build. Lego is a brilliant way to work as a team (when working on a set build) and yet also be an individual (creating your own). Both will be a set objective of the club.

Library

Year Groups: 7 8
Off Site timings: N/A
Cost: N/A
Pledges: 1

'Meet the Author' sessions are just one exciting aspect of our Library Club. We look at how a library is run and visit local libraries whilst reading and reviewing books as a group.

Mandala Making

Year Groups: 7 8 9 10
Off Site timings: N/A
Cost: N/A
Pledges: 1

Learn how to draw, colour and make a Mandala, see below. Mandala connect our inner and outer worlds, this can be a very therapeutic exercise to undertake.



Microbit Club

Year Groups: 7 8 9
Off Site timings: N/A
Cost: N/A
Pledges: 1

The BBC MicroBit is the latest portable "programmable" computer system released from the BBC. Students will have the opportunity to program these small computers through a web-based interface and create simple games to appear on its 8x8 LED screen. These devices can also be used with other peripherals to create remote control cars and other interactive devices. If you want to create new programs that you can instantly see the effects of and learn a new programming language then this is the enrichment for you.

Modern Dance

Year Groups: 7 8 9 10 11
Off Site timings: N/A
Cost: £30.00
Pledges: 1, 2, 5

Deborah Purves, LRAD, AISTD. Training: The Royal Academy of Dance. Qualified and registered dance teacher of both the Royal Academy of Dance and the Imperial Society of Teachers of Dancing. Principal of The Midhurst Dance School (www.midhurstdanceschool.co.uk). Students will study RAD ballet and ISTD Modern Dance. Experience is recommended, particularly for ballet. The classes will consist of free work and syllabus work. This will be determined by the level students are already currently training at and how mixed the levels are within each class. The aim is to develop technique, strength, flexibility and a broader vocabulary of steps whilst encouraging an appreciation for the artistic and performance elements in both disciplines. Exams require more than one class a week but the classes will complement any existing studies towards dance examinations outside of school.

Multi-gym personal training

Year Groups: 10 11
Off Site timings: N/A
Cost: N/A
Pledges: 1

Work on your all round fitness using our fantastic range of gym equipment in our specialised multi gym area. Students can work towards a training program that could include goals such as improving cardiovascular fitness, gaining strength or any other achievable target. Students will be expected to commit fully to this activity and a want to work hard and improve your fitness is a must!

Netball

Year Groups: 7 8 9 10 11
Off Site timings: N/A
Cost: N/A
Pledges: 1, 2

Netball is England's biggest female team sport. The winning formula for netball is simple - good team-work and the ability to score lots of goals! This is a chance to develop your skills and compete against other schools in the area.

Orchestra

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2, 5

The College orchestra is open to any student that is able to play an orchestral instrument to a minimum of grade one. We play a variety of different styles of music ranging from popular film scores from films such as Harry Potter, to Jazz band classics like 'All that Jazz'. The orchestra plays at a variety of different events throughout the year. This is a yearlong commitment to a long established and very successful group.

Photography

Year Groups: 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 6, 7

Students will have the opportunity to go out and about and photograph the natural world. After working through the basics of how to use a digital camera and get the best out of it (plus understanding shutter speeds and focussing) we aim to go outside and take part in wildlife photography, macro (close-ups), the natural world, landscapes plus take photos of fauna and flora, the lake behind the school, and head to local places such as Petworth Park for the fallow deer and other wildlife.

Rugby

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1, 2

This is a fast paced, team contact sport. Students will have access to high quality coaching working from basic skills through to the more complex. This club will look to enter competitions during the season. There are links to local clubs should our students wish to progress further.

Science Club

Year Groups: 7 8

Off Site timings: N/A

Cost: N/A

Pledges: 1

Science Club is all about having fun whilst taking the opportunity to be successful in practical investigations. You will build on your skills and gain achievements in project work. We will be following the Crest Award which, by the end of the term, means that you can receive your Bronze award, a qualification which you can use if you choose to go onto the Duke of Edinburgh Award Scheme or, later on, to university.

SEND Homework Club

Year Groups: 7 8 9

Off Site timings: N/A

Cost: N/A

Pledges: 1

An opportunity for our supported students to complete any set homework with support from members of our Additional Educational Needs staff.

Squash

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: £15

Pledges: 1, 2

An energetic and fast racket sports game that helps to improve coordination, cardiovascular fitness and body strength. Students don't need any previous experience or specific equipment to take part

Street Dance

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1, 5

If you are a dancer, breaker or body popper, or would just like a mix of dance, acrobatics and attitude, then join our group for fun, challenge and rewarding performances!

Textiles

Year Groups: 7 8 9

Off Site timings: N/A

Cost: N/A

Pledges: 1

Want to make a Halloween mask, Christmas stocking or summer hat? We will be making a variety of seasonal products using techniques including hand and machine sewing. Year 10 are invited to try and make their own prom dress!

The BBC News School Report

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1, 6, 7

The BBC News School Report gives students the UK the chance to make their own news reports for a real audience. In this club, students develop their journalistic skills to become School Reporters. In March, the BBC hosts an annual News Day, when students around the country simultaneously create video, audio and text-based news reports. Last year more than 1,000 schools across the UK took part in the BBC News School Report and quite a few students had stories highlighted on the BBC's news programmes online and on air!

Ukulele

Year Groups: 7 8

Off Site timings: N/A

Cost: N/A

Pledges: 1, 3, 5

The sound of Hawaii! Perhaps the happiest club at MRC, you can't help but smile when you hear the sound of the ukulele. Marco will teach you the basic chords and songs even if you have never picked up a ukulele before.

Videography Club

Year Groups: 7 8 9 10

Off Site timings: N/A

Cost: N/A

Pledges: 1, 6, 7

Students work together to create moving image projects of a variety of subjects. The first subject matter will be the extracurricular clubs at MRC and each project

will take the shape of a four-week rotation with the first week spent storyboarding the different camera angles or shots that are need. The second week is spent visiting that club and filming what they get up to, making those storyboarded ideas a reality. The last two weeks are dedicated to editing the footage to create the project.

Weather Station

Year Groups: 10, 11

Off Site timings: N/A

Cost: N/A

Pledges: 1

This group will plan and develop a weather station to be based at MRC. Once it is installed members of the group will take readings and build up a meteorological history of weather at the College. Students will also learn about tracking weather and the forecasting practice. There will be an opportunity to write weather forecasts. There may be the opportunity to link with the BBC as "Weather Watchers."

Web Design

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: £20

Pledges: 1, 2, 5

In an age when everyone needs a web page to self-publicise or discuss your favourite things with everyone else in the world. It is a good idea to know how. This Web Design course will teach you HTML, HTML 5, and Cascading Style sheets (CSS). No special software is needed for home experimentation. It is aimed at complete beginners to the subject, and assumes you have no knowledge of creating web pages. You won't need to buy any expensive software for this course. The course has been designed to work on just about any operating system.

Yoga

Year Groups: 7 8 9 10 11

Off Site timings: N/A

Cost: N/A

Pledges: 1

An energetic and relaxing way to understand and work on your entire body and mind. This will be a beginner's course and students do not need any previous experience.

Other information and useful links

Please use the tables below to make a note of your choices.

Table 1 - Year 8

Term 1	Monday	Tuesday	Wednesday
Enrichment one			
Enrichment two			
Enrichment three			

Table 2 - Years 9 & 10

Term 1	Monday	Wednesday
Enrichment one		
Enrichment two		
Enrichment three		

Table 3 - Year 11

Term 1	
Enrichment one	
Enrichment two	
Enrichment three	

Please find a link below to access our online Parental Consent Form for off-site activities:

<http://www.mrc-academy.org/Communication/Letters-Home/Blank-Trip-Forms>