NORTHWICK MANOR PRIMARY SCHOOL

ENRICHMENT BOOKLET

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Enrichment

An education at Northwick is about more than what happens in the classroom. A well-rounded academic provision must also include a wide variety of co-curricular opportunities and we aim to deliver this across the school with a really exciting and inspiring enrichment programme.

The breadth and diversity of this programme will give children access to a whole host of new experiences, help them to develop a range of interests and skills and build a sense of confidence that will support them in the classroom and beyond. This is an important part of the standard of education we strive to deliver.

Wherever a child's interests lie, our Enrichment programme is designed to give each individual the opportunity to discover their talents and develop them further. There is something for everyone.

I hope you enjoy reading through the broad and varied range of opportunities on offer.

Miss Nijjar

DELIVERY

Delivery of Enrichment

Enrichment will be delivered every Friday in the school day as part of the curriculum. Staff and teaching assistants will deliver the programme.

There are lots of Enrichment activities to choose from. Pupils will have the opportunity to participate in a different activity each half term.

EYFS

Let's get Physical

Overview

In Let's Get Physical enrichment, children will participate in engaging activities such as yoga and fitness circuits, designed to improve their fitness, coordination, and motor skills. Through playful exercises and structured routines, the enrichment activity encourages a love for movement and a positive attitude toward health and well-being.

While participating in the Let's Get Physical enrichment sessions, children will develop essential skills that support their growth and learning, such as:

· Gross motor skills
· Coordination and balance
· Relaxation techniques through yoga
· Teamwork
· Following instructions
· Building confidence

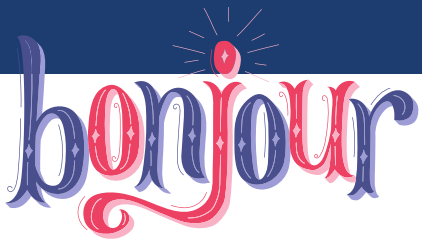
Most importantly, children will enjoy being active in a fun, supportive environment that promotes lifelong healthy habits.

Equipment: Will be provided

Teacher: Mrs Coles

EYFS

French



Overview

Would you like to explore a new language and experience a different culture? Join Beginners French, where children will learn basic French words and phrases through fun games, songs, and storytelling. This enrichment activity introduces language skills in an engaging way, sparking curiosity and building a foundation for future language learning.

While participating in Beginners French, children will develop essential skills that support their growth and learning, such as:

· Basic French vocabulary
· Listening and pronunciation skills
· Cultural awareness
· Memory and recall
· Confidence in trying new things
· Following instructions

Most importantly, children will enjoy discovering a new language in a playful, supportive environment that encourages a love for learning.

Equipment: Will be provided

Teacher: Mis Verdant

EYFS

Music makers

Overview

Music Makers is a fun enrichment activity where children will take part in musical activities such as singing and playing chime bars. Through engaging songs and rhythm-based exercises, the enrichment activity aims to spark a love for music and enhance children's early musical development.

While participating in Music Makers, children will develop essential skills that support their growth and learning, such as:

- Listening skills
- Rhythm and timing
- Vocal expression
- Coordination through playing instruments
- Following instructions
- Confidence in performing

Most importantly, children will enjoy making music in a creative, supportive environment that nurtures their artistic abilities.

Equipment: Will be provided

Teacher: Mrs Argent

EYFS

Mini Scientists

Overview

Mad Scientist – a fun and exciting enrichment activity where curious minds explore the wonders of science through hands-on experiments and playful discovery!

Each week, our young scientists will dive into the fascinating world of STEM (Science, Technology, Engineering, and Maths) through themed activities designed just for them. From bubbly potions and fizzy reactions to magical colour changing experiments, and exploring magnets, children will be encouraged to ask questions, make predictions, and see what happens when they experiment!

Our sessions are packed with:

- Exciting science experiments using safe, everyday materials
- Creative building challenges to spark engineering thinking
- Maths through play, sorting, measuring, and counting
- Discovery zones that promote curiosity and problem-solving

Mad Scientist is all about making science fun, accessible, and meaningful for young children – laying the foundations for a lifelong love of learning, exploration, and asking “Why?”

Teacher: Mrs Churchill

EYFS

Art and Crafts

Overview

Whether you love painting, sticking, or getting messy with glitter, there's something for everyone! Each session is packed with creative fun and learning. Activities will include:

- Painting and drawing
- Cutting and sticking
- Playdough and junk modelling
- Collage and printing
- Seasonal and themed crafts (e.g. Christmas, Halloween, spring flowers)

Children will explore a variety of artistic materials and techniques, helping to develop:

- Fine motor skills
- Imagination and creativity
- Colour and shape recognition
- Confidence and social skills

Teacher: Miss Constantinou

EYFS

Calm and Curious

Overview

Our Calm and Curious sessions are specially designed for young children to explore mindfulness, relaxation, and wellbeing in a fun, engaging, and safe environment. Through gentle activities such as yoga, music, and sensory play, children will have the opportunity to develop emotional awareness and relaxation skills from a young age. What's Involved?

Mindfulness Activities:
Guided exercises to help children become more aware of their thoughts, feelings, and surroundings.
Yoga for Kids:
Simple, playful yoga poses that help with flexibility, balance, and physical awareness.
Music and Sound Exploration:
Enjoy listening to calming music, exploring different sounds, and using instruments.
Sensory Play:
Activities designed to engage the senses—sight, sound, touch, and smell.

Teacher: Miss Freeman

YEARS 1 & 2

Coding

Overview

Would you like the opportunity to take lead in exciting projects that allow you to create games and animations? Join coding enrichment and unlock your creativity.

While learning to code, you will practice problem-solving, logical thinking, collaboration with peers and effective communication. Embrace the challenge of coding and watch your ideas come to life while having lots of fun along the way!

Equipment: will be provided

Teacher: Miss Ishaq

YEARS 1 & 2

Digital Art

Overview

Where imagination meets technology! In this enrichment activity, young artists explore the exciting world of digital creativity using their school iPads.

Through playful experimentation and guided exploration, children build confidence, develop fine motor skills, and express themselves in bold new ways. Whether sketching, designing, or storytelling, every session celebrates individuality and the joy of creating in a digital space.

Equipment: will be provided

Teacher: Miss Philips

YEARS 1 & 2

Furture Constructors

Overview

In Future Constructors, you will become designers and builders!

First, you will use your imagination and creativity to design what you want to construct. They will develop your ideas through drawings and plans, thinking carefully about what you want to make and which materials you might need.

Once your designs are ready, it's time to build your creations! You will use your plans to construct your designs, testing, adapting and improving them as you go.

While completing their constructions, children will develop a range of important skills, including: creativity, design, problem-solving, fine motor skills, teamwork, communication, resilience, critical thinking, confidence and independence. They will learn that things don't always go to plan and that making changes and trying again can help to improve their designs.

Through this hands-on project, children will have the opportunity to turn their ideas into reality, developing valuable skills while having fun and taking pride in their creations.

Equipment: will be provided
Teacher: Miss Davies

YEARS 1 & 2

Ukulele

Overview

Would you like the opportunity to develop your musical skills and have the opportunity to try learning a new instrument? Join the Ukulele Enrichment group and begin to learn the basics behind playing the ukulele.

While attending Ukulele, pupils will develop musical skills that will help them to take their skills further and even take individual or group lessons in KS2. They will practice:

- holding the instrument
- parts of the instrument
- posture
- fine motor skills
- strumming and plucking
- following a rhythm
- basic chords

Most importantly, pupils will learn how much fun and enjoyment can be found in playing an instrument.

Equipment: ukuleles will be provided

Teacher: Mrs Bell

YEARS 1 & 2

Wellbeing and Mindfulness

Overview

Would you like to find time to relax and unwind after a busy week at school? Then join the wellbeing and mindfulness enrichment sessions where children will delve into a wide range of activities designed to help develop physical, mental and social well-being.

This is a great opportunity to spend time rebalancing and focusing on being present in the moment with meditation, breathing activities, movement and restful music.

Pupils will learn:

- to be still and quiet
- to handle feelings and emotions
- to focus and concentrate
- to feel more peaceful

Equipment: will be provided

Teacher: Mrs Simpson and Mrs Lewis

YEARS 1 & 2

Aerobics

Overview

Would you like the opportunity to get active, have fun and develop your fitness through exciting movement and music? Join the Aerobics Enrichment group and discover how exercise can be fun, energetic and enjoyable.

While attending Aerobics, pupils will develop physical skills that will help them to build confidence, coordination and fitness.

They will practise:

- following simple aerobic routines
- coordination and balance
- rhythm and timing
- movement to music
- developing strength and stamina

Most importantly, pupils will discover how enjoyable being active can be while developing healthy habits, confidence and a love of movement.

Equipment: PE kit

Teacher: Mrs Peever

YEARS 1 & 2

Reuse, reycycle and make

Overview

Would you like the opportunity to get creative while learning how we can reuse and recycle everyday materials? Join the Reuse, Recycle and Make enrichment group and discover how old and unwanted items can be transformed into something new and exciting.

While attending Reuse, Recycle and Make, pupils will develop their creativity and practical skills while learning about sustainability. They will explore:

- reusing everyday materials
- sorting and recycling materials
- designing and making creative projects
- developing fine motor skills
- problem-solving and creative thinking
- working independently and collaboratively
- caring for our environment

Most importantly, pupils will discover that with a little imagination, everyday objects can be given a new lease of life.

Equipment: none required

Teacher: Miss Webber

YEARS 3 & 4

Musical Theatre

Overview

Do you love singing, dancing and performing? Join our Musical Theatre sessions to develop new skills, build your confidence and showcase your talents! These fun-filled classes will explore aspects of drama, musical theatre, and dance. We will begin to learn the creative elements of exploring a script and hone techniques for performance.

You will work towards a collaborative performance of dance and song to entertain your fellow classmates.

Equipment: non required

Teacher: Mrs Garbett

YEARS 3 & 4

Detective Academy

Overview

Have you ever wondered what it takes to become a real detective? Do you think you have the sharp eyes, quick thinking and problem-solving skills to solve mysteries that nobody else can?

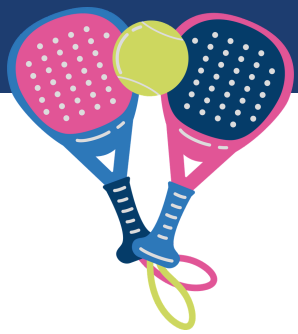
At Detective Academy, you'll be trained to notice clues that others miss, think like a detective and work as part of a team to tackle a series of increasingly tricky challenges. Each week you'll earn new detective skills as you investigate mysterious events, crack secret codes, examine evidence and uncover hidden secrets.

Not everything is as it first appears, so you'll need to keep an open mind, ask the right questions and use your powers of deduction if you want to succeed. Every clue matters...
Only those who complete their training will face the final mystery, where all of their detective skills will be put to the ultimate test.
Do you have what it takes to graduate from Detective Academy? Sign up... if you think you can solve the case.

Equipment: None required

Teacher: Mr Colley

YEAR 3 & 4



Pickleball

Overview

Are you looking for a fun and engaging way to stay fit and boost your overall well-being? Why not give pickleball a try?

Pickleball brings together some of the best elements of tennis, badminton and table tennis, into a fun and exciting game. Players strive against each other in a subtle blend of strategy and shot-making skills. With a set of easy to learn rules you should pick up your paddle and join this enrichment activity.

You will develop:

- strategic and tactical thinking
- team work
- agility, balance and coordination
- sportsmanship
- communication
- endurance

Equipment: Provided/ PE kit required

Teacher: Mr King

YEAR 3 & 4

Have your voice heard

Overview

Do you enjoy sharing your ideas, asking big questions, or listening to different points of view? Then this enrichment activity is perfect for you. In these sessions you will take part in exciting and engaging debate sessions tailored to topical issues. These sessions will also encourage children to share their ideas, listen respectfully to different opinions, and develop confidence when speaking in front of others. Pupils will explore a range topics and learn how to give reasons and evidence to support their views.

You will develop:

- communication skills
- critical thinking
- teamwork
- respectful discussion skills

Equipment: none required

Teacher: Miss Addis

YEARS 3 & 4

Couch to 2k

Overview

Get outdoors, catch some fresh air and improve your fitness levels with the couch to 2k challenge. This workout will help you over the next 10 weeks to bring you up to a 2K run (that's 4 times around the KS2 field and playground without stopping) levels with the couch to 2k challenge.

Whatever the weather, we will build up gradually and with a simple programme to follow, you'll do it with ease!

You will develop:

- Resilience
- Discipline
- Improved fitness

Equipment: P.E. Kit/ trainers

Teacher: Mr Harris

YEARS 3 & 4

Wellbeing and mindfulness

Overview

Would you like to find time to relax and unwind after a busy week at school? Then join the wellbeing enrichment sessions where children will delve into a wide range of activities designed to help develop physical, mental and social well-being.

This is a great opportunity to spend time rebalancing and focusing on being present in the moment with meditation, breathing activities, movement and restful music.

Pupils will learn:

- to be still and quiet
- to handle feelings and emotions
- to focus and concentrate
- to feel more peaceful

Equipment: will be provided

Teacher: Miss Tyler

YEAR 3 & 4

Hooked on Crochet

Overview

This enrichment activity combines creativity and skill-building fostering a love for the timeless craft of crochet.

You will be able to cast a foundation chain, complete a row of single crochet stitches, practice the correct way to turn and continue the next row. Over the course of the sessions, you will develop the skills to create your own crochet project.

You will develop:

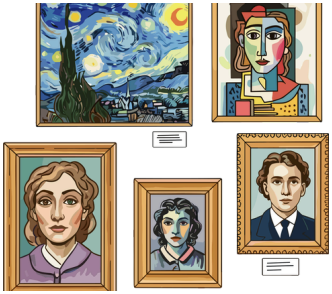
- Social skills
- Creativity
- Confidence
- Fine motor skills

Equipment: will be provided

Teacher: Mrs Joesbury-Clarke

YEAR 3 & 4

Art inspired by famous artists



Overview

This enrichment activity is a creative and inspiring opportunity for children to explore the world of art through the work of some of history's most famous and influential artists.

Each session introduces children to a different artist, style or artistic movement, giving them the opportunity to discover new techniques and develop their own creative ideas.

Children will experiment with a range of materials and processes, from painting and drawing to collage, printing and mixed media. They will explore the unique styles of artists such as Van Gogh, Picasso and Monet, while developing their artistic skills, imagination and confidence.

This enrichment activity provides a wonderful space for children to be creative, while discovering that there are endless ways to express themselves through art.

Equipment: will be provided

Teacher: Miss Hoare

YEARS 5 & 6

Little Growers Garden & Wellbeing

Overview

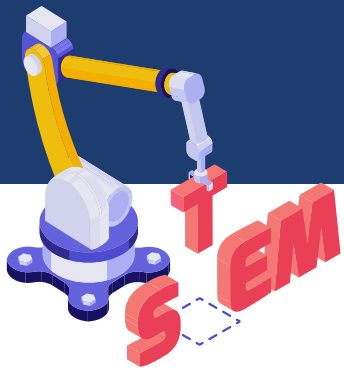
Little Growers is a calming, hands-on enrichment activity where children can dig, discover, and delight in the wonders of nature. Our allotment-style sessions invite young gardeners to plant seeds, nurture vegetables and flowers, learn about wildlife, and watch their hard work bloom over time.

But this enrichment activity is about more than gardening—it's a space for wellbeing. Through gentle outdoor activities, mindfulness moments, and nature-themed crafts, children will build confidence, patience, and a sense of peaceful connection with the world around them. Each visit offers fresh air, simple joys, and opportunities to work together, explore, and unwind.

Whether you are tending your own little patch of soil, spotting bugs among the leaves, or simply enjoying the quiet magic of being outdoors, children in Little Growers gain lifelong skills and a deeper appreciation for nature.

Equipment: Sometimes wellies or walking boots.
Teacher: Mrs Tipple

YEARS 5 & 6



Inventors and Engineers

Overview

Step into the world of innovation and creativity with our Inventors and Engineers STEM Enrichment Club! Designed for curious pupils, this club offers hands-on opportunities to explore how science, technology, engineering and maths shape the world around us.

Each session is packed with exciting challenges that encourage children to design, build, test and improve their own creations – from bridges and vehicles to gadgets and simple machines. Along the way, they'll learn how everyday problems can be solved through imagination, perseverance and clever thinking.

The enrichment activity nurtures key skills such as:

- creative thinking
- teamwork
- problem-solving
- resilience

Most importantly, it aims to spark a lifelong curiosity about how things work and inspire the engineers and inventors of the future.

Equipment: All materials will be provided.

Teacher: Mrs Fuller

YEARS 5 & 6

Forest School

Overview

Do you hear the call of the wild? Are you tuned in to the whispers of the wind through the trees? Then forest school could be for you. Each session will focus on exploring the outdoors from a new perspective. We won't be able to burn or chop anything, yet we will be able to craft, build and navigate the hidden wonders of the forest school area.

We will always go outdoors in any weather so come prepared!

Equipment: Warm, waterproof clothes for wet and muddy sessions. Stout boots or sturdy trainers, long trousers and thick jumpers with a rainproof coat. Hats and gloves when cold.

Teacher: Mr Hampton

YEARS 5 & 6

Exploring Drama Techniques

Overview

Calling all budding actors!

Do you want to develop your acting skills and knowledge of drama techniques? Our Drama Enrichment group will explore:

- Visualisation techniques-the use of 3D living pictures, freeze frames and tableaux
- Improvisation and character exploration- conscience alley, hot seating, thought tracking
- Narrative techniques- flashbacks and flashforwards, narration, cross-cutting and storytelling
- Interactive and collaborative techniques-role on the wall, soundscapes

Equipment: will be provided

Teacher: Mrs Willerton

YEARS 5 & 6

Debating

Overview

Do you enjoy sharing your ideas, asking big questions, or listening to different points of view? Then a debating enrichment is the perfect place for you!

In debating, you get to have fun speaking about exciting and varied topics—from whether homework should be banned to which superhero would make the best leader. You'll also become a great listener, learning how to understand and respond to other people's opinions.

Joining a debating club helps you build confidence, think quickly, and develop skills that will be useful in school and in life—all while making new friends and having lots of laughs along the way!

Equipment: None required

Teacher: Mrs Lawrence

YEARS 5 & 6

Community Fundraisng

Overview

Would you like the opportunity to develop your leadership skills and feel proud of the contribution that you and the school could make to the wider community? Join the Community Fundraising enrichment group and lead on the key fundraising projects and raising awareness about good causes- local and national.

While completing community service projects, pupils will develop real world skills that will help them succeed beyond Northwick. They will practice:

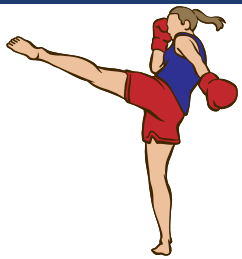
- Leadership
- Problem-solving
- Collaboration with others
- Time management
- Communication

Most importantly, pupils will learn how their actions can have a positive impact on others.

Equipment: will be provided

Teacher: Miss Nijjar

YEAR 5 & 6



Boxercise

Overview

Boxercise is a fun, energetic enrichment activity where children can discover the excitement of boxing-inspired fitness in a safe and supportive environment! Each session combines simple boxing techniques, fitness activities, and fun challenges designed to keep children active and engaged.

Children will develop coordination, balance, agility and strength while building confidence, resilience and self-discipline. Through age-appropriate activities and games, they will learn new skills, challenge themselves and work positively with others.

Boxercise provides a fantastic opportunity for children to get active, have fun and develop a range of physical and personal skills – all while enjoying the energy and excitement of boxing!

Equipment: PE kit/trainers

Teacher: Mr Buxton

YEAR 5 & 6

Mindfulness

Overview

Do you like being creative, exploring your senses and discovering fun ways to relax? Then come and join our mindfulness enrichment! This fun and friendly enrichment will give you the chance to try something a little different, explore what helps you feel calm and focused, and enjoy some time to slow down and have fun.

Each week will be full of exciting activities including breathing games, sensory challenges, mindful colouring, creative activities, gentle movement, stretching and visualisation. You'll get to explore your senses, try out different ways to relax and even create your own mindfulness activities. It's a great way to get creative, try new things, have fun and discover some brilliant ways to help your mind and body feel calm and refreshed!

Equipment: Will be provided

Teacher: Miss Tombs

YEAR 5 & 6

¡HOLA!

Beginners Spanish

Overview

Would you like to explore a new language and experience a different culture? Join Beginners Spanish, where children will learn basic Spanish words and phrases through fun games, songs, and storytelling. This enrichment activity introduces language skills in an engaging way, sparking curiosity and building a foundation for future language learning.

While participating in Beginners Spanish, children will develop essential skills that support their growth and learning, such as:

- Basic Spanish vocabulary
- Listening and pronunciation skills
- Cultural awareness
- Memory and recall
- Confidence in trying new things
- Following instructions

Most importantly, children will enjoy discovering a new language in a playful, supportive environment that encourages a love for learning.

Equipment: Will be provided

Teaching Assistant: Mrs Seconde