

Extra-Curricular Activities

Free Time Activities

Each day our tutors speak to their tutees about the free time activity for that day, which is designed to support students' wellbeing and encourage time away from a screen.

Tutors love to see what students produce during this time! Students can upload it via their home group Team on Microsoft Teams.

Monday	Tuesday	Wednesday	Thursday	Friday
30 min tech detox – read, write, draw or chat with family	Write and complete your own work out! Include a variety of activities, how many times they'll be repeated, and then do it!	Interview a family member about their job.	Write up your schedule for next week – don't forget to include free time activities!	Write a gratitude note and give it, post it, or send it.

After School Enrichment

Enrichment Ideas for Any Day of the Week!

Live **talks with professionals** from Speakers for Schools – see the schedule [here](#) and the amazing bank of recorded talks [here](#)

Love **technology**? There are some great tech challenges [here](#). Compete against your friends and send your entries to your tutor or HoY for judging!

Get **cooking** in the kitchen with Jamie Oliver and family [here](#)

There's also a huge array of activities to do [here](#).

Monday	Art	For Art enrichment you will have the opportunity to learn a variety of new skills (e.g. potato painting, comic book designing and cutlery photography)! Please select from the links provided and we cannot wait to see the artwork that you create! AJK Rocks: AJK Rocks Comic Book Storyboarding: https://www.youtube.com/user/markcrilley Photography project: PDF Step by Step
Tuesday	Drama	For drama enrichment we will be working on a short project on musical theatre. You will watch and research different musicals, create your own scripts and even design your own set! Week One Watch the videos of these five different musicals, some of these recordings aren't on the actual stage they would usually be performed on so bear this in mind: School of Rock , Matilda , Hairspray , The Lion King , Les Misérables Research one of these plays in more detail, you should aim to find out about where and when the play is set, who the characters are and what the storyline is. You might also want to watch some more clips of the play or take a look at images of the play! Then create a poster advertising the play or a factsheet with all the research you have done. Week Two Select one of the musicals you worked on last week or your favourite musical. (3D design) Design your own box theatre using an old cereal box/cardboard box. Use your imagination to create a box theatre for a Musical such as Shrek. Add a simple backdrop/cut out characters. If you don't have all the materials you would like just use what you have, this could be magazine cut outs, paper or coloured pencils! Or (2D design) On paper design a set for your selected musical– remember to label characters and particular design elements you have included e.g. scenery, backdrop, characters etc. Week Three Write your own script for a piece of musical theatre. This might be a scene that could fit into the play you have researched and created a set on. Or it could just link the themes of the play. You should then rehearse your scene or monologue with someone at home. Try using- <ul style="list-style-type: none"> • Gesture, facial expression, posture. • Pitch, tone and volume. • Levels to communicate meaning.
Wednesday	Ark Music Ensemble	Join an online Ark Music ensemble: <ul style="list-style-type: none"> • If you can play an instrument, join the Sounds Alive Instrumental Ensemble – beginners welcome! • Time:4:30-5:30pm • Link: Sounds Alive Ensemble Link • If you like to sing, join the One Voice Choir. • Time: 4:45pm – 5:45pm. • Link: One Voice Choir Link
Thursday	HIIT with the PE dept	Regular physical activity is vital for both our physical and mental health, especially now that we are in another lockdown. We know that this time round it can be difficult to find motivation but look no further! The PE department will be running a weekly HIIT session for students and teachers. All you need to do is join using the link below: Click here to join the meeting TIME: 3:45pm – 4:30pm
Friday	Music	For music enrichment you will have a choice of 'listening' or 'creating' – or do both! Listening <ol style="list-style-type: none"> 1. Go to Radio Garden to listen to a radio station from around the world, and write about the music you hear using musical vocabulary. 2. Choose 10 songs you would take with you to a Desert Island, and write down your reasons why. You could listen to some Desert Island Discs for inspiration. 3. Design a workout playlist to give you energy in your PE workouts, and share with your teacher. Creating <ol style="list-style-type: none"> 1. Learn a Body Percussion beat from Ollie Tumner – there are loads here! 2. Create your own piece of music using Chrome Music Lab's SongMaker. 3. Learn a new song with an online piano tutorial, or try out DJing using YouDJ!