

2025 - 2026

# LLANISHEN HIGH SCHOOL ENRICHMENT CURRICULUM



ACTIVITIES BOOKLET

# ENRICHMENT RATIONALE

BUILDING CULTURAL CAPITAL AND  
PROMOTING INCLUSION

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## THE RATIONALE

As a large and diverse community comprehensive school with nearly 1,750 students, we are committed to delivering a broad and balanced curriculum that can engage all learners and provide full access to a range of enriching opportunities. We have been praised by Estyn for our extensive extra-curricular program and while we are proud of the range and quality of these activities, and the positive impact that these have on health, wellbeing and a sense of belonging to the school, we are acutely aware that not all students can currently engage with them.

## ENRICHMENT CURRICULUM

To address this we are introducing the Enrichment Curriculum within the school day. This will allow every student to participate in meaningful, engaging activities that support skill development and broaden their experiences. We hope that this will allow every student to take part in extra-curricular activities beyond the school day, exposing students to a wider range of potential sports, hobbies and community focused activities that could become lifelong passions. We see the power of shared experiences to strengthen relationships and foster a sense of identity and belonging.

# THE ENRICHMENT PROGRAMME

BUILDING CULTURAL CAPITAL AND  
PROMOTING INCLUSION

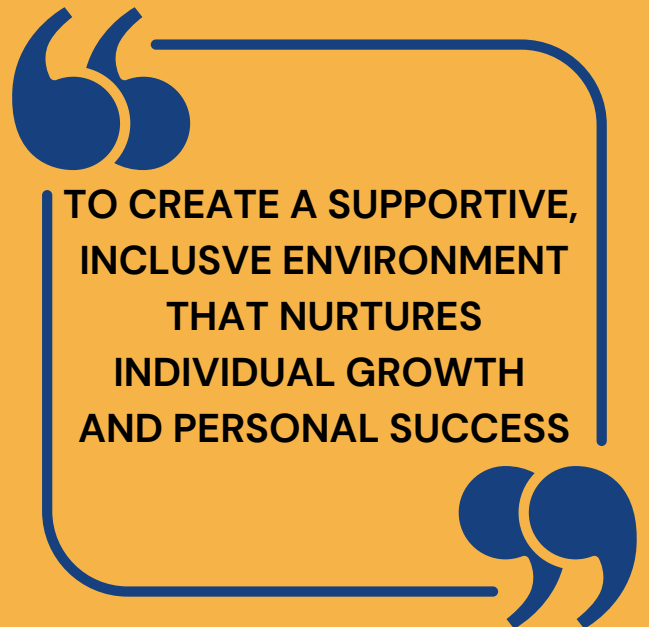
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## HOW WILL IT WORK?

The program will begin in September 2025. It will run every fortnight, during a Wednesday Week B. The students will take part in one activity per term, with each activity running for approximately 4 hours over the term. Over the course of Years 7 to 11, each student will have the opportunity to experience up to 14 different enrichment activities with peers from different year groups. The students will select their preferred activities through an online options system during registration.

## COMMUNITY SUPPORT

We are extremely excited about this development and the potential it holds for every student at Llanishen High School. If you are interested in supporting us, perhaps you can help us with funding, sponsorship or resources,, please get in touch.



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## SYMBOLS:



There is a (reduced) cost for this activity. Payable on Parent Pay



The activity is offsite. Pupils will return no later than 3:45 for the late bus



# ENRICHMENT ACTIVITIES



## DARTS ACADEMY

The Darts Academy is designed to build confidence, improve hand-eye coordination, and develop focus—all while having a blast! There will be fun challenges, and a friendly, supportive environment.

Whether you're just starting out or already landing bullseyes, this is your place to grow and compete. Let's aim high – together!



## STEM CLUB

Future innovators – unlock your potential with our STEM club! Dive into exciting experiments, creative challenges, and real-world tech. Build, code, explore.



## PIZZA CLUB

Are you ready to fire up your creativity and your taste buds?

Join our exciting pizza-making enrichment activity where you'll learn how to craft your own delicious pizzas from scratch! This is a fun, hands-on opportunity to develop your cooking skills, experiment with fresh ingredients, and work as part of a team. You'll even get the chance to use our outdoor pizza oven – a perfect way to enjoy the open air while baking your creations to perfection.





# ENRICHMENT ACTIVITIES



## STOCKS & SHARES

Are you keen to learn how the financial markets run? Would you like to see how news events effects the value of businesses over time, do stocks and shares form a pattern? What could/do these patterns look like and how do you know if the trend is likely to reverse? We would learn these aspects and more. Using the FTSE exchange will look at potential investment opportunities and see who can make the best financial decisions over the course of a term!



## SWIFTIE SESSIONS

Step into your Bejeweled era with our Taylor Swift-inspired enrichment programme, where you can make and sell friendship bracelets! Whether you're feeling 22 or just want to shake it off after a long day, this is your chance to craft, laugh, and share your wildest dreams with fellow Swifties. So come on, come on, don't leave me like this—sign up and let the good vibes begin again!



## CHESS CLUB

Whether you're a grandmaster in the making or just learning how the pieces move, the Chess Club welcomes players of all abilities! Come and unwind as we battle it out on the board in a friendly, ranked system that helps you track your progress. We will also host other School's Chess Clubs as well as going on the road to play.

No pressure—just good moves, great company, and the occasional knight to remember. See you there!



# ENRICHMENT ACTIVITIES



## **SAMBA BAND!**

Come and join the rhythms and flair of the Rio de Llanishen carnival! In this high energy and loud volume group we will learn how to play the Tamborims, Caixa, Agogo bells, Surdos, Ganzás, Cuíca, Timbal, Pandeiro, and the Repinique; putting them all together to raise the roof as the ultimate LHS samba band. No previous experience necessary, just a passion for making music.



## **GOLF COACHING**

Fancy trying something new or improving your game? We want to help beginners or improvers to develop your skills in a sport that's all about focus, technique, and discipline. We want to help students to get a grip of golf, starting with learning the basics, practicing on the driving range, before trying your luck on the golf course for a few holes! As well, we want to enjoy time outdoors in a relaxed and supportive environment.



## **CREATIVE WRITING**

If you love playing around with words, crafting your writing until it's something that you are proud of, then come and spend some quiet time writing something creative! Using a different theme each session, we will spend time being as creative as we can be, then, if we'd like to, we will share our own prose and poetry and see what we've created and how we can make it even better!



# ENRICHMENT ACTIVITIES



## CRICKET

Fancy yourself as the next Joe Root or Jos Buttler? Come and put your skills to the test in our inclusive cricket enrichment session! Open to all year groups and abilities, this fun and active programme includes coaching in batting, bowling, and fielding, as well as plenty of games and small-sided matches. Whether you're new to the game or already a keen cricketer, it's a great way to stay active, build confidence, and enjoy the spirit of teamwork.



## DIPLOMACY

A classic board game of negotiation, warfare, alliance and betrayal. Europe 1901: there will be a war. When, how and why is up to you. The game requires at least 7 and up to 14 committed players (ie teams of two) happy to talk, role play, cooperate, and cope with the emotional fall out. The game is slow and will take many sessions to develop, and likely many more to actually conclude. You will gain perspectives on international relations, history, geography, yourself, and others.



## JIU-JITSU

Brazilian Jiu-Jitsu (BJJ), often called the "gentle art," is a grappling-based martial art and combat sport that emphasizes ground fighting and submission holds. It's a method of self-defense where smaller individuals can utilize leverage and technique to overcome larger, stronger opponents. BJJ focuses on controlling an opponent. All abilities welcome.



# ENRICHMENT ACTIVITIES



## POTTERY

You will develop some basic making techniques, we will make a bottle shaped pot using the coiling technique. The theme? Under the sea! The pot will look like its been in the ocean and covered in barnacles, sea creatures and coral. Once the pot is made and been fired in the kiln, we will look at some simple glazing and painting to decorate and colour the pot you have made.



## SCRABBLE

### SCRABBLE CLUB

Love words? Enjoy a good challenge? The Scrabble Club is the perfect place for word wizards, puzzle lovers, and anyone who enjoys a fun, strategic game with friends!

Join us as we square off in friendly (and occasionally fierce!) Scrabble matches, sharpen our vocabularies, and learn new strategies to boost our scores.



## LHS HYROX



A high-energy, outdoor circuit training experience like no other! Designed to challenge your strength, endurance, and mental grit, this session combines a variety of functional exercises with intense running intervals to keep your heart pumping and your body moving. All Weather. All In. Rain or shine, we train hard. LHS Hyrox embraces the elements, building resilience and toughness in every session.

What to Expect:

- Full-body functional movements
- High-intensity circuits
- Lots of running
- A fun, supportive atmosphere



# ENRICHMENT ACTIVITIES



## THEATRICAL MAKEUP

Have you ever wondered how actors in films look battered and bruised? With bullet wounds, scars and burns? In our Theatrical make-up class, you will learn how to create the effects of these injuries using Special FX make up such as latex and scar wax, fake blood and dark paints!



## THE 5K CLUB

Couch to 5k is a structured, free running plan designed for absolute beginners, allowing them to gradually build up to running a 5k (3.1 miles). It typically involves alternating between walking and running intervals, with increasing running time each week, and is a popular way for individuals new to running to get started. So, grab your runners and let's go!



## COMPUTER GAME CREATION & CODING

Unleash your inner computer programmer and game creator! We will utilise a variety of software and build a robot in competition with other schools!





# ENRICHMENT ACTIVITIES



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## CARD GAMES

Step away from the screens and shuffle into something timeless. Come play the classics from patience, rummey and cribbage to trumps and spoons. Whether you're a seasoned player or just learning the ropes, all are welcome – bring your best game face!



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## PORTRAIT CLUB

Do you want to improve your artistic skills using a wide variety of techniques? Do you have a favourite celebrity or personality you want to immortalise as a picture? Well, this might be perfect for you; we will be using photos of celebrities as a starting point to create a portrait of them in mixed-media. This means drawing, painting, printing, collage and photography, all mixed together in one piece of artwork. Let's get creative!



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## LEGO CLUB

Get ready to snap into action and unleash your inner builder in our fun-filled LEGO Club! Perfect for brick lovers of all ages, this club is all about constructing cool creations, from towering skyscrapers and speedy race cars to imaginative worlds made entirely of LEGO bricks. Each session is packed with themed challenges, group builds, and freestyle fun, helping you develop problem-solving skills, creativity, and teamwork. Whether you're stacking, snapping, or solving, LEGO Club is the ultimate place to build big idea, one brick at a time!



# ENRICHMENT ACTIVITIES



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## FOOTBALL (YEAR 7, 8, 9)

A football training class is designed to improve players' skills, fitness, and teamwork in a fun and engaging environment. These classes typically focus on technical skills like dribbling, passing, shooting, and heading, as well as tactical understanding of the game.



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## SENIOR FOOTBALL (YEAR 10, 11, 12, 13)

A competitive, high-energy team built for passionate players who are ready to take their game to the next level.



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## JIGSAW CLUB

Get ready to snap into action and unleash your inner builder in our fun-filled LEGO Club! Perfect for brick lovers of all ages, this club is all about constructing cool creations, from towering skyscrapers and speedy race cars to imaginative worlds made entirely of LEGO bricks. Each session is packed with themed challenges, group builds, and freestyle fun, helping you develop problem-solving skills, creativity, and teamwork.





# ENRICHMENT ACTIVITIES



## HAIR STYLING

Unleash your flair and master a new skill with our exciting Hair Braiding Enrichment Programme! Whether you're a complete beginner or looking to sharpen your styling skills, this hands-on activity will teach you the latest hair-styling techniques! It's the perfect opportunity to express yourself, build confidence, and discover a potential future in the hair and beauty industry!



## BOARD GAMES

Enter the community of modern board games! There will be an introduction to lots of different types to games, from quiet and calm, to loud and raucous! We'll be teaching you social deduction games like One Night Ultimate Werewolf, Avalon and the vastly superior Blood on the Clocktower. We'll be learning to play Magic the Gathering, there'll be a session on learning cooperative games such as The Mind, Pandemic, Ghost Fighting and Treasure Hunters.



## FUN FITNESS!

Get Moving: Fun Fitness for all! Looking for a fun way to stay active and shake off the school week? Join us for 'Fun Fitness For All' – a lively mix of fitness activities designed to get you moving, laughing, and feeling great! No experience needed, no PE kit required – just bring your enthusiasm and a willingness to try something new. Each week will be a little different, so whether it's dance, circuits, games or something unexpected, there's something for everyone. Come along, get involved, and have fun while getting fit in our fully inclusive sessions.



# ENRICHMENT ACTIVITIES



## NAIL ART

Develop your nail art skills using tools, creating designs and making nails into a piece of art! This session will include the practice and application of nail art designs and effects. A good session to take if you're thinking of going into the beauty industry in the future or just enjoy creating designs.



## WATER SPORTS



Do you love being on or in the water? Do you want to challenge yourself to build your confidence around water? The sessions on the reservoir will include the opportunity to try out Stand Up Paddle Boarding. The session will include all the equipment you need. You simply need to bring your enthusiasm! Qualified instructors will make sure we develop the right techniques. But be warned, we may get wet!



## DESMOS ART

Create artwork based on the equations of graphs, if you've never heard of it before, Google "Desmos Art" to see what can be created.



# ENRICHMENT ACTIVITIES



## FANTASY FOOTBALL

Are you a football fan with a flair for strategy? Join our Fantasy Football enrichment activity and step into the role of team manager! You'll build your dream team, compete with friends, track real-life player performances, and learn about teamwork, stats, and decision-making along the way. Whether you're a Premier League pro or just getting started, come and be part of the fun – it's your chance to bring football knowledge to life and win bragging rights each week!



## READING CLUB

Whether you're looking to explore new genres, get creative with craft projects inspired by your favourite stories, or push yourself with fun and rewarding reading goals, there's something for everyone. With the freedom to choose your own reading path and the opportunity to connect with fellow book lovers, this club is all about making reading an even more enjoyable experience. Ready to craft your next favorite story—and a cool bookmark while you're at it? Join us today!



## STRENGTH & CONDITIONING

Utilising the LHS strength and conditioning gym, this activity will enable you to build muscle and get stronger. Learn how to lift with optimal technique for strength and hypertrophy. All abilities welcome!



# ENRICHMENT ACTIVITIES



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## BADMINTON

No experience or equipment needed, just bring your enthusiasm and your PE kit! It's a great way to stay active, build confidence and enjoy being part of a supportive team. Everyone is welcome!



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## HOMEWORK CLUB

Need a quiet, supportive place to finish your homework?

The Homework Club provides a welcoming environment where students can focus on completing assignments and studying for tests. Whether you're catching up, staying ahead, or just looking for a productive space to work, Homework Club is here for you!



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## LHS BAKE-OFF!

Think you have what it takes to win the LHS Bake Off? Want to 'beat' the eggs and 'beat' the competition?

Perfect for students who love to bake, learn new skills and connect with fellow baking enthusiasts! Whether you're a beginner or a budding baking pro, our inclusive classes are the perfect recipe for fun, learning and some friendly competition!



# ENRICHMENT ACTIVITIES



## HIIT SESSIONS

Get Strong, Get Fit, Get Moving with HIIT!

Ready to crush your fitness goals while having fun? Whether you're just starting out, levelling up, or already a pro, our HIIT (High-Intensity Interval Training) sessions are perfect for all fitness levels!



## GIRLS RUGBY

Are you ready to take on a new challenge and have fun while doing it? Join our Girls' Rugby sessions and discover the thrill of teamwork, skill-building, and fitness in a supportive and empowering environment. Whether you're a beginner or have some experience, rugby is for everyone! Come along, make new friends, and be part of a team that plays hard and supports each other every step of the way. Don't miss out—let's make rugby your new favourite sport!



## TRAMPOLINING



Defy gravity and experience the thrill of soaring through the air at Buzz Trampoline Park! Hang out with your friends in this high-energy activity, it's the ultimate way to combine fitness with fun!





# ENRICHMENT ACTIVITIES



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## LHS RADIO & PODCAST

Are you passionate about storytelling, curious conversations, or exploring the world through sound? Join the Radio and Podcast Club – a creative space where voices come alive! Whether you're into hosting, scripting, editing, or just want to share your thoughts with an audience, this club is for you! Learn the art of audio production, interview techniques, sound design, and how to launch your very own podcast!



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## SKATE BOARDING



Are you familiar with the Inflate2Skate revolution?

Join the guys behind the UK's first inflatable skate ramps! You will learn essential skills and movements with certified coaches. The sessions will involve learning the basics before culminating in a session on the ramps. All abilities welcome!



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## CROSS STITCH

Love being creative? Whether you're a seasoned stitcher or just picking up a needle for the first time, this welcoming group is the perfect place to unwind and bring beautiful designs to life! No previous experience needed and materials are provided.



# ENRICHMENT ACTIVITIES



## POLITICS SOCIETY

The Politics Club is a space for students to explore political issues, engage in respectful debate, and develop leadership skills. Whether you're interested in policy-making, activism, or just want to better understand how the world works, this club offers a platform for thoughtful discussion. All political perspectives are welcome—come share your ideas and learn from others as we work together to become informed and active citizens.



## SIGN LANGUAGE

Have you ever wanted to learn some basic sign language? Well here's your chance! There will be games, quizzes and sweets/chocolates to help encourage you with your learning too.



## KNITTING

'Knot' your average knitting club.

Would you like to learn to knit, or can you already knit but would like to practice your skills? We can start off with simple stitches, and build up to more complicated patterns.





# ENRICHMENT ACTIVITIES



## YOGA

Take a break from the stress of school and find your inner balance with Yoga. Open to all experience levels, this club offers a welcoming space to explore yoga, mindfulness, and relaxation techniques. Whether you're a beginner or an experienced yogi, join us to unwind, recharge, and build a supportive community centered on health and self-care.



## FILM CLUB

Love movies? Join our fun and relaxed space where we watch a wide range of films, from iconic classics to hidden gems and new releases. Each week, we'll dive into different genres, explore storytelling, cinematography, and have friendly chats about what we've watched. Whether you're a film fanatic or just looking for a chill way to spend time with friends, everyone's welcome!



## RESERVOIR RANGERS



Love being outdoors? Fancy helping the local community? Do you want to learn about the local environment and wildlife? Head down to Llanishen Reservoir for your enrichment hour to find out more!



# ENRICHMENT ACTIVITIES



## CYCLING CLUB

Love riding bikes or curious about how they work? The Cycling Club is the perfect place to connect with fellow cycling enthusiasts while learning essential bike care skills. Whether you're into long rides, casual cruising, or just want to know how to fix a flat tire, this club combines bike skills and challenges with basic maintenance and maybe some trail building (!). Will we have a potential future Tour de France winner on our hands!?



## 3D PAPER SCULPTING

Love getting creative and making cool, hands-on art? Come sculpt, mold, and bring your wildest ideas to life with papier-mâché! From masks and models to giant animals or abstract designs—if you can imagine it, we can help you build it!



## THE RUBBISH MOB

Join the Rubbish Mob and be part of a team that's making a real difference in our school community! Whether you're passionate about protecting the environment, looking to get active outdoors, or just want to do something good with great people, this club is for you. Are you ready to get your steps in and clean up our community? Come and join us!



# ENRICHMENT ACTIVITIES



## ECO COMMITTEE

Love nature? Want to make a difference while having fun with friends? Join the Eco Committee for activities like upcycling art projects, nature walks, garden planting, and even an eco movie afternoon! Whether you're into crafts, science, or just love being outside, there's something for everyone.



## KARAOKE

Ready to grab the mic and unleash your inner superstar? Karaoke Club is the perfect place to have fun, sing your heart out, and enjoy music with friends. Each week we'll have a different theme – from pop and rock to show tunes and power ballads – so there's something for everyone! Whether you're the next Taylor Swift or just love a good group singalong, this club is for all abilities. No pressure, no judgment – just good vibes and great tunes.



## MINDFULNESS

Feeling stressed, overwhelmed, or just need a moment to breathe? Mindfulness affirmation cards and journaling are simple, powerful tools to help you stay grounded, boost your confidence, and take charge of your mental well-being. Affirmation cards offer positive reminders to start your day with intention, while journaling gives you a safe space to reflect, express yourself, and track your growth. Whether you're navigating school, friendships, or future goals, these mindful habits can help you feel more focused, calm, and connected to yourself. Try it out—you might be surprised by the difference it makes!



# ENRICHMENT ACTIVITIES



## MIWSIG CYMRAEG

Journey through the rich soundscape of Wales in this vibrant music. From ancient folk tunes and traditional instruments to powerful choral harmonies and modern Welsh artists, students will explore the musical heartbeat of a nation steeped in culture and song.



## RUGBY (YEAR 9, 10)

This is an exciting opportunity to improve on core rugby skills as well as working towards upcoming Welsh and Cardiff Cup Fixtures. Lets ruck 'n' roll!



## DIGITAL BOOKWORK

Digital Bookwork is a creative program where students use computers and digital design tools to bring the characters, landscapes, and scenes from their favorite books to life. By blending storytelling with technology, you will have the opportunity to illustrate characters, create immersive environments, and visually explore the worlds you read about. Through this club, you will develop digital art skills, enhance your literary analysis, and collaborate with fellow book enthusiasts to share your creative interpretations of literature.



# ENRICHMENT ACTIVITIES



## THE DISPLAY SQUAD!

Students in this club will take the lead in designing and decorating bulletin boards, hallway displays, and other visual showcases around the school. From celebrating special events, to promoting school values and student work, members will learn the art of layout, lettering, color coordination, and visual storytelling. This is a great opportunity to make your mark on the school environment and let your imagination shine—one display at a time!



## SWIMMING



Held at Llanishen Leisure Centre, students will develop essential swimming skills, improve overall fitness, and build water confidence in a structured and supportive environment.



## PROFIT WITH PURPOSE

A student-led team dedicated to turning creative ideas into fundraising opportunities to support our Enrichment Programme. Led by the Sixth Form Prefect Team, all you need to do is bring your positive energy, imagination and passion for making a positive impact.