

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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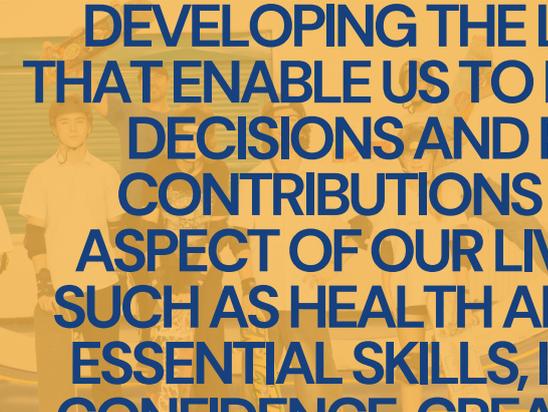
## SYMBOLS:



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 IS] THE IDEA OF LEARNING NOT SOLELY FOR KNOWLEDGE AND COMPETENCIES, BUT ALSO DEVELOPING THE LIFE SKILLS THAT ENABLE US TO MAKE GOOD DECISIONS AND POSITIVE CONTRIBUTIONS IN EVERY ASPECT OF OUR LIVES. SKILLS SUCH AS HEALTH AND FITNESS, ESSENTIAL SKILLS, INCLUDING CONFIDENCE, CREATIVITY AND CRITICAL THINKING, AND DEVELOPING A SOCIAL PURPOSE."**

**UNIVERSITY OF DERBY**



# ENRICHMENT ACTIVITIES



## LHS 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!



## DUNGEONS & DRAGONS

Step into a world of imagination, teamwork, and epic storytelling. Whether you're a seasoned hero or totally new to the game, our club welcomes all adventurers! Create your own character, solve mysteries, battle monsters, and work together to shape your own legendary quest. No experience needed—just bring your creativity and a spirit of adventure!



## 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



## DEBATE CLUB

Sharpen your public speaking skills, build confidence, and learn how to think critically on your feet. Whether you dream of winning arguments or just want to express your ideas more clearly, Debate Club is the perfect place to find your voice, tackle exciting topics, and have fun doing it.



## 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 & JIGSAW CLUB

Looking for a fun, relaxing way to sharpen your mind? Join the Scrabble & Jigsaw Puzzle Club! Challenge your vocabulary in friendly Scrabble matches or unwind as you piece together puzzles with friends.



## 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



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## 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!



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## 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!



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## 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



## CARD GAMES

Step away from the screens and shuffle into something timeless. Come play the classics from patience, rummy 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!



## 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!



## 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



## FOOTBALL

A football training class is designed to improve players' skills, fitness, and teamwork in a fun and engaging environment. Mix with other year groups and practice technical skills like dribbling, passing, shooting, and heading.



## SELF - PROTECTION (GIRLS)

Learn simple, effective ways to handle unwanted attention and stay safe—no strength or athletic skill required. This club teaches practical, real-life strategies to help you feel confident, protect yourself, and quickly get out of uncomfortable situations. We're not training fighters—we're empowering girls with awareness, confidence, and a few reliable tools to stay safe.



## SNAZZY SNACKS!

Snazzy Snacks will be serving up creativity one bite at a time! Learn how to craft the perfect smoothie, press irresistible paninis, and experiment with fun, tasty recipes. Whether you're a foodie, a chef-in-training, or just hungry for a good time, this club has something for everyone. Come blend, toast, taste, and enjoy.



# 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!



## TABLETOP GAMES

An opportunity to relax, stretch your mind and play with friends! Some of the games available include, classics like Connect 4, Cluedo and Monopoly, Modern Word Games, Magic: The Gathering and Blood on the Clocktower!



## 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!



## BLOOKET CLUB

Come along to Blooket Club where learning meets friendly competition! Dive into the most exciting way to learn, play, and compete! Whether you're mastering tricky topics or just love a good game challenge, Blooket brings fast-paced fun to every session. Customize games, collect blooks, team up with friends, and see who can top the leader board.

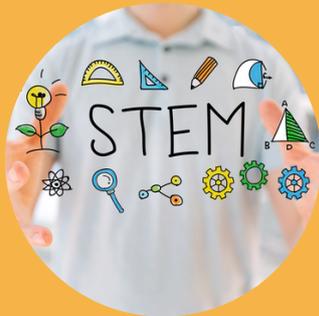


# ENRICHMENT ACTIVITIES



## GRAPHIC DESIGN CLUB

Unleash your creativity and bring your ideas to life! The Graphic Design Club is a space for students who love art, technology, and visual storytelling. Whether you're a beginner curious about design or already creating your own logos and digital art, this club is for you!



## STEM CLUB

"Science, Technology, Engineering and Mathematics have shaped our world, from polar adventures, space exploration, criminal investigation, smart devices, all the way to developing cosmetics and making food healthier. Put yourself in the place of the Scientists, Technologists, Engineers and Mathematicians who have used cunning creativity and out of the box problem solving to change our world. In STEM Club you'll learn to think critically about how to approach challenges, test your ideas, and improve upon them.



## 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!

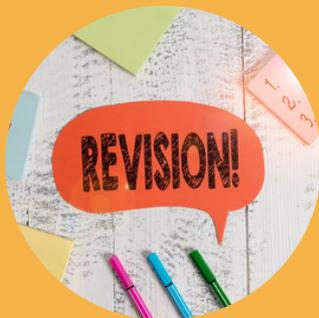


# ENRICHMENT ACTIVITIES



## 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!



## GCSE REVISION CLUB (Y10 AND Y11 ONLY)

Need a focused, supportive space to get ahead with your revision? Whether you need help with tricky topics, want to revise with friends, or just prefer a quiet place to work, this club has you covered. With tips and guidance, you'll feel more confident and prepared for your exams.



## 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



## BRIDGE CLUB

Sharpen your mind and learn the world's most exciting card game! Student Bridge Club is open to all skill levels. Discover the strategy, teamwork, and critical thinking behind bridge while competing in friendly matches.



## BASKETBALL

Hit the court and level up your game! Open to all skill levels, whether you're just starting out or already a seasoned player. Improve your skills, build teamwork, and compete in fun games in a supportive environment.



## JUMP



Join us for epic fun in the soft play — climb, slide, race, bounce, and explore — it's the perfect place to chill with friends, burn some energy, and have fun.



# ENRICHMENT ACTIVITIES



## 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!



## 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!



## 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



## ANIME CLUB

Love anime? Curious to learn more? Join the Anime Club and dive into a world of action, comedy and fantasy! Each meeting, we'll watch episodes, discuss our favorite shows, explore Japanese culture, and share recommendations. Whether you're a longtime fan or totally new to anime, everyone is welcome.



## 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.



## 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!



## BASEBALL

Welsh baseball is a unique, high-energy sport that's easy to pick up and great for building teamwork and confidence. All abilities welcome — just bring your enthusiasm and team spirit.



# ENRICHMENT ACTIVITIES



## 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 favourite 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.



## 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.



## GIRLS RUGBY

Build strength, speed, and confidence while learning the power of teamwork and resilience. Whether you're new to the sport or ready to take your game to the next level, rugby is a place to push limits and make lasting friendships.