**WALTHAMSTOW HALL**

**JUNIOR SCHOOL**

****

**“SAIL”**

**SPORT**

**Action Acorns**

EYFS. Actions Acorns is a structured course, but within the structure there is plenty of time for fun! There are three elements to the course: Taekwon-Do skills, dealing with danger and life skills and good attitudes. The course is specifically designed to develop the child's agility, confidence and coordination, through a series of games, drills and activities. Run by Oaks Martial Arts. Chargeable.

**Badminton Club**

Years 3 to 6. Learn the basics of Badminton from an Olympian! Maximum of 16 girls per club.

**Ballet**

Years 3 to 6. This is a syllabus based class following the Cecchetti method of ballet, under the Imperial Society of Teachers of Dancing. Ballet is designed to promote physical strength and agility together with a love of movement and music. Children gain confidence and great technical skills as we progress through each level with examinations taken each year. Ballet is a good basis for all other dance styles. Chargeable.

**Contemporary Dance**

Years 5 & 6. Contemporary Dance has grown to become an eclectic mix of styles and is a good progression from ballet and modern dance with strong, controlled movement. We develop floor work, travelling steps and dances with an emphasis on creative freedom and individual expression using a wide variety of music styles. The girls have the chance to further develop their contemporary skills in the senior school following the new ISTD contemporary Intermediate Foundation Syllabus. Chargeable.

**Dance Fusion**

Years 1 & 2. This is a non-syllabus dance style which incorporates an energetic fusion of modern dance styles to include modern theatre, street and jazz dance to current popular music. We include flexibility exercises, travelling steps and dance routines. The girls are encouraged to explore their own creative talents. Chargeable.

**Gymnastics**

EY2 to Year 6. Lightning Gymnastics provides fun and structured gymnastics classes aimed at exploring skills on floor, vault, beam, acrobatics, ropes, and trampoline. Each term the gymnasts work towards different events. In the Autumn term gymnasts follow the Lightning Medal Scheme learning specific skills on each apparatus for their age group. In the Spring term these skills are linked together to form routines and are performed in an in-house competition and selected gymnasts are chosen to compete in an external competition. During the Summer term gymnasts work towards learning a display routine demonstrating dance and gymnastics and perform in front of their parents at the Senior School. Our classes are run by British Gymnastics qualified coaches who have a wealth of experience in the sport producing Regional, National and International champions.

**Gymnastics Squads**

Years 2 to 6. By invitation only. Chargeable. A Full term's notice is required to withdraw from the Squad. Girls who were in Gymnastics Squad last term will automatically remain in the squad this term. Girls who join Squads will automatically stop Gymnastics Club so that a girl on the waiting list can have the opportunity to join. Squad girls are transported to the Senior School and should be collected from there.

**Netball Clubs**

Years 3 to 6. Netball clubs are open to any girl who wishes to improve her netball.

**Riverbank**

Separate clubs for Pre-Prep (Year 1 & 2) and Prep (Year 3 to 6), with a maximum of 20 girls in each. A fun swimming club for enjoyment and to boost water skills and confidence. Girls are transported to the Senior School and should be collected from the swimming pool.

**Running Club**

Years 3 to 6. Work on different running activities to improve your fitness level, enabling you to become a more confident runner. Taking part requires a positive attitude and commitment …..fitness doesn't improve overnight! Pick up from Senior School at 5pm

**Table Tennis**

Years 2 to 6 Attendance may be rotated. Girls will have the opportunity to develop their Table Tennis skills in a fun and relaxed environment. Games and and challenges will encourage girls to make progress during the term. Beginners very much welcome.

**Taekwon Do**

Years 1 to 6. Taekwon-Do is a modern Korean martial art, based on explosive kicks and punches, which are controlled through the understanding of the Tenets of Taekwon-Do: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. We teach a structured course for students all teh way to Black Belt, which develops confidence, fitness and agility. Run by Oaks Martial Arts. Chargeable.

**Tap Dancing**

Years 1 to 6. This is a non-syllabus club which aims to develop the girls' sense of rhythm, musicality, co-ordination and muscle memory skills whilst having fun. We explore a variety of rhythms, sequences and routines to current music. Chargeable.

**Tennis**

Years 1 to 6. Lunchtime classes are grouped into red, orange and green ball lessons as sest out by the LTA. Sessions cover all the main shots, movements, technique and tactics applicable to the skill level of the girls. Team training is by invitation only and prepares the girls to compete in county schools competitions. Run by John Heuerman Tennis Academy. Chargeable.

**Tennis Squads**

Run by John Heuerman Tennis Academy. Chargeable. A half term's notice is required to withdraw from the club. By invitation only. Girls who were in Tennis Squad last term will automatically remain in the squad this term. Girls who join Squads will automatically stop Tennis Club so that a girl on the waiting list can have the opportunity to play.

**Yoga**

Years 1 to 6. Already introduced on to the pre-prep curriculum these fun and light hearted yoga sessions will sow the seeds of mind, body and breath connection. The girls learn how to sit and stand tall making them aware of their posture and how it affects their energy and concentration. We go through standing poses, forward bends, back bends and twists. All designed to improve their body alignment and health. We end with relaxation where the girls learn that by regulating their breath and heartbeat they can calm their mind. Chargeable.

**ART AND MUSIC**

**Art and Craft**

Years 3 to 6. In this term we will focus on watercolours. We will look at different ways to apply the paint and how to use different brushes. Each girl will have the opportunity to create a watercolour landscape on canvas and will be able to explain the different techniques she has used.  Attendance may be rotated.

**Brass Taster Group**

All girls in Years 3 to 6 will be offered the opportunity to learn a brass instrument with Miss Emily Wiggins (Senior School Brass Teacher), choosing between French horn, trumpet, and trombone. Girls will receive free tuition for half a term, with the instrument of their choice provided by the School. Class sizes will be restricted to three girls, per instrument, per half term.

**Recorder Consort**

Years 3 to 6. By invitation.

**String Group**

By Invitation.

**Style Station Workshops**

One club for Years 1 and 2, and one club for Years 3 to 6. Run by Carly Brook of Style Station Workshops. In this fashion and textile club you will be encouraged to try new techniques, build confidence and develop new skills in a friendly and nurturing environment. Activities include fabric painting, drawing, designing, appliqué techniques, sewing and printing. Style Station offers you the opportunity to learn new skills, explore and be creative, but most importantly we want to inspire young minds! Chargeable.

**Theatre Arts**

Years 3 to 4 Autumn and Spring. Year 6- Summer. All girls should attend to prepare for their upcoming play.

**Wind Group**

Year 3 to 6. This is by invitation.

**Year 1 & 2 Choir**

This is an all-inclusive, non-audition singing group. Our aim and objective is to sing together fun, age appropriate songs, blending our voices and singing with confidence. We aim to perform at least once a term (a musical tea, a hymn practise, an assembly or a recording for Firefly). We learn skills such as working as a team, memorisation, and understanding simple musical terms and dynamics. The wider benefits of singing in a choir are substantial, singing releases feel-good hormones called endorphins that make you feel happy and positive, builds memory and confidence.

**Year 3 & 4 Choir**

This Is an all-inclusive, non-audition singing group. Our aim and objective is to sing together fun, age appropriate songs, blending our voices and singing with confidence. We aim to perform at least once a term (either a musical tea, a hymn practise, an assembly or a recording for Firefly). We learn skills such as working as a team, memorisation, and understanding simple musical terms and dynamics. The wider benefits of singing in a choir are substantial, singing releases feel-good hormones called endorphins that make you feel happy and positive, builds memory and confidence.

**Year 5 & 6 Choir**

The year 5/6 choir is an inclusive, non-auditioned choir for all girls in years 5 and 6. We shall be having fun singing together and sharing melodies, harmonies and our love of music in a variety of musical genres. We want the girls to experience the thrill and the joy of being part of a large choral group working together to create unforgettable performances.

**Year 2 Drama Examination Club**

Y2 Introduction to Drama through a variety of games, activities and role play. Girls will be prepared for Trinity Guildhall Drama examination. There is no charge for the club, **but there will be a fee for the Trinity Guildhall examination**. Maximum 12 girls.

**INTEREST AND HOBBIES**

**Bridge Club**

Years 5 and 6. Learn to play Bridge.

**Chess Club**

Years 3 to 6. Chess! Logic, analytical skills and memory are just a few of the skills the girls will develop through playing chess. We will focus on the basic moves of the game and members will have lots of opportunities to practise playing in games and mini-tournaments against one another.

**STEM Club**

Years 3 to 6. Science Technology Engineering and Mathematics Club. We have the opportunity to explore and investigate topics from the 4 STEM subjects. Attendance may be rotated.

**Year 5 Book Club**

Year 5. Eat biscuits! Read and discuss books that you may not have wanted, or been able to tackle before in preparation for upcoming examinations and interviews. You need to **buy** the book and read in-between in preparation for the club. Please make sure that your daughter has her own copy of 'The Adventures of Odysseus' by Hugh Lupton. Our next book will be 'Welcome to Nowhere ' by Elizabeth Laird.

**LEARNING AND DEVELOPMENT**

**Conversational French**

Years 3 to 6. An opportunity to practise French with a native speaker. Run by the French Assistante from the Senior School.

**Conversational German**

Years 3 and 4. Sign up for fun in German! We learn German phrases and vocabulary through singing, games, drama, books and video clips. Topics covered include greetings, numbers, colours, food, Christmas, Easter, animals, action verbs and the weather. We are currently reading the Gruffalo in German and acting it out.

**Conversational Spanish**

Years 3 to 6. Girls with some knowledge of the language are encouraged to join. Run by the Spanish Assistante from the Senior School.

**In the News**

Here at the Junior School, the girls are enthusiastic about discussing current affairs and ‘In The News’ is the club where Year 4 to Year 6 have the opportunity to share with one another recent News stories. This can include news that is still happening. Most of the discussion is on why, where and how a story has happened with plenty of opportunity for analysis. The stories are always girl-led based upon news that has generated interest through hearing it from parents, seeing it on television/iPads and reading it in newspapers/magazines. ‘In The News’ provides a forum for lively discussion and involvement for all, and we ensure that there is always time to enjoy a happy story each week.

**Wild Challenge**

Years 3 to 6. Help wildlife, explore nature and work towards awards by making your way through lots of wildlife related activities. We will be working towards the RSPB Wild Challenge Bronze, Silver and Gold Awards. Activities for each level are divided into two sections:  
**Help Nature** - making our gardens brilliant homes for nature and our outdoor spaces wonderfully wildlife-friendly! **Experience Nature** - getting up close and personal with wildlife and exploring the world of amazing nature right under our noses!  
There will be many activities to choose from including plant and minibeast safaris, wild writing, sensing the world, habitat explorers, planting for wildlife, I-spy wildlife and homes for birds, mammals and minibeasts.