

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. A half term's notice is required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

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. Run by Mrs Hamlet. Chargeable. A half term's notice is required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

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. Run by Mrs Hamlet. Chargeable. A half term's notice is required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

Football Skills

Year 3 to 6. For those budding superstars who want to develop their football skills, keep fit and have some fun after School on a Friday. The club will focus on the basic football skills of passing, dribbling and shooting with small sided game to enable the girls to showcase what they have learnt.

Gymnastics

EY2 to Year 6. Run by Mrs Borrell. 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. A half-term's notice is required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

Gymnastics Squads

Years 2 to 6. By invitation only. Run by Mrs Borrell. Chargeable. A Full term's notice is required to withdraw from the Squad. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries. 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 commitmentfitness doesn't improve overnight! Pick up from Senior School at 4.45pm

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 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 the way to Black Belt, which develops confidence, fitness and agility. Run by Oaks Martial Arts. Chargeable. A half term's notice is required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

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. Run by Mrs Hamlet. Chargeable. A half term's notice is

required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

Tennis

Years 1 to 6. Lunchtime classes are grouped into red, orange and green ball lessons as set 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 Heurman Tennis Academy. Chargeable A half term's notice is required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

Tennis Squads

Run by John Heurman Tennis Academy. Chargeable A half term's notice is required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries. 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. A half term's notice is required to withdraw from the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

ART AND MUSIC

Art

Years 3 to 6. The Year 3-6 Art club will this year start out looking at sketching and observation drawing using tone and highlight. We will use different materials such as sketching pencils, chalks and charcoal and learn how to add highlights by removing material

Art and Craft

Year 1 and 2. The Year 1 and 2 Art and Craft club will work on one project every 2-3 weeks to allow the girls to refine their skills and techniques. We will look at drawing and think about the shapes we can see in the things around us. We will also do themed crafts as appropriate at different times of year like Christmas, Chinese New Year and Easter.'

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.

Craft Club

The Year 3-6 Craft club will this year be focusing on a different material or theme each term with time given to exploring the material and finding out what its possibilities are and then work towards creating a final piece. Materials and themes will be led by the children's preferences but the first material we will focus on will be paper.'

Recorder Consort

Years 3 to 6. By invitation. Led by Miss Murray

String Group

By Invitation. Led by Mr Wallace

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. A half term's notice is required to withdraw from

the club. Please contact Mrs Hudson from the Junior School to join and for all billing/administration queries.

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

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 3 & 4 Choir

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 10 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.

LEARNING AND DEVELOPMENT

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.

Mandarin

The aim of the Club is for participants to take the Youth Chinese Test (YCT) (Level II) after three terms of learning. Topics to be covered over the course of three terms include:

Learning vocabulary (150 characters including nouns, verbs and adjectives) Practising listening
Learning Chinese handwriting (including calligraphy) Learning grammar

Examples of other activities to be covered in the Mandarin Club are:

Viewing world-famous Chinese historical sites, such as the Terracotta Warriors, the Great Wall, the Forbidden City, the Summer Palace, etc. Understanding Chinese culture. Tasting Chinese food. Understanding Chinese traditional etiquette: greeting etiquette, table manners, etc. Making Chinese traditional handmade crafts: Chinese kite, paper-cut, etc. Enjoying Chinese music and drama: Beijing opera, etc. Seeing traditional Chinese costume: Han costume, Qing costume

Minimus: Starting out in Latin

Years 5 and 6. Is a unique course for 7-10 year olds, providing a lively introduction to the Latin language and the culture of Roman Britain with a highly illustrated mix of comic strips, stories and myths.

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.

