

WALTHAMSTOW HALL JUNIOR SCHOOL



WALTHAMSTOW HALL
SEVENOAKS

“SAIL”

SPORT

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 they 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 Atkinson 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 pupils 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 Atkinson to join and for all billing/administration queries.

Fitness Club

Enjoy some extra fitness sessions by doing a range of exercises through a variety of sports. Fitness made fun with lots of different games and activities!

Football Skills

Years 5 & 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 pupils to showcase what they have learnt.

Gymnastics

Years 1 to 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 Atkinson to join and for all billing/administration queries.

Gymnastics Squads

Years 3 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 Atkinson to join and for all billing/administration queries. Pupils who were in Gymnastics Squad last term will automatically remain in the squad this term. Pupils who join squads will automatically stop Gymnastics Club so that a girl on the waiting list can have the opportunity to join. Squad pupils 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

A club for Years 1 to 6, with a maximum of 16 pupils. A fun swimming club for enjoyment and to boost water skills and confidence. Pupils 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!

Table Tennis

Years 3 to 6. Learn the basics of table tennis involving the different shot types and techniques used. Fun games and competitions help to develop the skills required to play in both singles and doubles matches. (Max of 16 pupils)

Tap Dancing

Years 1 to 6. This is a non-syllabus club which aims to develop 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 Atkinson 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 pupils. Team training is by invitation only and prepares the pupils 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 Atkinson to join and for all billing/administration queries.

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Yoga

Years 1 to 6. These fun and light hearted yoga sessions will sow the seeds of mind, body and breath connection. The pupils 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 pupils 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 Atkinson to join and for all billing/administration queries.

ART AND MUSIC

Art

Year 3 and 4 art club looks at traditional art and craft techniques for example quilling and watercolours. We start to look at how to build a piece of art and learn some of the basic rules of composition and why this is important. Limited to 10 pupils.

Year 5 and 6 art club starts to put the building blocks from the previous year's art together to create interesting and unique pieces. We look at tone and texture and how to build this into a piece of art. Limited to 10 pupils.

Art and Craft

Year 1 and 2 Art Club builds on the concepts learnt in class of colour, line and expression. Working on simple projects, the focus is on having fun, practicing drawing, adding colour and using different textures in a piece of art. Limited to 10 pupils.

Chamber Group

Chamber music is at the heart of learning an instrument. Chamber music is a unique medium, requiring excellent listening, communication skills and teamwork. This club welcomes all committed instrumentalists, Grade 2 and above in Years 4 to 6. In small groups, pupils make music together in a fun and supportive environment.

Gaudete

Gaudete is a new chamber choir for enthusiastic singers in Years 3 to 6. All abilities are welcome, and no singing lessons are necessary - just a passion for singing! This new group will explore a diverse range of choral music of every genre and will offer exciting new performance opportunities throughout the year.

Music Theory/Aural Skills

Years 3 to 6. A club for pupils who wish to work towards their Grade 5 theory or who enjoy learning about the rudiments of music. Open to instrumentalists and singers in the school this is a teacher-led class where we work through workbooks designed for each grade. There is also the additional ear training and aural elements of this class which help prepare students for their aural test section of the practical grade exams.

Orchestra

Years 3 to 6. Open to all orchestral instruments of Grade 1 standard. Orchestra is for pupils who learn in or out of school and is a great way to learn how to play together and increase musicianship skills while having fun.

INTEREST AND HOBBIES

Debating Club

Years 5 and 6. Debating club will give pupils of all abilities a fun way of developing their oracy skills. We plan to use a range of activities to help the pupils with their critical thinking and confident communication. Participation in the club will also help to develop the important skills of respect and tolerance of other people's views. Pupils will become more informed about the world around them.

Chess Club

Years 1 to 6. LearnChess training is a fun learning experience for students, providing them with a comprehensive chess training programme, specifically designed to develop various levels of abilities to play chess to club level and beyond while teaching children to become independent thinkers.

Christian Union

Years 3 to 6. A Club for anyone (not just Christians!) where we look at the bible in an interactive and fun way. It's a chance for pupils to develop their own understanding and opinions as well as play some games.

Knitting Club

Years 5 and 6. We will learn to do some simple knitting stitches for pupils to create their own scarf, bag, hat or toys. We will also be learning some wool crafts like weaving to make fun items such as friendship bracelets and pom poms.

STEM Clubs

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

Year 4 Book Club

Year 4. Read and discuss books. You need to **buy** the book and read in-between in preparation for the club.

Year 5 Book Club

Year 5. Read incredible books! (while pretending to eat yummy treats). Read and discuss books that you may not have wanted to read, 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

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, papercut, etc. Enjoying Chinese music and drama: Beijing opera, etc. Seeing traditional Chinese costume: Han costume, Qing costume.

Problem Solving

Years 3 to 6. We look at fun ways to test reasoning skills and general knowledge with various quizzes and activities ranging from naming as many countries as possible in a given time period to 'guess the film' by using emojis. Pupils are encouraged to bring in games of their own which test their problem solving skills and encourages working as part of a group, to solve both practical and written problems.