

Enrichment Overview

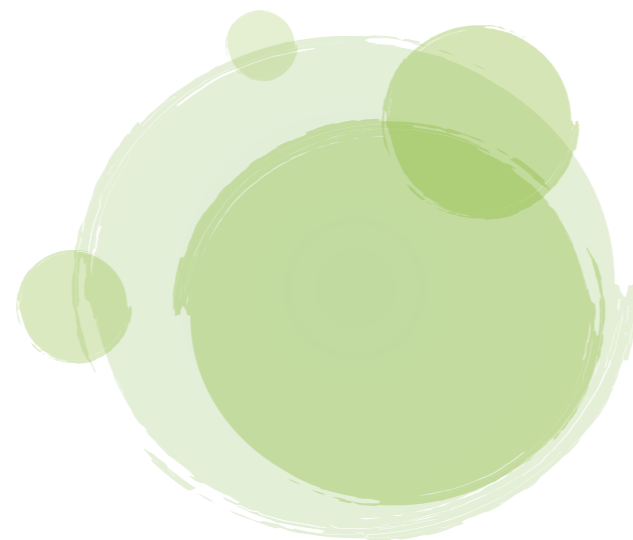
(December 2023, for review September 2024)

The following table outlines the activities and experiences we aim to offer above and beyond the curriculum. Some activities are based on the Transform Trust expectations, developed in consultation with Children's Parliament in a survey of over 2,000 children and enshrined in the Transform Children's Charter. Others are specific to our locality or are part of the National Trust 50 Things To Do Before You're 11 ³/₄ and have been consulted on with children at Parkdale through School Council. The objective is to support a well-rounded childhood experience for all and to make the school day fun. Physical and emotional wellbeing is the paramount consideration. We are sure that happy, secure, energetic children learn better.

<https://www.nationaltrust.org.uk/visit/50-things#about-50-things>

The list is designed from 'Early Years up', with new experiences added in each phase. It is expected that experiences introduced in previous years will be revisited and enjoyed anew, either just as they were or with progressive challenge or new features – we know our Year Six children (and staff!) would still love to roly-poly down a hill! Some activities are absolutely expected to be repeated annually – for example participation in Sports Day and discos are enjoyed by all year groups. The list is not fixed or exhaustive, but forms the core of our offer. It is not a checklist or a guaranteed entitlement, but exists to guide and inspire staff and children. It will be reviewed annually.

Time is built into each and every school day to enjoy these activities, with a particular focus on getting active on Physical Fridays.



	Traditional Childhood	Getting Physical	Handicrafts and life skills	Loving Nature	Performing Arts	Enjoying Art	Enjoying Music	Local Cultural Capital	Having an adventure
Early Years	<p>Play hopscotch Play dominoes Skip Play jacks Play draughts Play connect 4 Play snap Play Top Trumps Welly wander Fly a kite Do the Hokey-Cokey Play Duck-Duck-Goose Walk barefoot on the grass</p>	<p>Ride a bike or trike Experience a martial art Use the climbing wall Use the outdoor gym Roly-poly down a hill Use the outdoor gym Learn a yoga routine Learn dance routines (eg on Go-Noodle) Do an obstacle course Use the trim trail Play a team game Participate in Sports Day</p>	<p>Make and fly a paper plane Prepare and chop snacks Make a paper boat Make a paper kite</p>	<p>Meet some farm animals and/or other creatures Make a bug hotel Make a bird feeder Stargazing (telescope) Get to know a tree Watch clouds Make a home for wildlife Bring up a butterfly Make a bark rubbing Create something with mud Watch a bird</p>	<p>Write and tell helicopter stories Perform in the amphitheatre Participate in a Nativity</p>	<p>Try potato and other printing Make art from natural things Learn to mix powder paints Use watercolours</p>	<p>Explore rock and roll Learn some rock n roll dance moves Play the outdoor musical instruments Make our own instruments from recvcled objects Attend a disco</p>	<p>Visit Gedling Country Park Play in a local park (eg Onchan)</p>	<p>Build a den Eat a picnic outdoors Cook (or be cooked for) over a fire</p>
Year One and Two	<p>Feed the ducks Skim stones Collect and play conkers</p>	<p>Skipping Use the climbing wall</p>	<p>Make and/or fly a kite</p>	<p>Hunt for bugs and look at them under a magnifying glass Go on a walk, learning about wild flowers Play in the mud Have fun with sticks Make and wear a wild crown Plant and grow beans</p>	<p>Sing in a choir Participate in a Nativity</p>	<p>Exhibit a painting Create art with pastels</p>	<p>Explore Classical Music Play a recorder</p>	<p>Visit Wollaton Park/Hall Visit a Church</p>	<p>Experience a camp fire Eat a picnic outdoors</p>
Year Three Year Four	<p>Skim stones Spot a fish</p>	<p>Run or walk a mile Take part in a bike race Go ice skating Go orienteering</p>	<p>Try pottery Bake a cake Learn basic first aid Learn some British Sign Language</p>	<p>Try pond dipping Go for a walk on which you learn to identify native trees</p>	<p>Learn a classic poem off by heart Go to the Pantomime</p>	<p>Exhibit a sculpture Create a watercolour painting</p>	<p>Explore Reggae Experience drumming</p>	<p>Visit Colwick Park Visit Nottingham Castle Visit a Mosque</p>	<p>Sleep under canvas for a night Watch the sunrise Watch the sunset Float in a boat</p>
Year Five Year Six	<p>Learn chess</p>	<p>Run or walk 5k Try climbing and/or abseiling Play in an organised team sport competition (intra or inter school)</p>	<p>Try knitting Bake bread Learn about money Visit a Secondary school Lead a charity fundraiser Complete a health and personal safety course (eg DART)</p>	<p>Create a portfolio of nature photography Learn to identify some common birds and their songs Visit a bird watching location (Netherfield Lagoons/Attenborough)</p>	<p>Perform an act or scene of a Shakespeare play</p>	<p>Visit an art gallery Create a painting in oils</p>	<p>Explore Jazz Experience a live band or singer Learn to play the ukulele</p>	<p>Visit the Trent Embankment</p>	<p>Stay in a Youth Hostel Clamber over rocks Take a hike Have a meal round a campfire</p>