# Millfields Extended Day Clubs for Key Stage 1 - (Year 1 & 2)

# So what exactly will Millfields clubs be offering? Here's a description of what to expect...

#### Play Club

Explore free-play in a vibrant and child friendly setting. Playing helps children to develop skills, stretch their creative potential and their imagination. Each day has a different theme. This club is available to all students and will be the provision if your child cannot attend their clubs of choice.

#### Art Club

Our Art club is creative and colourful! - Children will gain fundamental skills in drawing, painting and crafting and each week they will work on their own personal art works, which will contribute to give them a great sense of accomplishment and pride.

Equipment: Aprons or old T Shirt

#### Ballet Club

Classes consist of a warm up, stretching, plus a fun routine to learn. The students gain self-discipline, rhythm, steps, coordination, strength and physical fitness!

Equipment: a leotard and ballet shoes, or PE kit and non-slip socks.

#### Cheerleading Club

Our Cheerleading classes are fun and dynamic, they always include a deep warm-up on music, followed by specific drills of active flexibility, balance, stretching and the creation of a short choreography: all along of course with a lot of fun! Depending on the level of the students, some little acrobatics might be included.

Required: - water to keep hydrated during the class - pom-poms are ideal but not essential - wear something comfortable, like your PE kit

#### Drama Club

Drama club is a safe space for beginner students to explore their imagination, as well as for advanced students to develop their creativity. This class stimulates each student's uniqueness giving them the courage to be themselves. They will learn valuable theatre skills while having fun, building confidence, stretching their imaginations and growing as an ensemble.

At the end of the term, we aim to prepare the children for a little showcase to perform in front of parents and families at the end of the term. That is always an incredible experience for children, which not only helps them feel motivated and engaged throughout the term, but the day of the performance itself is such a cascade of emotions that creates unbreakable lifelong bonds among the kids.

Equipment: Any comfortable clothes. Notebook and pen.

# Gymnastics

Gymnastics, be it artistic or rhythmic, is a discipline that works the fundamental physical skills that a child needs for an active and healthy lifestyle, including speed, strength, flexibility, coordination, balance, core stability

Equipment: wearing a leotard or PE kit and non-slip socks.

# Kickboxing (off site at Bloodline Gym)

These sessions are suitable for all children and all fitness abilities. The children will be taught the Martial Art of Muay Thai by focusing on active skills, games, fitness, coordination and teamwork. Members of Millfields staff will walk to and from the gym with the children. You can collect your child directly from the gym at the end of the session, or from school, just let us know.

# Little Angel Choir

Singing in a choir is not just fun, it brings out the joy of singing! Singing simply strengthens a feeling of togetherness and teaches great skills like listening and maths! Singing is a fun and exciting skill to learn. It brings out an individual's strengths & builds vocal confidence. Who doesn't want their child to sing like a little angel?

# Mandarin Club

Fun and interactive class! Children learn how to read, write, listen and speak in Mandarin.

# Multi Sports

Child-friendly sport at their own individual pace and by gradually gaining strength and coordination. An effective way of working out hard without feeling so!

Equipment: Clothing can be a P.E. kit

# Needlework

Children will learn to crochet, knit and sew in a child friendly club.

# Sign Language (BSL)

Children learning British Sign Language (BSL) will not only benefit themselves but also any deaf students who may be at, or may later attend the school or friends/neighbours outside of school, making a real positive move towards inclusion for all.

Equipment: Any comfortable clothes. Notebook and pen.

#### Spanish

Fun and interactive class! Children learn how to read, write, listen and speak in Spanish.

# Turkish Club

Fun and interactive class! Children learn how to read, write, listen and speak in Turkish.

#### Yoga & Mindfulness

It's never too early to start Yoga! This club will introduce the children to Yoga, movement and mindfulness techniques in a fun, relaxed and creative way.

Each class will use a mix of music, song, story, crafts and creative movement to get the children using their bodies, minds and breath.

Equipment: Clothing can be a P.E. kit or anything that's comfortable really, and bare feet!