



Enrichment Week Activities

Year 10

2018

ERMYSTED'S GRAMMAR SCHOOL
Gargrave Road, Skipton, BD23 1PL

Badminton and Table Tennis

- Detail:** Boys selecting table tennis/badminton can expect ability based groupings and competitions which can operate with a handicap system. Alternatively, boys can elect to participate in activities aimed at improving skill/confidence.
- Venue:** Sports Hall
- Meet:** Sports Hall
- When:** 8:45 am - 3:45 pm
- Needed:** Sports kit and a drink.
- Uniform:** No

BMX Velodrome

- Detail:** Take this unique opportunity to experience the National Cycling Centre Indoor BMX Track. Cost is inclusive of track hire, bikes, helmets, safety equipment (bikes will be height dependent and NOT AGE), helmets, safety equipment (elbow & knee pads) and training coach. Arrive for 1 hour session on the BMX cycle track, followed by a tour of the centre then hit the BMX cycle track for a final 1 hour session. ALL PARTICIPANTS MUST BE ABLE TO RIDE A BIKE & CYCLE OUT OF THE SADDLE FOR A LONG PERIOD OF TIME.
- Venue:** National Cycling Centre, Manchester
- Meet:** tbc
- When:** 8:15 am - 4:15 pm (depending on traffic)
- Needed:** Wear suitable clothing; bring packed lunch or money to buy your lunch.
- Uniform:** No

Board Games and Chess

- Detail:** Take this opportunity to learn chess or play traditional board games.
- Venue:** Library
- Meet:** Library
- When:** 8:45 am - 3:45 pm
- Needed:** n/a
- Uniform:** No

Bouldering at 'The Depot'

- Detail:** *What is bouldering?* Bouldering is a style of climbing free from the use of ropes. Taking place above state of the art matting climbers are free to

express themselves on hundreds of climbs (called problems) of every standard. Regardless of your level of fitness everyone can enjoy bouldering. The Depot caters for all ages and fitness levels and has an expert team of friendly instructors who will get you started if you have never climbed before, or if you have climbed can coach you to improve your technique. For more information, video clips and pictures visit www.theclimbingdepot.co.uk. We will meet at Skipton station at 9:15 am and travel by train via Leeds to Pudsey. We will then take a short walk to 'The Depot' for our climbing session. We will return to Skipton station for approximately 3:30 pm.

- Venue:** The Depot, Leeds
Meet: Skipton Train Station
When: 9:15 am - 3:30 pm.
Needed: Students will need a packed lunch and a drink. ('The Depot' does sell a small range of food and drink and students are welcome to bring a small amount of spending money if they wish to purchase items from the venue; however, they do not sell sandwiches or alternative lunch items).
Uniform: No. Students must wear suitable loose fitting clothing e.g. tracksuit / shorts / t-shirt.

Cricket Coaching

- Detail:** Spend a day improving your cricket skills.
Venue: Sports Hall
Meet: Sports Hall
When: 8:45 am - 3:45 pm
Needed: Sports kit, a drink, own cricket equipment if possible.
Uniform: No

Enterprise and Employability

- Detail:** A chance for Year 10 students to participate in a range of career related workshops.
Venue: School
Meet: Refectory
When: 8:45 am - 3:45 pm (follows lesson timetable)
Needed: n/a
Uniform: Yes

Football Coaching

Detail: Experience a full day of high quality soccer coaching from Soccer Hub coaches.

Venue: Top Field

Meet: Top Field

When: 8:45 am – 3:45 pm

Needed: Football kit including boots and a drink.

Uniform: No

Great British Bake-Off

Detail: Spend the day with Mrs T making Victoria Sponge, Cheesecake and Brownies. You will have to provide ALL the ingredients (recipes will be emailed to you).

Venue: F1

Meet: Food Room

When: 8:45 am - 3:45 pm

Needed: Ingredients and containers to transport food home.

Uniform: No

James Bond Day

Detail: This workshop will explore the history of James Bond and his world. Is there any truth in Bond's activities as a spy? Is Bond based on any real life masters of espionage? The world of espionage during the Cold War will also be explored.

Venue: H01

Meet: H01

When: 8:45 am - 3:45 pm

Needed: Pen.

Uniform: No

Lancaster Castle and Places of Worship

Detail: This will include a tour of Lancaster Castle, including its court rooms (unless used that day for trials), medieval dungeons, modern prison cells and place of execution. We'll then proceed to have a tour of the neighbouring priory, cathedral, and Quaker Meeting House and Congregational Chapel. We'll

spend time at Williamson's Park with its huge memorial and there'll be an hour's free time to go shopping/wander round. Ideal for boys studying GCSE RS, but of general interest to anyone else.

Venue: Lancaster
Meet: Skipton Station, 8:15 am (tbc)
When: 8:30 am – 5:30 pm
Needed: Wear sensible clothes (it is known to rain in Lancashire) and walking footwear. Bring a packed lunch. Tea can be bought in the city.
Uniform: No

Lightwater Valley

Detail: Spend a day at Lightwater Valley Amusement Park.
Venue: Lightwater Valley Amusement Park.
Meet: Quad
When: 8:45 am - 4:30 pm
Needed: Packed lunch or money to buy your lunch at the park.
Uniform: No

Normandy Experience

Detail: Students have already signed up for this residential trip which was pre-arranged earlier in the year.

Rugby Coaching

Detail: Experience a full day of high quality coaching and fitness training.
Venue: Top Field
Meet: Sports Hall
When: 8:45 am – 3:45 pm
Needed: Sports kit including boots and a drink.
Uniform: No

Skirmish Paintballing and Jump Arena

- Detail:** Spend the morning at one of the largest paintballing venues in Yorkshire your price includes 300 paintballs. Follow your adrenal rush with an afternoon session at Jump Arena, an indoor trampoline park with 50 Trampolines, Dodgeball Courts, Foam Pits and Basketball Hoops. **Please note an extra parent consent form needs to be completed before your child is allowed to take part in these activities.**
- Venue:** Skirmish and Jump Arena, Leeds.
- Meet:** Quad
- When:** 8:45 am - 3:45 pm
- Needed:** Suitable clothing, packed lunch or money to buy your lunch.
- Uniform:** No

Snozone Skiing and Adventure Golf

- Detail:** This trip is mainly available to students who can ski (the minimum you must be able to do is stop safely, turn and use a ski lift). However if you really want to learn a one hour private ski lesson can be organised at an extra charge (limited spaces available). Enjoy the thrill of snowsports at Snozone inside Xscape. The 170m long main slope is covered with over 1700 tonnes of fresh snow, with 2 poma lifts. You can enjoy an hours recreational skiing. After lunch we will be visiting Volcano Falls Adventure Golf. The ultimate adventure golf experience. Conquering Volcano Falls is a quest you will never forget. Set on a mysterious island amid dense jungle with a ferocious T-Rex, exploding volcano and a plunging waterfall lies a challenging course of 18 holes waiting to be defeated.
- Venue:** Snozone, Castleford and Volcano Falls Adventure Golf
- Meet:** School
- When:** 8:45 am – 3:45 pm
- Needed:** Warm clothing including jacket, gloves (No gloves = No skiing), thick socks. Jeans won't be comfortable when wet and no shorts!
- Uniform:** No

The Great Yorkshire Show

- Detail:** Take this opportunity to visit the 160th Great Yorkshire Show. This agricultural event aims to showcase the best of rural life:
- Animal Judging
 - Equestrian demonstrations,
 - Rosemary Shrager cookery demonstration

- Food tasting
- Falcon displays
- and much more...

Venue: Harrogate
Meet: M04
When: 8:45 am – 3:45 pm
Needed: Packed lunch and a drink or money to buy food.
Uniform: No

The National Railway Museum

Detail: Take this opportunity to visit the largest museum of its type in Britain, attracting 727,000 visitors. NRM displays a collection of over 100 locomotives and nearly 300 other items of rolling stock, virtually all of which either ran on the railways of Great Britain or were built there. Also on the 20 acres (8.1 ha) site are many hundreds of thousands of other items and records of social, technical, artistic and historical interest, exhibited mostly in three large halls of a former motive power depot next to the East Coast Main Line, near York railway station.

Venue: York
Meet: Music Room
When: 8:45 am – 3:45 pm
Needed: Packed lunch and a drink or money to buy food.
Uniform: No

Please complete the [Student Choices Form](#) AND the [Medical Consent Form](#) and return to school no later than Friday, 2 March 2018.

A copy of the Enrichment Week letter from Mrs Simms is available [here](#).