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| **No** | | **Activity** | **What is it all about?** |
| 1 | **Boxing Masterclass** | | This course will give you the best possible start in boxing. This is a fantastic, supportive and safe opportunity to learn the fundamentals of the sport. You will work on key areas of boxing. From getting started with putting on wraps, stance and footwork, to the main 6 punches all boxers must master, bag work, pads and shadow boxing. |
| 2 | **Multicultural Day** | | Explore food, language, cultures from around the world. Make international links with schools from other countries British Council, or Amnesty Club. |
| 3 | **Basketball Skills Day (max 25)** | | Visit to Cardinal Newman college. Experience a day of working with basketball coaches and students at Cardinal Newman College. Check out the gym facilities and hear about the courses that Cardinal Newman have to offer in the Sports Department. |
| 4 | **Sewing Bee** | | Make a piece of clothing working from a pattern OR create an item of clothing from existing things |
| 5 | **Drama/Community Arts Arward** | | Discover a new aspect of your Drama, skills planning and preparing a creative production with like minded people to perform to the local community. |
| 6 | **Youth Alpha Course (It is an introductory course as to what the Christian faith is)** | | Got questions about faith? Ask at Alpha. Alpha is a place to ask the big questions of life. Get together and explore the basics of the Christian faith. This an introductory course as to what the Christian faith is. |
| 7 | **The Edit: news competition)**  ***(Years 9, 10, 11)*** | | Enter the exciting Sky News’ competition to plan, film and produce a video news report all about climate change. **(**[**https://nationalschoolspartnership.com/initiatives/the-edit/**](https://nationalschoolspartnership.com/initiatives/the-edit/) |
| 8 | **Laser Cutter Workshop**  ***(Years 7,8,9)*** | | Using the laser cutter you will take part in an activity designing and making a small box using the equipment for personalised decoration and workshop tools to make the box. The perfect activity for those of you who enjoy making and creating! |
| 9 | **Public Speaking Workshop** | | Go from introducing yourself to a group to delivering a full speech in a day. Learn how to communicate confidently, clearly and with style. |
| 10 | **CREATE: The Printing Press** | | Take part in BAE's project to up-skill students in our region in 3D printing and rapid prototyping. Learn how to use our new 3D printer and work with instructors from CREATE Education in a one of workshop (Year 8 students only) |
| 11 | **Who do you think you are?** | | A introduction to researching your family history, using a variety of different sources, e.g. Census data, military records, burial records. The plan would be to include a visit to the Lancashire Records Office, Bow Lane, Preston and and an on-line workshop delivered by staff from the National Archives. |
| 12 | **Grow our Garden** | | Basic Gardening will take you from the basic plant parts, and why they are important all the way to the production of fruit & vegetables. You will discover the importance of having good soil, and what that means, and how to correct it in our school garden. Becoming more aware of the ecology of our world and how we can work with it rather than against it is a very important lesson. |
| 13 | **Italian and Dutch Language and Culture Workshop** | | Have you wanted to learn a new language? Why not try our unique languages day. Spend the day learning two new languages…..... Italian and Dutch!!! |
| 14 | **Sports Journalism** | | Are you interested in sport, would you be interested in a career talking or writing about it. |
| 15 | **Project Management Experience** | | Linking to National Careers week – planning your dream holiday. Working in groups you will plan a holiday to a set budget of. The day involves working with percentages, adding decimals, exchange rates, two way tables and problem-solving. |
| 16 | **Mindfulness and managing your stress levels** | | A journey into calming your mind and managing your stress levels in a fun creative and relaxing way |
| 17 | **Lets Play Hockey** | | Working with a professional coach, the day provides a fun, engaging hockey experience where you will focus on basic skill and game awareness development through small-sided games, umpiring and skills circuits and challenges. |
| 18 | **Retro-Gaming Olympics** | | Channel your passion for video games and consider your dream career in computer design and programming. By taking part in a “retro gaming day” you’ll get to develop your programming expertise using maths and problem solving. You will consider computer graphics and game mechanics along with challenging yourself and exploring the gaming world. |
| 19 | **Young enterprise** | | Create your own business and come up with a business plan. Set up and project manage your own business. |
| 20 | **Chess Tournament** | | A fun and challenging way to hone your critical thinking skills for friendly battle of the minds. A day for all skill levels which will develop life skills and great character building. |
| 21 | **Library Scavanger Hunt - Becoming a Writer** | | How to be a writer day including a special book scavenger hunt. Learn to write stories or improve your existing story writing skills with expert support. Unlock your imagination and give story writing a try. |
| 22 | **American Football** | | This course is for "newbies" who want to get a good grasp of the game and for die-hard fans who want to stay up-to date on the rules, regulations, plays and stats! The popularity of American Football has grown faster than any other sport, this is a fun and common-sense explanation of the basics of the America’s game in simple, easy to understand terms. |
| 23 | **Liverpool Hope Trip *(Psychology Students Only)*** | | A trip to Liverpool Hope University workshop will focus on research, methods, criminal Psychology, development along with psychological problems, social influence, memory, sleep & dreaming. |
| 24 | **Magical Mystery College Tour *(Selected Yr 11 Students only )*** | | A day at Runshaw College to aid in your transition to from high school to college. Spend the day there and experience what it is like to be a college student. |
| 25 | **The School Mural** | | Communicate everything that’s positive about our school to everyone connected to it. Help design and create a wall art for our schools, you can create an inspiring environment in which we can all work and learn. Use your creativity to celebrate our school’s unique vision and values. |