



ARNOLD LODGE

**Juniors**

**ExEn Programme**

Spring Term 2026



The ALS ExEn programme provides opportunities for pupils from Reception to Year 13 to learn beyond the classroom.

## **BOOKINGS:**

To make a booking at one of the sessions, please book through Evolve for your chosen club.

Please note: Any clubs that are limited to a set number of attendees will be allocated on a first come first serve basis.

## **EXTERNAL SESSIONS:**

Those marked with an \* denotes a session run by an external provider or a session where a charge is applied. Further information can be found in the accompanying letters. If you have any questions, please email Mr Thomas on [cthomas@arnoldlodge.com](mailto:cthomas@arnoldlodge.com).

Please note that ExEn will start on Tuesday 6th January and finish on Friday 27th March.

## **CONTACT:**

Mr Charley Thomas, Head of Sport & ExEn

Email: [cthomas@arnoldlodge.com](mailto:cthomas@arnoldlodge.com)

# MONDAY

## JUNIOR KEYBOARD CLUB

Years?	Yr 3—Yr 6	When?	Monday 12:20—13:00	Where?	A17	Teacher	Miss Nix
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Unlock your musical potential in Keyboard Club! Children will learn to play simple songs, explore rhythm and melody, and enjoy making music together in a fun and supportive setting.

## TAG RUGBY

Years?	Yr 4—Yr 6	When?	Monday 12:20—13:00	Where?	Cricket Club	Teacher	Mr James
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Come and have fun in Tag Rugby Club! This a non-contact version of rugby . Children will learn the rules, practise skills, and enjoy friendly matches.

## MINDFUL MATHS COLOURING

Years?	Yr 4—Yr 6	When?	Monday 16:00—17:00	Where?	Junior Classroom	Teacher	Miss Vraitich
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Join us for a creative experience where maths meets mindfulness! Children will explore mathematical patterns, shapes, and numbers through colouring activities designed to boost focus, creativity, and confidence.

## JEWELLERY CLUB

Years?	Yr 5—Yr 6	When?	Monday 16:00—17:00	Where?	Junior Classroom	Teacher	Mrs Holloway
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Have fun creating and designing stunning pieces in our after-school Jewellery Club! Children will learn fun techniques to craft their own bracelets, necklaces, and charms using a variety of colourful beads and materials.

## BOOK CLUB

Years?	Reception— Yr 2	When?	Monday 16:00—17:00	Where?	Reception Classroom	Teacher	Mrs Cook
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A wonderful opportunity for children in Reception, Year 1 and Year 2 to develop a love for reading in a relaxed and supportive environment. They will enjoy exploring books and have the chance to practise reading their own reading books with guidance from an adult.

## CONSTRUCTION CLUB

Years?	Yr 2	When?	Monday 16:00—17:00	Where?	Yr 2 Classroom	Teacher	Miss Joyce
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An exciting and hands-on activity where young children can explore their creativity, build their imagination, and develop essential skills through fun and interactive building activities. The club offers a mix of structured and free choice constructing with a wide variety of kits.

# MONDAY

## LEGO CLUB

Years?	Yr 3 –Yr 4	When?	Monday 16:00–17:00	Where?	Junior Classroom	Teacher	Miss Hugill
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A fun and exciting club where children can explore the world of LEGO! The club encourages creativity, confidence, and collaboration as children design and build projects. Whether working independently or as part of a team, children will have the freedom to explore ideas, solve problems, and bring their creations to life.

## MATILDA SET DESIGN

Years?	Yr 5 - Yr 13	When?	Monday 16:00–17:00	Where?	School Hall	Teacher	Mr Browitt
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This years drama production is Matilda! Help bring the show to life behind the scenes. Children will get a hands on experience creating and painting sets all whilst learning about theatre set designs.

# TUESDAY

## POETRY CLUB

Years?	Yr 3 - Yr 6	When?	Tuesday 12:20–13:00	Where?	Upper Junior Classroom	Teacher	Ms Tester
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Discover the magic of words in Poetry Club! This is a creative space where children can explore rhythm, rhyme, and storytelling while expressing their thoughts and feelings through poetry !

## ARTS & CRAFTS

Years?	Reception– Yr 2	When?	Tuesday 16:00–17:00	Where?	Yr 2 Classroom	Teacher	Mrs Emmerson
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A fun and creative club for Reception, Year 1, and Year 2 children who love to make, paint, and create! Each week, children will explore different materials and techniques to design their own masterpieces, from painting and collage to model-making and seasonal crafts. This is a great opportunity for little artists to express themselves, develop fine motor skills, and enjoy hands-on creativity in a relaxed and supportive environment.

## SPORTS SKILLS & GAMES

Years?	Reception– Yr 2	When?	Tuesday 16:00–17:00	Where?	Juniors Playground	Teacher	Miss McTernan
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From individual sports to team pursuits, come along for a fun-filled sporting club!



# TUESDAY

## GYMNASTICS CLUB

Years?	Yr 3 - Yr 6	When?	Tuesday 16:00–17:00	Where?	Church Hall	Teacher	Miss Smith
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Gymnastics club is an opportunity to develop your skills on a range of apparatus. From performing routines, fun on the air tracks, team balances and vaulting, there's plenty of fun to be had.

## MATHS CLUB

Years?	Yr 5 - Yr 9	When?	Tuesday 16:00–17:00	Where?	Upper Junior Classroom	Teacher	Mrs Jones
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Extending your mathematical reasoning through challenge and team-work. This club will focus on lots of puzzles and games!

## ROBOTICS CLUB

Years?	Yr 3 - Yr 6	When?	Tuesday 16:00–17:00	Where?	CML Classroom	Teacher	Mrs Williams
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Children will learn how to design, build, and program robots using fun, hands-on activities that spark creativity and problem-solving skills.

## JUNIOR CHEFS CLUB

Years?	Yr 5 - Yr 6	When?	Tuesday 16:00–17:00	Where?	Upper Junior Classroom	Teacher	Mr Champion
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Children will learn the basics of cooking and baking through fun, hands-on activities. Each week, they'll create delicious treats and simple dishes while exploring flavours, textures, and healthy eating habits.

## ARTISTIC DRAWING CLUB

Years?	Yr 5 - Yr 8	When?	Tuesday 16:00–17:00	Where?	Art Classroom	Teacher	Mr Browitt
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Unlock your imagination and bring ideas to life. This club is perfect for children who love to sketch, doodle, and create. Each week, students will explore different drawing techniques, styles, and themes.

## TINKER CAD CLUB

Years?	Yr 5 - Yr 9	When?	Tuesday 16:00–17:00	Where?	Design Classroom	Teacher	Miss Jastrzebski
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A chance to create your own CAD designs from characters to functional products with the best being 3D printed to take home. Pupils will need to bring their own devices to this club.

# WEDNESDAY

## SENIOR ORCHESTRA CLUB

<b>Years?</b>	<b>Yr 5 - Yr 13</b>	<b>When?</b>	<b>Wednesday 12:20–13:00</b>	<b>Where?</b>	<b>A17</b>	<b>Teacher</b>	<b>Mrs Colledge</b>
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Pupils require Grade 2 and above to attend this ExEn. A popular and fun chance for our musicians to collaborate.

## GLEE CLUB

<b>Years?</b>	<b>Yr 1 - Yr 6</b>	<b>When?</b>	<b>Wednesday 16:00–17:00</b>	<b>Where?</b>	<b>Yr 3 Classroom</b>	<b>Teacher</b>	<b>Mrs Farrington- Smith</b>
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Arnold Lodge is alive, with the sound of music! At Glee Club, children have the chance to learn new songs, sing, dance, and most importantly have fun! Children will explore songs from a range of musical genres and participate in learning simple dance.

## KARATE \*

<b>Years?</b>	<b>Yr 2 - Yr 11</b>	<b>When?</b>	<b>Wednesday 16:00–17:00</b>	<b>Where?</b>	<b>School Hall</b>	<b>Teacher</b>	<b>External</b>
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Through the discipline of Tang Soo Do (a Korean martial art with roots into the Japanese arts) pupils learn to develop movement, kicking and defensive techniques. There are 10 Gup grade levels (coloured belts) and 9 Dan grade levels (black belts) with pupils given the opportunity to complete a grade every 3 months.

## CREATIVE ART

<b>Years?</b>	<b>Yr 3 –Yr 6</b>	<b>When?</b>	<b>Wednesday 16:00–17:00</b>	<b>Where?</b>	<b>Yr 6 Classroom</b>	<b>Teacher</b>	<b>Mrs Williams</b>
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A club where children can explore different art styles and materials, express themselves freely, and enjoy making unique creations each week.

## MINI GYM

<b>Years?</b>	<b>Reception– Yr 2</b>	<b>When?</b>	<b>Wednesday 16:00–17:00</b>	<b>Where?</b>	<b>Junior Playground</b>	<b>Teacher</b>	<b>Miss Patterson</b>
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A fun filled mini workout for younger athletes. Mini gym will be an active session, helping the children build gross motor skills through exciting circuits. Children will improve strength, coordination and balance. This will be a fantastic club for boosting the children's interest in all things fitness!

## JUNIOR FOOTBALL

<b>Years?</b>	<b>Yr 5 - Yr 6</b>	<b>When?</b>	<b>Wednesday 16:00–17:00</b>	<b>Where?</b>	<b>Playground</b>	<b>Teacher</b>	<b>Mr Scott</b>
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Join the team and get active in Football Club! Children will learn key skills, play friendly matches, build teamwork and confidence, all while having fun on the pitch.

# CREATIVE WRITING

<b>Years?</b>	<b>Yr 3 –Yr 6</b>	<b>When?</b>	<b>Wednesday 16:00–17:00</b>	<b>Where?</b>	<b>Upper Juniors</b>	<b>Teacher</b>	<b>Mr Smart</b>
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A club where pupils imaginations can run wild! The perfect club to explore storytelling, invent characters and create exciting worlds through words.

# HOCKEY CLUB

<b>Years?</b>	<b>Yr 3 –Yr 4</b>	<b>When?</b>	<b>Wednesday 16:00–17:00</b>	<b>Where?</b>	<b>Playground</b>	<b>Teacher</b>	<b>Mr Stickels</b>
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Get ready to hit the pitch and have fun learning the fundamentals of hockey! Children will play friendly games, learn new skills and learn about the importance of teamwork!

# THURSDAY

## ANIMATION CLUB

<b>Years?</b>	<b>Yr 5 - Yr 6</b>	<b>When?</b>	<b>Thursday 7:30 AM–8:00 AM</b>	<b>Where?</b>	<b>A17</b>	<b>Teacher</b>	<b>Mr James</b>
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Ever wondered how Wallace and Gromit come to life? Join our Stop Frame Animation Club and discover the magic behind the movies! Following in the footsteps of Aardman Studios, you'll create your own animated masterpieces from start to finish. Learn storyboarding, develop your characters, shoot your scenes frame by frame, and edit your final film. Whether you dream of being the next Nick Park or simply want to bring your ideas to life, this is your chance to explore the art of

## JUNIOR CHOIR

<b>Years?</b>	<b>Yr 3 - Yr 6</b>	<b>When?</b>	<b>Thursday 12:20 - 13:00</b>	<b>Where?</b>	<b>A17</b>	<b>Teacher</b>	<b>Mrs Colledge</b>
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Sing, shine, and have fun in Junior Choir Children will learn songs, improve their vocal skills, and enjoy performing together !

## POETRY CLUB

<b>Years?</b>	<b>Yr 3 - Yr 6</b>	<b>When?</b>	<b>Thursday 12:20–13:00</b>	<b>Where?</b>	<b>Upper Junior Classroom</b>	<b>Teacher</b>	<b>Ms Tester</b>
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Discover the magic of words in Poetry Club! This is a creative space where children can explore rhythm, rhyme, and storytelling while expressing their thoughts and feelings through poetry !

## COMPUTER CLUB

<b>Years?</b>	<b>Yr 1 - Yr 2</b>	<b>When?</b>	<b>Thursday 16:00–17:00</b>	<b>Where?</b>	<b>Computer Room</b>	<b>Teacher</b>	<b>Mrs Taylor</b>
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Computer Club helps young learners develop essential mouse and keyboard skills through fun and interactive activities. Children practice clicking, dragging, and navigating digital environments while playing educational games and completing simple creative tasks.

# THURSDAY

## PUZZLE CLUB

<b>Years?</b>	<b>Reception – Yr 2</b>	<b>When?</b>	<b>Thursday 16:00–17:00</b>	<b>Where?</b>	<b>Yr 1 Classroom</b>	<b>Teacher</b>	<b>Mrs Umhoefer</b>
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Puzzle Club is a fun and friendly place where children can enjoy jigsaws, games, and brain-teasing challenges. They practice turn-taking, problem-solving, and working together while having a great time. With lots of different puzzles to try, it's a great way to build confidence and patience in a relaxed and supportive setting.

## JUNIOR FENCING\*

<b>Years?</b>	<b>Yr 3 - Yr 6</b>	<b>When?</b>	<b>Thursday 16:00–17:00</b>	<b>Where?</b>	<b>School Canteen</b>	<b>Teacher</b>	<b>External*</b>
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Fencing is a fantastic sport that allows pupils expand pent up energy in a safe environment. Movement, coordination, sportsmanship, courage and perseverance are developed through the foil and sabre discipline.

## BALL GAMES CLUB

<b>Years?</b>	<b>Yr 4- Yr 6</b>	<b>When?</b>	<b>Thursday 16:00–17:00</b>	<b>Where?</b>	<b>Church Hall</b>	<b>Teacher</b>	<b>Mr Pye &amp; Mrs Ellis</b>
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Get active and have fun enjoying a variety of exciting games using different types of balls such as football, basketball, dodgeball, and more designed to build skills and teamwork in a playful environment.

## BUILDING BLOCKS

<b>Years?</b>	<b>Reception</b>	<b>When?</b>	<b>Thursday 16:00–17:00</b>	<b>Where?</b>	<b>Junior Classroom</b>	<b>Teacher</b>	<b>Ms Burcham</b>
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Get ready to build, create, and imagine! Children will use a variety of blocks and construction materials to design amazing structures, solve challenges, and bring their ideas to life.

## NETBALL

<b>Years?</b>	<b>Yr 4 - Yr 6</b>	<b>When?</b>	<b>Thursday 16:00–17:00</b>	<b>Where?</b>	<b>Playground</b>	<b>Teacher</b>	<b>Miss Pursehouse</b>
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An active and fun Netball club, focusing on all things netball! Races, jumping, throwing and even some team games to help the children learn more about different sports, and have the opportunity to practice and perfect their skills!

## POKEMON & CARD GAMES

<b>Years?</b>	<b>Yr 3 - Yr 6</b>	<b>When?</b>	<b>Thursday 16:00–17:00</b>	<b>Where?</b>	<b>Junior Classroom</b>	<b>Teacher</b>	<b>Ms Dewey</b>
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Our Pokémon Club is a place where trainers come together to share their love of Pokémon. From playing games to learning fun facts and taking part in friendly battles, it's all about teamwork, creativity and catching 'em all.



# FRIDAY

## JEWELLERY CLUB

Years?	Yr 5–6	When?	Thursday 12:20–13:00	Where?	Junior Classroom	Teacher	Mrs Holloway
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Have fun creating and designing stunning pieces in our after-school Jewellery Club! Children will learn fun techniques to craft their own bracelets, necklaces, and charms using a variety of colourful beads and materials.

## ADDITIONAL INFORMATION

### EXTERNAL SESSIONS:

Those marked with an \* denotes a session run by an external provider or that may incur an additional charge. Please see the accompanying letters for details of the external sessions:

- **FENCING:** KK Fencing Club
- **KARATE:** Association of Traditional Martial Art