

Primary School **Enrichment**

A guide to scheduled enrichment lessons



What is

Enrichment at MTW?

At GEMS Metropole School Al Waha, enrichment lessons refer to activities and programs that go beyond the standard curriculum to challenge students, spark their curiosity, and develop their confidence. These are planned into the school week during lesson time. They are held across key stages, meaning that students have the opportunity to mix with peers from other classes who share similar interests.

These are extra opportunities for your child to explore new interests, develop talents, or dive deeper into subjects they love. Another goal of enrichment is to help students stay engaged and motivated through activities that can boost their confidence, foster critical thinking, and even help them discover passions they might not find in regular classes.

By offering enrichment, we aim to nurture wellrounded learners who are excited about their education and better prepared for the future.



During Term 3, Enrichment lessons will take place at the following times:

- Year 1 and 2 Friday 10am 11am
- Year 3 and 4 Wednesday 1pm 2.40pm
- Year 5 and 6 Thursday 1pm 2.40pm



Enrichment Options

Nurturing Curiosity



Wicket Warriors: Cricket Skills & Fun

Step up to the crease and learn the fundamentals of cricket! Whether you're batting, bowling, or fielding, this session will help develop key skills while having plenty of fun.



Power Up! Circuits & Fitness Challenges

Boost your energy, strength, and stamina with fun and dynamic circuit training! This session focuses on improving fitness through a mix of exercises, keeping things exciting and engaging.



The Brain Busters: Problem-Solving Challenges

Put your thinking cap on and take on exciting puzzles, riddles, and hands-on challenges! This session will develop logical thinking, creativity, and teamwork through fun problem-solving activities.



Harmony & Play: Choir & Musical Games

Sing your heart out and have fun with music! This session combines singing with interactive musical games, helping to develop confidence, rhythm, and a love for performance.



Storyteller's Haven: Creative Writing Club

Let your imagination flow and your words shine! Whether it's poetry, short stories, or magical tales, this session will guide young writers in crafting their own creative masterpieces.





Creative Creations: Arts & Crafts Wonderland

Unleash your imagination and bring your ideas to life with a variety of fun and engaging arts and crafts projects! From painting to paper crafts, this session is perfect for budding artists who love to get creative with their hands.



Mind & Body Bliss: Wellbeing Wonders

A time to relax, recharge, and refocus! This session promotes mindfulness, positivity, and emotional well-being through activities like breathing exercises, relaxation techniques, and engaging discussions on self-care.



Game On! Mastering Netball & Ball Skills

Perfect your throws, passes, and teamwork skills in this fast-paced and exciting session! Whether you're a netball pro or just getting started, this activity will help you develop agility, coordination, and confidence on the court.



Book Explorers: Adventures in Reading

Step into the world of books and let your imagination run wild! This book club is all about discovering new stories, sharing thoughts, and fostering a love for reading in a relaxed and fun environment.



Move & Groove: Gross Motor Fun!

Jump, climb, balance, and explore movement in this action-packed session designed to build strength, coordination, and confidence in a fun and supportive setting.



Sketch Masters: The Art of Drawing

Sharpen your pencils and your skills! This session will take young artists on a journey through different sketching techniques, shading, and creative expression.





Clay Creations: Sculpt & Model Masterpieces

Get hands-on with clay and other materials to shape, mold, and create unique sculptures! This activity is perfect for those who love to build and bring their ideas to life.



Times Table Champions: Maths Made Fun

Turn numbers into a game and master your times tables in an exciting way! With fun challenges, quick-fire quizzes, and engaging activities, this session makes learning maths enjoyable and rewarding.



Sign & Speak: Communicating with Makaton

Learn how to express yourself using Makaton, a visual way to communicate through signs and symbols! This fun and interactive session will help develop communication skills in a meaningful way.

Enrichment Options

Nurturing Confidence

Junior Duke

This year, all students will be supported to complete the Junior Duke Award for their year group. Preparation lessons will take place during one Enrichment lesson, whilst they will be able to choose an activity of their choice for the other session.

The Junior Duke program is an award scheme aimed at younger students, similar to the Duke of Edinburgh's Award, but tailored for younger age groups. It encourages the development of various skills, resilience, and personal growth through a series of challenges at different levels.

Bronze Level - Year 3

- The challenges at this level aim to introduce children to new skills and experiences.
- Tasks may include activities like knot tying, hygiene instruction, preparing a basic meal and gardening.

Silver Level - Year 4

- · The challenges at this level become a bit more complex, encouraging greater independence and responsibility.
- · Tasks might involve more advanced cooking, helping with chores, leadership responsibilities or learning basic first aid.

All students will take part in the preparatory lessons so are encouraged to sign up to the programme. They will receive an award on completion of each level.



Wicket Warriors: Cricket Skills & Drills

Learn to bat, bowl, and field like a pro! This session is perfect for cricket lovers who want to improve their game while having a blast.



Sports Design Studio: Draw & Create

Love sports and art? This session is all about designing and sketching sports kits, stadiums, and action-packed moments, bringing creativity to the game!



Dance Fusion: Move, Groove & Express!

Feel the rhythm and express yourself through dance! This session combines fun choreography, creativity, and movement to help build confidence and coordination.





Voices in Harmony: Choir & Singing Fun

Sing your heart out in this lively choir session! From classic tunes to modern hits, this activity is perfect for anyone who loves music and performing.



The Art Studio: Mastering Creative Skills

Develop your artistic talent through painting, sketching, and experimenting with different styles and techniques. A perfect place for aspiring artists!



Smash & Rally: Badminton Skills & Matches

Learn the techniques of badminton while having fun with fast-paced rallies and exciting games. A great way to develop agility, coordination, and sportsmanship!



Bookworms Unite: A Club for Story Lovers

Dive into the world of books and embark on literary adventures! This book club is a place to share thoughts, explore new stories, and spark a lifelong love for reading.



Goal Getters: Football Skills & Fun

Dribble, pass, and score! This football session is perfect for young athletes looking to improve their skills, teamwork, and love for the game in a fun and energetic environment.



The Young Journalist's Club: Write, Report, Inspire

Become a budding journalist and learn how to write articles, conduct interviews, and report on exciting stories happening in and around school.





Mindful Moments: Relax, Breathe & Recharge

Take a break from the hustle and bustle with calming mindfulness activities. Learn relaxation techniques, breathing exercises, and ways to stay positive and focused.



Board Game Bonanza: Strategy & Fun

Challenge yourself with a variety of board games that test your strategy, logic, and teamwork! A perfect mix of fun and brainpower.



Code Breakers: Unlock the World of Coding

Step into the future and learn the basics of coding through fun and interactive activities. Whether you're new to programming or looking to enhance your skills, this session is for you!



Map Explorers: Adventures in Geography

Discover the world through maps! Learn how to read, create, and explore different places while enhancing your geography skills in a fun way.

Enrichment Options

Nurturing Confidence

Junior Duke

The Gold and Platinum Levels of the Junior Duke program are designed for older students, typically in the upper primary school years. Both the Gold and Platinum Levels require students to take on increasingly complex tasks that demand planning, problem-solving, and personal initiative. Completing these levels gives students a sense of accomplishment and prepares them for future challenges, both in school and beyond.

Gold Level - Year 5

- The activities at these levels are more challenging and are intended to build on the skills developed in the earlier levels, encouraging greater independence, leadership, and responsibility.
- Tasks may include activities like organising events, taking part in community service, budgeting and performing.

Platinum Level - Year 6

- The Platinum Level is the highest level in the Junior Duke program, typically aimed at students who are around the end of
 their primary school years or beginning secondary school. The activities are designed to be particularly challenging, fostering
 a high level of independence, critical thinking, and leadership.
- · Tasks might involve more advanced first aid, charity events, leading a group or team and enterprise.



Wicket Warriors: Cricket Skills & Drills

Step up to the crease and sharpen your cricket skills! From batting to bowling, this session is perfect for cricket enthusiasts looking to improve their game.



Netball Stars: Pass, Shoot & Score

Enhance your netball skills with fun drills, teamwork challenges, and exciting gameplay! Perfect for both beginners and experienced players.



Sudoku Masters: Crack the Code

Put your brain to the test with the ultimate number puzzle! This session will challenge your logic and problem-solving skills as you work through different levels of Sudoku.





Voices in Harmony: Choir & Singing Fun

Sing your heart out in this lively choir session! Whether you're a confident performer or just love music, this activity will help you develop vocal skills and enjoy the magic of group singing.



Gaelic Game Changers: Mastering Gaelic Football

Learn the skills, tactics, and teamwork behind Gaelic football! This high-energy session is perfect for those who love fast-paced sports and want to develop their game.



Page Turners: The Ultimate Book Club

Discover new books, share ideas, and explore different worlds through reading! This club is perfect for those who love stories and want to discuss their favorite books.



Team Builders: Collaboration & Social Skills

Work together, communicate, and build strong social connections through fun and engaging team challenges! This session is all about improving collaboration skills while making new friends.



Science in Action: Discover, Experiment & Learn

Unleash your inner scientist! This hands-on session will let you explore exciting experiments and discover how things work in the world of science.



Map Explorers: Adventures in Geography

Embark on a journey around the world! Learn how to read maps, discover different countries, and develop your geography skills through interactive activities.





Iron Bead Creations: Craft & Design

Create colorful, unique designs with iron beads! This session is perfect for those who love crafting and want to bring their creative ideas to life.



Salsa Rueda: Dance with Energy & Rhythm

Step into the world of Latin dance! Learn the exciting moves of Salsa Rueda in a fun, energetic, and interactive group setting.

