

# Great Bardfield Primary School

## Enrichment Curriculum

At Great Bardfield, we are committed to fostering the holistic development of our children, nurturing their emotional, intellectual, social, physical, and behavioural growth. Our Enrichment Curriculum is designed to integrate key elements such as mindfulness, team building, outdoor learning, performing arts, British values, and cultural capital into the children's journey through our school. Through this approach, we aim to inspire our children to become well-rounded, respectful, and engaged members of society, equipped with the skills, values, and confidence to thrive in an ever-changing world.

### **Our Enrichment Curriculum intends to:**

- foster intellectual curiosity and critical thinking skills
- provide opportunities for creative expression and innovation
- promote physical, emotional, and social well-being
- celebrate and develop individual talents and interests
- enhance cultural awareness and global citizenship
- to address disadvantage and provide equality of opportunity.

### **Our Enrichment Curriculum is implemented through a combination of:**

- Weekly enrichment sessions on the themes of: Wellbeing and Mindfulness, TLP (Teamwork, Leadership and Problem-solving), OWLS (Outdoor Woodland Learning School), General Studies (including British Values and Cultural Capital) and Performing Arts. Children rotate through these areas on a half termly basis across the academic year.
- An annual calendar of planned enrichment events and activities.
- Multiple opportunities across school life for children to hold responsibilities.

## **Our Enrichment Curriculum ensures:**

- **Personalised Learning Opportunities:**

Students have the choice to participate in clubs and activities such as sport, music, choir and gardening.

Tailored opportunities for high-achieving students in specific subjects through targeted programs such as creative writing competitions, individual sports events

- **Community and External Partnerships:**

Strong links with our village residents and business owners; Historical Society, Horticultural Society, Book Shop, Quaker Meeting House, etc.

Collaboration with organisations, artists, and sports coaches to bring specialised expertise into the school.

Visits, trips and community service projects to broaden students' horizons and promote active citizenship.

- **Focus on Inclusive Participation:**

Ensuring all activities are accessible to students of varying abilities and interests by adapting activities as required.

Additional support is provided for students with special educational needs to fully engage in enrichment opportunities

## **The impact of our Enrichment Curriculum will be monitored, evaluated and celebrated by:**

- Feedback from our children
- Enrichment leaders own reflections
- Professional dialogue between leaders and SLT
- Feedback from parents
- Learning walks, drops ins and professional dialogue between leaders and SLT
- Highlighting achievements and experiences in assemblies, newsletters, and school displays.

## Weekly Enrichment Sessions

Theme	Activities	Outcomes for children				
Well-being and Mindfulness	Breathing Exercises Mindful Colouring Nature Walks Relaxation activities Gratitude Practice Yoga Obstacle Courses Gardening and growing Storytelling or Reading Craft Projects Kindness Challenges Circle Time Emotion Charades Role-Playing Games Journaling or Drawing Emotions Puzzle Solving Group Games with Reflection	Emotional	Cognitive	Social	Physical	Behavioural
		<ul style="list-style-type: none"> <li>➤ Improved emotional regulation</li> <li>➤ Reduced anxiety and stress; lower levels of worry and stress.</li> <li>➤ Enhanced self-awareness; greater understanding of their own emotions and triggers.</li> <li>➤ Increased resilience; ability to recover from setbacks more effectively.</li> <li>➤ Calmer responses to frustrating situations.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Improved attention and focus; enhanced ability to concentrate on tasks.</li> <li>➤ Improved problem-solving skills; increased creativity and thought flexibility.</li> <li>➤ Enhanced memory; strengthened working memory and recall abilities.</li> <li>➤ Greater academic performance; indirect benefits from improved focus and stress management.</li> <li>➤ Stronger impulse control; ability to pause and think before acting.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Improved empathy; greater understanding and sensitivity toward others' feelings.</li> <li>➤ Stronger relationships; improved communication and conflict resolution skills.</li> <li>➤ Enhanced cooperation, improved ability to work and play collaboratively with peers.</li> <li>➤ Reduced aggression; calmer interactions with others.</li> <li>➤ Increased social confidence; feeling more secure in social settings.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Improved ability to relax leading to better sleep quality</li> <li>➤ Reduced physical symptoms of stress; lower heart rate and reduced muscle tension.</li> <li>➤ Enhanced body awareness; better understanding and care for their physical needs.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Increased mindful decision-making; choosing actions with greater thoughtfulness.</li> <li>➤ Reduced hyperactivity; more balanced energy levels and reduced impulsivity.</li> <li>➤ Improved patience; ability to wait and tolerate delays.</li> </ul>

Theme	Activities	Outcomes for children				
		Emotional	Cognitive	Social	Physical	Behavioural
TLP (Teamwork, Leadership and Problem-solving)	Team games Problem solving activities Orienteering Building Challenges Relay Races Board Games Mystery Bridge Building Logic Puzzles Treasure Hunt Role Rotation in Group Tasks Marble Run Design Community Projects Team Discussions and Planning	<ul style="list-style-type: none"> <li>➤ Improved emotional regulation during competitive or high-pressure situations.</li> <li>➤ Learning to handle setbacks and try new approaches.</li> <li>➤ Increased confidence; belief in their ability to tackle and solve problems.</li> <li>➤ Reduced anxiety, stress, and depressive symptoms.</li> <li>➤ Release of endorphins contributing to overall happiness.</li> <li>➤ Building habits that foster a healthy lifestyle.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Enhanced logical reasoning and analytical skills.</li> <li>➤ Encouragement to think outside the box.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Improved communication and active listening skills.</li> <li>➤ Greater collaboration and teamwork abilities.</li> <li>➤ Increased understanding of others' perspectives.</li> <li>➤ Respect for teammates and opponents.</li> <li>➤ Improved ability to manage disagreements constructively.</li> <li>➤ Opportunities to lead and support others.</li> <li>➤ Working effectively with peers to solve complex challenges.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Strengthening endurance and stamina through outdoor activity.</li> <li>➤ Improved cardiovascular health, strength, flexibility, and coordination.</li> <li>➤ Healthy weight management and improved fitness levels.</li> <li>➤ Motor Skills Development; enhanced balance, agility, and fine/gross motor skills.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Making thoughtful and informed choices.</li> <li>➤ Gaining confidence in making decisions independently.</li> <li>➤ Development of accountability for roles and decisions.</li> </ul>

Theme	Activities	Outcomes for children				
		Emotional	Cognitive	Social	Physical	Behavioural
OWLS (Outdoor Woodland Learning)	Scavenger Hunts Bug Hunts Tree Identification Seasonal Walks Pond Dipping Nature Art Mud Painting Stick Sculptures Nature Mandalas Shelter Building Campfire Cooking Tool Use Natural Instruments Wand or Crown Making Treasure Maps Bug Hotels Nature Trails Bird Watching Log Balancing Obstacle Courses Raft Building Team Shelter Challenge Sound Walk Cloud Watching Camouflage Nature Tag Litter Picking Tree Planting Seed Bombs Wildlife Monitoring	<ul style="list-style-type: none"> <li>➤ Increased resilience; developed ability to overcome challenges in a dynamic outdoor environment.</li> <li>➤ Reduced stress and anxiety; calming effects of nature and unstructured play.</li> <li>➤ Improved Self-Confidence by achieving goals, trying new things, and managing risks.</li> <li>➤ Enhanced emotional regulation; learning to cope with different situations in nature.</li> <li>➤ Develop a lifelong appreciation for nature and sustainability.</li> <li>➤ Improved sense of place; feeling more connected to and at home in the natural world.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Improved problem-solving skills from engaging in activities requiring planning, observation, and decision-making.</li> <li>➤ Enhanced creativity, imagination and innovation from open-ended exploration.</li> <li>➤ Improved focus and attention; spending time in nature can boost concentration and reduce symptoms of ADHD.</li> <li>➤ Increased understanding of ecosystems, sustainability, and their role in preserving nature.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Improved teamwork from working collaboratively on tasks like building shelters or solving challenges.</li> <li>➤ Greater empathy; developing sensitivity to others and the environment.</li> <li>➤ Developed conflict resolution skills by managing disagreements during group activities in a constructive manner.</li> <li>➤ Improved leadership skills from leading tasks or projects in an outdoor group setting.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Enhanced Gross and Fine Motor Skills; climbing, digging, and using tools improve physical coordination.</li> <li>➤ Increased activity levels from running, hiking, and playing outdoors.</li> <li>➤ Increased understanding of managing risks in a controlled, natural setting.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Increased Independence by developing autonomy and self-directed learning habits.</li> <li>➤ Time outdoors leading to calmer, more cooperative behaviour.</li> <li>➤ Enhanced curiosity and love of learning;</li> <li>➤ Fostering a sense of wonder and intrinsic motivation to explore and learn.</li> </ul>

Theme	Activities	Outcomes for children				
		Emotional	Cognitive	Social	Physical	Behavioural
<b>General Studies</b>  (To include British Values and Cultural Capital)	Quizzing Debating Researching					
	Themed sessions – Harvest, Guy Fawkes, Road Safety, Christmas, Road safety, etc.	➤Increased self-esteem and confidence; develop an understanding of shared values such as democracy and mutual respect	➤Develop critical thinking skills; exploring British values such as rule of law and individual liberty encourages children to analyse and question concepts constructively.	➤Develop respectful communication; learning the importance of mutual respect and tolerance enhances interactions with peers and adults.	➤Increased participation in cultural and civic events; children engage in active roles during festivals, ceremonies, and community activities.	➤Learn the importance of the rule of law to encourage responsible and respectful behaviour.
	Mock Parliament Create Campaigns					➤Positive role modelling; children emulate behaviours that align with values of fairness, kindness, and respect.
	Traffic Safety					
	Field to Fork Projects Cultural Food Day					
	Festivals Around the World					
	Pen Pal Programs					
	Circle Time Discussions	➤Develop empathy and tolerance; exposure to diverse cultures fosters emotional intelligence and an appreciation for different perspectives.	➤Cultural awareness; gaining knowledge of key cultural, historical, and artistic milestones broadens intellectual horizons.	➤Improved community engagement; encourages active participation in community and civic activities, fostering a sense of belonging.	➤Development of motor skills through cultural practices; participation in traditional games, dances, or sports linked to British heritage supports physical development.	➤Increased sense of responsibility; an understanding of individual liberty which motivates children to take ownership of their actions and their consequences.
	Art Appreciation					
	Local History Projects					
	Famous Britons					
	Exploration					
	Eco Challenges					
	Climate Change					
	Discussions					
	Energy Saving Projects					
	Team Building Game					
	Community Service Projects					
	Build a Time Capsule					

Theme	Activities	Outcomes for children				
		Emotional	Cognitive	Social	Physical	Behavioural
Performing Arts	Drama Games Puppet Shows Tableau Creations					
	Show and Tell Storytelling	➤ Enhanced emotional expression; a platform for children to explore and express their feelings through music, song, and movement.	➤ Improved memory and concentration; learning lyrics, musical notes, and routines strengthens memory and focus.	➤ Teamwork and collaboration; participating in group performances fosters cooperative skills and respect for others' contributions.	➤ Improved coordination and motor skills; singing and performing arts often involve physical movements, gestures, or choreography that enhance body awareness.	➤ Discipline and focus; consistent practice instils a sense of responsibility and dedication to mastering a craft.
	Newsroom Role-Play Choral Singing	➤ Increased self-confidence; performing builds self-assurance and helps children overcome stage fright or shyness.	➤ Enhanced auditory skills; engaging in musical appreciation develops the ability to analyse and interpret complex sounds and rhythms.	➤ Effective communication; singing and acting develop verbal and non-verbal communication abilities.	➤ Breath control and vocal health; singing strengthens lung capacity and teaches proper techniques for vocal endurance and care.	➤ Respect for rules and roles; participating in group performances teaches children to follow directions and respect leadership or ensemble dynamics.
	Action Songs Singing Games	➤ Emotional resilience; Learning to cope with performance challenges and constructive feedback fosters perseverance and emotional growth.	➤ Creativity and innovation; performing arts encourage imaginative thinking and the creation of original ideas or interpretations.	➤ Building friendships and social networks; engaging in performing arts provides opportunities for children to connect with peers with shared interests.	➤ Physical endurance; regular practice and performances build stamina and physical discipline.	➤ Increased patience and perseverance; learning musical skills takes time and practice, encouraging a long-term approach to goal setting.
	Percussion Band Body Percussion	➤ Stress relief; singing and music can act as a therapeutic outlet for managing emotions.	➤ Cultural literacy; exposure to diverse musical genres and traditions enriches understanding of global cultures and histories.	➤ Cultural empathy; exposure to music and performances from different cultures encourages appreciation for diversity.	➤ Awareness of posture and body language; children learn the importance of good posture and expressive physical presence on stage.	➤ Positive self-expression; performing arts provide a constructive outlet for emotions, reducing the likelihood of negative behaviours.
	Exploring Sounds Learn About Instruments					
	Musical Theatre Sound Stories					
	Voice Coaching Silent Film Music					
	Talent Show Create a Class Play					
	Music Quiz Explore World Music					
	Famous Composers and Songs					
	Seasonal or Festival Performances					
	Learn a National Anthem					

## Annual Calendar of Enrichment and Personal Development Opportunities

September	October	November	December	January	February
<ul style="list-style-type: none"> <li>• Scarecrow Festival (PTA)</li> <li>• Bikeability (Y6)</li> <li>• Great Bardfield Bake Off (Macmillan)</li> <li>• Harvest Celebration</li> <li>• USSP Girls Football Festival (KS2)</li> <li>• Artist Study</li> <li>• Village Tour (Cage, Museum, Bawden Rooms)</li> </ul>	<ul style="list-style-type: none"> <li>• USSP Dodgeball Competition (KS2)</li> <li>• World Mental Health Day</li> <li>• USSP Cross Country Event (KS2)</li> <li>• Y6 First Aid Training (NHS)</li> <li>• USSP Tag Rugby Competition (Y5/6)</li> <li>• Essex County Fire &amp; Rescue Service: Fire Safety/Halloween Assembly</li> <li>• Halloween Disco (PTA)</li> </ul>	<ul style="list-style-type: none"> <li>• Bonfire Night (Village Event)</li> <li>• Odd Sock Day (Anti-bullying)</li> <li>• Children in Need</li> <li>• USSP Teddy Bear Runs (EYFS &amp; KS1)</li> <li>• USSP Football Tournament (Y3/4)</li> <li>• USSP Inclusion Event (KS1)</li> <li>• Road Safety Workshops (EYFS and Year 5)</li> </ul>	<ul style="list-style-type: none"> <li>• Pantomime</li> <li>• Shop 'til You Drop (PTA)</li> <li>• Christmas Community Concert</li> <li>• Winter Warmer (PTA)</li> <li>• Christingle at the Church</li> <li>• Christmas Jumper Day (Save the Children)</li> <li>• KS1 Nativity</li> <li>• KS2 Carol Concert</li> </ul>	<ul style="list-style-type: none"> <li>• USSP Swimming Gala (KS2)</li> <li>• USSP Active Maths Event (Y1)</li> <li>• Scootfit (KS1)</li> </ul>	<ul style="list-style-type: none"> <li>• Number Day (NSPCC)</li> <li>• ROM Theatre Group visit</li> <li>• USSP Scooter Safety Sessions (Y1/2)</li> <li>• USSP Football Tournament (Y5/6)</li> </ul>

March	April	May	June	July	August
<ul style="list-style-type: none"> <li>• World Book Day/Book Shop Visit</li> <li>• Comic Relief</li> <li>• USSP Small Schools Event (KS2)</li> <li>• National Girls Football Day Girls Football Event (Y3/4)</li> <li>• USSP Archery (KS2)</li> <li>• USSP Boys/Girls Football Tournaments (Y5/6)</li> <li>• USSP Gym &amp; Dance Show (KS2)</li> <li>• USSP Dance Festival (KS1)</li> <li>• Horticultural Show</li> <li>• Spring Community Concert</li> </ul>	<ul style="list-style-type: none"> <li>• Easter Orienteering Event</li> <li>• Prestige Football Tournament</li> <li>• 'Break the Rules' Day (PTA)</li> <li>• Sponsored Challenge (PTA)</li> </ul>	<ul style="list-style-type: none"> <li>• Garage Sale</li> <li>• Wacky Hair Day (Alzheimer's)</li> <li>• Sports Days &amp; Whole School Picnic</li> <li>• Y6 Resilience Workshop (NHS)</li> </ul>	<ul style="list-style-type: none"> <li>• Y6 Residential</li> <li>• USSP Athletics Event (KS2)</li> <li>• Bell Ringing Workshop</li> <li>• Bring Your Pet to School Day</li> <li>• Dad's Football Event (PTA)</li> <li>• Colour Run (PTA)</li> </ul>	<ul style="list-style-type: none"> <li>• Bardfest (PTA)</li> <li>• Proms in the Playground</li> <li>• KS2 Performance</li> </ul>	<ul style="list-style-type: none"> <li>• Horticultural Show</li> </ul>

## Further opportunities for enrichment and personal development

Councils and Responsibilities	Extra-Curricular Clubs	Educational Visits/Workshop Days (Topic dependent)		Other events and links...
		EYFS & KS1	KS2	
<ul style="list-style-type: none"> <li>• School Ambassadors</li> <li>• School Council</li> <li>• Wellbeing Council</li> <li>• Eco-Council</li> <li>• House Captains/Vice</li> <li>• Play Leaders (Y5)</li> </ul>	All year round: <ul style="list-style-type: none"> <li>• Sports Clubs: (1 x morning, x 2 lunchtime, x 2 after school)</li> <li>• Film Club</li> <li>• Century Club</li> <li>• Brass Club</li> </ul>	<ul style="list-style-type: none"> <li>• Hedingham Castle</li> <li>• Arctic Workshop Day</li> <li>• Boydells Farm</li> <li>• Great Fire of London Workshop</li> <li>• African Drumming Experience</li> <li>• Colchester Zoo</li> </ul>	<ul style="list-style-type: none"> <li>• Stone Age Experience</li> <li>• The British Museum</li> <li>• Hindu Temple Visit</li> <li>• Fry Art Gallery Saffron Walden</li> <li>• Braintree Museum: Victorians</li> <li>• Ancient Greece Experience</li> <li>• Duxford</li> <li>• Local Visit: Spains Hall</li> <li>• Science Museum</li> <li>• Tudor Experience</li> <li>• Sutton Hoo</li> <li>• Ancient Egypt Experience</li> </ul>	<ul style="list-style-type: none"> <li>• Peripatetic Music Lessons</li> <li>• DEEP Curriculum Enrichment Days</li> <li>• Spelling Bee (DEEP)</li> <li>• Visits to Gosfield School (Storyteller, Performances)</li> <li>• Individuals invited to participate in Golf Tournaments (USSP)</li> <li>• Creative Writing competition</li> <li>• Public Speaking Competition (DEEP)</li> <li>• Whole school Frinton Trip</li> <li>• Y6 Residential</li> </ul>
	Autumn Term <ul style="list-style-type: none"> <li>• Choir</li> <li>• Art Club</li> <li>• Lego Club</li> <li>• Yoga</li> </ul>			
	Spring Term <ul style="list-style-type: none"> <li>• Recorder Club</li> <li>• Drawing Club</li> <li>• Creative Writing</li> <li>• Chess Club</li> </ul>			
	Summer Term <ul style="list-style-type: none"> <li>• Wildlife</li> <li>• Gardening</li> <li>• Reading Café</li> <li>• Choir</li> </ul>			