



UNIVERSITY OF CITY ACADEMY NORWICH

Year 7 Students Only

Activity	Meet	Description	Notes
Running & Fitness	Outside Basketball Court	An opportunity to try sprinting, endurance and lots of fun drills, to get fitter and feel great!	Wear CAN PE kit all day from 8:20am – 3:30pm. Be prepared for all weather, cold or wet, as you will stay outside!
SSP Dance Show	Dance Studio	Come along and have fun in learning the latest dance steps. New choreography, building on your technique and trying new styles of dance. We will be covering, Street, Musical theatre and lyrical. There may also be the opportunity to perform at the SSP Dance Show!	Wear CAN PE kit all day from 8:20am – 3:30pm.
Mental Fitness	Library Classroom	Proactive practical strategies to build and manage your mental fitness combined with yoga.	Wear CAN PE kit all day from 8:20am – 3:30pm.
Healthy Nutritious Cooking	D2	Learn how to cook a healthy and nutritious dish.	Wear school uniform all day.
Textiles: Monster Softies	D4	Design and make your own textiles monster keyring. Be inspired by artists, learn to develop your designs and make an actual textiles product. If you enjoy sewing, making and designing then you will love this.	Wear school uniform all day.
Magic Club	S5	In magic club you will learn basic card magic techniques which can be used in magic tricks. We will learn false shuffles, card manipulation and control. We will develop our performing skills so that we are best equipped to showcase our new talent.	Wear school uniform all day.
Debate Club	H6	Debate club allows you to discuss the questions and world issues that we face everyday. It gives you the chance to voice your opinions in a safe and judgement free environment and also helps to gain an acceptance and understanding of others with opposing beliefs. We will	Wear school uniform all day.

		provide particular popular topics of discussion and allow you to make a democratic vote of which topics you would like to debate. You will have the opportunity to research these topics to pick which side of the debate you stand on, and then formulate your own factual argument you can be involved in.	
The Apprentice	E3	Do you want the satisfaction of designing a Game that potentially could earn you fame and millions of Bitcoins? Based on the idea of CAN-ALOT can you design a CAN-ALOT Cluedo? Who murdered who with the lawn mower? That spade hasn't just been used for digging! Or the Game that involves from Allotment to Garden Centre. The choice is yours!	Wear school uniform all day.
Creative Writing	E2	Do you want to learn how to write amazing stories and improve your writing skills? At creative writing club you can write about the things you want to write about, invent crazy characters and create new worlds with only two tools. Your creative mind and a pen!	Wear school uniform all day.
Code Club	IT2	Code club is a fun way to improve your knowledge of programming to create games and animations.	Wear school uniform all day.
Boardgames	H8	Playing board games is entertaining, but that is only one benefit. Playing board games brings people closer, strengthens relationships, and can help you meet new people. It also increases brain function e.g. memory. Plus there will be laughter and laughing and having a good time in general helps to decrease stress.	Wear school uniform all day.