



South Dartmoor Community College  
**REACH Programme**

Realising Educational Aspirations  
through expanding Cultural Horizons

# REACH Programme

## Years 7 - 9

**REACH (Realising Educational Aspirations through expanding Cultural Horizons) is a curriculum enrichment initiative for all students in Years 7 – 9.**

Whilst we recognise and maintain the importance of our taught curriculum and work hard to balance the creative with the academic curriculum, we also acknowledge that new experiences, fostering interests, learning to self-regulate and overcome challenges also play an important role in the development of young people whilst nurturing their sense of self and supporting their wellbeing.

The enrichment programme has been running for a term and has enabled all KS3 students to dive deeper into their interests and broaden their horizons by trying new experiences and expanding their skillset. The activities on offer are integrated into the school timetable and curriculum with sessions taking place every Wednesday afternoon, either starting at 13:30 or 14:10 and finishing in time for the buses. Most activities are free and on site or within walking or running distance, however there are a small number of more specialised activities such as Horse Riding that are either further afield and/or will incur a cost. If finance is a barrier to participation, please do not hesitate to contact [jdistin@southdartmoor.devon.sch.uk](mailto:jdistin@southdartmoor.devon.sch.uk) who will be able to discuss support that we have available.

Each activity runs for a half term, with students selecting their preferred activities a term in advance. Whilst we encourage students to select a range of activities across the year, the same or similar activity can be requested more than once. If allocated to a duplicate activity, students will be encouraged to take more responsibility and become leaders, supporting others whilst developing their own leadership skills.

We endeavour to allocate students to their preferred activities; however, this may not always be possible due to numbers. In this instance, we will look to ensure that everyone, during the year, has an opportunity to experience a particular activity of interest. The activities on offer are updated termly as some are season dependent!

As part of the REACH programme, students also have access to UNIFROG, an online careers and skills platform, where they can record their activities and the skills they have learnt. This will help to document achievements and build a personalised CV and personal statement, supporting them in future applications to Sixth Form, Apprenticeships, University, and the world of work.

Use this updated brochure to gain a better understanding of the activities on offer for the Spring term and which ones you would like to be involved in.

**Emma Gallagher**

Deputy Head teacher

## AMERICAN FOOTBALL

Experience the fast-paced, non-contact version of American football with flag football! Perfect for all skill levels, this exciting sport emphasises strategy, speed and teamwork. Learn to dodge, sprint and score touchdowns through dedicated activities before experiencing American football style gameplay without the big hits. This activity provides a fun and inclusive environment where you can improve your fitness and enjoy the thrill of the game. Don't miss out on the action, sign up today and become a flag football star!



**TIME:** 14:10-15:10 **LOCATION:** 3G Astro **LUNCH:** On site **COST:** £0 **PLACES:** 20 **WEAR:** Sports kit

## BOUNDARY BLAZERS

Join the Boundary Blazers Cricket Club! Do you have a passion for cricket? Whether you're an experienced player or just starting out, the Boundary Blazers Cricket activity is the perfect place for both boys and girls to hone their skills and enjoy the game. Join us for exciting matches, skill-building sessions, and a chance to be part of a supportive and enthusiastic team. Come and blaze those boundaries with us!



**TIME:** 14:10-15:10 **LOCATION:** SPH/Nets/Field **LUNCH:** On site **COST:** £0 **PLACES:** 16 **WEAR:** Sports kit

## BOXING

Learn the basics of boxing, without being punched! A non-contact club where we will learn to move, attack and defend, whilst developing the physical fitness needed to go the distance. No previous experience or skill is required, just a good attitude, and a willingness to try and to work hard.



**TIME:** 13:30-15:10 **LOCATION:** SPH/Gym **LUNCH:** On site **COST:** £0 **PLACES:** 14 **WEAR:** Sports kit

## CINÉ CLUB FRANÇAIS

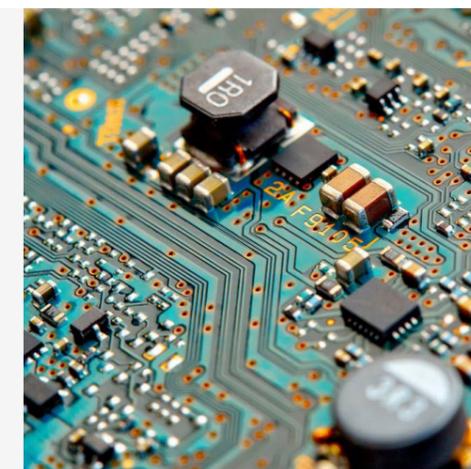
Join us for Ciné Club Français, where we dive into the magic of French cinema! Whether you are a movie lover or a French learner, this is your chance to watch, enjoy and discuss fantastic French films – all with English subtitles! In addition to watching and enjoying great French films with subtitles, we will rate the movies, discuss in English what made the film special and pick up some fun French phrases along the way! Come along for a fun, relaxed afternoon of films, friends and French culture!



**TIME:** 14:10-15:10 **LOCATION:** B12 **LUNCH:** On site **COST:** £0 **PLACES:** 20 **WEAR:** Uniform or change into own clothes

## CIRCUIT EXPLORERS

Welcome to Circuit Explorers, a science experience where students dive into the fascinating world of electronics! You will embark on an exciting journey to build two small electronic devices: an LED decoration and a moisture detector. You will gain hands-on experience with soldering irons, learning essential skills such as soldering small LEDs, transistors, capacitors, and other electronic components onto printed circuit boards. No prior experience is necessary, making this a perfect chance for beginners. Join us for this electrifying adventure and become part of the next generation of innovative tech enthusiasts!



**TIME:** 14:10-15:10 **LOCATION:** Science **LUNCH:** On site **COST:** £4 **PLACES:** 20 **WEAR:** Uniform or change into own clothes

## CODE QUEST

Join our Code Quest Club to explore programming languages, build projects, solve coding challenges, and collaborate on exciting tech innovations. Code Quest is open to all skill levels!



**TIME:** 14:10-15:10 **LOCATION:** RM03 **LUNCH:** On site **COST:** £0 **PLACES:** 30 **WEAR:** Uniform or change into own clothes

### COSMIC COMICS

Choose between reading through the growing comic book section of the library, discussing the stories you have discovered, or creating your own characters using a range of guides and references.

Not sure what to draw or what powers to give them? Let the dice decide from a list of possible choices. Then plan your own comic book story with some blank comic book pages.



**TIME:** 14:10-15:10 **LOCATION:** Library **LUNCH:** On site **COST:** £0 **PLACES:** 20 **WEAR:** Uniform or change into own clothes

### CRAFTY CRAFTERS

Join the Crafty Crafters Club!

Are you passionate about creating beautiful things with your hands, or using the 3D printers and laser cutters? Or you are interested in modern making technologies such as CAD/CAM? Whether you are a seasoned pro or a curious beginner, the Crafty Crafters Club is the perfect place for you!

Dive into the world of designing and making. Learn new skills, share your projects, and make new friends who love creating just as much as you do!



**TIME:** 14:10-15:10 **LOCATION:** TCA **LUNCH:** On site **COST:** £0 **PLACES:** 24 **WEAR:** Uniform or change into own clothes

### CYCLING

Discover the thrill of cycling in the stunning landscapes surrounding our school. Whether you're cruising along scenic roads, exploring hidden paths or tackling rugged off-road trails, our cycling experience offers something for everyone.

Perfect for both beginners and seasoned cyclists, this activity not only enhances your fitness but also fosters teamwork and camaraderie. Join us, and together we can build a strong cycling community, with opportunities to form a future cycling team for both road and off-road adventures!



**TIME:** 14:10-15:10 **LOCATION:** Outside SPH **LUNCH:** On site **COST:** £0 **PLACES:** 15 **NEED:** Sports kit and bike (can be stored at school)

### DANCE AND CHOREOGRAPHY

The aim of this activity is to choreograph and create a piece of dance to perform in our summer community dance show at the end of term.

All abilities are welcome. All you need is a passion to dance, create and work together to perform in front of an audience. We look forward to seeing you!



**TIME:** 14:10-15:10 **LOCATION:** DA1 **LUNCH:** On site **COST:** £0 **PLACES:** 30 **WEAR:** Sports kit

### DESIGNING A PERSONAL FITNESS PROGRAMME

Are you eager to take charge of your health and fitness? During this activity, you will learn how to create personalised fitness plans tailored to your individual goals and needs. You will explore various aspects of fitness, including strength training, cardiovascular exercises, flexibility and nutrition. With guidance from experienced staff, you will track your progress, set achievable goals, and develop lifelong healthy habits. Join us to start your journey towards a fitter, healthier you!



**TIME:** 14:10-15:10 **LOCATION:** Fitness Suite **LUNCH:** On site **COST:** £0 **PLACES:** 20 **WEAR:** Sports kit

### ECO FILM CLUB

Join us each week in Eco Film Club where we will watch a short documentary film exploring environmental themes, followed by discussion.

We will explore ways in which we can communicate scientific knowledge and ideas to engage and educate the public.



**TIME:** 13:30-15:10 **LOCATION:** B13/Hall **LUNCH:** Packed lunch **COST:** £0 **PLACES:** 40 **WEAR:** Uniform or change into own clothes

## FOREST SCHOOL

We believe everybody should have regular, long-term access to a woodland or natural environment which provides them with inspirational and challenging outdoor learning opportunities. Forest School offers a learner-centred approach, where participants can learn through self-directed play and exploration.

Activities include woodland management and nature exploration, building dens and other structures, fires and cooking, games and invitations for imaginative play, natural crafts, using tools such as knives and saws, scavenger hunts and seasonal celebrations.



**TIME:** 13:45-15:10 **LOCATION:** Forest School **LUNCH:** Packed lunch **COST:** £0 **PLACES:** 12 **WEAR:** Old clothes that can get grubby. Wellies and waterproofs if wet

## HORSE RIDING AND STABLE MANAGEMENT

In this activity you will have an opportunity to learn to ride or improve your horse riding skills. You will also take part in lessons covering horse care, grooming and stable management.

The sessions will all take place at Finlake Riding Stables.



**TIME:** 13:30-15:10 **LOCATION:** Finlake Riding Centre **LUNCH:** Packed lunch **COST:** £72 **PLACES:** 15 **WEAR:** If you have riding clothing please bring it, but if not don't worry. Footwear: boots or wellies. Riding hats can be provided

## FRISBEE FRENZY

Looking for something fast, fun and totally different? Try Frisbee Frenzy, the high-energy team sport that mixes the best bits of football, basketball and netball...but with a frisbee!

Teamwork, strategy and quick thinking are key as you sprint, pass and dive to catch the disc in the end zone. No experience? No problem! Whether you are a total beginner or a frisbee pro, you will pick it up fast and have a blast.

Get ready to run, throw and have a laugh with your friends. It's time to unleash your ultimate side!

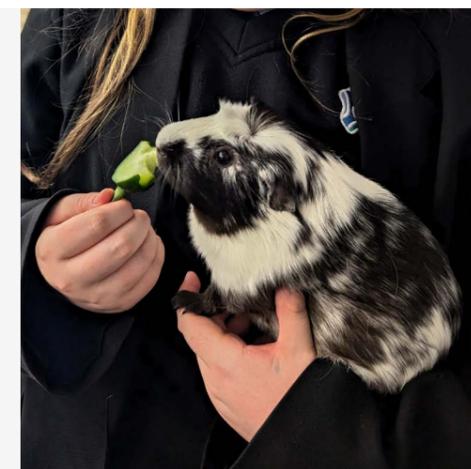


**TIME:** 14:10-15:10 **LOCATION:** Field **LUNCH:** On site **COST:** £0 **PLACES:** 16 **WEAR:** Sports kit

## HUSBANDRY

Learn to connect with the environment through learning to care for our rabbits, guinea pigs and chickens as well cultivating vegetables and flowers for everyone to enjoy.

During the Husbandry sessions, you will look after and care for both the livestock and the horticultural areas of the school farm. You will also have the opportunity to cook with the produce, learn how to make butter and jam and even do some willow weaving.



**TIME:** 13:30-15:10 **LOCATION:** On site **LUNCH:** Packed lunch **COST:** £0 **PLACES:** 24 **WEAR:** Old clothes that can get grubby. Wellies and waterproofs if wet

## GUITAR AND SONG WRITING

Calling all young music enthusiasts aged 11 to 14! Join our fun and creative club where you'll learn to strum those chords, compose your own melodies, and express your inner rockstar.

Whether you are a beginner or not, our supportive environment will encourage collaboration, song writing, and jam sessions.

Let's make music together!



**TIME:** 13:30-15:10 **LOCATION:** MU1 **LUNCH:** On site **COST:** £0 **PLACES:** 16 **WEAR:** Uniform or change into own clothes. If you have a guitar and amp, bring it in. If you don't, just bring yourself!

## KNITTY GRITTY

Are you curious about knitting but don't know where to start? This activity is designed specifically for absolute beginners.

Learn the basics and create your first piece of knitting. Materials are supplied, but you are welcome to bring your own yarn if you have a special project in mind.



**TIME:** 14:10-15:10 **LOCATION:** B14 **LUNCH:** On site **COST:** £0 **PLACES:** 10 **WEAR:** Uniform or change into own clothes

## LEGO LEGENDS

LEGO activities are a fantastic way to combine fun and learning! Unleash your imagination by building your own creations or following the instructions, if you prefer.

Whatever your Lego preference, join Lego Legends to immerse yourself in the endless possibilities that Lego provides.



**TIME:** 14:10-15:10 **LOCATION:** CAIRB **LUNCH:** On site **COST:** £0 **PLACES:** 12 **WEAR:** Uniform or change into own clothes

## MISSION IMPROVABLE

Are you ready to step into the spotlight and ignite your imagination? Look no further than the dynamic improvisation drama troop!

In improvisation, scripted lines take a backseat. Instead, you will dive head first into uncharted territory, where quick thinking and wit reign supreme.

Together, we will create scenes, characters, and stories which are bound to make you laugh, with fresh games and scenarios each week.



**TIME:** 13:30-15:10 **LOCATION:** Red Drama **LUNCH:** On site **COST:** £0 **PLACES:** 32 **WEAR:** Uniform or change into own clothes

## PICKLEBALL

Never heard of pickleball? You're probably not alone. But know that you are missing out on one of the fastest growing sports in the UK!

Played on a court roughly one-third the size of a badminton court, pickleball uses a modified tennis-style net, wooden or graphite paddles, and a lightweight plastic ball. It combines elements of tennis, racquetball, badminton, and table tennis. It is a great sport for all-round fitness. It exercises all the major muscle groups, provides a cardio workout, and improves dexterity, mobility, agility, and balance. It also serves as a form of interval training.



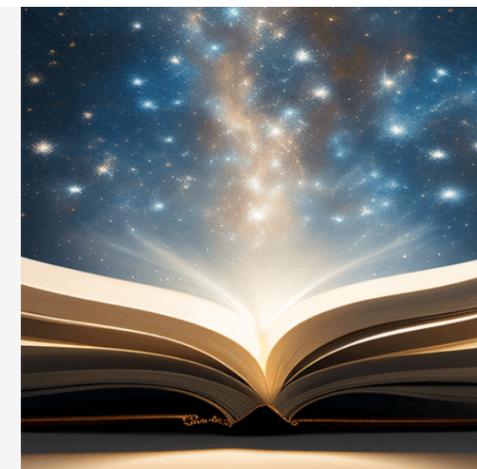
**TIME:** 14:10-15:10 **LOCATION:** SPH **LUNCH:** On site **COST:** £0 **PLACES:** 16 **WEAR:** PE kit

## RACY READERS

Embrace the peace and quiet of the stunning school library and lose yourself in your favourite book. Take the opportunity to read something a bit different or simply get stuck into your favourite genre or author.

Perhaps you have a book you could recommend to fellow avid readers or suggest to the Librarian that we should have on the shelves?

Come and join us and be part of the reading revolution!



**TIME:** 13:30-15:10 **LOCATION:** Library **LUNCH:** On site **COST:** £0 **PLACES:** 15 **WEAR:** Uniform or change into own clothes

## SDCC FOOTBALL CHALLENGE CUP

You will have the opportunity to play tournament football alongside and against some of the very best football players in the school.

Your coaches, Mr. Malone and Mr. Murray, will train with you for three one-hour sessions spanning three weeks, before teams will play against each other in a mini tournament.

Numerous matches will be photographed and filmed and all media images/videos will be shared with you.



**TIME:** 14:10-15:10 **LOCATION:** 3G Astro **LUNCH:** On site **COST:** £0 **PLACES:** 30 **WEAR:** Sports kit and football boots suitable for Astro

## SWIMMING AND SURVIVAL SKILLS

Learn how to survive in the water in case of an emergency or accident.

Swim survival lessons are designed to teach you essential skills for water safety, self-rescue and rescue techniques for others.

Self-rescue skills help you get out of the water or stay afloat until help arrives. They include floating, treading water, rolling over, breathing control and swimming to safety.

Rescue skills help you assist or rescue someone in trouble in the water. They include recognising signs of drowning, approaching and supporting a victim, performing CPR and calling for help.



**TIME:** 14:10-15:10 **LOCATION:** Ashburton Outdoor Pool **LUNCH:** Packed lunch **COST:** £15 **PLACES:** 16 **WEAR:** Uniform or change into own clothes. Bring swimming kit and towel

## TAKE A STEP BACK AND RELAX

Engage in activities designed to calm your thoughts, worries and anxieties, sharpen your mind, break negative thinking patterns and promote relaxation.

Enjoy fantasy colouring sessions designed for this activity with well-being in mind. Play games with friends. Sit back and listen to music while working on a jigsaw, wordsearch or collage. Participate in a seasonal craft session, where you can help with planning and sourcing materials. All options besides the craft will be available each week, so you can pick your favourite or try them all.

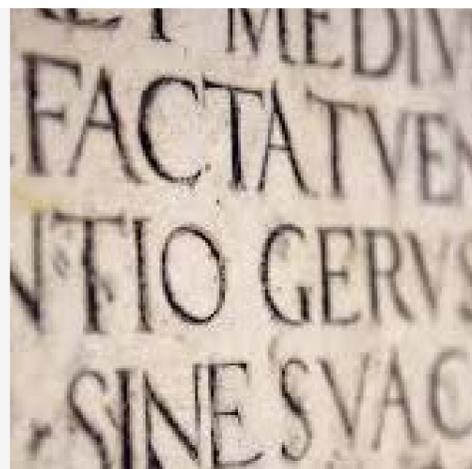


**TIME:** 14:10-15:10 **LOCATION:** AT1 **LUNCH:** On site **COST:** £0 **PLACES:** 10 **WEAR:** Uniform or change into own clothes

## TALK LIKE A ROMAN

Learn about the ancient language of Latin; how it is written, read and spoken, and how it influences our modern languages including English.

Learn about the ancient site of Pompeii through the language of 2000 years ago, and about the people who lived at the time of the famous Mount Vesuvius volcano eruption.

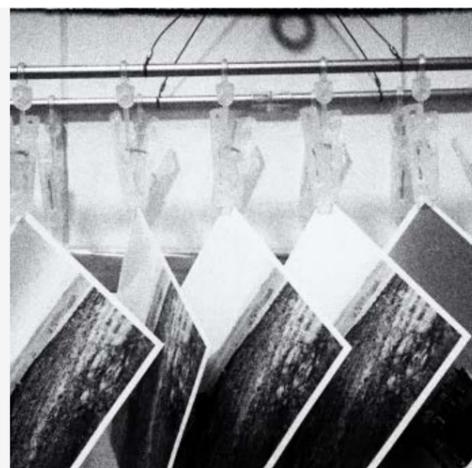


**TIME:** 14:10-15:10 **LOCATION:** B16 **LUNCH:** On site **COST:** £0 **PLACES:** 20 **WEAR:** Uniform or change into own clothes

## THE DARK ARTS OF THE DARK ROOM

Pinhole photography is a fascinating technique that captures images using a simple light-tight box or container with a tiny hole instead of a lens. When light passes through this small aperture, it projects an inverted image of the outside world onto the opposite side of the box or container using basic principles of light and geometry.

Pinhole photography encourages creativity and experimentation, as it allows for long exposure times and unique visual effects. Students will create their own pinhole cameras using everyday materials and experiment with exposure times to produce captivating images.



**TIME:** 14:10-15:10 **LOCATION:** AT3 **LUNCH:** On site **COST:** £0 **PLACES:** 20 **WEAR:** Uniform or change into own clothes

## TRAIL TROTTERS

Unleash your adventurous spirit and immerse yourself in the rugged beauty of Dartmoor. Our trail running experience offers you the chance to explore the vast, open moorlands, steep valleys, and stunning granite tors that Dartmoor is famous for. Feel the exhilaration of the wind in your hair and the ground beneath your feet as you navigate through this wild and breathtaking landscape. So, lace up your running shoes, breathe in the fresh, crisp air, and let Dartmoor's natural beauty inspire and invigorate you. Trail running over Dartmoor - it's not just a run, it's an adventure!

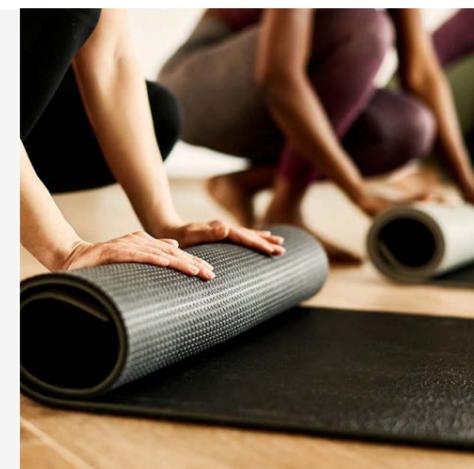


**TIME:** 13:30-15:10 **LOCATION:** Dartmoor **LUNCH:** Packed lunch **COST:** £0 **PLACES:** 14 **WEAR:** Sports kit, running shoes and lightweight waterproof coat

## YOGA

Yoga will blend the physical and mental aspects of this activity into one wholesome wellbeing package.

Learn the basic moves of yoga that will develop your strength, flexibility and coordination. Yoga will also help those taking part to relax, de-stress and focus on their own wellbeing in a calm and positive environment.



**TIME:** 14:10-15:10 **LOCATION:** B21 **LUNCH:** On site **COST:** £0 **PLACES:** 6 **WEAR:** Comfortable, loose-fitting clothes

## **SOUTH DARTMOOR COMMUNITY COLLEGE**

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[www.southdartmoor.devon.sch.uk](http://www.southdartmoor.devon.sch.uk)