



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 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

BIKE MAINTENANCE AND CORE SKILLS

This activity is perfect for students who want to become more confident, independent and skilled cyclists. Through practical, hands-on sessions, students will:

Learn Basic Bike Maintenance: Understand how to check tyre pressure, fix punctures, adjust brakes and gears and keep a bike clean and roadworthy.

Develop Safe Riding Skills: Improve balance, control, and awareness while riding, including how to signal, navigate obstacles and ride safely in different environments.



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

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 **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.

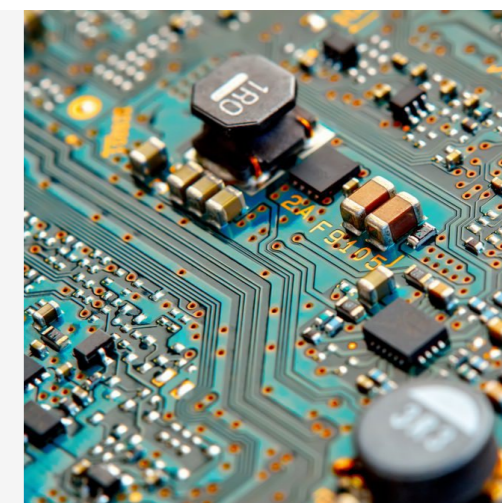


TIME: 13:30-15:10 **LOCATION:** SPH **LUNCH:** On site **COST:** £0 **PLACES:** 12 **WEAR:** Sports kit

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!

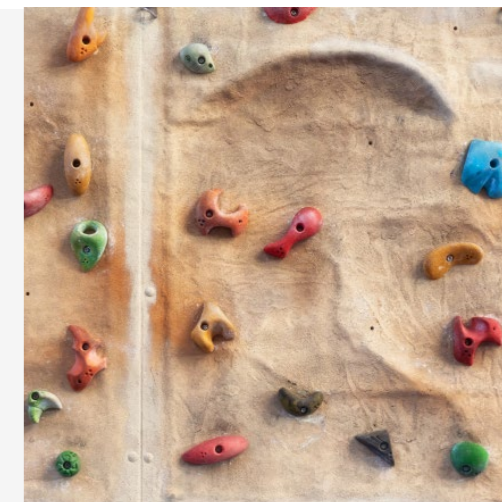


TIME: 14:10-15:10 **LOCATION:** SC6 **LUNCH:** On site **COST:** £4 **PLACES:** 30 **WEAR:** Uniform or change into own clothes

CLIMBING AND BOULDERING

This activity offers adventure, fitness and skill-building in a fun, supportive environment. Whether you are a beginner or an experienced climber, you will learn essential techniques like footwork, body positioning and efficient movement, along with bouldering problem-solving, belaying, knot tying and route reading. You will also build strength, flexibility and safety awareness.

Climbing provides a full-body workout, mental challenges and stress relief. It's a great way to boost confidence and develop adaptability under pressure.



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

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:** RM04 **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:** TE1 **LUNCH:** On site **COST:** £0 **PLACES:** 20 **WEAR:** Uniform or change into own clothes

CRIME SCENE INVESTIGATORS

Step into the world of crime scene investigation! In this exciting, hands-on club, you'll learn how real detectives solve mysteries using science and logic.

Each week, you'll explore key skills like fingerprint analysis, evidence collection, DNA decoding and forensic science. You will work as a team to crack challenging mock cases, think critically, follow clues and piece together puzzles—just like a real investigator.

Perfect for curious minds who love solving mysteries and thinking like scientists!



TIME: 14:10-15:10 **LOCATION:** SC3 **LUNCH:** On site **COST:** £0 **PLACES:** 30 **WEAR:** Uniform or change into own clothes

DANCE CHOREOGRAPHY

Join our Dance Choreography workshops!

Unleash your creativity in our weekly REACH sessions, where you will develop exciting choreography and work towards a live performance in our annual dance show, *Body Language*.

Be part of an inspiring group, express yourself through movement and take the stage with confidence!

Please note: These sessions will continue with the same students, as the group is already working towards a performance piece.



TIME: 14:10-15:10 **LOCATION:** DA1 **LUNCH:** On site **COST:** £0 **PLACES:** 20 **WEAR:** Sports kit

DARK ARTS OF THE DARK ROOM

You will begin by exploring the foundations of photography by creating photograms - images made without a camera by placing objects onto light sensitive paper in the darkroom.

You will then develop digital editing skills in Adobe Photoshop, learning about composition, symmetry, patterns and negative space to produce creative images.

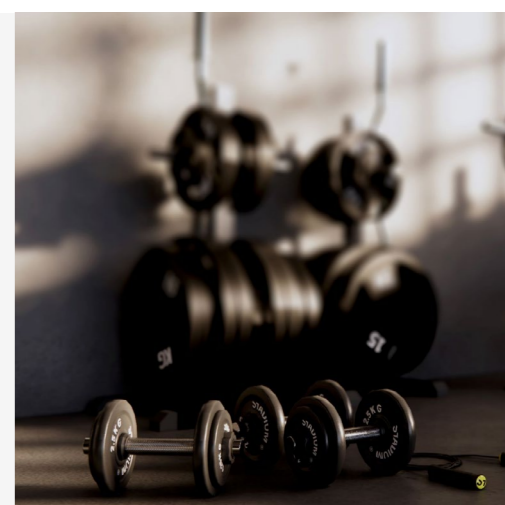
Later, you will return to the darkroom to transform your digital designs into traditional prints, gaining insight into both analogue and digital processes.



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

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

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.

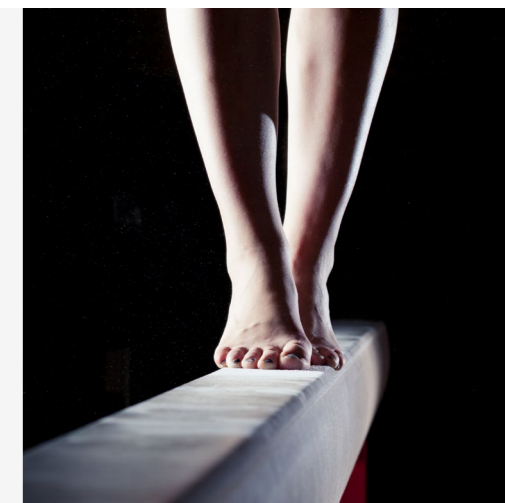


TIME: 14:10-15:10 **LOCATION:** 3G Astro **LUNCH:** On site **COST:** £0 **PLACES:** 50 **WEAR:** Sports kit and football boots suitable for Astro

GYMNASTICS

Building on what you have learned in core PE, this REACH activity will give you extra time and access to a full range of equipment to refine your technique and try higher-level skills.

Whether it's perfecting your vault, improving balance or just giving it a go, you will have the chance to challenge yourself and progress further. You might even get the opportunity to work with students from Exeter University!



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

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:** 14 **WEAR:** If you have riding clothing please bring it, but if not don't worry. Footwear: boots or wellies. Riding hats can be provided

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!

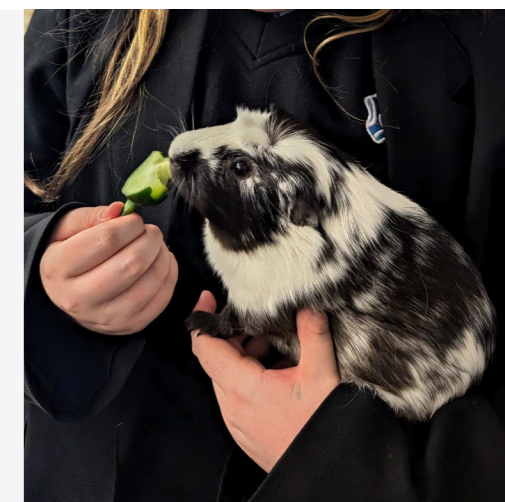


TIME: 13:30-15:10 **LOCATION:** MU2 **LUNCH:** On site **COST:** £0 **PLACES:** 16 **WEAR:** Uniform or change into own clothes. If you have a guitar and amp, bring it in. If you don't, just bring yourself!

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:** RM02/Farm **LUNCH:** Packed lunch **COST:** £0 **PLACES:** 30 **WEAR:** Old clothes that can get grubby. Wellies and waterproofs if wet

KEYBOARD ENSEMBLE

Joining a music keyboard club can be a great way to develop your skills and enjoy music with others!

Some of the things you might learn include new keyboard techniques, music theory ideas, playing techniques and new songs and repertoire, including electronic synthesiser pieces and minimalism. You may also explore improvisation by creating your own melodies and improvising over chord progressions. In addition, you might use digital keyboards and their features - including sounds, effects and recording. There will also be group activities, such as playing duets or ensemble pieces and collaborating on performances.

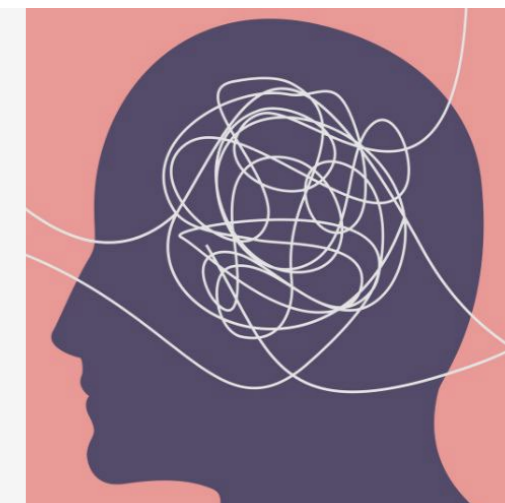


TIME: 14:10-15:10 **LOCATION:** MU1 **LUNCH:** On site **COST:** £0 **PLACES:** 10 **WEAR:** Uniform or change into own clothes

MINDFUL MOMENTS

Mindfulness practice involves being aware of the present moment and accepting it without judgment. Mindfulness activities can help calm the body and reduce stress and anxiety, making it easier to focus on the present.

We will express thoughts and feelings by writing in a journal, set up mantras; positive affirmations to boost self-awareness and resilience, engage in mindfulness colouring, learn about Body Scan; practicing awareness meditation by focusing on different parts of the body, write a gratitude list and practice breathing exercises.



TIME: 14:10-15:10 **LOCATION:** CAIRB **LUNCH:** On site **COST:** £0 **PLACES:** 8 **WEAR:** Uniform or change into own clothes

KNITTY GRITTY

Think knitting is just poking yarn with sticks? Think again. This is an activity for the brave, the patient, and those who don't mind untangling a mess they made...with their own hands.

If you're looking for instant results, this isn't it. You will drop stitches, unravel things and possibly knit something that looks more like a spaghetti accident than a scarf. But if you find joy in slow progress, like the idea of turning a ball of yarn into something wearable and you don't mind sitting still, then welcome aboard!

Warning: Side effects may include pride, patience and a strange obsession with wool.



TIME: 14:10-15:10 **LOCATION:** B14 **LUNCH:** On site **COST:** £0 **PLACES:** 10 **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:** 30 **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.



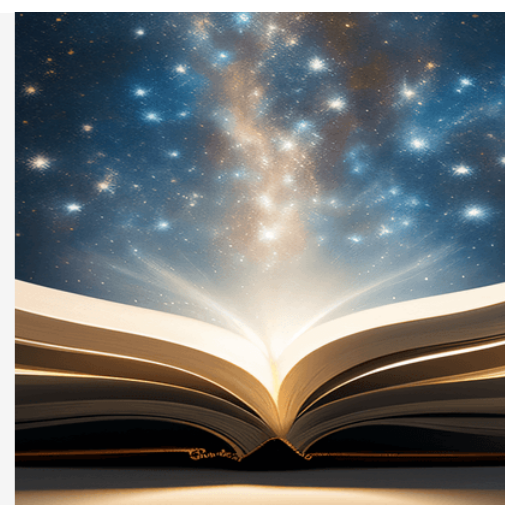
TIME: 14:10-15:10 **LOCATION:** CAIRB **LUNCH:** On site **COST:** £0 **PLACES:** 16 **WEAR:** Uniform or change into own clothes

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

RIFLE SHOOTING

Discover the thrill of air rifle target shooting! This engaging sport enhances focus, patience, and precision, making it a perfect way to sharpen your mental acuity.

Whether you are aiming for competition or just a fun hobby, air rifle shooting offers a unique blend of relaxation and excitement. It's a fantastic way to improve hand-eye coordination and build discipline. Plus, it's accessible to all ages and skill levels, providing a safe and controlled environment to develop your skills.

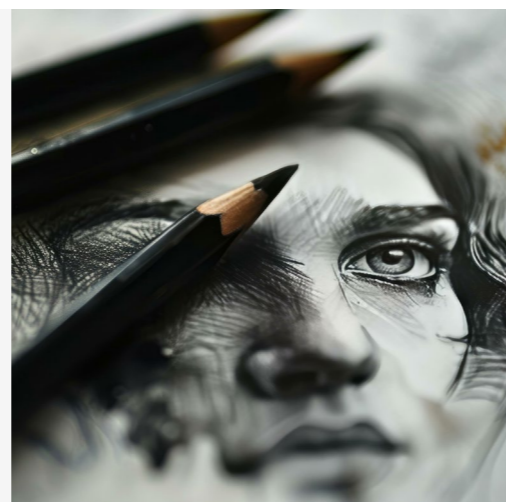


TIME: 14:10-15:10 **LOCATION:** Small exams venue **LUNCH:** On site **COST:** £4 **PLACES:** 10 **WEAR:** Uniform or change into own clothes or PE kit, as long as legs are covered (no skirts)

SKETCHBOOK CIRCLE

Unleash your creativity by designing a concertina sketchbook and exploring exciting techniques to capture your ideas and experiences. You will draw both in the classroom and around the school grounds, building a unique portfolio filled with creative discoveries. Through painting, drawing, collage and mixed media, you'll develop new skills and strengthen your ability to draw from observation – all while experimenting and having fun!

Whether you're a beginner or looking to expand your artistic toolkit, this activity is the perfect space to grow your confidence and creativity.



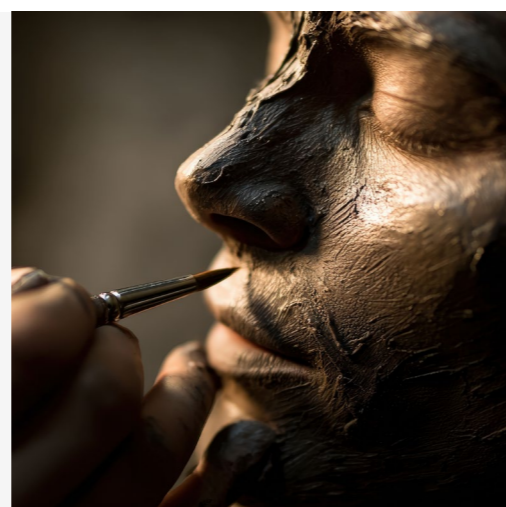
TIME: 13:30-15:10 **LOCATION:** AT1 **LUNCH:** On site **COST:** £0 **PLACES:** 25 **WEAR:** Uniform or change into own clothes

STAGE MAKE UP

This activity will teach you how to apply stage make-up effectively, including techniques for creating distinct characters, aging actors and producing special effects.

You will learn how to adapt make-up for stage lighting and bring characters to life through color, contouring and texture.

Please note, we will be using liquid latex and other products containing latex.



TIME: 14:10-15:10 **LOCATION:** DR1 **LUNCH:** On site **COST:** £0 **PLACES:** 15 **WEAR:** Uniform or change into own clothes

TEN TORS TRAINING

This adventure skills programme is designed for selected Ten Tors trainees only.

You will build essential expedition skills including setting up stoves and cooking independently, pitching, taking down and caring for tents and working effectively as a team. Sessions will also cover route card writing and decision-making skills vital for safe and successful journeys.

Fun, practical and hands-on, this programme builds confidence, independence and teamwork to support your Ten Tors experience and training.



TIME: 14:10-15:10 **LOCATION:** AT5 **LUNCH:** On site **COST:** £0 **PLACES:** 35 **WEAR:** Uniform or change into own clothes

TIME TO TALK

Invitation Only: We are pleased to offer wellbeing and mental health support sessions as a safe space for students to connect with staff and peers.

These sessions promote emotional wellbeing through calming, creative activities and open conversation. They are tailored for those navigating loss, anxiety or caring responsibilities and will be offered to students nominated by their Head of Year.

If you feel this support would help, please speak to your Head of Year.



TIME: 14:10-15:10 **LOCATION:** AT2 **LUNCH:** On site **COST:** £0 **PLACES:** 8 **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

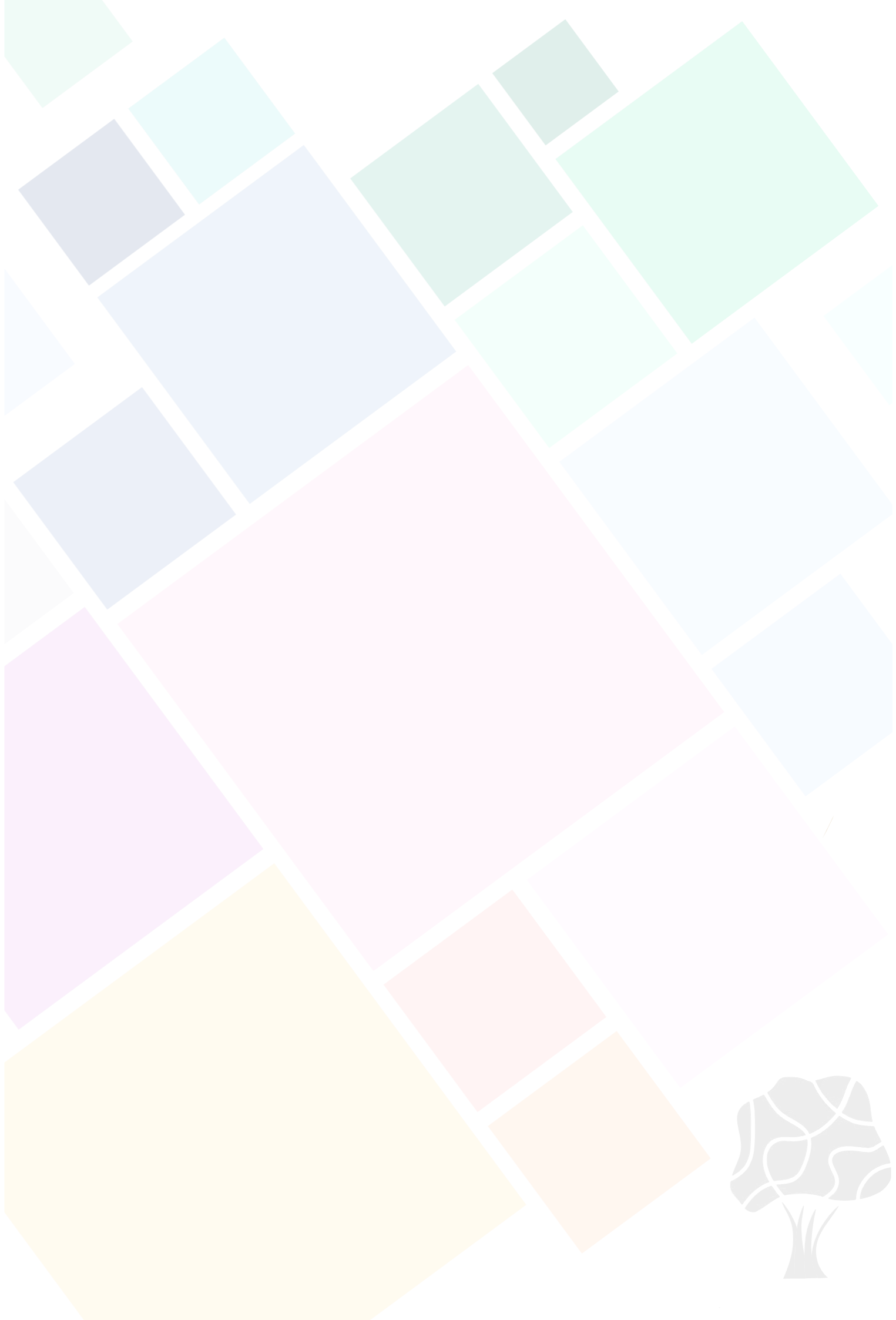
YOGA

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:** 5 **WEAR:** Comfortable, loose-fitting clothes



SOUTH DARTMOOR COMMUNITY COLLEGE

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