



Bedford  
Modern  
School.

**SUMMER 2021**

# Holiday Activity Courses

Open to all children aged 5-14

bedmod.co.uk  
01234 332500

# Thank You

Thank you for your interest in our Holiday Activity Courses. Whether your children want to join us for the first time or have been coming to our courses for many years, we are sure that they will have a fantastic time. The aim of Bedford Modern School Holiday Activity Courses is to ensure that all who attend thoroughly enjoy themselves, make new friends and even learn some new skills!

Our courses operate within a safe, structured and friendly environment under the direction of Wyn Moss, one of our excellent teachers.

Our online booking service allows you to book the Holiday Activity Courses, Early Birds and Late Flyers directly through the BMS website. It also enables you to check course availability and confirms your booking straightaway. Bookings through the post are still welcome.

We look forward to welcoming you to Bedford Modern School Holiday Activity Courses and hope you have a wonderful time.



A handwritten signature in black ink that reads "Alex Tate".

Alex Tate, Headmaster

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# Meet the Team

## Our staff

The majority of the Holiday Activity Course leaders are teachers, both from BMS and other local schools, or are experts in their field. Helpers include both university and Sixth Form students who have been carefully selected to offer a mature, professional and enthusiastic outlook in everything they undertake. We pride ourselves on only employing people of the very highest calibre, all of whom are well-known to us and have passed a full Disclosure and Barring Service check.



**Wyn Moss**  
Course Director

This is Wyn's fourth year as a Speech and Drama teacher here at BMS and first year as Holiday Course Director. He is very excited to be joining the team for Summer 2021 and looks forward to introducing exciting new courses and projects in the years to come.



**Sylvia Styles**  
Assistant Director (Business)

Sylvia has worked at the School for 17 years and splits her time between the Holiday Activity Courses and working in the Estates Office. She is the first point of contact for all course bookings and checking on any queries you may have.



**Chris Barrow**  
Assistant Director (Operations)

Chris has been a full-time teacher within the Junior School for 18 years and has run a variety of departments during his time at BMS. During the courses Chris takes a proactive role helping Wyn ensure everything is running smoothly.

# Course Information

## COVID-19 Information

After the disappointment of having to cancel activities in 2020 and at Easter 2021 we look forward to bringing them back this summer. At the time of brochure preparation we still await full government guidance on how we will be able to operate. We have put together a programme that reflects closely previous courses, taking into account the possible need for smaller groups and social distancing requirements. Please be assured that courses will run in-line with all guidance current at the time; we will keep parents advised of requirements prior to attendance.

## Course dates and times

**Week 1** Monday 26 July – Friday 30 July

**Week 2** Monday 02 August – Friday 06 August

**Week 3** Monday 09 August – Friday 13 August

**Week 4** Monday 16 August – Friday 20 August

**Week 5** Monday 23 August – Friday 27 August

Bookings accepted from **\*Friday 30 April**.

\*Please note bookings will not be accepted before this date.

Courses run for **five** half-days. Children attending all day **must** book two courses and be provided with a packed lunch from home.

**AM courses** run from 9.30am to 12.30pm.

**PM courses** run from 1.30pm to 4.30pm.

Children can attend AM and PM courses or AM/PM courses only. Unless your children have been booked into the Early Birds and Late Flyers they should not be dropped off earlier than 15 minutes prior to the start of each course and must be collected promptly at the end of each course.

## Lunchtime and refreshments

Lunchtime supervision between 12.30pm and 1.30pm is only provided for children attending both the AM and PM sessions. Children attending both AM and PM sessions must bring a packed lunch.

During break and lunchtimes we run a traditional tuck shop selling sweets, crisps, water and juice drinks. Children may bring a small amount of pocket money to spend but we do ask for parental discretion over the

amount provided. If you do not wish your child to visit the Tuck Shop please ensure they have a drink and/or snack from home for break times.

## Early birds and late flyers

Children attending the Holiday Activity Courses can join the Early Birds structured activity course(s) which operate from 8.00am and/or Late Flyers structured activity course(s) which run after the courses finish up until 6.00pm. The charge for each course is £2.50 per day, or £5.00 for both courses. All children arriving before 9.15am and staying beyond 4.40pm must be booked into this facility.

In case of emergency, between the hours of 8.00am and 9.00am and again between 4.30pm and 6.00pm you may contact the Early or Late Club on **07584 644133**. Outside of these hours the usual contact numbers for the School and the Holiday Activity Course Office should be used. **Children attending the Late Flyers must be collected by 6.00pm at the very latest.**

## Course fees for 2021

Courses consist of five half-days sessions and cost £75, or £150 for five full days (eg. £75 per week for just mornings or just afternoons only and £150 for five full days).

## Age ranges

Children attending must have had their 5th birthday on or before the first day of attendance on the courses.

The age range for each course is an indication of suitability; please use the age your child will be at the beginning of each course, not his/her age at the time of registration.

## Bookings and payments

### Registering online

You can book all courses and sessions online by visiting [bedmod.co.uk](http://bedmod.co.uk). To guarantee places (subject to availability) we advise that you book online.

**New users** - If you are using the system for the first time you will need to create an account for your child in their name; if you have more than one child you will need to create an account for each child. You will be able to merge your accounts for future ease by clicking on **My Merged Accounts > Merge another Student Account**.

**Existing users** (since January 2016) – Please ensure you update the information entered for each child including age, school, medical and contact information by clicking on **My Wise Account > Your Details > Registration Data**. If you have forgotten your password you can request a new one through the system.

The booking system will allow you to check your booking details at your convenience, as well as add Early Bird and Late Flyer sessions at any time up to the day before attendance.

Payment will be taken by credit/debit card at the time of booking online. If you would like to pay by childcare vouchers or the tax-free childcare system, please complete the booking as normal and select 'Pay by Voucher' at the checkout. Your booking will be held for 7 days whilst awaiting payment; any places for which payment in full is not received within that time will be cancelled. To avoid disappointment we suggest parents contact their voucher providers to organise payment at the very earliest opportunity.

### Registering by post

Please fill in a separate booking form for each child, forms are available to download from the website or by calling the Holiday Activity Course Office.

Please check that you fill in both the course name and the course code. You should indicate a second choice course; this will only be used if your first choice is full on receipt of your booking form.

Please complete the Medical Details section in full. No confirmation will be sent unless all sections are completed. Places will be allocated on a first come first served basis and will be confirmed by e-mail or post.

Completed booking forms along with a cheque for the course fees should be returned to:

**The Holiday Activity Course Office,  
Bedford Modern School, Manton Lane,  
Bedford, MK41 7NT.**

If you would like your child/children to join the Early Birds and/or Late Flyers, please complete that section on the form and include the cost in your course fee cheque.

## Childcare vouchers

We are registered with a variety of childcare voucher providers as well as HM Government tax-free childcare system – a full list can be found on our website or by contacting the office. Should your provider not be listed we are happy to add further companies on request. For further information on the use of childcare vouchers please contact the Holiday Activity Course Office.

## Refund policy

All Holiday Activity Course bookings are subject to a 7 day cooling-off period during which you may change your mind. After this period refunds will not be given for cancellations.

**No refunds are given for absence.**

## Course content

We will endeavour to bring your child the activity course as detailed in the description, however, very occasionally due to weather conditions or resource availability it may be necessary to change the content; please be assured that all activities will continue to be carried out to the same high standard.

Should government COVID guidance mean we are no longer able to offer a particular course we will attempt to offer an alternative activity, if this is not possible refunds will be offered.

**Please see page 19 for further information on courses including protection of personal data and GDPR legislation, photography and use of mobile phones and electronic devices.**

Course Title	Age	Week 1	Week 2	Week 3	Week 4	Week 5
Aquatics	10 - 14			PM	PM	
Art and Craft	5 - 8	PM	PM	PM	PM	PM
Art and Craft	8 - 14	AM		AM	AM	
Athletics (Juniors)	5 - 9				AM	
Athletics and Gymnastics	5 - 8		PM			PM
Bikeability	10 - 14				AM	
Chess and Board Games	7 - 14	PM				PM
Climbing	9 - 14		AM	AM	AM	AM
Cookery	6 - 10	PM		AM		PM
Cookery	8 - 14			PM	PM	AM
Cricket (Juniors)	6 - 10	PM		PM		
Cricket	10 - 14		PM			
Drama Foundation	6 - 10		AM		AM	
Drama	8 - 14		PM		PM	
Fashion Design	8 - 14		PM			
Fencing	8 - 14			AM	AM	
Football (Juniors)	5 - 9		PM		PM	
Football	9 - 14		AM	AM		PM
Fun Science	10 - 14			PM		
Gymnastics	5 - 8			PM	PM	
Gymnastics	8 - 14	PM				
Health and Beauty	8 - 14			PM		
Hockey	8 - 14	AM		PM		AM
Martial Arts	5 - 8			PM	PM	
Multi-Activity	5 - 8	AM	AM	AM	AM	AM
Multi-Sports	8 - 14	PM	PM	PM	AM	AM
Netball (Juniors)	6 - 10	AM				
Netball	8 - 14		AM			PM
Parkour	6 - 10		PM			
Parkour	11 - 14		AM			
Photography	10 - 14					PM
Printmaking	10 - 14					AM
Racket Sports	8 - 14			AM	PM	
Rowing	11 - 14	AM		AM		AM
Street Dance	7 - 14		AM			AM
Studio Sounds	9 - 14	PM				PM
Survival Adventure Skills	10 - 14	AM	PM		AM	
Table Tennis	8 - 14	AM			PM	
Technology	9 - 14	PM		AM		
Textiles	10 - 14				AM	
Theatre Make-Up & SFX	10 - 14			PM		
Urban Art	9 - 14				PM	
Youth Film	10 - 14	AM	AM	AM		

# Activity Courses



## Week 1 Monday 26 July - Friday 30 July

### AM

Code	Course Title	Age
S-AM1	Multi-Activity	5 - 8
S-AM2	Netball (Juniors)	6 - 10
S-AM3	Art and Craft	8 - 14
S-AM4	Hockey	8 - 14
S-AM5	Table Tennis	8 - 14
S-AM6	Survival Adventure Skills	10 - 14
S-AM7	Youth Film	10 - 14
S-AM8	Rowing	11 - 14

### PM

Code	Course Title	Age
S-PM9	Art and Craft	5 - 8
S-PM10	Cookery	6 - 10
S-PM11	Cricket (Juniors)	6 - 10
S-PM12	Chess and Board Games	7 - 14
S-PM13	Multi-Sports	8 - 14
S-PM14	Gymnastics	8 - 14
S-PM15	Studio Sounds	9 - 14
S-PM16	Technology	9 - 14

## Week 2 Monday 02 August - Friday 06 August

### AM

Code	Course Title	Age
S-AM17	Multi-Activity	5 - 8
S-AM18	Drama Foundation	6 - 10
S-AM19	Street Dance	7 - 14
S-AM20	Netball	8 - 14
S-AM21	Climbing	9 - 14
S-AM22	Football	9 - 14
S-AM23	Youth Film	10 - 14
S-AM24	Parkour	11 - 14

### PM

Code	Course Title	Age
S-PM25	Art and Craft	5 - 8
S-PM26	Athletics and Gymnastics	5 - 8
S-PM27	Football (Juniors)	5 - 9
S-PM28	Parkour	6 - 10
S-PM29	Drama	8 - 14
S-PM30	Fashion Design	8 - 14
S-PM31	Multi-Sports	8 - 14
S-PM32	Cricket	10 - 14
S-PM33	Survival Adventure Skills	10 - 14

### Week 3 Monday 09 August - Friday 13 August

#### AM

Code	Course Title	Age
S-AM34	Multi-Activity	5 - 8
S-AM35	Cookery	6 - 10
S-AM36	Art and Craft	8 - 14
S-AM37	Fencing	8 - 14
S-AM38	Racket Sports	8 - 14
S-AM39	Climbing	9 - 14
S-AM40	Football	9 - 14
S-AM41	Technology	9 - 14
S-AM42	Youth Film	10 - 14
S-AM43	Rowing	11 - 14

#### PM

Code	Course Title	Age
S-PM44	Art and Craft	5 - 8
S-PM45	Gymnastics	5 - 8
S-PM46	Martial Arts	5 - 8
S-PM47	Cricket (Juniors)	6 - 10
S-PM48	Cookery	8 - 14
S-PM49	Health and Beauty	8 - 14
S-PM50	Hockey	8 - 14
S-PM51	Multi-Sports	8 - 14
S-PM52	Aquatics	10 - 14
S-PM53	Fun Science	10 - 14
S-PM54	Theatre Make-Up & SFX	10 - 14

### Week 4 Monday 16 August - Friday 20 August

#### AM

Code	Course Title	Age
S-AM55	Multi-Activity	5 - 8
S-AM56	Athletics (Juniors)	5 - 9
S-AM57	Drama Foundation	6 - 10
S-AM58	Art and Craft	8 - 14
S-AM59	Fencing	8 - 14
S-AM60	Multi-Sports	8 - 14
S-AM61	Climbing	9 - 14
S-AM62	Bikeability	10 - 14
S-AM63	Survival Adventure Skills	10 - 14
S-AM64	Textiles	10 - 14

#### PM

Code	Course Title	Age
S-PM65	Art and Craft	5 - 8
S-PM66	Gymnastics	5 - 8
S-PM67	Martial Arts	5 - 8
S-PM68	Football (Juniors)	5 - 9
S-PM69	Cookery	8 - 14
S-PM70	Drama	8 - 14
S-PM71	Racket Sports	8 - 14
S-PM72	Table Tennis	8 - 14
S-PM73	Urban Art	9 - 14
S-PM74	Aquatics	10 - 14

### Week 5 Monday 23 August - Friday 27 August

#### AM

Code	Course Title	Age
S-AM75	Multi-Activity	5 - 8
S-AM76	Street Dance	7 - 14
S-AM77	Cookery	8 - 14
S-AM78	Hockey	8 - 14
S-AM79	Multi-Sports	8 - 14
S-AM80	Climbing	9 - 14
S-AM81	Printmaking	10 - 14
S-AM82	Rowing	11 - 14

#### PM

Code	Course Title	Age
S-PM83	Art and Craft	5 - 8
S-PM84	Athletics and Gymnastics	5 - 8
S-PM85	Cookery	6 - 10
S-PM86	Chess and Board Games	7 - 14
S-PM87	Netball	8 - 14
S-PM88	Football	9 - 14
S-PM89	Studio Sounds	9 - 14
S-PM90	Photography	10 - 14



### Aquatics

Age  
10-14

If you love swimming and want to improve your strokes as well as learn exciting skills then this course is perfect for you. Throughout the week you will have the chance to improve your swimming strokes both over widths and lengths, undertake competitive starts and turns as well as learn synchronised swimming, diving and water polo skills.

**Kit List: Swimming kit including two towels (one for poolside) and a spare t-shirt, flip flops or slides of some kind to wear during break time**

### Art and Craft

Age  
8-14

A lively imagination is needed for this course as you will develop your construction, modelling, drawing and painting skills. Several different activities will take place simultaneously in our large and well-equipped art department. Etching, screen printing, paper weaving, dream catchers and soap carvings are some of the projects which have been undertaken in the past. New projects are undertaken on each course.

**Kit List: Apron / old shirt**

### Art and Craft

Age  
5-8

Our superbly equipped art department, allied with the expertise of our resident art specialists will give you the opportunity to express your imagination whilst trying your hand with a range of materials and processes. This extremely popular and constantly evolving course will enable you to undertake a variety of different tasks appropriate to your age. Previous projects have included foam printing, puppet making, clay monsters, door hangers, life-size super heroes and fabric bag designs. Completed projects will be taken home. Please remember to bring an old shirt or apron as this promises to be a very hands-on course.

**Kit List: Apron / old shirt**





## Athletics (Juniors)

Age  
5-9

You will thoroughly enjoy this interesting and varied course which combines instruction with the latest junior athletics equipment such as foam javelins, rubber discus and collapsible hurdles to give the perfect opportunity for an all-action week. Additional disciplines including sprinting, relays and various throwing events combine together with lots of fun activities and numerous ongoing competitions.

**Kit List: Trainers, warm / waterproof clothing**

## Athletics and Gymnastics

Age  
5-8

A wonderful opportunity to combine these two popular activities. Throughout the course the emphasis will be on the building of confidence and teamwork. Gymnastic skills such as balance, co-ordination and movement will be combined with fun based athletic games and races. We expect you to return home happy and tired after this action-packed week.

**Kit List: Trainers, warm / waterproof clothing**



## Bikeability - Level 2

Age  
10-14

The Road Risk Adviser will oversee this informative course which is run to the requisite national standards. You will be instructed in all elements of road cycling, road safety and understanding of the Highway Code. There will also be a basic introduction to bicycle maintenance. You will require your own cycle helmet and bicycle, which must be in roadworthy condition (both of which can be safely stored at BMS throughout the week). If you pass the end of week test you will be presented with a Bikeability certificate and badge.

**Kit List: Bicycle, helmet, consent form to be returned to BMS before course begins. An information pack will be sent out shortly after booking**

## Chess and Board Games

Age  
7-14

Chess, Scrabble, Connect 4 and the ever-popular Monopoly are some of the games you will enjoy on this course. Whatever your previous experience you will be able to develop and improve your standard of play.

**Kit List: None**



## Climbing

Age  
9-14

This course is designed to appeal to the more adventurous of you. Under the expert guidance of our fully qualified and experienced outdoor education specialist you will initially cover the basic safety requirements for this exciting activity, using our indoor climbing facility. Techniques such as traversing, belaying and lowering off will be introduced, which may be followed by more advanced skills including climbing to abseil and top rope protection. No previous experience is required but a mature and sensible attitude will be expected.

**Kit List: Trainers**

## Cookery

Age  
6-10

This is an extremely popular course with both boys and girls. During the week you will make a range of sweet and savoury baked items including breads, biscuits and cakes with guidance. You will work in a team to help create these delicious bakes before taking a slice home to share and sample with your family. At the end of the week you will receive a recipe book to continue making your favourite recipes at home. It is important to bring an apron and container each day.

**Kit List: Apron / old shirt and two Tupperware style containers to take items home in**

## Cookery

Age  
8-14

This course challenges your baking skills as you follow more advanced recipes and learn more complicated skills to create a range of baked goods such as doughnuts, lemon meringue pie and battenburg. Working more independently as a team, you will use a variety of equipment to measure, mix ingredients and decorate your creations. Each day you will take home a slice or piece of the finished bake to taste test with your family. Please remember to bring your apron and a container.

**Kit List: Apron / old shirt and two Tupperware style containers to take items home in**



## Cricket (Juniors)

Age  
6-10

The course will introduce you to the basic skills of this traditional sport. Our experienced cricket coach will cover aspects of the game such as batting, bowling and fielding using a variety of fun practices. We will begin the course with lots of games of Kwik Cricket and aim to progress to full games on the square.

**Kit List: Trainers**



## Cricket

Age  
10-14

This course allows you the opportunity to relish one of our most traditional sports and emulate global superstars such as Ben Stokes. Matches on the square, single and double wicket competitions and some lively and informative skill practices with our experienced cricket coach will ensure an action-packed week.

**Kit List: Trainers, protective box**

## Drama Foundation

Age  
6-10

Do you love being creative? Then come and enjoy a week full of fun, storytelling and character building with a highly energised and experienced teacher. Explore the magic of theatre through script work and fun games. You will be given the opportunity to find your voice and showcase your talent, regardless of experience or ability; working in both small groups and within a whole team to create a short piece of theatre, which will then be performed at the end of the week. Focusing on enthusiasm and engagement you will be fully supported and encouraged throughout.

**Kit List: None**

## Drama

Age  
8-14

Is the stage calling your name? Then come and join an industry professional for an energy filled week of drama fun. Open to all abilities, come and explore the many aspects of acting through a series of games, drama techniques and exercises. This course is designed to leave you feeling inspired and will increase your confidence in public speaking, character building and script work. You will be studying various scenes from professional shows and will be given the opportunity to shine and contribute to the project. A body of work of both devised and scripted pieces will culminate in a showcase at the end of the week.

**Kit List: None**

## Fashion Design

Age  
8-14

Using exciting fashion templates and materials, you will follow the design process by creating your own mood board and drawing illustrations to inspire your own deconstruct / reconstruct fashion item. We will be recycling unwanted or ill-fitting clothes to create a fabulous outfit. This may include tie dye, pocket painting and sewing using lovely embellishing items. There will be the paper outfit challenge and a class fashion show. This course will comprise of individual and group work.

**Kit List: Old / unwanted clothes, white cotton item for tie dye and denim item for pocket painting (all optional)**

## Fencing

Age  
8-14

Ever wondered what it's like to be a musketeer? A wonderful opportunity to sample this rather unique and fast-paced Olympic sport. You will be given instructions in all aspects of fencing by our experienced and fully-qualified instructor, enabling you to practise your new-found skills in a variety of competitive situations.

**Kit List: Tracksuit trousers, trainers and water bottle – no leggings, please**



## Football (Juniors)

Age  
5-9

This course gives you the opportunity to emulate your favourite footballers. Our experienced and enthusiastic staff will go through the basic techniques in what remains the world's most popular sport. There will be lots of fun competitions and matches throughout the week, where you will play alongside those of a similar age and ability.

**Kit List: Football boots, shin guards (essential), warm / waterproof clothing, this course will run outdoors weather permitting, however, in case of adverse conditions, please also bring trainers**

## Football

Age  
9-14

Consolidation of the basic skills such as trapping, shooting, passing and heading will form the initial part of this course, before more complex techniques are covered. An on-going tournament and numerous competitions will ensure you have a challenging and fun time.

**Kit List: Football boots, shin guards (essential), warm / waterproof clothing, this course will run outdoors weather permitting, however, in case of adverse conditions, please also bring trainers**

## Fun Science

Age  
10-14

This is the kind of science you will love. Using the School's state-of-the-art Science Centre you will undertake a variety of activities during the week designed to capture your imagination and further your interest in science. These include experimental and investigative work, problem solving, teamwork, games and competitions. Above all, the emphasis will be the 'hands-on' enjoyment of science in a safe and controlled environment without the need to follow a school syllabus.

**Kit List: None**



## Gymnastics

Age  
5-8

An introduction to basic gymnastic skills and techniques for younger boys and girls aimed at developing confidence, balance and agility. You will enjoy taking part in floor work exercises, tumbling and beam work as well as having the chance to experience the awesome Air Track. The trampete will take your new found confidence that extra step further with the opportunity to have a go at some assisted vaulting; you will also be introduced to Acrobatic Gymnastics.

**Kit List: Shorts, t-shirt, leotard (optional) – no jeans or dresses, please**



## Gymnastics

Age  
8-14

The recent re-introduction of this course proved very popular, allowing the older boys and girls to build on the core gymnastics skills of flexibility, co-ordination, agility, balance and aerial awareness. Through positive feedback and encouragement you will master rolls, cartwheels, handstands, headstands and somersaults and will enjoy working on more complex agilities through set progressions. Floor routines play an important role in gymnastics and during the course you will work together on routines to music, incorporating individual and partnership skills as well as receiving an introduction to acrobatic gymnastics.

**Kit List: Shorts, t-shirt, leotard (optional) – no jeans or dresses, please**

## Health and Beauty

Age  
8-14

Do you enjoy pampering yourself? If you do, this fun and informative course will offer you instruction and advice on how to cleanse, tone and moisturise your face, incorporating facial massages and the use of facial packs. You will also learn about hand and foot care, manicure and pedicure and the application of nail varnish incorporating nail art and gems, together with a whole variety of other hair and beauty treatments.

**Kit List: Small towel, brush and comb**



## Hockey

Age  
8-14

A popular course for both boys and girls that takes place on our recently replaced outdoor all-weather pitch. Regardless of experience or ability the basic skills of passing, dribbling, tackling and shooting will be covered. Small-sided games and competitions based on age and ability will be a fundamental part of the week. Sticks are provided.

**Kit List: Trainers, warm / waterproof clothing, shin guards (essential). A gum shield is highly recommended**

## Martial Arts (Mighty Monkeys)

Age  
5-8

Now a well-established and very popular addition to our holiday courses, for those of you interested in growing in confidence and learning the basics required for any martial arts class. This is a non-contact course which is not style specific to any given martial art, where you will learn through play and benefit from improved balance, co-ordination, fitness and discipline. With a variety of games, competitions and structured fun you will learn set forms (sequences of movements), set pad and movement drills and will grow through greater awareness and life skill training (such as stranger danger). Who knows – you may be the next Kung-Fu Panda!

**Kit List: None**



## Multi-Activity

Age  
5-8

This is an extremely popular course which promises to send you home happy! We adapt the range of activities to your age and ability to enable you to get the most out of them. You will be placed in a small group to ensure that you get lots of individual attention from our enthusiastic team of staff. This all-action course includes a wide variety of exciting pursuits such as bouncy castle, fun and games in the swimming pool and the chance to try the unusual and fun-filled Kin ball.

**Kit List: Warm / waterproof clothing, indoor / outdoor footwear. Swimming kit will be required but not on the first day; a weekly timetable is available to view when dropping the children off**

## Multi-Sports

Age  
8-14

You will enjoy a wide variety of sports on this course, which is designed for older boys and girls who wish to experience a little of everything. Your agility, balance and hand-eye co-ordination are developed and improved through such diverse sports as softball, rounders, basketball and tennis. After all this exertion you will put our first class swimming pool to good use with a refreshing dip.

**Kit List: Trainers, warm / waterproof clothing, swimming kit (not required on first day)**

## Netball Juniors

Age  
6-10

This course sees the opportunity for younger girls and boys to experience this dynamic and fast-moving sport. Regardless of whether you have played netball or not, this course will introduce all the key skills in a fun and enjoyable fashion. By the end of the week you will be enjoying a variety of competitive situations and be able to demonstrate the key skills of this popular sport.

**Kit List: Trainers, warm / waterproof clothing**



## Netball

Age  
8-14

A course for girls and boys which aims to develop and nurture the essential skills of netball, regardless of previous experience. Your shooting, dodging, passing and defending will be improved in an enjoyable and safe environment. Throughout the course there will be shooting challenges as well as a number of different tournaments and competitions.

**Kit List: Trainers, warm / waterproof clothing**

## Parkour

New for Summer 2021

Age  
6-10

Calling all budding superheroes! Have you ever wanted to learn to twist through the air and climb walls like Spiderman? With the help of Bedfordshire's Parkour experts 'Spiral FreeRun' you can do just that! Assisted by two top-level coaches and parkour experts you will learn a range of movement from leaps to jumps, to obstacle vaults and even flips. This course is designed for absolute beginners to those more advanced and adventurous. You will certainly learn some new skills along the way, whilst having an immense amount of fun participating in parkour related games and team-building exercises. A truly dynamic course designed to help you burn off that boundless summer energy.

**Kit List: Trainers**



## Parkour

New for Summer 2021

Age  
11-14

Ever wanted to be a Ninja Warrior? This brand-new course for 2021 will give you the skills to tackle any obstacle in your way. With the help of two top-level coaches and parkour experts from Bedfordshire's 'Spiral FreeRun' team you can do just that! You will be taught a range of movements, learning how to run up and flip from walls, jump and land safely from height, whilst flying over obstacles with confidence. The emphasis will be on learn some new skills whilst having an immense amount of fun, participating in parkour related games and team-building exercises.

**Kit List: Trainers**

## Photography

Age  
10-14

This popular course offers you a great chance to develop your skills in both digital and black and white photography. All participants will get a chance to make a range of images and have a go at printing their own pictures using traditional and modern techniques. No previous experience is needed and all equipment and materials are provided.

**Kit List: None**

## Printmaking

Age  
10-14

This recently re-introduced course offers a practical workshop exploring a wide and exciting range of printmaking techniques including linocut, monoprint, screenprinting, drypoint and etching amongst others. This is very much a 'hands-on' course which will be of particular interest to those of you with creative and artistic interests.

**Kit List: Apron / old shirt**

## Racket Sports

Age  
8-14

A holiday course classic for those who are interested in badminton and tennis. Our expert and patient coaches will allow you to learn, practise and develop a range of strokes and skills as well as improve your tactical awareness. There will be a number of different tournaments taking place during the week with prizes for the participants.

**Kit List: Trainers, warm / waterproof clothing, rackets are provided (you may bring your own if you wish, but please mark this clearly with your name)**



## Rowing

Age  
11-14

This course takes place at our excellent fully equipped boathouse. Whether you are a complete novice or have rowing experience this course will be tailored to suit your ability. You will be given the opportunity to try single sculling and crew sculling using the School's state-of-the-art equipment. N.B. There will be a swim test and a capsize test in our swimming pool to ascertain confidence in the water. Participants must be competent swimmers.

**Kit List: Trainers, swimming kit (for swim test on first day) and a change of clothing just in case!**



## Street Dance

Age  
7-14

Street Dance remains one of the most innovative and dynamic dance styles enjoyed by many around the world. We will use popular music from pop to hip-hop and choreograph routines using set moves and your own interpretation with the help of an experienced dance teacher. By the end of the week on this exciting course you will have perfected a complete dance routine that will give you confidence and can be shown off to friends and family.

**Kit List: None**

## Studio Sounds

Age  
9-14

Are you a budding singer? Would you like to cut your first track and produce the ultimate demo CD? If so, pop stardom awaits you on this exciting course. You will select the backing track for the song you wish to record and receive expert singing tuition to enable you to achieve the best results from your recording sessions. Professional results from digital recording, mixing and mastering means you will finish the week with digital versions of the songs performed by you and your fellow pop stars.

**Kit List: None**



## Survival Adventure Skills (SAS)

Age  
10-14

This action-packed course has developed something of a cult status, renowned for its all-thrills adventures and excitement. As the week progresses there will be the opportunity to partake in some survival cooking, basic first aid, team building, orienteering and invasion games, as well as observation techniques, camouflaging and shelter building. It promises to be a very hands-on course which will run outdoors.

**Kit List: Camouflaged combat clothing is provided, but please wear suitable clothing which may get dirty; sturdy shoes or boots are required along with an alternative pair of trainers / shoes and spare socks**

## Table Tennis

Age  
8-14

Table tennis is a fast and exciting sport and this course has consistently been one of our most popular in recent years. All aspects of modern play, including shot selection, match tactics and match play will be covered using a variety of practice methods during this much enjoyed course.

**Kit List: Trainers**



## Technology

Age  
9-14

Our state-of-the-art technology centre offers the very best facilities for you to design and manufacture your own projects. You will be given the opportunity to use many different machines, tools, skills and techniques and you can take your completed masterpiece home at the end of the course. Previous projects have included LED light boxes, customised bug hotels and portable speakers. As always, none of the previously undertaken projects will be repeated.

**Kit List: None**



## Textiles

Age  
10-14

The textiles course offers a great opportunity to use the most current textile methods within a fully-equipped, stimulating and fun environment. The use of an array of materials and equipment allows you to develop and explore your design ideas. With expert tuition, you will gain confidence in many techniques. There will be an opportunity to enjoy felting, tie-dye, hand sewing and the Japanese technique, Sashiko. Using lush fabrics, beads, braids and plenty of ideas you will create fashionable items of your choice. Bring along a white T-shirt or vest for tie-dye (otherwise a small item will be provided). The end result can be taken home or given as presents and the skills you learn will help you to enjoy textiles a whole lot more in your own time.

**Kit List: White t-shirt or vest to tie-dye. Denim with pocket for Sashiko (optional)**

Theatre Makeup and  
Special Effects (SFX)Age  
10-14

New for Summer 2021

This creative, hands-on course will give you a taste of the action behind the scenes, as you will apply theatrical / SFX makeup to create characters from film and stage. You will be shown how to create mood boards and face chart designs to inspire ideas for your makeup before creating show stopping looks on each other.

**Kit List: Clothing that you don't mind getting messy**

**Please be aware - patch testing of products will be required for all participants. This will be conducted on the first day of the course. There will be some use of fake blood and bruising effects**



## Urban Art

Age  
9-14

Using Banksy as our inspiration, this exciting course takes you through the drawing and stencilling techniques popular with this elusive graffiti artist. We will be learning basic Photoshop skills to create a digital manipulated graffiti portrait and stencilling to use on your spray paint work. This is a great opportunity to get involved in an amazing strand of the art world and by the end of the week you will have experienced spray painting, stencilling and designed a personalised Tag.

**Kit List: Apron / old shirt**

## Youth Film

Age  
10-14

If you have ever watched a film and thought "I could do that", this is the chance to prove yourself. You will create a short film using industry standard equipment, this will involve scripting, planning, directing and filming. You will be operating the equipment yourselves and will have this unique opportunity to learn more about the process and work involved in putting together a short film. At the end of the course you will receive a digital version of your masterpiece.

**Kit List: None**



**Arjun**

**Age 6**

**Multi-Activity and  
Arts and Crafts**

“ I’ve really enjoyed all the activities, in particular the quad bikes and the bouncy castle in Multi-Activity, and the drawing and bag making in Arts and Crafts. The staff are all really helpful and I’ve loved everything. ”



**Hannah**

**Age 11**

**Climbing and  
Studio Sounds**

“ I’ve made lots of new friends on the Holiday Activity Courses this year, everyone is really friendly and there’s a great atmosphere. It’s good to be able to focus on something which really interests you and you can come back time and time again because there are so many great things on offer. ”

## Enquiries

Please telephone the Holiday Activity Course Office on (01234) 332667. If voicemail is on a member of the Holiday Course Team will respond to your call as soon as they return to the office.

## Photography

During our courses we take photographs of the activities which we then use for publicity purposes including the brochure, posters and on our website. If you would rather we did not feature your child, please indicate this when booking either online or by booking form so that we can ensure he/she is not included. If you do not indicate either way we will assume you are happy for them to be featured so do please check your booking details.

## Use of mobile phones and electronic devices

We strongly recommend children do not bring mobile phones or electronic devices, i.e. tablets or hand-held games to the Holiday Activity Courses; if devices are brought along children will not be allowed to use them whilst courses are running.

If any of these devices are brought along to the courses, Bedford Modern School accepts no responsibility for loss, damage or theft.

## Protection of Personal Data and General Data Protection Regulation (GDPR)

As part of the booking process for the Holiday Activity Courses you will be asked to provide personal data. The information collected during the process is as follows:

- **Your Child's** - full name, date of birth, medical information, current school and any other information you choose to provide
- **Your** - full name, home address, email address and emergency contact names and numbers

Some of these details are later stored on a separate computerised database for generation of course registration lists, medical requirement lists and for correspondence and marketing purposes; marketing refers to advising of future courses only. Information stored by Bedford Modern School will be held for up to three years from the last course attendance to allow you to make further bookings and receive new brochure notifications.

When booking online you will be requested to provide consent also to Wisepay, on behalf of Bedford Modern School External Service.

Further details on how we are committed to protecting and respecting your privacy can be viewed in the School's Privacy Policy, available to view at [bedmod.co.uk](http://bedmod.co.uk) or by contacting the Holiday Activity Course Office to request a copy.

**I can Be me**

**Bedford Modern School**

**Start your own journey of discovery**

[www.bedmod.co.uk](http://www.bedmod.co.uk)

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