



## Millfield Activities Programme (MAP)

MAP is an integral part of a Millfield education and encourages pupils to gain experience and develop skills from a diverse range of activities outside their standard curriculum.

We offer more than 100 activities, that range from online to the creative, adventurous to reflective, and the mentally to physically challenging, as seen in the selection below.

Example Activity	Example Activity	Example Activity
Adult colouring for mindfulness	EAGLES - Year 9 Welcome Brochure	Mindfulness colouring for juniors
Alphabetical photography	EPQ online	One second every day
Animal top trumps	Exploring Chemistry	Photography on your smart phone
At home skin care club	Fail Army - Intention versus reality	Playing the drums
Augmented 6ths	Glastonbury Festival playlist	Quiz Masters
Black and White photography	Greenpower	Rubik's cube
British Sign Language	Head Hacks	Rugby coaching
Broga	History films	Run for fun
CCF online	Home workout	Scrabble
Chess online	Italian film club	Smoothie making and juicing
Collaborative Summer Dance Project	Juggling	TED talk of the week
Comedy	'Lean in 15'	Touch typing for beginners
Core strength and flexibility	Lego creations	Virtual travel and sight seeing
Darts from home	Let's get baking!	Water colour sketching
Dissection club	MAP Contemporary documentaries	Weekly challenges
Driving theory test	Maths Olympiad online	Yoga for girls online
EAGLES - Millfield CBBC for Elmhurst	Millfield Originals	Yoga with Adrienne
EAGLES - Student magazine	Mindfulness colouring for juniors	
EAGLES - United Schools Project (USP)	Music of the Renaissance	