

# Spring Term Enrichment 2017

## Year 10

## Welcome to your enrichment programme

At the Archer Academy we think that life outside of the classroom is really important in developing your lifelong love of learning. We want you to have a wide range of opportunities to try new things, develop existing talents and have some fun!

As you know, enrichment changes slightly when you move into Year 10 to ensure that the programme meets your needs as senior students. As you become older it is ever more important for you to have a range of skills and interests to compliment your academic curriculum and prepare you for university and the world of work.

In Year 10 enrichment forms the white block of your curriculum.

On a Thursday you can choose from a range of courses each term. Your Thursday afternoon programme is more similar to that which you followed in lower school to enable you to keep trying lots of new, different things.

This guide explains what you can do. You need to read the information carefully and think about what you would like to do.

## Enrichment Fair

To help you to make your choices you will attend an Enrichment Fair. At your Enrichment Fair you will be able to meet each of the leaders of the different courses and find out more about what they are offering. Each course leader will have a stall set out in the school.

Before you go to the Enrichment Fair you should read this booklet carefully as it gives you an overview of the different courses available to you this term. It is also a good idea to show this booklet to your parents and discuss what grabs your attention with them. To help you make good use of your time at the fair it is worth deciding what might be your **top five courses** in advance. By making some decisions before the fair, you will know which stalls to head for first.

At each stall the course leaders will have information available to you. You can ask them questions and see if their course is something that you would like to do.

Your form tutor will give you some information, including some strategies in how to make your choices before and after the fair.

Once you have made your choices you need to complete a "Choice Form" very carefully. At the end of the Enrichment Fair you will need to complete one form for your Thursday choice and hand it in to your form tutor.

We hope to be able to give every student their first choice but each course has a limited number of places, therefore it is important that you think carefully about what you would like to do if you do not get your first choice. If you don't get your first choice this term you will get priority next term for your Thursday choice.

## **What should I think about when making my choices?**

Making decisions is always difficult, particularly when you have a lot of choices available to you. As you move up through the Archer Academy you will have more and more opportunities to make choices about what you do. It is very exciting to have choice, but it can also be a little daunting as you might worry that you make the wrong decision.

### **The following strategies might help you:**

- ✓ Read the booklet through carefully and make a list of the things you most like about each course.
- ✓ Discuss the things you like about each course with someone at home.
- ✓ Be brave and make sure you don't rule out anything you have never tried before, or think you might not be very good at (you don't know until you try).
- ✓ Plan some questions you would like to ask the different course leaders at the Enrichment Fair.
- ✓ Identify the five courses that most interest you before the Enrichment Fair so that you do not feel too overwhelmed.
- ✓ Remember your form tutor is there to help, so do ask their advice.

Look carefully at the number of places available for each course, some have small numbers.

**Please note that you are allowed to select an Enrichment you chose last term. However, if the course is oversubscribed other students who have not been lucky enough to take part in that enrichment will be given priority.**

## Thursday Choices:

The information below outlines the courses you can choose from on a Thursday. Have a good read. It is all very exciting!

Remember you can make a fresh choice each term on a Thursday.

### Battle of the Bands

<b>Programme</b>	Battle of the Bands
<b>Tutor</b>	Miss Jones
<b>What you will be doing:</b>	<i>What do Radiohead, Kings of Leon, The Strokes and U2 have in common? Have you ever thought about being the frontman or woman for a rock band? Have you ever wanted to write your own songs, play your own instruments, work with your friends and rock out on stage? Then this is the enrichment for you!</i>
<b>Skills you will develop:</b>	Confidence when performing to others Instrumental playing technique Collaborative working
<b>Top 3 things about this enrichment:</b>	Exploring something you can later carry on without supervision – they sky is the limit! Really useful to help develop ensemble performance skills and team working Fun!
<b>You will need:</b>	An instrument if you play one, a list of your favourite songs that you would like to cover

\*Answer: *They were all bands that started when the members were at school!*

### Beat Boxing

<b>Programme</b>	Beatbox with Beatfox (12 places)
<b>Tutor</b>	Beatfox
<b>What you will be doing:</b>	<i>Learning to use your mouth to create sounds and use them in a rhythmic and percussive way to create beats!</i>
<b>Skills you will develop:</b>	Confidence when performing to others Knowledge of Music Theory and using Music Technology Only choose it if you are actually prepared to participate
<b>Top 3 things about this enrichment:</b>	Challenging Opportunity to work with industry professional Fun!
<b>You will need:</b>	Just yourselves and your sense of adventure!

### Computer Programming

<b>Programme</b>	Computer Programming (10 places)
<b>Tutor</b>	Mr Oakley
<b>What you will be doing:</b>	Planning and programming codes for the class to try and solve
<b>Skills you will</b>	Computer skills

<b>develop:</b>	Coding Programming
<b>Top 3 things about this enrichment:</b>	Setting up codes to challenge your peers Enhancing your current coding and programming skills
<b>You might need to bring:</b>	Just bring yourself and a lot of enthusiasm and creativity!

### Football

<b>Programme</b>	Football (22 PLACES) (Girls and Boys)
<b>Tutor</b>	Mr Gillo
<b>What you will be doing:</b>	<i>Improving technique</i> <i>Tactical awareness</i> <i>Plenty of game time to put skills learnt into practice</i> <i>Keep fitness up at the same time</i>
<b>Skills you will develop:</b>	Control Shooting Dribbling Passing
<b>Top 3 things about this enrichment:</b>	Outside in fresh air Let of any steam Be the next ballon d'or winner
<b>You will need:</b>	PE kit – water bottle

### French conversation club

<b>Programme</b>	French conversation club (15 places)
<b>Tutor</b>	Ms Varyukhina
<b>What you will be doing:</b>	Speaking in French in relaxed and informal setting.
<b>Skills you will develop:</b>	Spontaneous speaking skills Increased confidence in speaking in French
<b>Top 3 things about this enrichment:</b>	This club will accelerate your progress in your French GCSE (the speaking exam is worth 25% of your GCSE grade!) You will feel more confident in your French lessons and assessments. You will have fun speaking in French in a smaller group setting, discussing interesting and engaging topics.
<b>You might need:</b>	Your voice – that's it!

### Life Drawing

<b>Programme</b>	Life Drawing (10 places)
<b>Tutor</b>	Miss Mendelowitz
<b>What you will be doing:</b>	This enrichment will give you the opportunity to develop skills in depicting the human figure. We will also look at how life drawing has been approached by other artists, and steal some of their ideas along the way. We will take turns as a group in posing for each other. And hopefully get some kind teachers in

	to volunteer to do some longer poses for us.
<b>Skills you will develop:</b>	Observational skills, confidence in using a variety of materials (charcoal, biro, pencils and oil pastels).
<b>Top 3 things about this enrichment:</b>	Each student will get a full body portrait of themselves drawn by the rest of the group.
<b>You will need to bring:</b>	

### Muay Thai Boxing

<b>Programme</b>	Muay Thai Boxing (25 places)
<b>Tutor</b>	Shahab "Shabba" Uddin (East Finchley Combat Academy)
<b>What you will be doing:</b>	<i>Do you want to get fit, learn a Martial Art and learn self-defence?</i> Muay Thai boxing is known as "The art of eight limbs"; which utilises kicks, punches, knees and elbows. But don't worry; you won't be hitting each other at all! Our sessions will consist of partner work with one partner holding pads and the other one hitting the pads using combinations that will be demonstrated by the instructors. We strongly encourage girls as well as boys to take part, regardless of your current fitness level.
<b>Skills you will develop:</b>	The classes are high intensity cardio so your fitness will improve greatly as well as building and toning muscle. Also, you'll be learning a powerful martial art that can be used for self-defence and is a great way to build confidence.
<b>Top 3 things about this enrichment:</b>	It's an awesome workout! You're learning a martial art which can be used to defend yourself. It's a great way to build self-confidence.
<b>You might need to bring:</b>	PE kit. Water bottle.

*\*you will go off site for this course and will need to change at lunchtime. You will need to meet promptly in the courtyard at 2:50pm.*

### Musical Performance Masterclass

<b>Programme</b>	Music Performance Masterclass (15 places)
<b>Tutor</b>	Flo Taylor
<b>What you will be doing:</b>	<i>Ever wanted to work on your audition skills?</i> <i>Ever needed help with you instrumental lessons or have a question about Music theory?</i> <i>Ever wanted to be more confident when performing? This is the enrichment for you!</i>
<b>Skills you will develop:</b>	Improve your ability to prepare and deliver a performance to an audience on your instrument or using your voice
<b>Top 3 things about this enrichment:</b>	Developing confidence Great opportunity to practice your instrument with a qualified music teacher

	to help Lots of fun!
<b>You will need:</b>	Your instrument and music, or a song you have prepared to sing

## Philosophy

<b>Programme</b>	Philosophy Club (10 places)
<b>Tutor</b>	Mrs Bickers
<b>What you will be doing:</b>	Is murder always wrong? Do we have a soul? Do we need one? Should there be limits on our freedom? Each week, we will discuss a question that you may think you already know the answer to. Are you prepared to be challenged and to challenge others? The sessions will be issue or question based, rather than focusing on particular philosophies or philosophers but there will also be plenty of opportunity to learn about some great thinkers.
<b>Skills you will develop:</b>	You will develop questioning skills – both of others and of yourself. You will learn how to carry your thoughts to their logical conclusions – and then to consider whether you're still happy with them. The discussions will be challenging, sometimes provocative but always providing you with the opportunity to draw in thinking from across your life, experiences and learning.
<b>Top 3 things about this enrichment:</b>	Developing abstract and practical reasoning skills, Improving your confidence to argue your beliefs but also to consider other perspectives, Transferring these skills to other ethical, emotional and political thinking.
<b>You will need to bring:</b>	Notebook and pen – we will finish the programme with a set piece discussion on an ethical issue and you may want to take notes.

## Rock Climbing

<b>Programme</b>	Rock Climbing (9 places)
<b>Tutor</b>	Tom
<b>What you will be doing:</b>	Want to be an Archer climber? Could you be the next spider man?  Appropriate for almost all ages, adding indoor rock climbing to your regular keep fit workout routine yields an array of benefits for young people, no matter what fitness level or prior experience you may bring to the sport. This is an exciting hobby that can lead onto climbing outside.
<b>Skills you will develop:</b>	Benefits from using our indoor climbing wall will include increased physical fitness, improved problem-solving skills, building trust and teamwork. Come along and find a new fun way to stay healthy and be part of something new at the Archer Academy!
<b>Top things about this enrichment:</b>	Develop your physical strength. Discover a new passion. Help to build our pioneer rock climbing group.
<b>You might need to bring:</b>	Archer PE kit. Bottle of water

## Running Club

<b>Programme</b>	Running Club
<b>Tutor</b>	Mr. Savage at Cherry Tree Woods
<b>What you will be doing:</b>	Going for long distance runs, Speed work, Fartlek running and interval training
<b>Skills you will develop:</b>	Improve your cardiovascular fitness Improve your running technique Feel mentally and physically fitter
<b>Top 3 things about this enrichment:</b>	Great fun way to keep fit Make new friends Take part in local running competitions
<b>You will need to bring:</b>	Archer Academy PE kit. Water

## Spanish Conversation Club

<b>Programme</b>	Spanish conversation club
<b>Tutor</b>	Ms Chocarro
<b>What you will be doing:</b>	Speaking in Spanish in relaxed and informal setting.
<b>Skills you will develop:</b>	Spontaneous speaking skills Increased confidence in speaking in Spanish
<b>Top 3 things about this enrichment:</b>	This club will accelerate your progress in your Spanish GCSE (the speaking exam is worth 25% of your GCSE grade!) You will feel more confident in your Spanish lessons and assessments. You will have fun speaking in Spanish in a smaller group setting, discussing interesting and engaging topics.
<b>You might need:</b>	Your voice – that's it!

## Squash

<b>Programme</b>	Squash (14 places)
<b>Tutor</b>	Vicky Prow at the Stormont Squash Club
<b>What you will be doing:</b>	<i>Have you ever wondered what it might be like to learn how to play squash? Do you want to improve your co-ordination?</i> This enrichment is for you! Led by fully qualified squash coaches you will learn the skills and techniques of squash, getting to make use of the facilities at Stormont squash club. You will also get to experience a competition environment by playing against the others in the group.
<b>Skills you will develop:</b>	Co-ordination, team work, physical fitness and agility.
<b>Top 3 things about this enrichment:</b>	Experimenting with new sporting equipment. Training with qualified squash coaches. Learning a new sport.

<b>You will need:</b>	PE Kit & water bottle
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*\*you will go off site for this course and will need to change at lunchtime. You will need to meet promptly in the courtyard at 2:50pm.*

### Training the Actor

<b>Programme</b>	Training the Actor (15 Places)
<b>Tutor</b>	Mr Dean (ADE)
<b>What you will be doing:</b>	<i>Drama games, script work, improvisation and devising are just a few of the activities that will take place as we explore the ins and outs of Drama and Theatre preparing you for performances, auditions, and life.</i>
<b>Skills you will develop:</b>	Team work, creativity, confidence, a better understanding of performance and your sense of humour.
<b>Top 3 things about this enrichment:</b>	Fun, active and a great opportunity to develop as a performer.
<b>You will need:</b>	Your imagination, a little confidence and the desire to have a good time.

### Wise Up!

<b>Programme</b>	WiseUp! (25 places)
<b>Tutor</b>	Mr Wick
<b>What you will be doing:</b>	<p>WiseUp! Will be a safe and respectful space where students are given a forum to engage with current situations and concepts which teenagers will face. This course will aid students to be informed with these issues, in order to make sensible choices with responsible intentions.</p> <p>We will be discussing a number of meaningful topics such as: sex and relationship education, sexuality, gender identity, impact of pornography, sexting, body image, alcohol, cigarettes, drugs &amp; addiction, peer pressure, bullying and more.</p> <p>Pick this enrichment if you are prepared to question your ways of thinking and open up to many different walks of life.</p> <p>*Parents will be sent further details in advance of this course with the opportunity to discuss queries with Mr Wick*</p>
<b>Skills you will develop:</b>	Participating in discussions. Expressing your views. Reading for understanding. Fluency in reading out loud. Analysis of situations. Thinking 'outside the box'. Debating skills. Open-mindedness.
<b>Top 3 things about this enrichment:</b>	Thinking about other ways of life Open discussion with respect Ability to speak openly about personal feelings
<b>You might need:</b>	Your fiery imagination A small notepad and pen