

# Upper School Enrichment Summer Term 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.

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. You will then go through your choices with your tutor and they will log these onto the options spreadsheet. Be ready to have a conversation about what you have chosen and why.

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.

## **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 took part in 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.**

#### **Study Plus**

Upon request of a number of students you will notice that not only do you have the opportunity to take part in variety of fun and engaging enrichments. This term to help with exam preparation there is also the option of taking part in a Study Plus session to assist with revision or topics you want any additional support in ahead of your summer exams and GCSES.

#### **Archer Arrow**

This term we are introducing the Archer Golden Arrow. This is an award given by each enrichment teacher to the student who has made the most progress during the course of that enrichment. If you get awarded an arrow, you will get a guaranteed first choice for the next enrichment session in September. Look out for what the description says you need to do and impress your teachers – remember only one student per enrichment gets the golden arrow.

## 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.

### Art History

<b>Programme</b>	Art History
<b>Tutor</b>	Viviana Witeck
<b>What you will be doing:</b>	<p>What is Art?            Why did people make art in the past?            Why do we still make art today?            During the course of this enrichment programme you will find out the answer to these questions.            Each week you will be learning about a new period of art history and experiment with the materials and techniques used by our predecessors.</p> <p><b><u>Lesson 1 – Prehistoric Art</u></b>  <b><u>Lesson 2 – the Ancient Greeks</u></b>  <b><u>Lesson 3 :The dark Ages – Gothic Art</u></b>  <b><u>Lesson 4: Giotto and the birth of Renaissance</u></b>  <b><u>Lesson 5: Baroque – Caravaggio</u></b>  <b><u>Lesson 6 : The 19<sup>th</sup> century</u></b>  <b><u>Lesson 7: The 20<sup>th</sup> century</u></b>  <b><u>Lesson 8: Conceptual art</u></b></p> <p>By the end of this enrichment you will be able to tell how art went from this:</p>  <p>To This:</p> 
<b>Skills you will develop:</b>	Charcoal and chalk drawing - "Greek Style" pottery decoration - Glass painting - The use of the perspective in art - The use of "chiaroscuro" ( light and dark) in painting and drawing - The link between colour and meaning
<b>Top things about this enrichment:</b>	This enrichment course will push you to think critically when confronted with a work of art as well as teaching you a number of fun and interesting artistic techniques.

<b>You might need to bring:</b>	Pens, pencils, paper.
<b>Maximum numbers</b>	12

### Core Science +

<b>Programme</b>	Core science +
<b>Tutor</b>	Miss Milligan
<b>Year</b>	Y10
<b>Maximum Numbers:</b>	6
<b>What you will be doing/course outcomes:</b>	<p>This is for students who are doing <b>core science</b> and are currently finding some topics in the science GCSE challenging.</p> <p>We are going to build up the skills required to enable you to gain more confidence on questions related to biology &amp; chemistry calculations and physics equations.</p> <p>We aim to enable you to gain more marks from these style of questions to help secure 5s in your mock exams and provide a base for moving forward into year 11.</p>
<b>Skills you will develop:</b>	<p>Converting between units confidently.</p> <p>Being able to confidently complete maths-based science questions.</p> <p>Independent study skills</p>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"> <li>1) We will go back to basics and ensure you can do the more straightforward calculations correctly</li> <li>2) It will be structured revision for your exam</li> <li>3) It will be pitched at securing core knowledge – getting at least a 5 so you can look to make good progress in Y11</li> </ol>
<b>How can you get the Golden Arrow?</b>	Demonstrate you can talk through calculations describing each step as you go.
<b>You will need:</b>	Calculators, resilience and a positive attitude!

### Devising Drama

<b>Programme</b>	Devising Drama
<b>Tutor</b>	Mr Dean
<b>Year</b>	10
<b>Maximum Numbers:</b>	25
<b>What you will be doing/course</b>	<p>What is 'devising'</p> <p>Learning new and advanced ways to develop devised theatre</p>

<b>outcomes:</b>	<p>Exploring the use of lighting to advance a performance</p> <p>Each week you will be learning about and developing your devised performances using the key skills and techniques taught in the session.</p> <p><b><u>Lesson 1: Exploring your devising stimuli</u></b>  <b><u>Lesson 2: The importance of the opening</u></b>  <b><u>Lesson 3: The value of developed script</u></b>  <b><u>Lesson 4: The importance of the finale</u></b>  <b><u>Lesson 5: Devising development (theatre styles)</u></b>  <b><u>Lesson 6: Devising development (costume and set)</u></b>  <b><u>Lesson 7: Devising development (rehearsals)</u></b>  <b><u>Lesson 8: Performance</u></b></p> <p>By the end of this enrichment you will have devised a high quality performance to a high GCSE standard</p>
<b>Skills you will develop:</b>	Team working skills, devising skills, a variety of theatre techniques, lighting understanding, awareness of costume.
<b>Top 3 things about this enrichment:</b>	<p>This enrichment course will push you to think critically and creatively about a performance stimuli.</p> <p>You will learn new theatre techniques.</p> <p>Will prepare you for GCSE devised examination</p>
<b>How can you get the Golden Arrow?</b>	Dedication and team work, contributing to performance development.
<b>You will need:</b>	Pens, pencils, paper

### Girls Running

<b>Programme</b>	Girls running club
<b>Tutor</b>	Miss Jones
<b>Year</b>	10
<b>Maximum Numbers:</b>	12
<b>What you will be doing/course outcomes:</b>	<p>Want to go for a run but not sure where to start? Come and join running club to fit an extra hour of exercise into your day and build up to running a 5, 7 or 10km route at the end of the block.</p> <ul style="list-style-type: none"> <li>• Warming up</li> <li>• Activation drills</li> <li>• Running for speed or running for endurance (distance or intervals)</li> <li>• Cool Down</li> <li>• Stretching</li> </ul> <p>Sessions will get progressively further and you will be pushed a little harder</p>

	every week
<b>Skills you will develop:</b>	Endurance A positive mind set Develop your cardiovascular fitness
<b>Top 3 things about this enrichment:</b>	Sweaty! Exercise Fun
<b>How can you get the Golden Arrow?</b>	Attendance, effort and progress
<b>You will need:</b>	Trainers, sports kit (shorts as it gets warmer!)

### Wise Up!

<b>Programme</b>	WiseUp!
<b>Tutor</b>	Mr. Wick
<b>Year</b>	10
<b>Maximum Numbers:</b>	25
<b>What you will be doing/course outcomes:</b>	<p>Lesson 1: Introduction and safe space – Creating a safe space and appropriate discussion rules</p> <p>Lesson 2: SRE – Focussing on relationships, what they are and being respectful with boundaries</p> <p>Lesson 3: Internet Safety and Sexting – Discussing how to be safe online and how to keep yourself secure</p> <p>Lesson 4: Gender and Sexuality – Understanding what gender and sexuality is</p> <p>Lesson 5: Half-way house – Overall discussion open to floor questions</p> <p>Lesson 6: Pornography – Discussing its prevalence and impact on all people involved</p> <p>Lesson 7: STI's – Discussing what sexually transmitted infections are and how to be cautious in sexual behaviour</p> <p>Lesson 8: Smoking and Drugs – Discussing what impacts smoking and drugs have and what addiction is</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>How can you get the Golden Arrow?</b>	Being open to suggestion of others' opinion. Respect. Appropriate discussion.
<b>You will need:</b>	Your fiery imagination. A small notepad and pen.

## Current Affairs

<b>Programme</b>	Current Affairs
<b>Tutor</b>	Mr Berkley
<b>Year</b>	10
<b>Maximum Numbers:</b>	15
<b>What you will be doing:</b>	Looking at the big stories in the news every, discussing and debating the key issues of the day, and learning to read beyond the headlines and see what is really happening.
<b>Course Structure:</b>	<p>The course will be dictated by the events that take place in the world that week.</p> <p>However it is certain that at some point we will examine:</p> <ul style="list-style-type: none"> <li>• Challenges in British politics today- (Brexit, Scottish independence, the challenges faced by the Labour party)</li> <li>• Politics in the USA- I expect we might discuss the presidency of Donald Trump once or twice.</li> <li>• International conflict- Russia, Syria and others</li> </ul> <p>We will also look complete an online test helping to understand which political party they are most aligned to.</p>
<b>Skills you will develop:</b>	<p>Cultural capital- Knowledge of the world.</p> <p>Analytical skills- Examining the events of the day and placing them into the context of the bigger international trends.</p>
<b>Top 3 things about this enrichment:</b>	<ul style="list-style-type: none"> <li>• A great place to have your opinions heard</li> <li>• Learn to read the news stories in a totally different way, a way that most cannot. As an American political commentator recently said about the rise of Donald Trump 'The problem with most people is that they can't see past the controversies and notice the real scandals' You will learn to do this.</li> <li>• A relaxed, casual, mature environment where you will be treated like an adult.</li> </ul>
<b>Golden Arrow:</b>	To be awarded to the student who most challenges themselves to see the world in a new light. This could be understanding another point of view,

	learning the historical context behind today's news or just getting really involved in sessions.
<b>You will need:</b>	A news story, An open mind.

### Life Drawing

<b>Programme</b>	Life Drawing
<b>Tutor</b>	Miss Mendelowitz
<b>Year</b>	Year 10
<b>Maximum Numbers:</b>	12
<b>What you will be doing/course outcomes:</b>	Over the course we will use different techniques to depict the human figure. It's about depicting what we see, not what we think we see.  1. Short pose session.  2. Hands and feet session.  4. Face session (Draw your friend, yourself or a celebrity).  5. Face session (continued)  6. Life model – Students choose what medium they want to work in, life model poses for about 40 minutes.  7. Life model- Students choose what medium they want to work in, life model poses for about 40 minutes.  8. Life model - Students choose what medium they want to work in, life model poses for about 40 minutes.
<b>Skills you will develop:</b>	Observational drawing skills. Learn some techniques from other artists. See how “styles” can be developed.
<b>Top thing about this enrichment:</b>	You'll finish the course with a nice portfolio of work.
<b>How can you get the Golden Arrow?</b>	The artist who has shown the most improvement over the course.

### Muay Thai Boxing

<b>Programme</b>	Muay Thai Kickboxing
<b>Tutor</b>	Coach Shabs & Coach Ibby

<b>Year</b>	10
<b>Maximum Numbers:</b>	20
<b>What you will be doing/course outcomes:</b>	<p><i>Do you want to get fit, learn a Martial Art and learn self-defence?</i></p> <p>The martial art of Muay Thai kickboxing is known as “The art of eight limbs”; which utilises kicks, punches, knees and elbows.</p> <p>Our sessions will mostly 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. For more advanced students; some controlled sparring (no strikes to the head) will take place so that you can learn to use the skills you’ve acquired in a safe environment.</p> <p>Not only will you be learning a self-defence martial art; Muay Thai is also a fantastic cardio workout which tones and strengthens almost every muscle in the body – especially the core and abs!</p> <p>We strongly encourage females as well as males to take part, regardless of your current fitness level.</p>
<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>	<p>You get to hit things! A great way to relieve exam and life stress</p> <p>You’re learning a martial art which can be used to defend yourself</p> <p>It’s a great way to build self-confidence.</p>
<b>How can you get the Golden Arrow?</b>	To be awarded to the person who is most dedicated to learning and improvement. It’s not about how good you are when you start; but how much you’ve improved when you finish and how much you put into each session.
<b>You will need:</b>	Shorts/leggings and a t-shirt/workout top. Oh, and water! ☺ All other equipment is provided by the Club...

*\*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.*

## Philosophy

<b>Programme</b>	Philosophy
<b>Tutor</b>	Mrs Bickers
<b>Year</b>	10
<b>Maximum Numbers:</b>	12

<b>What you will be doing/course outcomes:</b>	<p>Exploring what it means to think philosophically about such issues as evil, freedom, free will and gender. Over the 8 weeks, we would expect to discuss:</p> <ul style="list-style-type: none"> <li>- Does the future exist and, if so, can we know it.</li> <li>- The nature of evil.</li> <li>- Privacy and whether you can ever really know yourself or others.</li> <li>- Whether you have a soul and the nature of proof.</li> <li>- To what extent gender is individually formed or externally projected.</li> <li>- What is Art and what cannot be Art.</li> <li>- Whether we can have free will if we live in a community.</li> <li>- Egoism and social responsibility.</li> </ul> <p>Each session starts with an extract or story which sets out an initial query and, through group discussion and individual contributions, the query is developed into a broader analysis of its conditions, for example, can people be evil or are there only acts of evil? Or, must we have proof of the soul before we can argue for its existence?</p>
<b>Skills you will develop:</b>	Articulation of abstract thoughts, often on topics that don't have immediate answers; the ability to question your own thoughts in light of the contribution of others; turn taking and listening to others.
<b>Top 3 things about this enrichment:</b>	Developing analytical skills that can be transferred to academic and social situations; discussing and arguing with peers in a non-classroom setting; evaluating your own beliefs and thoughts on ethical and social theories.
<b>How can you get the Golden Arrow?</b>	By accessing external materials, such as podcasts and magazine articles, to enhance and develop your contributions; by not being afraid to say 'I don't know what I think'.
<b>You will need:</b>	Your minds.

## Spanish

<b>Programme</b>	Spanish conversation
<b>Tutor</b>	Ms Chocarro
<b>Year</b>	10
<b>Maximum Numbers:</b>	15
<b>What you will be doing/course outcomes:</b>	<ol style="list-style-type: none"> <li>1. Spanish in a day Presentation of the competition for students of Spanish around the world</li> <li>2. Practice the Spanish alphabet with words Use the pronunciation with tongue twisters Pronunciation rules applied to conversations</li> </ol>

	<ol style="list-style-type: none"> <li>3. Questions and more questions Ask and answer questions</li> <li>4. Chinese whispers Games and competitions</li> <li>5. Temas importantes Controversial news or pictures to reflect and provoke opinions.</li> <li>6. Music and geography Spanish speaking countries and their music.</li> <li>7. More music and more geography Spanish speaking countries and their music.</li> <li>8. Vamos al cine, los Oscars. Movies from around the world in Spanish.</li> </ol>
<b>Skills you will develop:</b>	You will be developing and improving your <b>understanding and speaking</b> skills
<b>Top 3 things about this enrichment:</b>	<ul style="list-style-type: none"> <li>•Improve comprehension</li> <li>•Gain fluency</li> <li>•Feel confident when speaking in Spanish</li> </ul>
<b>How can you get the Golden Arrow?</b>	To be awarded to the student who improves their fluency the most and/or improves their confidence when speaking.
<b>You will need:</b>	Only yourself, we are going to talk and talk.

### Study Plus English

<b>Programme</b>	Study Plus English
<b>Tutor</b>	Ms Victor
<b>Year</b>	10
<b>Maximum Numbers:</b>	20
<b>What you will be doing/course outcomes:</b>	<p>Core English skills and filling in knowledge gaps to boost your confidence and help you attain a 5 and above in your summer exam.</p> <p>Weekly plan:</p> <ul style="list-style-type: none"> <li>• English language skills: Focussing on paper 1 and paper 2</li> <li>• Revision skills</li> <li>• Creating quote banks for Macbeth and the modern play</li> </ul>

	<ul style="list-style-type: none"> <li>• Approaching exam questions and planning</li> <li>• Approaching fiction and non-fiction extracts for language GCSE</li> <li>• Writing for different audiences and purposes</li> <li>• SPaG and academic writing</li> <li>• Timing</li> </ul> <p>Sessions will be dynamic, using a variety of teaching techniques, activities and resources.</p> <p>This enrichment is aimed at those who would like to improve confidence in certain areas of the exam. It will focus on a different key area each week in order to make you exam ready. If you are keen and enthusiastic, it will almost definitely improve your Summer English GCSE grades!</p>
<b>Skills you will develop:</b>	See above
<b>Top 3 things about this enrichment:</b>	<ul style="list-style-type: none"> <li>• Will boost your confidence</li> <li>• Will improve your exam technique</li> <li>• Will boost your grades</li> </ul>
<b>How can you get the Golden Arrow?</b>	A positive, resilient and enthusiastic approach.
<b>You will need:</b>	Core GCSE texts and a notebook.

### Study Plus Maths

<b>Programme</b>	Study Plus Maths: Attaining 4's this summer
<b>Tutor</b>	Mr Naylor
<b>Year</b>	10
<b>Maximum Numbers:</b>	20
<b>What you will be doing/course outcomes:</b>	<p>Core maths skills and filling in knowledge gaps to boost your confidence and help you attain at least a 4 in your summer exam.</p> <p>Weekly plan:</p> <ul style="list-style-type: none"> <li>- Multiplying and dividing (non-calculator methods)</li> <li>- Rounding (decimal places and significant figures)</li> <li>- Algebra booster</li> <li>- Using your calculator with confidence</li> <li>- Converting units</li> </ul>

	<ul style="list-style-type: none"> <li>- Fractions</li> <li>- Percentages</li> <li>- Ratio and proportion</li> <li>- Exam technique</li> <li>- Identifying which topics each question covers</li> <li>- Grand competition!</li> </ul> <p>Sessions will be dynamic, using a variety of teaching techniques, activities and resources.</p> <p>This enrichment is aimed at those who would like a boost to help them attain a strong mark in their Foundation paper this summer. Perhaps you feel there are certain core maths skills that are holding you back from being able to approach GCSE questions in a calm confident way.</p>
<b>Skills you will develop:</b>	See above
<b>Top 3 things about this enrichment:</b>	<ul style="list-style-type: none"> <li>• Will boost your confidence</li> <li>• Will improve your exam technique</li> <li>• Will boost your grades</li> </ul>
<b>How can you get the Golden Arrow?</b>	Focus, hard work and demonstrating a willingness to learn and improve.
<b>You will need:</b>	Your pencil case and your calculator.

### Triple Science

<b>Programme</b>	Triple science +
<b>Tutor</b>	Mr Morrison
<b>Year</b>	Y10
<b>Maximum Numbers:</b>	12
<b>What you will be doing/course outcomes:</b>	<p>This is for students who are doing <b>triple science</b> but are finding aspects of the course challenging – particularly those related to maths techniques.</p> <p>We are going to build up the skills required to enable you to gain more confidence on questions related to chemistry calculations and physics equations.</p> <p>The aim is for you to be able to access more marks from these style of questions to help secure 5s in your mock exams and provide a base for moving forward.</p>
<b>Skills you will</b>	Converting between units confidently.

<b>develop:</b>	Being able to use moles.  Completing increasingly complex calculations.
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"> <li>1) We will go back to basics and ensure you can do the more straightforward calculations correctly</li> <li>2) It will be structured revision for your exam</li> <li>3) It will be pitched at securing core knowledge – getting 5/6 so you can look to progress in Y11</li> </ol>
<b>How can you get the Golden Arrow?</b>	Demonstrate you can talk through calculations describing each step as you go.
<b>You will need:</b>	Calculators  Your thinking hats

### Ultimate Werewolf

<b>Programme</b>	One Night ultimate Werewolf/Vampire
<b>Tutor</b>	Mr Weintroub
<b>Year</b>	10
<b>Maximum Numbers:</b>	Preferably 12 but can have 15
<b>What you will be doing/course outcomes:</b>	<p>Ultimate werewolf is a fantastic card game based on many characters with unique roles. The werewolves and minion must work together to stay alive and never be caught, while the villagers must work together to find them!</p> <p>Each role in turn “wakes up” (opens their eyes) and performs an action! This could be switching cards, stealing cards, replacing cards or even revealing cards! But will you believe what everyone tells you?</p> <p>There are 3 different game styles. Werewolf/Daybreak and Vampire. Each with completely different cards and new exciting features and each game will be completely different as roles given are completely random!</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"> <li>- Confidence in speaking</li> <li>- Persuasive techniques</li> <li>- Logic in understanding what is and isn't possible</li> <li>- The ability to be calm under pressure and think spontaneously</li> </ul>
<b>Top 3 things about this enrichment:</b>	<ul style="list-style-type: none"> <li>- Each game is completely different and the outcomes can always change</li> <li>- Sometimes you are on the villager's team and you find from the way cards have moved you're now on the werewolves' team</li> <li>- Even though you may be best friends with people, you may find</li> </ul>

	you'll now have to go against them!
<b>How can you get the Golden Arrow?</b>	- Develop your skills over this course by understanding the roles, learning the logic and eventually being the ultimate werewolf!
<b>You will need:</b>	- Yourself - Your poker face - The confidence to persuade people

### French Speaking

<b>Programme</b>	French Conversation
<b>Tutor</b>	Mrs. Katerina Varyukhina
<b>Year</b>	10
<b>Maximum Numbers:</b>	15
<b>What you will be doing/course outcomes:</b>	<p>We will be preparing for the French GCSE exam, focusing mainly on speaking and conversation. During the sessions we will:</p> <ul style="list-style-type: none"> <li>• revise the vocabulary;</li> <li>• practise the role-plays;</li> <li>• do the picture talk;</li> <li>• make up extended sentences and express our opinion about various things;</li> <li>• learn useful expressions and idioms to apply in conversations;</li> <li>• discuss cultural differences</li> </ul>
<b>Skills you will develop:</b>	<p>At our sessions we will discuss information from the whole range of French authentic materials, such as newspaper articles, faits-divers, publicity ads, as well as BD (comics), extracts from literary texts and short stories and poems.</p> <p>We will be working at the development of all 4 linguistic skills in French:</p> <ul style="list-style-type: none"> <li>• Speaking</li> <li>• Listening</li> <li>• Reading</li> <li>• Writing</li> </ul>
<b>Top 3 things about this enrichment:</b>	<ul style="list-style-type: none"> <li>• The programme will help you to expand your French vocabulary and to improve your speaking skills;</li> <li>• It will help you to get familiar with some of the best French authors;</li> </ul>

	<ul style="list-style-type: none"> <li>There will be a lot of games, pair and team role-plays and discussions.</li> </ul>
<b>How can you get the Golden Arrow?</b>	If you make the most progress over the 8 weeks and complete the GCSE speaking preparation booklet you will receive the Golden Arrow .
<b>You will need:</b>	Excellent mood and desire to learn something new.

## Yoga

<b>Programme</b>	Yoga
<b>Tutor</b>	Maxine Levy
<b>Year</b>	10
<b>Maximum Numbers:</b>	15
<b>What you will be doing/course outcomes:</b>	<p>Do you like the idea of finding a new way of staying healthy and fit? Yoga is a fun non - competitive movement based activity and might be just the thing for you!</p> <p>The word Yoga means ‘balance’. Body, focus and breath all work together. It is a brilliant tool for keeping your body in good shape. As well as developing simple strategies to cope with life’s little stresses.</p> <p>You will develop awareness of using your body and mind through a series of easy exercises. You will get to explore what your body can do: Stretch muscles you never thought were there. Explore your flexibility and balance. Be surprised at where your limits are. Open to all levels. No special skills required. Aimed at total beginners – come and have a try!</p> <p>Fundamental skills will include:</p> <ul style="list-style-type: none"> <li>- Balancing Poses: Tree pose, “warrior 3” and “half moon pose”</li> <li>- Strengthening Poses: cobra, warrior 1&amp;2, downward dog and “chataranga</li> <li>- Stretching Poses: twists, forward bends, back bends, bow pose following sequences – sun salutes</li> <li>- Breathing techniques: full yogic/3 apart breath, alternate nostril breathing</li> <li>- Skills to harness mind/body connection, concentration, relaxation, meditation.</li> </ul>
<b>Skills you will develop:</b>	Developing great balance, stability, flexibility and posture. Exploring what you can do with your body – safely. Improving concentration and focus (great for exams!) Learning simple techniques to feel calm and relaxed
<b>Top 3 things about this enrichment:</b>	<p>Keeping healthy strong and fit.</p> <p>Developing strategies to unwind and release tension.</p> <p>Leaving feeling more coordinated – and also confident to try other sports!</p>
<b>How can you get the Golden Arrow?</b>	Importance of using simple techniques to de-stress at home. A capacity to access a space of “quiet” within themselves during the session.
<b>You will need:</b>	Dance kit. A bottle of water.