



archer
ACADEMY

**Archer +
Spring 2018**

Year 10

Welcome to the Second Term of 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!

This guide explains what you can do throughout term two. You are welcome to choose some of the same things as last term, but why not pick some of the new options that are also on offer this term?

A Reminder of the Enrichment Procedure

How does enrichment work?

Enrichment happens every Tuesday and Thursday as part of our extended day. Your lessons will finish at 2:50pm and you will then have a 15 minute break before your enrichment courses start. We encourage you to bring a drink and a snack on a Tuesday and a Thursday to have during your break. In your break you should get changed if you need to and go outside for some fresh air. You need to go directly to your enrichment classroom or meeting point ready for a 3:05pm start.

Some courses are held at venues outside of school; so make sure you know where you need to meet your course leader and be prompt to arrive. You may need to get changed at lunchtime.

Enrichment times

Tuesday: 3:05pm to 4:05pm

Thursday 3:05pm to 4:05pm

How do I make my choices?

You need to make a "Thursday" choice for this term. To help you to do this you will attend an Enrichment Activity in your tutor group. At your Enrichment Activity you will be able to speak to the leaders of the different courses and find out more about what they are offering. Each course leader will come to your tutor group.

Before you go to the Enrichment Activity 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 discussion it is worth deciding what might be your **top five courses** in advance.

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

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

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)
- ✓ Identify the five courses that most interest you before the Enrichment Activity 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.

Remember, you get to make fresh choices next term so don't worry that you are missing out.

Archer Arrow and Archer Golden Arrow

It is important to recognise the progress and achievements gained from these sessions. The 'Archer Golden Arrow' is an award given by each enrichment teacher to the one student who has made the most progress during the course of that enrichment. Several 'Archer Arrows' are smaller awards given to several students who have excelled in their enrichment. Look out for what the description says you need to do in order to impress your teachers.

THURSDAY CHOICES

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

Architecture

Tutor Ms. Clarke

Year 10

Maximum Numbers: 20

What you will be doing: Some of the following:

-drawing buildings using layering paper and marker pens
- ...making paper models of a fantasy city- a collaborative project.
- ...making models, in groups, of our ideal modernist building.
-designing our dream apartment.
- ...discussing important 20th Century architectural movements, what and who influenced them.
-drawing fantasy Brutalist buildings.

Skills you will develop:

- An understanding of some key 20th Century architectural trends.
- Various model making skills.
- Perspective drawing skills.

Top 3 things about this enrichment:

1. New knowledge about London buildings.
2. Model making practice.
3. 3D drawing skills.

Archer Arrow: To enthusiastically engaged students.

Golden Arrow: To the student who makes the most progress.

You will need: A photograph of your favourite local house and a ready to focus attitude.

Football

Tutor Mr Constantinou

Year 10

Maximum Numbers: 30

What you will be doing: Offensive and defensive drills – A chance to work in different scenarios to develop attacking and defending ability.

Passing and possession drills – Learn to keep possession when under pressure from opposition.

Shooting practice – develop your shooting ability from moving and dead ball situations.

There will be an ongoing league to put the training into action. Whoever is top of the league at the end of the year, wins!

Skills you will develop:

- Improve fitness and speed
- Improve competitive edge
- Improve technique

Top 3 things about this enrichment:

1. Learn how to break down a strong defence
2. Extend knowledge of Football gained in PE lessons
3. Compete against your peers

Archer Arrow: Awarded to the student who shows the most improvement in their technique

Golden Arrow: Awarded to the student whose shows improvement, enthusiasm and exceptional skill

You will need: Full Archer PE Kit and football boots

Geog your Memory – GCSE Geography

Tutor Mr Barrow

Year 10

Maximum Numbers: 10-14

What you will be doing: Geog your memory is an opportunity to recap, revise or catch up with the GCSE Geography course through a range of subject knowledge based games and exam technique practice.

Sessions will involve a walking-talking mock, giving us time to talk through how to approach each question and how to formulate the best answers to secure a grade 5 to 9.

Skills you will develop:

- Exam technique
- Timed practice
- Subject knowledge recap
- Quick keywords quizzes

Top 3 things about this enrichment:

1. An opportunity to catch up outside of class time
2. A smaller class size environment to allow 1-to-1 discussions and feedback
3. A way to prepare to upcoming lessons (pre-teaching)

Archer Arrow: Active participation and 100% engagement

Golden Arrow: Showcasing Geography revision continued outside of the sessions

You will need: Your geography book, a pen

Model United Nations

Tutor Mr George Mullens (Secretary General of London MUN)

Year 9 & 10

Maximum Numbers: 25

What you will be doing: Model United Nations is an academic simulation of the United Nations where you will play the role of delegates from different countries and attempt to solve real world issues with the policies and perspectives of your assigned country.

Initial debating will take place as a class, however after initial weeks of preparation and introductions to the course there will be opportunities to participate in regional MUN conferences with students from other schools!

During the conference, you will be assigned a country and a committee

(from Security Council, Economic and Social Council, Human Rights Council, Ecology and Environment and the World Health Assembly) and must write a resolution to one of the world's major problems before debating, firstly individually within your committees and on the second day as a team with the other delegates from your country in the General Assembly.

Skills you will develop:

- Public speaking
- Research skills
- Formal debating

Top 3 things about this enrichment:

1. Gaining greater knowledge of current global affairs
2. Change to potentially represent the school in regional events
3. Embrace being a global citizen!

Archer Arrow: Awarded to students that show excellent initiative in their research skills and can use this well in discussions

Golden Arrow: The student that shows the most diplomacy

You will need: An open mind and a folder for your research

Muay Thai Kickboxing

Tutor Coach Shabs & Coach Ibbby

Year 10

Maximum Numbers: 20

What you will be doing: *Do you want to get fit, learn a Martial Art and learn self-defence?*

The martial art of Muay Thai kickboxing is known as “The art of eight limbs”; which utilises kicks, punches, knees and elbows.

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 – with the focus being on technique, not power. 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!

Skills you will develop: A better understanding of different countries and cultures and an increased appreciation of how Geography shapes the world we live in today

Top 3 things about this enrichment: 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.

There is a route to grading (belts) and competition for those who are particularly adept to the sport.

Archer Arrow: You get to hit things! A great way to relieve study, exam and life stress. You’re learning a martial art which can be used to defend yourself It’s a great way to build self-confidence.

Golden Arrow: To be awarded to students who show enthusiasm, respect and who train hard at every session!

You will need: Awarded to the most accomplished student who’s made the biggest improvement since starting.

One Night ultimate Werewolf/Vampire

Tutor Mr Weintroub

Year 10/11

Maximum Numbers: 12

What you will be doing/course outcomes: 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!

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?

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!

Skills you will develop:

- Confidence in speaking
- Persuasive techniques
- Logic in understanding what is and isn't possible
- The ability to be calm under pressure and think spontaneously

Top 3 things about this enrichment:

- Each game is completely different and the outcomes can always change
- Sometimes you are on the villager's team and you find from the way cards have moved you're now on the werewolves' team
- Even though you may be best friends with people, you may find you'll now have to go against them!

How can you get the Golden Arrow?

- Develop your skills over this course by understanding the roles, learning the logic and eventually being the ultimate werewolf!

You will need:

- Yourself
- Your poker face
- The confidence to persuade people
- Thinking quickly under pressure with logical explanations

Squash

Lead Provider Name Lucas Cannistraci

Year 10

Maximum Numbers: 12 per session

What you will be doing/course outcomes: Provide squash coaching for players of all levels. Participants will learn how to play squash in a fun, social and competitive way. You will learn the basic shots which include:

- Forehand
- Backhand
- Drops
- Volleys
- Lobs
- Boasts

Skills you will develop: The course is designed provide participants with the skills needed to play squash and matches. It will aim to develop the following skills:

- An awareness of racket and ball skills
- Hand eye coordination
- Improve technique and shot selection
- Learn how movement can apply to shots
- Learn rules and develop match play analysis

Top 3 things about this enrichment:

1. You will have lots of fun
2. You will learn a new game and enhance your racket skills
3. It will help to improve your fitness

Archer Arrow: To be awarded to the students who show improvements in their technique

Golden Arrow: The student whose technique improves the most over the period of time

You will need: Clothing suitable for sport and clean indoor trainers. No astros or muddy outdoor shoes. Trainers must be non-marking. If you do not have the right shoes you will not be able to take part.

Taekwon-do

Tutor Mr Chris Jones (3rd degree Black Belt Instructor)

Year 10

Maximum Numbers: 15

What you will be doing: Learning the martial art Taekwon-do. The class will follow many of the protocols of traditional Taekwon-do training but also will be adapted to suit a class full of beginners.

As class usual begins with a warm-up and fitness related games, also stretching.

As Taekwon-do uses kicks, punches and strikes to defend oneself, you will do 'pad work' with protective 'kick shields' to learn a basic repertoire of techniques.

You will be shown traditional Taekwon-do 'line work' and some pattern work – prearranged moves against imaginary opponents.

Finally, we will discuss and learn some self-defence strategies.

Skills you will develop:

- A repertoire of kicks, punches, strikes and blocks
- Coordination of the body, reflexes, fitness and strength, mental focus
- Self-defence-awareness, protecting yourself for attack and being best placed to counter attack

Top 3 things about this enrichment:

4. Fun new approach to exercise and training – fitness will help for other sports.
5. Pad work and sparring skills – always fun to try!
6. Taekwon-do is a mental discipline – it will make you want to work harder in all areas of your life

Archer Arrow: Students who show willingness to learn and talent

Golden Arrow: The student who shows the most discipline in training

You will need: Loose fitting PE/sports kit. No footwear required. Bottle of water. Females better to wear tracksuit trouser and not sports skirt.

Tennis

Tutor Sally Bentley

Year 7/8/10

Maximum Numbers: 12

What you will be doing: If you fancy yourself as an Andy Murray, Rafa Nadal, Johanta Konta or Heather Watson, come and learn to play tennis at The Avenue Tennis Club. Tennis is a 'Skill for life', and we will teach you all the skills, technique and tactics you need to play socially and competitively.

Skills you will develop:

- Hit consistent forehands, backhands, & volleys
- Understand the different types of spin, topspin, backspin, slice
- Learn to serve consistently and placing your serve to your advantage
- Understand and appreciate how to gain the best tactical advantage over your partner
- Learn different scoring systems and match formats

Top 3 things about this enrichment:

1. You will learn to play tennis through the Lawn Tennis Association's Games Based Approach, which means every session will be fun and competitive
2. You will be able to play tennis matches, singles and doubles
3. Develop an understanding and hone competitive tournament skills to allow you to successfully play in a competitive arena

Archer Arrow: Consistently being the quickest ball collector!

Golden Arrow: Will be awarded to the person who improves most throughout the term through hard work and focus

You will need: Refillable bottle of water, Tennis Shoes (flat soled trainers), Comfortable sports clothes (layers to remove when warm and add when cold) Hats for when it is really cold – essential. Gloves. Start in them, and discard once warm, Tennis racquet is you have one, but we can lend you one

Year 10 Further Maths GCSE

Programme GCSE Further Maths

Tutor Mr Eilon and Mr Sun

What you will be doing: You will be studying for a GCSE in Further Mathematics. Students are introduced to calculus and matrices, and develop further their skills in Trigonometry, graphs and functions. As this is a GCSE course it runs every week of the school year, not just 'Enrichment' weeks, and you will need to do your homework to a high standard to keep up with the pace.

Skills you will develop: This GCSE course will strongly support you to gain a Grade 8 or 9 at GCSE, and will prepare you well for Further Maths A level. This AQA Level 2 Certificate in Further Mathematics emphasises higher order technical proficiencies, problem solving skills and rigorous argument.

Top 3 things about this enrichment: Boost your chance of gaining a Grade 9 in GCSE Maths, by studying challenging topics in more depth, improving your problem solving skills significantly.

Tackle advanced concepts and topics like Calculus and Matrices without having to wait until A Level.

Students producing an outstanding performance are rewarded with a grade above A* (technically called A "hat" meaning A**), getting an "A* with distinction", which is unique to this qualification.

Outcomes/accreditation available: GCSE Further Mathematics

How this course might support your wider curriculum: This course will strongly support you in achieving the highest Maths GCSE grades, and support with the transition to Maths A level and Further Maths A level, and other related subjects such as Physics, Chemistry, Biology, Electronics, Psychology, Environmental Studies or Applied Science. It is valued by Universities and would support applications for University degrees in Maths and all related subjects.

You might need to bring: Your Maths kit (including scientific calculator) and lots of enthusiasm.

Yoga

Tutor Maxine Levy

Year 10

Maximum 15

Numbers:

What you will be doing/course outcomes: 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!

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.

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!

Fundamental skills will include:

- Balancing Poses: Tree pose, "warrior 3" and "half moon pose"
- Strengthening Poses: cobra, warrior 1&2, downward dog and "chataranga"
- Stretching Poses: twists, forward bends, back bends, bow pose following sequences – sun salutes
- Breathing techniques: full yogic/3 part breath, alternate nostril breathing
- Skills to harness mind/body connection, concentration, relaxation, meditation.

Skills you will develop: 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

Top 3 things about this enrichment: Keeping healthy strong and fit.
Developing strategies to unwind and release tension.
Leaving feeling more coordinated – and also confident to try other sports!

How can you get the Golden Arrow? Importance of using simple techniques to de-stress at home. A capacity to access a space of "quiet" within themselves during the session.

Golden Arrow?

You will need: Dance kit. A bottle of water