



archer
ACADEMY

ENRICHMENT

Spring 2018

Year 9

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! 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.

This guide explains what you can do on **Tuesday** afternoons throughout term two. Your **Thursday** choice will remain the **same**. Your **Tuesday** afternoon programme is similar to that which you followed in year 7 and 8 to enable you to keep trying lots of new, different things.

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 just need to make a "Tuesday" choice for this term. To help you to do this 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 Tuesday choice .

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)
- ✓ 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.

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

What happens at the Enrichment Fair?

Your lessons will finish at 2:50pm and you then have a 15 minute break. At 3.05pm you need to make sure you go back to your form room, you will then wait for your tutor to let you know when to go down to the fair. For 20 minutes in this time you will have time to explore the Enrichment Fair and talk to all the course providers. Remember to bring your booklet..

You will find out which courses you have secured the following week. Group lists will be displayed in the Dining Room and Sports Hall Foyer.

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.

TUESDAY CHOICES

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

Badminton

Tutor Mr Clark

Year 9

Maximum Numbers: 20

What you will be doing: Learning to perform a number of shots e.g. types of serve, drop shot, net shot, overhead clear & smash.

Rules and Officiating – You will learn how to officiate a singles and doubles game of table tennis.

Tactics – You will learn how and when to execute learned shots to play offensively or defensively.

You will also play a variety of games and competitive matches.

Skills you will develop:

- Improve hand eye coordination
- Learn to outwit your opponent
- Improving your cardiovascular fitness

Top 3 things about this enrichment:

1. Learn how and when to perform certain shots
2. Extend knowledge of Badminton gained in PE lessons
3. Compete against your peers (become the top player in Y9!)

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

Water bottle

Your own Badminton racket (optional)

Magistrates Court Competition

Tutor	Mr Ruffles
Year	9
Maximum Numbers:	20
What you will be doing:	<ul style="list-style-type: none">• Learning the roles and procedures of Magistrates' Courts• Looking over different case studies and analysing arguments about the defendant's guilt or innocence• Meeting legal professionals to learn about their jobs and gain insight into how best to present legal arguments and play the different roles in court (witnesses, lawyers, magistrates, ushers legal advisors, court artists, court reporters)• Practising our debating and presentation skills in so that we can be successful in the mock trial competition in March
Skills you will develop:	<ul style="list-style-type: none">• Knowledge of the legal profession and legal system• Presentation skills• Debating skills• Analytical and evaluative skills used for assessing arguments and evidence
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. You have the chance to take on roles within a real courtroom as part of the mock trial competition2. We will invite in Magistrates and other legal professionals to run sessions and talk to you3. It will provide you with invaluable life skills that will of great use throughout your schooling and beyond
Archer Arrow:	Working hard, getting stuck in to the debates and voicing points confidently
Golden Arrow:	Doing research outside of the sessions and spending time preparing your debate points and speeches
You will need:	A voice, a passion for justice and a competitive edge (there are only 9 places available for the competition team!)

Rock Climbing

Tutor	Mr Tom Kular
Year	9
Maximum Numbers:	10
What you will be doing/course outcomes:	<p>Want to be an Archer climber? Could you be the next spider man?</p> <p>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.</p>
Skills you will develop:	<p>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!</p>
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Develop your physical strength.2. Discover a new passion.3. Help to build our pioneer rock climbing group.
Archer Arrow:	A capacity to access a space of “quiet” within themselves during the session.
Golden Arrow:	Most improvement by the end of the course
You will need:	Archer PE kit. Bottle of water

TED Talks

Tutor	Mr Harris
Year	9
Maximum Numbers:	25
What you will be doing:	Ted Talks has become a global phenomenon in which every issue of every kind is presented to a worldwide audience so that we are able to share and learn and develop. We will be watching a selection of Ted Talks and enriching ourselves by using the content to share, learn and develop ourselves.
Skills you will develop:	<ul style="list-style-type: none">• Understanding contemporary issues• Listening and speaking• Develop deeper analytical thinking
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Your general intelligence will grow2. Your skills of listening and speaking and empathetic understanding will triple.3. You will be able to develop a number of skills needed for the modern workplace.
Archer Arrow:	Completion of all tasks
Golden Arrow:	Completion of all tasks at an exceptional level that has shown personal development.
You will need:	All of your 5 senses

Sensory Garden

Tutor Mr Naylor

Year 7, 8 & 9

Maximum Numbers: 15

What you will be doing: Are you willing to participate in activities that promote our school community? Does the development of our outdoor areas interest you?

Our Stanley Road site is now fully established with all the fantastic facilities being used by students and staff. However, certain parts of our outdoor spaces could be made better use of. The Archer Sensory Garden club will be tasked with developing the discussed space behind the playground with guest gardeners. We will complete the following tasks on rotation each week:

- Nature refuge design and construction
- Tree planting
- RHS Award submission and weekly photographs
- Guest speaker from the local community
- Local community visit
- Journal presentation

Skills you will develop:

- Peer group discussion and debate
- Learning practical skills for life.

Top 3 things about this enrichment:

1. Working collaboratively to share ideas
2. Contributing to the development of our school
3. Enjoying the sunshine!!

Archer Arrow: Students who contribute to all of the tasks and document their efforts in their journal.

Golden Arrow: The student who leads on parts of the RHS Award submission and weekly photographs.

You will need:

- An apron and gloves
- A small notepad and pen
- Sensible shoes or wellington boots

Feminism in Era of #metoo

Tutor Ms. Viviana Witeck

Year 9

Maximum Numbers: 25

What you will be doing: For centuries women have been fighting for a fair society, a society in which their voices would be heard and opportunities between genders would be equal. So how far have we come? Opinions on this matter today are much divided.

2017 has been a crucial year for our fight towards gender equality starting with the Women's March held in January 21st (the day after Donald Trump's presidential inauguration) in which men and women all over the world took to the streets to advocate legislation and policies for a variety of issues, amongst which women's rights, reproductive rights, LGBTQ rights and racial equality; to October 2017 in which the #MeToo became a viral internet phenomenon when women from every corner of the globe started using it on social media to denounce sexual assault and harassment (the Time magazine picked the women behind #MeToo as Person of the Year in 2017).

In this enrichment we will be looking at those issues from both an historical and contemporary perspective. We will be debating and sharing our opinions on matters of gender equality whilst looking at sources such as news articles, pop culture movements, films and documentaries.

Skills you will develop: You will be debating and discussing your opinions on this matter in a non-judgemental environment in which your voice matters as much as anyone else's.

Top 3 things about this enrichment:

1. Even though this is an enrichment on Feminism it is open to EVERYONE independently of gender or political orientation.
2. It will widen your perspective on a variety of contemporary issues
3. You will gain the confidence to talk about delicate and divisive subject matters with both your peers and your teachers in a constructive way.

Archer Arrow: Students who show empathy for other people's views

Golden Arrow: The student who gets most involved in the sessions, but also shows great respect for others

You will need: Pen and notebooks.

Korean Language

Tutor Ms Ingleby

Year 9

Maximum Numbers: 20

What you will be doing: We will be learning how to read, write and speak some basic phrases. We will be covering how to get around in Korea, essential phrases and also learning about Korean Culture and making sure we understand how to not make faux pas! We will be practising forming Korean Letters and words, how to speak formally and informally and even what your age is in Korean (its different to international ages!)

Skills you will develop:

- Korean Speaking and Listening Skills
- Korean Reading and Writing Skills
- Korean Cultural Understanding.

Top 3 things about this enrichment:

1. Learn a unique and interesting language and a whole new alphabet!
2. Be able to communicate to a basic standard in Korean.
3. Learn about a culture you might not know anything about!!

Archer Arrow: You will need to be always working hard and practising your vocabulary and showing a good work ethic.

Golden Arrow: The person who is always putting effort in and who clearly practises their work outside, who makes the most improvement and is always enthusiastically trying to learn more.

You will need: A pen, a small notebook to make your notes from (compulsory!) and a folder to store worksheets in.

Jiu Jitsu

Tutor Coach Ibbby & Coach Shahab

Year 7, 8 & 9

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 Jiu Jitsu has been termed as having “Combative Completeness”. It consists of strikes, throws, takedowns and control & restraint techniques. It will help you understand how to manipulate movement and trap a person in order to control them, or gain the submission.

The Sport element of Jiu Jitsu will allow you to experience movement, attaining and escaping positions and how to set up a submission. All within a very controlled environment. Brazilian Jiu Jitsu is a very technical art and has been referred to as ‘Human Chess’. We strongly encourage females as well as males to take part, regardless of your current fitness.

Skills you will develop: The classes are at a good intensity. The technical detail of some of the moves means that there is sometimes a requirement to slow things right down in order to do things properly.

It will teach you patience, sensitivity, understanding of dangerous positions and how to use leverage as a powerful tool. There is a route to grading (belts) and competition for those who are particularly adept to the sport.

Top 3 things about this enrichment:

1. You get to think outside the box and place yourself in a realistic one to one situation, where knowledge is power
2. You’re learning a martial art which can be used to defend yourself
3. It’s a great way to build self-confidence.

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

Golden Arrow: Awarded to the most accomplished student who’s made the biggest improvement since starting.

You will need: P.E Kit and water bottle.

Tennis

Tutor Sally Bentley

Year 9

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 student 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

Jazz Dance

Tutor Felix Denton

Year 9

Maximum Numbers: 12

What you will be doing: Working on Jazz dance technique, styles include: Traditional Jazz (often seen in Musicals), Commercial (seen in music videos) and Lyrical (uses more emotive music and takes elements of contemporary dance).

We will be learning key Jazz steps and choreography in the form of a warm up, technical exercises, travelling movement and a routine! We use a mixture of music in class including chart music and pupils requests.

Skills you will develop:

- Coordination
- Musicality
- Flexibility
- Strength
- Stamina and overall fitness
- Movement memory
- Performance/ acting skills
- Team work

Top 3 things about this enrichment:

1. If you're looking to do GCSE dance it will advance your dance skill and expand your knowledge of dance styles.
2. You can take part whatever dance level you are/ how much experience you have!
3. As a class we will decide how to conclude the course, for example a sharing/ mini performance/ Music Video...

Archer Arrow: Getting fully involved and maintaining a disciplined attitude

Golden Arrow: Showing an extra keen interest in progressing with Jazz Dance, being highly focused and going for it in the routines!

You will need: Your Archer Academy CP kit. A bottle of water.

Girls Gotta Run

Tutor Ms. Jones

Year 9

Maximum Numbers: 25

What you will be doing:

Do you want to get fitter and learn to enjoy exercise in a safe, non-competitive environment? Have you ever wanted to enter yourself for a race but aren't sure you'd manage the distance? Do you want to improve your endurance and gain confidence in your ability to keep going?

Join Girls Gotta Run, a casual and informal running group that will support you to complete a 5km run comfortably.

The course could finish with a Saturday Parkrun at Hampstead Heath to show you have 'graduated' to running 5km continuously!

Skills you will develop:

The physical endurance to keep going, and the strength of mind to not give up!

Top 3 things about this enrichment:

1. You'll get fitter
2. You'll feel great about yourself afterwards
3. You'll feel more confident about your ability to try new things and challenge yourself to keep going afterwards – excellent for life!

Archer Arrow:

Anyone who manages to run the 5km continuously at the end of the course

Golden Arrow:

The person who is able to run the furthest continuously at the end of the course

You will need:

- PE kit
 - A good pair of supportive trainers
 - Bottle of water for afterwards
-

Archery

Lead Provider Name Mr Kevin Wong

Year 9

Maximum Numbers: 10

What you will be doing/course outcomes: Familiarising yourselves with the safety aspects of Archery.

Learning to shoot Barebow Style

Learning to shoot Recurve Style

Practising Target shooting.

Skills you will develop:

- Discipline when using Archery equipment.
- Learning good posture whilst using correct Muscles.
- Calmness and control while at the shooting line.

Top 3 things about this enrichment:

1. Understanding how good technique will improve performance.
2. Making friends with other Archers.
3. Developing and improving skills learnt.

Archer Arrow: Students who listen and fulfil what your coaches have taught you.

Golden Arrow: The student that is the most hardworking, disciplined and enthusiastic!

You will need: Warm clothing including hat, waterproof coat

