



**YEAR 10**

**ARCHER +**

**ENRICHMENT PROGRAMME**

**Block One**

October 2019 – January 2020



## Welcome to Block One of your Archer Plus Enrichment Curriculum!

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 your **Tuesday** Enrichment is a year- long enrichment which you have already started. Your **Thursday** Enrichment will be split into two blocks. You get to choose a new enrichment each block.

**Block 1:** 31-Oct, 07-Nov, 14- Nov, 21-Nov, 28-Nov, 05-Dec, 12-Dec, 09-Jan, 16- Jan.

**Block 2:** 27-Feb, 05-Mar, 19-Mar, 26- Mar, 02-April, 23-April

### How does Enrichment work?

Enrichment happens every Tuesday and Thursday as part of our extended day. Your lessons will finish at 2:30pm and you will then have a 15-minute break before registration. After registration you will start your enrichment. 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. After registration 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.

### Enrichment times

Thursday 3:05pm to 4:05pm

### How do I make my choices?

You need to make a "Thursday" choice for Block One. To help you to do this you will be shown a 'virtual fair' which will include videos with information about each Enrichment. This should hopefully enhance what you learn from the information in this booklet and will allow you to see the leaders of the different courses and find out more about what they are offering.

The virtual fair will take place during registration time on **10<sup>th</sup> October** You will also make these choices during this time. Before this date 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. This will help you make fully informed decisions for your **top five** choices on the day.

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

## Will I get my first 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. You will find out your Block One allocation by **Thursday 17<sup>th</sup> October 2019**.

## The Archer Outcomes

The Archer Outcomes play a key role in measuring success at The Archer. This is also the case for Enrichment. Each Enrichment will focus on two of the Archer Outcomes:

- Analytical
- Articulate
- Collaborative
- Creative
- Reflective
- Resilient



In order to for you to work on a range of skills and make the most of Enrichment, we encourage students' choices to reflect a variety of the Archer Outcomes. Just like your normal lessons, Enrichment providers may reward you with merits if you make a special effort in working towards the specific Archer Outcomes.

## How will I be assessed in Enrichment?

It is important to recognise the progress and achievements gained from these sessions. For Enrichment you will be assessed in two formats:

### Report Cycle Two:

On your second report of this academic year there will be a section showing your progress in both of your Enrichment sessions. This will be based on two elements:

Pastoral: You will be given a grade for behaviour and effort

Archer Outcomes progress: You will be given a grade based on the two Archer Outcomes of the course.

### Golden Arrows:

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

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

## Football

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| <b>Tutor</b>                                   | Mr Barrow and Mr Menzies  |
| <b>Year</b>                                    | 10 & 11   |
| <b>Maximum Numbers:</b>                        | 20  |
| <b>What you will be doing/course outcomes:</b> | <p>You will take part in a number of drills to improve your technique and skill.</p> <p>There will be matches on a weekly basis which will form part of a league. Teams will be the same each week to encourage team work and compatibility.</p>                          |
| <b>Skills you will develop:</b>                | <ul style="list-style-type: none"><li>• Passing</li><li>• Shooting</li><li>• Dribbling</li><li>• Defending</li><li>• Attacking and defensive shape and structure</li></ul>  |
| <b>Top 3 things about this enrichment:</b>     | <ol style="list-style-type: none"><li>1. You will have a chance to develop your competitive edge through playing in games</li><li>2. A fun way of improving your fitness levels and improving your overall health</li><li>3. Extend your knowledge of football.</li></ol> |
| <b>Archer Outcomes Focus:</b>                  | Resilient<br>Collaborative  |
| <b>Golden Arrow:</b>                           | The student who shows they work hard and are a good team player.  |
| <b>You will need:</b>                          | Your PE kit and a bottle of water   |

## Basketball

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**Tutor** Mr Constantinou

**Year** 10 & 11

**Maximum Numbers:** 20

**What you will be doing/course outcomes:** Do you enjoy learning basketball? Would you like to improve your skills?

Each week we will be playing matches against one another to improve our basketball skills. Whether you are a beginner or an expert, this enrichment welcomes all abilities.

You'll also get the chance to see Mr Barrow 'shooting some hoops' in a manner similar to LeBron James!

**Skills you will develop:**

- Passing
- Shooting
- Dribbling
- Defending
- Attacking and defensive shape and structure

**Top 3 things about this enrichment:**

1. You will have a chance to develop your competitive edge through playing in games
2. A fun way of improving your fitness levels and improving your overall health
3. Extend your knowledge of basketball gained in your PE lessons further

**Archer Outcomes Focus:** Collaborative  
Resilient

**Golden Arrow:** To be awarded to the students who show improvements in their skill level, knowledge of rules/officiating, or their awareness of their positioning on the court

**You will need** Full Archer Academy CP or PE Kit. This enrichment will take place outside so bring a coat, water bottle

## Sign Language

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**Tutor** Mayuri Hirani

**Year** 10

**Maximum Numbers:** 15

**What you will be doing:** The enrichment programme will offer a unique opportunity to gain knowledge and acquire the skills necessary to communicate effectively with Deaf people. Basic sign language and fingers spelling will be taught and an overview of d/Deaf awareness will be delivered with an insight into the barriers faced by Deaf people.

An example of the topics covered during the programme:

- Deaf awareness, deaf culture and the possibility of future employment opportunities working with deaf people.
- BSL- greetings, manual alphabet, lip-reading exercises and tips on effective communication.

Where do you live?

- BSL- all about me: name, age, home
- BSL- numbers, dates, months, colours
- BSL- family members, relationships, friends

**Skills you will develop:** Each week skills and knowledge will be built up on. Signs will be taught, based on everyday topics such as greeting, introductions, family, food, home etc. The students will be encouraged to communicate with each other using BSL, to help improve receptive and production skills. Upon completion of the programme each student will be awarded a certificate from DEAF.

**Top 3 things about this enrichment:**

1. Testimonials from previous students. “I really enjoyed the enrichment, I learnt so much about deaf people and the barriers they face. It was a real eye opener”. – Ashton Sixth Form College
2. “You really inspired me, the course was awesome”.-Jewish Community Secondary School London).
3. The course has helped to boost my knowledge and confidence. I feel that I would know how to communicate with Deaf people now. – Alperton Brent School (London).

**Archer Outcomes Focus:** Articulate  
Reflective

**Golden Arrow:** To be awarded to the student who most challenges themselves.

**You will need:** Pen and Paper

## Street Dance

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**Tutor** External provider

**Year** 10

**Maximum Numbers:** 25

**What you will be doing:** Commercial Street Dance

**Skills you will develop:**

- Students will understand and learn technique for the relevant dance style.
- Physical fitness levels and flexibility will be enhanced throughout the warm up exercises.
- As students enjoy exploring our stylised choreography, they will enhance their confidence and co-ordination skills as well as learning to work as a supportive team of individuals.
- Students will be taught the importance of. Presentation and performance qualities.

**Top 3 things about this enrichment:**

1. Dance is a physical activity, and requires artistic flair from students.
2. We are offering three different dance genres, students will choose the one which appeals mostly to them.
3. We require students to explore performing dance in a supportive, encouraging environment.

**Archer Outcomes Focus:** Creative  
Collaborative

**Golden Arrow:** Being open to new ideas from our teacher/choreographers. Showing support to fellow class mates. Bringing your own artistic flair to the choreography.

**You will need:** Comfortable clothes to dance in with trainers or bare feet. Bring bottled water.

## Taekwondo

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**Tutor** Mr Chris Jones, 3<sup>rd</sup> degree Black Belt Instructor

**Year** 9

**Maximum Numbers:** 15

**What you will be doing:** Learning the martial art Taekwondo. The class will follow many of the protocols of traditional Taekwondo 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 Taekwondo 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 Taekwondo '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:**

1. Fun new approach to exercise and training – fitness will help for other sports.
2. Pad work and sparring skills – always fun to try!
3. Taekwondo is a mental discipline – it will make you want to work harder in all areas of your life

**Archer Outcomes:** Collaborative

Resilient

**Golden Arrow:** Student who shows the most discipline towards training and gained the most.

## Higher Project Qualification

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**Tutor** Mr Mustafa and your very own mentor

**Year** 10

**Maximum Numbers:** 15

**What you will be doing:** Do you want to gain an extra qualification which is highly regarded by colleges and universities by doing a project of your choice?

Gear the qualification to your own interests, hobbies and favourite subject to do a curiosity project in any area of your choosing to become a subject specialist in a niche field.

**This enrichment will run across both enrichment blocks in the Autumn and the Spring.**

In the first enrichment block, each week you will study different research, presentation and reflection techniques and skills to effectively put together your project portfolio and then in the second enrichment block, you will work independently to complete your unique project with one-on-one guidance from a mentor.

**Skills you will develop:**

- Explore any topic of your choice in greater depth, taking your favourite subject or hobby to the next level!
- Develop advanced research and presentation skills
- Gain a qualification that will make you stand out from the crowd when applying for college next year!

**Top 3 things about this enrichment:**

1. You are in the driving seat – you will have complete ownership and creativity on what your project is on and refine it to gain the qualification.
2. You will learn advanced research techniques that will benefit your other GCSEs and prepare you for Sixth form study.
3. Have your work celebrated in publication and take part in trips across the country to take your project to the next level!

**Archer Outcomes Focus:**

Creative: Each project will be unique and allows you to be incredibly creative

Reflective: You will have to respond to feedback from your co-ordinator and mentor in order to make your work shine!

**Golden Arrow:** Develop an outstanding project, which shows real development of thought from an initial idea to a completed work.

**You will need:** Imagination, a pen and a notebook.

## Commercial Jazz Dance

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**Tutor** Felix Denton

**Year** 10

**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 Outcomes:** Creative  
Collaborative

**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.

## Self Defence

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| <b>Tutor</b>                               | Instructor Mr Malik Ayman   |
| <b>Year</b>                                | 10  |
| <b>Maximum Numbers:</b>                    | 12 - 16   |
| <b>What you will be doing:</b>             | <p>Rapid introduction to power of martial arts &amp; fitness Breaking boards &amp; training with pads, kicking punching. Self-defence standing and ground grappling</p> <p>Students will enjoy learning the basic level syllabus patterns – sequences of movements Taekwondo-Do (basic grading syllabus requirements) and the 7 fundamental Self-Defence techniques</p> |
| <b>Skills you will develop:</b>            | <ul style="list-style-type: none"><li>• Increase your confidence, fitness ability and awareness</li><li>• Learn the most powerful simple self-defence techniques</li><li>• Feel good fun learning, motivation inspiration techniques through fitness martial arts</li></ul>   |
| <b>Top 3 things about this enrichment:</b> | <ol style="list-style-type: none"><li>1. Exciting</li><li>2. Empowering</li><li>3. Energetic</li></ol>  |
| <b>Archer Outcomes Focus:</b>              | <p>Creative</p> <p>Resilient</p>  |
| <b>Golden Arrow:</b>                       | Ability to show outstanding FOCUS PERSEVERANCE TEAMWORK – present both Patterns – Sequence WHITE BELT + more requirements in full with your group / partner in the sessions   |
| <b>You will need:</b>                      | Plain white t-shirt / CP clothing – tracksuit bottoms + plain t-shirt / jumper + water bottle + face towel  |

## Model United Nations

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| <b>Tutor</b>                               | Mr Alfie Jenkins  |
| <b>Year</b>                                | 9 & 10  |
| <b>Maximum Numbers:</b>                    | 25  |
| <b>What you will be doing:</b>             | <p>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.</p> <p>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!</p> <p>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.</p> |
| <b>Skills you will develop:</b>            | <ul style="list-style-type: none"><li>• Public speaking</li><li>• Research skills</li><li>• Formal debating</li></ul>   |
| <b>Top 3 things about this enrichment:</b> | <ol style="list-style-type: none"><li>1. Gaining greater knowledge of current global affairs</li><li>2. Change to potentially represent the school in regional events</li><li>3. Embrace being a global citizen!</li></ol>  |
| <b>Archer Outcomes Focus:</b>              | Articulate<br>Analytical  |
| <b>Golden Arrow:</b>                       | The student that shows the most diplomacy   |
| <b>You will need:</b>                      | An open mind and a folder for your research   |

## Yoga

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**Tutor** Robert Wallis

**Year** 10

**Maximum Numbers:** 15

**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.

**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:**

1. Keeping healthy strong and fit.
2. Developing strategies to unwind and release tension.
3. Leaving feeling more coordinated – and also confident to try other sports

**Archer Outcomes Focus:** Creative  
Collaborative

**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.

**You will need:** Dance kit. A bottle of water

## Pop Choir

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| <b>Tutor</b>                                   | External   |
| <b>Year</b>                                    | 10 & 11  |
| <b>Maximum Numbers:</b>                        | 20   |
| <b>What you will be doing/course outcomes:</b> | <p><i>Do you enjoy singing? Would you like to learn about singing in harmony? Do you love pop music? Would you like the opportunity to perform?</i></p> <p>Pop Choir lets you sing your favourite songs while you learn about how to strengthen your voice and sing harmonies; this helps you build up your confidence and perform like a pro!</p> <p>There will also be some room to test your solo skills!</p> |
| <b>Skills you will develop:</b>                | <ul style="list-style-type: none"><li>• Developing your Listening Skills</li><li>• Understanding how your voice works and singing anatomy.</li><li>• Get to know other people interested in singing</li></ul>  |
| <b>Top 3 things about this enrichment:</b>     | <ol style="list-style-type: none"><li>1. You can suggest songs you like!</li><li>2. Learn some great warm ups for your voice</li><li>3. Develop a better understanding of music.</li></ol>   |
| <b>Archer Outcomes Focus:</b>                  | Resilient<br>Creative  |
| <b>Golden Arrow:</b>                           | Showing dedication and confidence in rehearsals and performance  |
| <b>You will need:</b>                          | A bottle of water  |

## GCSE Dance

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| <b>Tutor</b>                               | Miss Randall/ Miss Hacking   |
| <b>Year</b>                                | 10 & 11  |
| <b>Maximum Numbers:</b>                    | 20   |
| <b>What you will be doing:</b>             | <p>Do you need time on your choreography? Would you like one to one feedback and support? Do you need to improve your performance skills?</p> <p>Each week we will be putting together dance rehearsals focusing on building your understanding of choreography and performance.</p> <p>You will gain one to one feedback on your choreography and performance duo/trio repertoire. This will enable you to build on your physical, technical and expressive skills for your final practical exam.</p> |
| <b>Skills you will develop:</b>            | <ul style="list-style-type: none"><li>• Physical, technical and expressive skills</li><li>• Craft of choreography</li><li>• Resilience</li></ul>   |
| <b>Top 3 things about this enrichment:</b> | <ol style="list-style-type: none"><li>1. Confident dance performer</li><li>2. Performing contemporary dance</li><li>3. Creating choreography</li></ol>   |
| <b>Archer Outcomes Focus:</b>              | <p>Creative: you need to put together your own dance routine</p> <p>Collaborative: you need to work together with the rest of your group</p>   |
| <b>Golden Arrow:</b>                       | Showing outstanding creativity and collaboration in their final performance  |
| <b>You will need:</b>                      | Research for your stimulus and your CPA kit  |

