



Year 7 & 8

ENRICHMENT PROGRAMME

Block One

October 2019 – January 2020



Welcome to Block One of your 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, Enrichment is split into two blocks, with each being **9 weeks** long.

Block One: w/c Monday 28th October

Enrichment Block 1: 9 sessions for both Tuesday and Thursday

- **Tuesday sessions:** 29-Oct, 05-Nov, 12-Nov, 19-Nov, 26-Nov, 03-Dec, 10-Dec, 07-Jan, 14-Jan
- **Thursday sessions:** 31-Oct, 07-Nov, 14-Nov, 21-Nov, 28-Nov, 05-Dec, 12-Dec, 09-Jan, 16-Jan

This guide explains what is on offer for Block One.

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

Tuesday: 3:05pm to 4:05pm

Thursday 3:05pm to 4:05pm

How do I make my choices?

You need to make a "Tuesday" choice and a "Thursday" choice for this Block. 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 fairs will take place during registration time on **8th and 10th 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 Block. 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 Tuesday choice and a different one for

your Thursday choice and hand them in to your form tutor. Remember to choose carefully, as there will be **no changing Enrichments**.

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



Articulate



Reflective



Creative



Resilient



Collaborative



Analytical

In order 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 a merit 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 third 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.

Archer 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. 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!

Archer Journalists

Tutor Ms Walker

Year 7, 8 and 9

Maximum Numbers: 10

What you will be doing/course outcomes: “I do not agree with what you have to say, but I’ll defend to the death your right to say it.”
— Voltaire

The Archer Academy is hoping to start its own newspaper, and we need resilient, determined, imaginative students to become our investigative journalists! Working closely with the English department and the student leadership team, The Archer Journalists will work on their own articles that will be planned, researched, edited and published in our first official Archer Newspaper.

Skills you will develop:

- Creativity: you will be picking a subject of your own choice to write a newspaper article.
- Resilience: you will be working on your article meticulously across your enrichment sessions; making sure your article is perfect enough to go to print!
- Analytical: you will need to investigate your subject deeply. This may mean interview and research.
- Collaborative: you will be working with others to help each other

Top 3 things about this enrichment:

1. If you work hard, your work will be published
2. You will have a platform to speak and share your opinions
3. You will create something you will be proud of

Archer Outcomes Focus: Articulate, Resilient, Collaborative

Golden Arrow: Showing outstanding resilience and creativity in their newspaper articles.

You will need: Determination and a relentless approach to learning new ideas.

Football

Tutor Mr Menzies

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: You will take part in a number of drills to improve you technique and skill. 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.

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 football.

Archer Outcomes Focus: Resilient
Collaborative

Golden Arrow: The student who shows they work hard and are a good team player.

You will need: Your PE kit and a bottle of water

Crochet, Knitting and Crafts

Tutor	Mrs Bickers
Year	7 & 8
Maximum Numbers:	15
What you will be doing/course outcomes:	Learning to knit Learning to Crochet Learning other crafts – sewing, etc. Progress your own project.
Skills you will develop:	<ul style="list-style-type: none">• Being able to Knit – creating a square or rectangular piece• Being able to Crochet – creating a square or rectangular piece• Being able to follow a pattern or set of instructions to make a knitted or crocheted item
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. It's very relaxing and while we work we will be listening to mindful music or readings2. It's a life skill that can be extended to making scarves, blankets, gifts, clothes and leads directly into a career / interest in textile production.3. There is a direct link between positive wellbeing and engaging in a tactile, creative activity.
Archer Outcomes Focus:	Creative, Resilience
Golden Arrow:	Using the skills to produce a more complex piece.
You will need:	Willingness to learn in a peaceful and mindful environment

Trampolining

Tutor Mr Clark

Year 7 & 8

Maximum Numbers: 24

What you will be doing/course outcomes: You will be creating, practicing and perfecting your very own 10 bounce routine. This will be showcased at the end of the enrichment block.

You will also have the chance to learn advanced techniques such as turntable, cradle and somersaults.

Skills you will develop:

- Flexibility
- Understanding the importance of kinaesthetic learning
- Evaluating peer's performance

Top 3 things about this enrichment:

1. Learn new techniques
2. You will become fitter and stronger (bouncing can be hard work!)
3. You will have lots of fun (bouncing is fun!)

Archer Outcomes Focus:

Creative

Collaborative

Golden Arrow:

Showing outstanding creativity and collaboration in the final 10 bounce routine.

You will need:

Your Archer Academy PE kit. A bottle of water.

Humanities Bookflix

Tutor Mr Constantinou

Year 7 & 8

Maximum Numbers: 15

What you will be doing: Enjoying a good book is one of life pleasures. This enrichment is an opportunity to read a book together based on a geographical issue. Sessions will involve an element of debate and discussion to reflect on our findings. Books include: Factfulness, Prisoners of Geography, Amazon Rainforest Trivia, and many more.

Skills you will develop:

- Reading
- Geographical issues
- Understanding of the world
- Debate

Top 3 things about this enrichment:

1. Develop a love of reading
2. Discuss issues about the world that we live in and real life issues
3. Learn more about geography

Archer Outcomes Focus: Reflective
Analytical

Golden Arrow: Going above and beyond, reading around the books, researching the authors, and completing book reviews.

You will need: An enquiring mind!

History Film Club

Tutor Ms Devi

Year 7&8

Maximum Numbers: 20

What you will be doing:

- Watch films and cartoons based on famous historical events
- Test the accuracy of historical films
- Widen your knowledge of historical issues
- Quiet space to discuss important historical issues
- Discuss important historical issues and their relevance in the modern world

Skills you will develop:

Knowledge retention and consolidation
Analysis of accuracy

Top 3 things about this enrichment:

1. Brings History to life
2. Test the accuracy of films
3. Biscuits!

Archer Outcomes Focus:

Analytical
Resilient

Golden Arrow:

Awarded to the person who demonstrates exceptional knowledge and makes thoughtful contributions

You will need:

A pen, colours, film ideas!

Recreational Netball

Tutor Ms Evans

Year 7 & 8

Maximum Numbers: 28

What you will be doing/course outcomes: You will take part in a number of drills to improve your technique and skill.

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.

Skills you will develop:

- Passing
- Shooting
- Marking
- Defending
- Spatial awareness

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 netball.

Archer Outcomes Resilient

Focus: Collaborative

Golden Arrow: The student who shows they work hard and is a good team player.

You will need: Your PE kit and a bottle of water

Science in Action

Tutor Ms Keen

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: From slime to space, each week we will explore and create a new experiment.

Examples include; creating you own lava lamps, dissections and creating hydrogen grenades!

You are the scientist as we test the limits of our imaginations and create something fantastic.

Skills you will develop:

- Scientific method
- Practical science skills
- Creativity and exploration

Top 3 things about this enrichment:

1. There will be practicals
2. There will be science
3. There will be excitement

Archer Outcomes Focus: Creative

Collaborative

Golden Arrow: Expressing enthusiasm and creativity

You will need: Your imagination and curiosity!

String Art

Tutor Ms Ashraf

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: Over the duration of the course you develop skills in the following areas:

Research – You will be creating a series of string art panels based on your chosen theme. To start this initial process, you will be researching into different themes and collating ideas.

Observational drawings – Based on your theme you will create a series of observational drawings. These are drawn on paper initially and then you will experiment using different materials.

Sculpting/Crafting – You will get the chance to practise how to construct your design onto a wooden panel using nails and different threads/wool. This process involves understanding the different possibilities of constructing the panel with nails, experimenting with different materials for particular designs and understanding the health and safety aspects.

Final Piece – Using the observational drawings and practice exemplars, you will create a wood panel using nails to form your design and experiment with different thickness of threads creating intricate patterns. Each student will create their own but can work in a group to create a collaborative piece.

Skills you will develop:

- Research and observational drawing skills
- Constructing and crafting skills
- Collaborative skills

Top 3 things about this enrichment:

1. Research and design your own pattern.
2. Understanding the different constructing and crafting techniques using different tools.
3. Producing a piece of artwork using different techniques and methods.

Archer Outcomes Focus: Creative
Resilient

Golden Arrow: For a student who produces a well-researched design and precise sculpting and crafting techniques using different methods and materials.

Henna Artistry

Tutor Ms Khan

Year 7 & 8

Maximum Numbers: 18

What you will be doing/course outcomes: We will be looking at techniques to learn henna artistry.

This course will enable students to explore their artistic skills by practicing standard henna designs along with their own designs.

Be able to discuss the events taking place in our world today.

Skills you will develop:

- Working resiliently to keep motivated to learn how to apply henna.
- Working collaboratively to help peers learn henna.

Top 3 things about this enrichment:

1. Develop your henna skills
2. Create your own henna designs
3. Work collaboratively to learn how to do henna.

Archer Outcomes Focus:

Articulate

Collaborative

Resilience

Golden Arrow: Evolving your skills which are documented evidence through the designs you learn and how to make them neater.

You will need: Pens to practice some designs

'Geoggle' Box

Tutor Ms Jouhal

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: Documentaries and films within Geography are a fantastic way of observing different countries, cultures and locations. Geography in the media will showcase a range of Hollywood films and raw documentaries across a range of human and physical environments. From 'Planet Earth' to 'Slumming it' to 'The Day After Tomorrow', Geography in the media has it all!

Skills you will develop:

- A better understanding of different countries and cultures
- An increased appreciation of how Geography shapes the world we live in today

Top 3 things about this enrichment:

1. Highly engaging discussions on topical issues
2. An opportunity to see how other people live
3. A chance to develop an understanding of geographical issues and events through real life visuals

Archer Outcomes Focus: Creative
Collaborative

Golden Arrow: Materialising your understanding through documented evidence such as posters, leaflets, and/or academic writing.

You will need: A geographical mind!

What's in the News?

Tutor	Ms Severin
Year	7 & 8
Maximum Numbers:	20
What you will be doing/course outcomes:	<p>We will be looking at specific topics which are relevant to the world today.</p> <p>This course will enable students to explore a variety of issues amongst topics from science, business and global issues.</p>
Skills you will develop:	<ul style="list-style-type: none">• Analysing certain events and how they are portrayed• Debate specific events which impact the world we live in• Be able to discuss the events taking place in our world today.
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Develop your knowledge on current topics taking place around the world.2. Discuss and debate whether these topics are worth discussing in the world.3. Create your own version of the news.
Archer Outcomes Focus:	Articulate Analytical
Golden Arrow:	The person who improves the most in their debating skills
You will need:	Pens

Archer Media

Tutor Mr Carter

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: *Have you got a passion for presenting? Are you looking to be a journalist? Do you like directing and creating storyboards? Have you ever wondered how the media operates?*

Get your creative hat on as this enrichment will be looking at different elements of the media from; script writing, presenting, performing, producing, social and directing media content. Every week you'll be filming and producing various aspects of the Archer Community from the latest '#trend' to 'the man of the match'. Be ready and prepared to share your ideas and work with others

Skills you will develop:

- Presenting Skills
- Editing Media Footage
- Scriptwriting
- Team work

Top 3 things about this enrichment:

1. You will create a News Report
2. You will go to Sky Studios (backstage access)
3. Your newsreel will be featured on the school website/TVs

Archer Outcomes Focus: Creative

Collaborative

Golden Arrow: Going above and beyond during your creating/filming process.

You will need: Notepad and pen.

Sign Language

Tutor Mayuri Hirani

Year 7 & 8

Maximum Numbers: 15

What you will be doing: 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 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.
- General conversation skills: How are you? What's your name?
- Where do you live?
- BSL- all about me: name, age, home
- BSL- numbers, dates, months, colours

Skills you will develop: Each week skills and knowledge will be built up. 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 Collaborative

Focus: Articulate

Golden Arrow: To be awarded to the student who most challenges themselves. This could be practicing signs that they have learned in between sessions, supporting other students or just getting really involved in sessions.

You will need: Only yourself and some confidence.

Cheerleading

Tutor Saracens Sport Foundation

Year 7 & 8

Maximum Numbers: 15

What you will be doing: Cheerleading classes focus on competitive all-star cheerleading which is an athletic activity that combines elements of gymnastic tumbling, stunts, and traditional cheerleading skills such as jumps and dance.

Across the weeks you will be putting aspects into a routine that can be performed at the end of the term.

Saracens Sport Foundation provides a Local Schools festival in which you will be able to compete in.

Skills you will develop: Knowledge of basic cheerleading stunts, jumps & dance. Your progress in tumbling will develop with correct technique and skills needed to advance further.

Top 3 things about this enrichment:

1. It's a new sport that combines other sporting activities such as dance & gymnastics.
2. It is suited to all abilities; you can have no experience and still achieve lots!
3. You will learn the importance of team work in a fun and exciting environment.

Archer Outcomes: Collaborative

Resilient

Golden Arrow: The student whose technique improves the most over the period of time in individual and team skills.

You will need Your CP kit and a bottle of water

Self Defence

Tutor Mr Malik Ayman

Year 7 & 8

Maximum Numbers: 12 - 16

What you will be doing: Rapid introduction to power of martial arts & fitness. Breaking boards & training with pads, kicking punching. Self-defence standing and ground grappling.

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

Skills you will develop:

- Increase your confidence, fitness ability and awareness
- Learn the most powerful simple self-defence techniques
- Feel good fun learning, motivation inspiration techniques through fitness martial arts

Top 3 things about this enrichment:

1. Exciting
2. Empowering
3. Energetic

Archer Outcomes Focus: Creative
Resilient

Golden Arrow: Ability to show outstanding FOCUS PERSEVERANCE TEAMWORK – present both Patterns – Sequence WHITE BELT + more requirements in full with your group / partner in the sessions

You will need: CP Kit + water bottle + face towel

Writing and Performing Raps

Tutor Mr Rob Bradley

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: How do rappers like Eminem, Stormzy and Drake put their rhymes together and perform?

Each week you will learn new skills and use them to write and perform your own raps. You will learn how to find hundreds of rhyming combinations, how to rap on beat, how to perform with confidence, how to tell stories with raps and how to freestyle lyrics on the spot!

These fun and creative sessions are for both those who have rapped before and those who haven't and will give you a powerful skill-set that you can use to express yourself and inspire others.

Skills you will develop:

- Developing your lyric writing ability
- Performing with confidence in front of people
- Enhance your rhythm and ability to stay on beat

Top 3 things about this enrichment:

1. You will learn tips and techniques from a World Championship Rapper
2. You will make friends and collaborate with other people who share your interests
3. You will share your lyrics and perform to music

Archer Outcomes Focus: Articulate
Creative

Golden Arrow: The student who shows they work hard.

You will need: Pens and paper

Meditation, Relaxing and Creating Art

Tutor	Robert Wallis
Year	7& 8
Maximum Numbers:	10
What you will be doing/course outcomes:	<p>Do you like to learn from direct experience? Have you been told you're not good enough? Have you a secret desire to be creative but something gets stuck?</p> <p>Do you always compare yourself to others?</p>
Skills you will develop:	<ul style="list-style-type: none">• Reflecting and quiet time to centre yourself.• Using visualisation and music as an inspiration• Beginning to trust your unconscious as a source of creativity
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Self-esteem and judgements2. Making friends with yourself3. Developing your creative skills
Archer Outcomes Focus:	<p>Creative</p> <p>Collaborative</p>
Golden Arrow:	Showing outstanding creativity and collaboration in their final performance
You will need:	Your Archer Academy CP kit. A bottle of water. Something to take notes, and drawing materials if you have them.

Japanese Culture

Tutor Nobuko Yamao

Year 7 ,8 & 9

Maximum Numbers: 20

What you will be doing/course outcomes: Do you love Japanese food? Have you ever wondered about the roots of Pokémon? Each week we will be creating some tasty Japanese food to eat and will create cool Japanese crafts to take home.

Skills you will develop:

- Learning to make basic Japanese food
- Improving your dexterity
- Understanding of Japanese language and culture

Top 3 things about this enrichment:

1. Make your own Japanese food
2. Create cute crafts to take home
3. Learn cool words in Japanese

Archer Outcomes Creative

Focus: Analytical

Golden Arrow: By planning your own recipe from what you have learnt

You will need: Clean hands and a Tupperware box to put your food in

Muay Thai Kick Boxing

Lead Provider Name	Coach Shabs & Coach Ibby
Year	7 & 8
Maximum Numbers:	20
What you will be doing:	<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 – with the focus being on technique, not power.</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>
Skills you will develop:	<p>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.</p> <p>There is a route to grading (belts) and competition for those who are particularly adept at the sport.</p>
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. You get to hit things! A great way to relieve study, exam and life stress2. You’re learning a martial art which can be used to defend yourself3. It’s a great way to build self-confidence.
Archer Outcomes Focus:	Collaborative Resilient
Golden Arrow:	Awarded to the most accomplished student who’s made the biggest improvement since starting.
You will need:	PE kit and a bottle of water

Nessy Fingers- Touch Typing

Tutor Ms Khan

Year 7 & 8

Maximum Numbers: 12

What you will be doing: In these sessions you will have the time to learn how to touch type by playing interesting games. You will be challenged to beat the clock and type words and sentences using different games. You will have a choice of activities you can do and no two sessions will be the same. If you want to challenge yourself to become a master at typing this enrichment is for you.

Skills you will develop:

- Typing skills
- Spelling skills
- Mnemonic skills

Top 3 things about this enrichment:

1. You will boost your typing skills to enable you to use a laptop in your exams
2. You will build confidence in reading
3. You will be able to monitor your own progress

Archer Outcomes Resilient

Reflective

Golden Arrow: For the student who makes the most progress throughout the sessions and a will to demonstrate continuous engagement

You will need: To be ready to learn new skills!

Rhythm Workshop

Tutor Ryan O' Riodan

Year 7 & 8

Maximum Numbers: 15

What you will be doing: With the right focus, music and rhythm have the power to move people's spirits – to create synergy and a strong sense of common humanity.

In this rhythm workshop, body percussion, rhythm composition and instrument knowledge will be the main areas of concentration.

In addition to this work, which supports functioning/development of the motor system/skills and body coordination, you will also be using a range of percussion instruments.

Skills you will develop:

- Producing your own rhythm patterns
- Enhance your music and rhythm knowledge
- Ability to cooperate/work with others and communication/dialog skills

Top 3 things about this enrichment:

1. You will produce your own rhythm patterns and their variations
2. You will present your own compositions
3. You will work with others and become more creative

Archer Outcomes Focus: Creative

Collaborative

Golden Arrow: The student that shows the most creativity in their ensemble.

You will need: A musical mind

Pop Choir

Tutor External

Year 7, 8 & 9

Maximum Numbers: 20

What you will be doing/course outcomes: *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?*

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!

There will also be some room to test your solo skills!

Skills you will develop:

- Developing your Listening Skills
- Understanding how your voice works and singing anatomy
- Get to know other people interested in singing

Top 3 things about this enrichment:

1. You can suggest songs you like!
2. Learn some great warm ups for your voice
3. Develop a better understanding of music

Archer Outcomes Focus: Resilient

Analytical

Golden Arrow: Showing dedication and confidence in rehearsals and performance

You will need: A bottle of water

THURSDAY CHOICES

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

Archer Acapella

Tutor	Miss Jones
Year	7, 8 and 9
Maximum Numbers:	20
What you will be doing/course outcomes:	<p><i>Do you enjoy singing? Would you like to learn how to sing in parts? Do you love music? Would you like the opportunity to perform?</i></p> <p>Each week we will be putting together an acapella singing performance for the Christmas Concert; this means you will need to work hard and show discipline, energy and enthusiasm!</p> <p>Miss Jones will be expecting you to contribute and share your musical ideas.</p>
Skills you will develop:	<ul style="list-style-type: none">• Developing your confidence when singing in a group• Improving your understanding of pitch, reading music, texture and how parts work together• Working collaboratively towards a common goal (performing)
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Creating acapella arrangements of favourite songs2. Singing with friends3. Developing performance skills
Archer Outcomes Focus:	Creative Collaborative
Golden Arrow:	Making the most progress in terms of confidence when performing
You will need:	A pen and paper and a bottle of water.

Archer Players

Tutor Mr Dean

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: We will explore scripts and devised performances exploring our creative side and stretching ourselves to perform to a new level.

You will learn new drama skills and perform group plays.

Skills you will develop:

- Performance skills
- Confidence
- Public speaking
- Improvisation skills

Top 3 things about this enrichment:

1. Develop your abilities in the creative and performing arts
2. Make and develop friendships while learning to work collaboratively.
3. You get to perform

Archer Outcomes Collaborative

Focus: Creative

Golden Arrow: Contributing and listening to group ideas and being an all-round supportive person

You will need: CP Kit

Fencing

Tutor Ms. Louisiade

Year 7 & 8

Maximum Numbers: 10

What you will be doing: In this enrichment, we will learn the basic of fencing with a foil. We learn how to step, attack and defense. We will also learn to referee a fencing match.

We will organize a small competition at the end – who will be our Archer Fencing Champion?!

Skills you will develop:

- Physical coordination
- Attack, defense (parades), counter-attack
- Confidence
- Team work
- Mutual respect
- Learn to be a referee

Top 3 things about this enrichment:

1. You will discover a new individual sport
2. A fun way of improving your fitness levels and improving your overall health
3. Be like one of your heroes!

Archer Outcomes Resilient

Focus: Collaborative

Golden Arrow: Awarded to the student who shows the strongest overall progress and respect for his opponents and team-mates

You will need: PE kit and a thick jumper

Filmmaking & Screen Acting

Tutor Mr Sunny Bahia

Year 7 & 8

Maximum Numbers: 20

What you will be doing: Want to learn about all aspects of filmmaking? Want to know how to perform in front of the camera? How to shoot and edit?

This filmmaking course will breakdown the various stages from writing a screenplay, casting, finding locations to shooting and editing your film.

Each week we'll learn about the various roles and responsibilities and will build up to making your own short film that we'll screen at the end of the course.

Skills you will develop:

- Teamwork and Communication
- Creative thinking, storytelling techniques and screen acting.
- Technical skills in camera, lighting, sound & editing.

Top 3 things about this enrichment:

1. Making your own film, from coming up with a story to shooting and editing it.
2. Pick a role that suits you, from being a director, producer, and camera operator to actor, sound recordist or editor.
3. A chance to collaborate with your fellow students and share your film with friends and family.

Archer Outcomes Focus: Creative

Collaborative

Golden Arrow: The student who is the most hardworking, passionate and collaborative.

You will need: Creativity & enthusiasm.

Happy Kitchen

Tutor Miss Au

Year 7 & 8

Maximum Numbers: 12

What you will be doing/course outcomes: *Do you enjoy cooking? Would you like to make some tasty dishes to impress your friends and families? Would you like to learn more about healthy eating?*

Each week we will be cooking a dish and learn about the function of different ingredients; this means you will need to bring ingredients and be organised.

Miss Au will inform you about ingredients through SMHW.

Skills you will develop:

- Knowledge of basic food hygiene
- Basic cooking skills
- Teamwork! You will be cooking in small groups.

Top 3 things about this enrichment:

1. Exploring food from a different culture.
2. Making friends through cooking.
3. Sharing your favourite recipes.

Archer Outcomes Focus:

Resilient: You will learn to cook by following the recipe

Collaborative: You need to work together

Golden Arrow:

Demonstrate outstanding kitchen organisation and produce the tastiest dishes throughout the sessions.

You will need:

To bring ingredients and be on time.

Archer Journalists

Tutor Ms Walker

Year 7, 8 and 9

Maximum Numbers: 10

What you will be doing/course outcomes: “I do not agree with what you have to say, but I’ll defend to the death your right to say it.”
— Voltaire

The Archer Academy is hoping to start its own newspaper, and we need resilient, determined, imaginative students to become our investigative journalists! Working closely with the English department and the student leadership team, The Archer Journalists will work on their own articles that will be planned, researched, edited and published in our first official Archer Newspaper.

Skills you will develop:

- Creativity: you will be picking a subject of your own choice to write a newspaper article.
- Resilience: you will be working on your article meticulously across your enrichment sessions; making sure your article is perfect enough to go to print!
- Analytical: you will need to investigate your subject deeply. This may mean interview and research.

Collaborative: you will be working with others to help each other

Top 3 things about this enrichment:

1. If you work hard, your work will be published
2. You will have a platform to speak and share your opinions
3. Create something you will be proud of.

Archer Outcomes Focus: Articulate, Resilient, Collaborative

Golden Arrow: Showing outstanding resilience and creativity in their newspaper articles.

You will need: Determination and a relentless approach to learning new ideas.

Catan

Tutor	Ms Vandervelde
Year	7-9
Maximum Numbers:	16
What you will be doing/course outcomes:	<p>Playing the strategic board game 'Settlers of Catan'</p> <p>This course is for people familiar with the game as well as those who want to learn it from scratch.</p> <p>Have fun...whilst improving your ability to strategise!</p>
Skills you will develop:	<ul style="list-style-type: none">• Ability to plan ahead but also to change strategies when needed• Concentration and resilience – you won't always win....
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. It is relaxing2. It is competitive in a fun way3. There might be biscuits
Archer Outcomes Focus:	<p>Analytical</p> <p>Resilience</p>
Golden Arrow:	Improving your Catan skills and in doing so develop good relationships with your peers and developing your focus.
You will need:	Nothing – the board game and biscuits will be provided.

Comic Art

Tutor Sally-Anne Hickman

Year 7 & 8

Maximum Numbers: 25

What you will be doing: Would you like to discover how to create your own comic strips and amazing characters? In this enrichment we will learn how to draw your favourite cartoon characters and superheroes and put them into stories you write!

Week by week we will:

- Develop your artistic skills using pencils and inks
- Study how to draw different cartoon characters
- Produce comic strips using existing characters

You will be able to suggest themes for upcoming sessions in order to help develop your own artistic goals.

Skills you will develop:

- Learn how to design characters and invent plots.
- Write and draw your own comics.
- Understand different tools and techniques for drawing and inking.

Top 3 things about this enrichment:

1. Learn new artistic techniques.
2. Invent your own cartoon world and characters.
3. Have your comic on display in the school library to show your friends.

Archer Outcomes Focus:

Articulate: transform thoughts and ideas into original, artistic content.

Reflective: positive attitude towards adapting initial ideas into a finished product.

Golden Arrow: To be awarded to the student who can create their own wacky character comic strip that is unique and not covered in any of the enrichment lessons.

You will need: Pencil, rubber, pencil sharpener, black ink pen and your imagination!

Superior Science

Tutor Mr Wick

Year 7 & 8

Maximum Numbers: 15

What you will be doing: In this brand-new enrichment students will have the opportunity to read the latest articles on the most recent science theories and discoveries.

This enrichment is for those who are interested in the academic nature of science and who are willing to discuss deep and important aspects of science.

We will be using this knowledge to eventually create an article for the newsletter overviewing some brilliant discoveries which interest us the most.

I look forward to superior scientists from all year groups to come forward and show us what you love about this amazing subject.

Skills you will develop: 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.

Top 3 things about this enrichment:

1. Thinking about scientific discoveries
2. Open discussion with respect
3. Ability to speak openly about personal theories

Archer Outcomes Focus: Resilience, Collaboration

Golden Arrow: Being open to suggestion of others' opinion. Respect. Appropriate discussion

You will need: Your fiery discussion
A small notepad and pen

Board Games

Tutor Ms. Ahmed

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: Over the duration of the enrichment you will develop skills in the following areas:

- Planning
- Strategy
- Persistence
- Critical thinking
- Communication
- General knowledge
- Literacy

There will be many board games on offer including Scrabble, Monopoly and Boggle.

Playing board games is great fun and it will allow you to make new friends – board games involves playing the game but it also involves getting to know your opponents so you'll develop your communication skills.

Learn new knowledge – many board games increase your general knowledge and word games such as Boggle and Scrabble are fantastic for supporting your knowledge of the English language.

Skills you will develop:

- Practise thinking outside the box
- Knowledge of words
- Communication skills

Top 3 things about this enrichment:

1. You'll make great friends
2. You'll develop excellent board games skills and knowledge
3. It'll be a great deal of fun

Archer Outcomes Resilient

Focus: Analytical

Golden Arrow: The person that shows the most enthusiasm!

You will need: Yourselves, good humour and a bottle of water to boost your mental ability!

Yoga

Tutor Maxine Levy

Year 7 & 8

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

Jazz Dance

Tutor Mrs Howes

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: Class is divided into two sections.

First we start with 'Warm-up and technique' involving a series of fun exercises and movement phrases with some partner work, designed to enjoy moving to popular music but also to improve strength, coordination, alignment, flexibility and musicality.

The second half of class embraces creativity and physical expression, learning to interpret the music through 'Dance'. Pupils may perform individually, in groups or as a whole class. Modern Jazz draws on other dance styles plus may include some floor work and a student's ability to include minor acrobatics moves if they wish.

Skills you will develop:

- Develop personal confidence to perform individually and in groups
- Exercise quick thinking and decision making.
- Understanding good physical fitness and a careful warm-up programme
- The ability to follow instructions and work as part of a group whilst also building confidence to work as team leader

Top 3 things about this enrichment:

1. Learning new dance ideas and moves to ultimately develop your own sequences and choreography to music of your choice
2. Gain enough confidence to lead a class warm-up
3. Understand a basic knowledge of the dance language familiar to all dance styles with some reference to stage direction

Archer Outcomes: Creative

Collaborative

Archer Arrow: Hard work, discipline and enthusiasm

Golden Arrow: Always aiming to work above and beyond

You will need:

- Archer Academy CP kit or regular dance wear.
- Bottle of water

Rock climbing

Tutor Miss Ainscough

Year 7&8

Maximum Numbers: 18

What you will be doing: We will be using the indoor climbing wall to develop climbing technique, learn how to use ropes, harnesses & belays, and how to abseil down. You can do this enrichment no matter what prior climbing experience or fitness level you have. Come and find a new fun way to stay healthy and have a go at being spider man! This is an exciting hobby that can lead onto climbing outside.

Skills you will develop: Climbing technique, use of climbing equipment

Top 3 things about this enrichment:

1. Increased fitness
2. Increased strength
3. Being able to challenge yourself

Archer Outcomes Resilient

Focus: Collaborative

Golden Arrow: Discover a super fun new hobby!

You will need: Learn how to use climbing equipment, ropes and belays

Craft of Choreography

Tutor Felix Denton

Year 7 & 8

Maximum Numbers: 14

What you will be doing/course outcomes: Contemporary release technique and the craft of improvisation. This course will aim to refine your performance skills in dance and develop your ability to become a choreographer.

Skills you will develop:

- Contemporary Dance technique
- Performance skills
- Craft of choreography

Top 3 things about this enrichment:

1. Team work
2. Dance performance opportunities
3. Confidence in choreography

Archer Outcomes Focus: Creative
Collaboration

Golden Arrow: Students lead others in choreographic tasks and explore movement taking risks.

You will need: CP dance kit and a water bottle

West End Dance

Tutor The London Ballet Academy

Year 7 & 8

Maximum Numbers: 25

What you will be doing: West End 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 to them most.
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 classmates. Bringing your own artistic flair to the choreography.

You will need:

Comfortable clothes to dance in with trainers or bare feet. Bring bottled water.

First Aid

Tutor Mrs Wildman

Year 7 & 8

Maximum Numbers: 30

What you will be doing/course outcomes: *Would you like to learn how to help someone in a medical emergency? 80% of first aid is administered to friends and family. This course provides you with the knowledge and practical experience of first aid.*

Skills you will develop:

- Preparing for a first aid emergency
- Basic Life Support (CPR, Recovery Position, Choking)
- Bleeds and bandages
- Breathing issues (anaphylaxis, asthma and drowning)
- Circulatory issues (head injuries, seizures, poisons and burns)

Top 3 things about this enrichment:

1. What is first aid
2. How to administer first aid
3. Knowing how and when to call for additional help

Archer Outcomes Analytical

Focus: Collaborative

Golden Arrow: Passing the final practical assessment.

You will need: Pen and Paper

Game Coding for Non-Zombies

Tutor Dr Butterworth

Year 7 & 8

Maximum Numbers: 15

What you will be doing: What's the best computer game you like to play?
Does it have dragons that you have to slay?
Does it have monsters or hamsters or gangsters?
All these games sound loads of fun,
But they're not the best games when all said and done.
The best game, believe me it's true,
Is a game that's brand spanking new,
It's a game that's going to be coded by YOU!

Learn how to code your very own game in Python. You will be shown lots of example games, which you can then develop in your own way. At the end of 8 weeks you should be able to code your very own platform game.

Skills you will develop:

- Coding in Python
- Understanding and using professional programming concepts like 'object orientation' and 'structured programming'
- Understanding how to create realistic 2D game movement and interaction

Top 3 things about this enrichment:

1. You will learn how to use your computer to do something creative and constructive, not just watch YouTube videos!
2. You will be taught how to code PROPERLY, so that if you want to go on and develop much more complex games, or do other coding, you will be able to.
3. Given half a chance Dr Butterworth will play the banjo during one of the sessions, but this can't be guaranteed.

Golden Arrow: Being able to create a better game than the ones you'll be given as examples.

You will need: Only yourself and some confidence.

Comic Art

Tutor Sally-Anne Hickman

Year 7 & 8

Maximum Numbers: 25

What you will be doing: Would you like to discover how to create your own comic strips and amazing characters? In this enrichment we will learn how to draw your favourite cartoon characters and superheroes and put them into stories you write!

Week by week we will:

- Develop your artistic skills using pencils and inks
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You will be able to suggest themes for upcoming sessions in order to help develop your own artistic goals.

Skills you will develop:

- Learn how to design characters and invent plots.
- Write and draw your own comics.
- Understand different tools and techniques for drawing and inking.

Top 3 things about this enrichment:

1. Learn new artistic techniques.
2. Invent your own cartoon world and characters.
3. Have your comic in display in the school library to show your friends.

Archer Outcomes Focus: Articulate: transform thoughts and ideas into original artistic content.

Reflective: positive attitude towards adapting initial ideas into a finished product.

Golden Arrow: To be awarded to the student who can create their own wacky character comic strip that is unique and not covered in any of the enrichment lessons.

You will need: Pencil, rubber, pencil sharpener, black ink pen and your imagination!

Sustainable Fashion

Tutor	Supplied by The Art Insider Ltd Tutor - Rosie Scott-Bennett
Year	7 & 8
Maximum Numbers:	16
What you will be doing:	<p>From The Tip To The Cat Walk – a must do for all Fashion Junkies and the environmentally conscious, let us show you week by week how to transform by-products, waste materials, useless, or unwanted products in to new materials and wearable art. Let's turn the throw-away into the must have. Materials such as crisp packets, plastic bags, netting, rope and many more will be used.</p> <p>This Is The New Wave Of Sustainable Fashion – we will highlight the importance of recycling and how much more necessary and on trend this movement is becoming due to the current climate. We will introduce you to techniques used by different artists/designers so you can experiment with materials to make your very own fashion product.</p> <p>We will be expecting you to contribute and share your ideas with the class.</p>
Skills you will develop:	<ul style="list-style-type: none">• Developing your art and design skills, experience with alternative use of materials and fashion techniques• Creative thinking and problem solving• Understanding recycling
Top 3 things about this enrichment:	<ol style="list-style-type: none">1. Turning the throw-away into the must have2. Learning new techniques that help the environment and that also work well for industry as we take items from the tip to the catwalk.3. Developing ideas, creativity and alternative ways of working with recyclable materials
Archer Outcomes Focus:	Creative Reflective
Golden Arrow:	Showing outstanding creativity and innovation in your final product
You will need:	N/A

Squash

Tutor Lucas Cannistraci

Year 7 & 8

Maximum Numbers: 12

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

Skills you will develop: The course is designed to 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
- Learn how movement can apply to shots
- Learn rules and develop match play analysis

The sessions will include lots of fitness activities and provide pathways in to playing more squash at local clubs.

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 Outcomes Focus: Resilient

Collaborative

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.

LAMDA

Tutor Lisa Rose

Year 7 & 8

Maximum Numbers: 20

What you will be doing/course outcomes: Throughout the term you will be looking at self-expression, working as a team and as an individual, tongue twisters and sight reading, memory games and discussions.

You should look forward to growing in confidence and self-development. Communication skills and comprehension of language should also improve. Classes are run in a fun relaxed workshop style with lots of drama games, and look at all sorts of literature, be it prose, poetry or scripts.

You will prepare for a series of exams which are rooted in encouraging participants to develop a love of literature, poetry and drama and communication through the spoken word.

You will prepare for the LAMDA grade exams and aim to take at least one grade exam in the academic year. LAMDA grades secure you with UCAS points for future University applications.

Skills you will develop: Public speaking

Memory and script preparation

Confidence

Top 3 things about this enrichment: 1. Becoming a confident public speaker who can command an audience

2. Learn and explore a range of poems, plays and pieces of literature.

3. Work with other Archer students

Archer Outcomes Focus: Creative

Reflective

Golden Arrow: The person who builds on their confidence throughout the course

You will need: Notebook, pen, highlighters

Beginners Guitar

Tutor Ryan O' Riordan

Year 7 & 8

Maximum Numbers: 15

What you will be doing/course outcomes: Designed to teach you how to play acoustic or electric guitar by covering the basics up through playing chords and songs. You'll learn about parts of the guitar, scales, right and left-hand form, chord progressions, strumming patterns, and more.

Relax, have fun, and start learning how to play guitar or get even better.

Skills you will develop: Musical technique

Using chords

Confidence

Top 3 things about this enrichment:

1. Create your own songs using your new skills
2. Learn to play a range of songs
3. Work with other Archer students

Archer Outcomes Focus: Creative

Reflective

Golden Arrow: The person who builds on their confidence throughout the course

You will need: A guitar if you have one. If not, we have some in the music department