



**YEAR 10**

**ARCHER +**

**ENRICHMENT PROGRAMME**

**Block Two**

February 2020 –April 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 **Tuesdays** Enrichment is a year- long enrichment which you have already started. Your **Thursday** Enrichment is split into two blocks. You get to choose a new enrichment each block.

**Block Two:** 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 **30<sup>th</sup> January** 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 Thursday choice and hand them 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 Two allocation in the middle of February.

## 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 Three:

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:

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

**Archer Outcomes:** Your progress towards these.

### 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.

# 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!

## Karate

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<b>Tutor</b>	Sensei Islam Berisha 7 DAN (ITKF) grade, founder and senior Instructor at Muswell Hill Karate Academy.
<b>Year</b>	10
<b>Maximum Numbers:</b>	20
<b>What you will be doing:</b>	<p>Traditional Karate / Self-defence</p> <p>Close self-defence techniques in controlled and challenging environment. Testing students' skills and gradual confidence building by increasing the quality of skills and positive thinking. Realistic Self-esteem building and technical progress to match personal student's abilities. Physical and mental(emotional) elements as integrated part of Budo self-defence concept. Self-control as an important element when developing natural reaction and emotional control without freezing.</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>● Confidence</li><li>● Technical ability</li><li>● Form (kata) and the exam levels leading to Karate GCSE exam.</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Technical foundation of karate techniques</li><li>2. Body development with increased flexibility</li><li>3. Confidence building improvement and self esteem</li></ol>
<b>Archer Outcomes Focus:</b>	Creative and Collaborative approach in self-reliance and personal development with partner testing both physical and mental / emotional stability.
<b>Golden Arrow:</b>	Kata performance with application in collaborative and teamwork format.
<b>You will need:</b>	PE kit and bottle of water.

## Film Making and Screen Acting

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<b>Tutor</b>	Mr Sunny Bahia
<b>Year</b>	10
<b>Maximum Numbers:</b>	20
<b>What you will be doing:</b>	<p>Want to learn about all aspects of filmmaking? Want to know how to perform in front of the camera? How to shoot and edit?</p> <p>The filmmaking course will breakdown the various stages from writing a screenplay, casting, finding locations to shooting and editing your film.</p> <p>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.</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Teamwork and Communication</li><li>• Creative thinking, storytelling techniques and screen acting.</li><li>• Technical skills in camera, lighting, sound &amp; editing.</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Making your own film from coming up with a story to shooting and editing it.</li><li>2. Pick a role that suits you, from being a director, producer, and camera operator to actor, sound recordist or editor.</li><li>3. A chance to collaborate with your fellow students and share your film with friends and family.</li></ol>
<b>Archer Outcomes Focus:</b>	<p>Creative</p> <p>Collaborative</p>
<b>Golden Arrow:</b>	The student that is the most hardworking, passionate and collaborative.
<b>You will need:</b>	Creativity & enthusiasm.

## Football

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<b>Tutor</b>	Mr Constantinou
<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 you 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></ul> <p>Attacking and defensive shape and structure</p>
<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>	<p>Resilient</p> <p>Collaborative</p>
<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

## Mandarin Chinese

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**Tutor** Mr. Wong

**Year** 10

**Maximum Numbers:** 20

**What you will be doing:** *Chinese is the most widely spoken language in the world with approximately 1,197,000,000 people speaking Chinese, of which 873,000 million speak Mandarin, therefore 14% of the global population speak Chinese.*

*Chinese history and culture is one the richest and certainly the oldest in the world. China is renowned for producing beautiful novels, short stories, poetry and more recently excellence in film.*

This course will enable you to develop your Chinese language skills, equipping you with the ability and confidence to communicate in Chinese in a variety of contexts. In addition, this course will develop your cultural awareness.

**Skills you will develop:**

- Chinese reading, writing, speaking and listening skills.
- Communication skills and confidence.
- Awareness and understanding of another culture.

**Top 3 things about this enrichment:**

1. Students with two languages are significantly more employable than those with only one language.
2. Chinese is one of the most widely spoken languages in the world and is a highly desirable skillset in the world of business.
3. You will be taught by a native speaker!

**Archer Outcomes Focus:** Articulate  
Resilient

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

**You will need:** A pen and your curiosity about other languages and cultures.

## Zumba

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**Tutor** Saracens

**Year** 10

**Maximum Numbers:** 20

**What you will be doing:** Zumba is a workout featuring movements inspired by various styles of Latin American dance, performed to music. It's become a popular and trendy workout across the globe.

Zumba choreography is composed using all or some of the sixteen core steps. There are four basic rhythms: salsa, reggaeton, merengue and cumbia, and each basic rhythm has four core steps.

It doesn't matter if you have two left because Zumba is for EVERYONE! As long as your arms and legs are moving in some direction, and you're having fun, that's all that matters!

**Skills you will develop:**

- Cardio vascular fitness
- Dance routines

**Top 3 things about this enrichment:**

1. Get fit to some great music
2. It's easy-to-follow, suitable for all ages & abilities and it's easily adaptable to suit your own pace!.
3. De-stress

**Archer** Resilient

**Outcomes:** Creative

**Golden Arrow:** Student who makes the most progress in their fitness levels

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

## Rugby

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<b>Tutor</b>	Mr Clark
<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.</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Passing</li><li>• Tackling</li><li>• Rucking</li><li>• Scrums</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 strength and confidence.</li><li>3. Extend your knowledge of Rugby.</li></ol>
<b>Archer Outcomes Focus:</b>	<p>Resilient</p> <p>Collaborative</p>
<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, gum shield, football boots and a bottle of water

## Squash

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**Tutor** Lucas Cannistraci

**Year** 10

**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 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 into playing more squash in 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.

## GCSE PE: Badminton

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**Tutor** Ms. Evans

**Year** 10 & 11

**Maximum Numbers:** 15-20

**What you will be doing:**

- Badminton Routine, including drills for the 5 skills:
- Overhead/underarm
- Net shots
- Service – high, low
- Drop shot
- Smash shot

**Skills you will develop:**

- Refine skills and technique
- Learn the conditioned games in preparation for Moderation
- Practice game play

**Top 3 things about this enrichment:**

1. An extra opportunity to practice the skills required for this sport.
2. Extra feedback on improvements that are required.
3. Compete with your classmates

**Archer Outcomes Focus:** Reflective  
Analytical

**Golden Arrow:** Active participation and 100% engagement

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

## Table Tennis

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<b>Tutor</b>	TBC
<b>Year</b>	10
<b>Maximum Numbers:</b>	10
<b>What you will be doing:</b>	<p>Do you enjoy learning table tennis? Would you like to improve your skills?</p> <p>Each week we will be playing matches against one another to improve our table tennis skills. Whether you are a beginner or an expert, this enrichment welcomes all abilities.</p> <ul style="list-style-type: none"><li>• You'll also get the chance to take on Mr Rayner</li></ul>
<b>Skills you will develop:</b>	<p>You will develop the following shots:</p> <ul style="list-style-type: none"><li>• Serve</li><li>• Forehand</li><li>• Backhand</li><li>• Topspin</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 table tennis.</li></ol>
<b>Archer Outcomes:</b>	<p>Collaborative</p> <p>Resilient</p>
<b>Golden Arrow:</b>	<p>Awarded to the student whose shows improvement, enthusiasm and exceptional skill</p>
<b>You will need:</b>	<p>Full Archer Academy CP or PE Kit. This enrichment will take place outside so bring a coat.</p> <p>Water bottle</p>

## Yoga

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**Tutor** Maxine Levy

**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

## GCSE Dance Practice

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<b>Tutor</b>	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>	<p>Research for your stimulus</p> <p>Water</p> <p>CPA kit</p>

## Higher Project Qualification- *Only for those who did it in Block One*

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<b>Tutor</b>	Mr Mustafa and your very own mentor
<b>Year</b>	10
<b>Maximum Numbers:</b>	15
<b>What you will be doing:</b>	<p>Do you want to gain an extra qualification which is highly regarded by colleges and universities by doing a project of your choice?</p> <p>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.</p> <p><b>This enrichment will run across both enrichment blocks in the Autumn and the Spring.</b></p> <p>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.</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Explore any topic of your choice in greater depth, taking your favourite subject or hobby to the next level!</li><li>• Develop advanced research and presentation skills</li><li>• Gain a qualification that will make you stand out from the crowd when applying for college next year!</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>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.</li><li>2. You will learn advanced research techniques that will benefit your other GCSEs and prepare you for Sixth form study.</li><li>3. Have your work celebrated in publication and take part in trips across the country to take your project to the next level!</li></ol>
<b>Archer Outcomes Focus:</b>	<p>Creative: Each project will be unique and allows you to be incredibly creative</p> <p>Reflective: You will have to respond to feedback from your co-ordinator and mentor in order to make your work shine!</p>
<b>Golden Arrow:</b>	Develop an outstanding project, which shows real development of thought from an initial idea to a completed work.
<b>You will need:</b>	Imagination, a pen and a notebook.

