



**YEAR 10**

**ARCHER +**

**THURSDAY ENRICHMENT  
PROGRAMME**

January 2021 – May 2021



## Welcome to your Thursday 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** Archer Plus Enrichment is a year- long enrichment which you have already started. Your **Thursday** Enrichment will give you an opportunity to try new activities and will be in a similar style to what you experienced within the lower school.

### Reminder how Enrichment Works

Enrichment happens every **Tuesday and Thursday** as part of our extended day. Your lessons will finish at 2:30pm and you will then have registration. After registration you will start your enrichment at **3:05pm**.

### Thursday Enrichment dates and times

Your Thursday enrichment sessions will last for **10 weeks from January 2021** and be on the following Thursdays: **14-Jan, 21-Jan, 28- Jan, 4-Feb, 11-Feb, 25- Feb, 4-March, 18-March, 25-March**.

**Thursday:** 3:05pm to 4:05pm

### How do I make my choices?

Like you did with your Tuesday enrichments, you will make your choices **online** through a **digital form** with a link found on **Show My Homework and MS Teams**. You will not be given a paper form to rank your choices like previous years.

### **Tuesday 15<sup>th</sup> December**

If you do not submit your electronic choice form by the deadline you will be allocated a course deemed most appropriate by your teacher.

To help you make your choices, this booklet will give a brief you a brief outline of the key elements of each course. You will also find out more information from the virtual fair on **Thursday 10<sup>th</sup> December**.

## 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 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!

# 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 Constantinou
<b>Year</b>	10
<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 teamwork 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 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

## Squash

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**Tutor** Lucas Cannistraci

**Year** 10

**Maximum Numbers:** 10

**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** Resilient

**Focus:** 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.

## Film Making and Screen Acting

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**Tutor** Mr Sunny Bahia

**Year** 10

**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?

The 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** Creative

**Focus:** Collaborative

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

**You will need:** Creativity & enthusiasm.

## Table Tennis

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**Tutor** Mr Sun

**Year** 10

**Maximum Numbers:** 10

**What you will be doing:** Do you enjoy learning table tennis? Would you like to improve your skills?

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.

You'll also get the chance to take on Mr Rayner

**Skills you will develop:**

You will develop the following shots:

- Serve
- Forehand
- Backhand
- Topspin

**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 table tennis.

**Archer Outcomes:**

Collaborative

Resilient

**Golden Arrow:**

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

**You will need:**

Full Archer Academy CP or PE Kit. This enrichment will take place outside so bring a coat.

Water bottle

## Rugby

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<b>Tutor</b>	Mr Clark and Saracens coach
<b>Year</b>	10
<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



## Senior Archer Players

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<b>Tutor</b>	Mr Carter
<b>Year</b>	10
<b>Maximum Numbers:</b>	20
<b>What you will be doing/course outcomes:</b>	<p>We will explore scripts and devised performances exploring our creative side and stretching ourselves to perform to a new level.</p> <p>You will learn new drama skills and perform group plays.</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Performance skills</li><li>• Confidence</li><li>• Public speaking</li><li>• Improvisation skills</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Develop your abilities in the creative and performing arts</li><li>2. Make and develop friendships while learning to work collaboratively.</li><li>3. You get to perform</li></ol>
<b>Archer Outcomes Focus:</b>	<p>Collaborative</p> <p>Creative</p>
<b>Golden Arrow:</b>	Contributing and listening to group ideas and being an all-round supportive person
<b>You will need:</b>	CP Kit

## Muay Thai

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**Lead Provider Name** Coach Shabs & Coach Ibbby

**Year** 10

**Maximum Numbers:** 20

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

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

Our sessions will mostly consist of partner work with one partner holding pads and the other one hitting the pads using combinations that will be demonstrated by the instructors. For more advanced students; some controlled sparring (no strikes to the head) will take place so that you can learn to use the skills you’ve acquired in a safe environment – with the focus being on technique, not power.

**Skills you will develop:**

The classes are high intensity cardio so your fitness will improve greatly as well as building and toning muscle. Also, you’ll be learning a powerful martial art that can be used for self-defence and is a great way to build confidence.

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

**Top 3 things about this enrichment:**

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

**Archer 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

## Spoken Word

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**Tutor** Mr Fuller

**Year** 10

**Maximum Numbers:** 10-20

**What you will be doing:** You will be learning about the power and versatility of spoken word as an art form. We will be exploring a range of topics from: feminism and racism, discrimination, to your life at school, your favourite music, and even sport, through writing and listening to poetry, your world view will increase. There will also be a group discussion on any other topics you wish to choose.

**Skills you will develop:**

- Creative Thinking - We will brainstorm ideas together but you will have to be creative in your preparation and your delivery of your pieces.
- Public Speaking – Every week, we will be performing what we have created to each other to enable us to practice this valuable skill.
- Constructive Criticism – The ability to work together and improve and develop your work in a mature and sensible manner.

**Top 3 things about this enrichment:**

1. A relaxed, nurturing environment to hone your poetic skills.
2. Advice from two seasoned poets.
3. The chance to perform what you have written in an assembly.

### Archer Outcomes

#### Focus:

Articulate – We will be performing our pieces to each other with regularity, so you need to be able to communicate clearly verbally and in written form.

Creative – Poetry is an art and we want to see you being as creative as possible with the topics/tasks we are covering.

**Golden Arrow:** Embodies the Archer Outcomes in a way that shows development over the enrichment programme.

**You will need:** Enthusiasm

## Catan

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<b>Tutor</b>	Ms Vandervelde
<b>Year</b>	10
<b>Maximum Numbers:</b>	16
<b>What you will be doing/course outcomes:</b>	<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>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Ability to plan ahead but also to change strategies when needed</li><li>• Concentration and resilience – you won't always win....</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. It is relaxing</li><li>2. It is competitive in a fun way</li><li>3. There might be biscuits</li></ol>
<b>Archer Outcomes Focus:</b>	Analytical Resilience
<b>Golden Arrow:</b>	Improving your Catan skills and in doing so develop good relationships with your peers and developing your focus.
<b>You will need:</b>	Nothing – the board game and biscuits will be provided.

## Chess

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**Tutor** Mr Raghuveer

**Year** 10

**Maximum Numbers:** 20

**What you will be doing:** Are you a chess whizz? Do you think you have what it takes to be the champion? Can you beat a former county chess player in Mr Raghuveer?

You will be playing chess against the other students for a place as the top chess player in the school!

We will also learn tactics to develop your game further, so even if you are not an experienced chess player, you are encouraged to come along!

**Skills you will develop:**

- Develop your analytical and problem-solving skills.
- Improve your self-confidence by giving yourself feedback after every game.
- Find your competitive edge when it comes to getting your hands on the trophy.

**Top 3 things about this enrichment:**

1. A relaxed but competitive environment.
2. Developing your memory, concentration, and creative skills.
3. The Championship trophy!

**Archer Outcomes Focus:** Reflective – You need to be able to consistently reflect in chess to be able to be better both during a game and after.

Analytical – Understand the right moves to play as part of a strategy, not just individual moves to win points.

**Golden Arrow:** The championship winner.

**You will need:** Focus and determination

## Pop Choir

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**Tutor** Ryan

**Year** 10

**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

## Fitness and Ball Games

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**Tutor** Mr Barrow

**Year** 10

**Maximum Numbers:** 15

**What you will be doing:** We will be going to Cherry Tree Woods to do a variety of physical activities such as fitness related activities and football.

**Skills you will develop:**

- Fitness
- Collaboration skills
- Communication skills

**Top 3 things about this enrichment:**

1. Improved fitness
2. Time with friends
3. Time to relax

**Archer Outcomes Focus:** Collaborative and Resilient

**Golden Arrow:** Student who puts in the highest amount of effort

**You will need:** PE kit  
Water bottle

## Book club and Discussions

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<b>Tutor</b>	Ms. Walsh
<b>Year</b>	10
<b>Maximum Numbers:</b>	15
<b>What you will be doing:</b>	<p>Each week we will be reading together as a group, working together to ignite passion for books, stories and non-fictional texts.</p> <p>Gaining an interest in different types of texts and genres. Sharing your interests with the group</p> <p>Analysing and sharing our thoughts on what we've read</p>
<b>Skills you will develop:</b>	<ul style="list-style-type: none"><li>• Confidence in reading and speaking aloud in front of groups</li><li>• Developing your literacy skills</li><li>• Analysing what you are reading and gaining confidence sharing this with a group</li></ul>
<b>Top 3 things about this enrichment:</b>	<ol style="list-style-type: none"><li>1. Sparking an interest in reading and discussing books/ stories with peers</li><li>2. Being welcomed to wind down and have time for reflection</li><li>3. Having an open space to share ideas freely with peers</li></ol>
<b>Archer Outcomes Focus:</b>	<p>Articulate: Showing confidence and enthusiasm when reading aloud and speaking publicly.</p> <p>Analytical: Being forthcoming with sharing opinions and analysis of texts</p>
<b>Golden Arrow:</b>	Consistently showing a passion for literacy and willingness to improve in public speaking. Being Articulate and Analytical.
<b>You will need:</b>	A notebook/pages and a good attitude



## Computer Animation

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**Tutor** Azlan

**Year** 10

**Maximum Numbers:** 20

**What you will be doing:** In the first half of this course you will be computer animation. From a basic bouncing ball, to special FX and transitions. In the second half you will be producing a cartoon from your own imagination.

**Skills you will develop:**

- Animation
- Perseverance
- Drawing

**Top 3 things about this enrichment:**

- Patience
- 1. Learning about the world of animation
- 2. Gaining the title of 'Animator' once you finish the course
- 3. Developing your creative and drawing skills

**Archer Outcomes Focus:** Creative : you will create your own cartoon

Resilient : you will need to persevere, there is a lot of work to be done.

**Golden Arrow:** Show excellent creativity and dedication

**You will need:** A creative mind

## Archer Journalists

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**Tutor** TBC

**Year** 10

**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.

**Top 3 things about this enrichment:**

- Collaborative: you will be working with others to help each other
1. If you work hard, your work will be published
  2. You will have a platform to speak and share your opinions
  3. Creating 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.

## Taekwondo

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**Tutor** Malik Ayman

**Year** 10

**Maximum Numbers:** 15

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

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

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

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

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

**Skills you will develop:**

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

**Top 3 things about this enrichment:**

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.

## Spanish Culture and Films

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**Tutor** Ms. Chocarro

**Year** 10

**Maximum Numbers:** 20

**What you will be doing:**

- Widen your knowledge of Spanish culture
- Discuss important current Spanish events and issues
- Learn important historical events of the Hispanic world
- Watch and discuss some of the most iconic Spanish films

**Skills you will develop:**

- Cultural understanding
- Spanish language skills

**Top 3 things about this enrichment:**

1. Insight into Spanish culture
2. Get to learn new knowledge of a different European country
3. Enhance your Spanish vocabulary

**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!