



Excellence Programme

Summer Term 2022



What is the Excellence Programme (EP)?

- You will have an EP session once every 2 weeks (Wednesday afternoon during Week 1)
- You will choose what activity you do from those listed in this Choices Booklet
- It is compulsory and is part of your timetable
- Students from Years 7, 8 & 9 will be in your group
- The sessions are run by Carrington School Teachers and Support Staff

Why is Carrington School organising this programme?

- To extend your learning opportunities
- To help you to pursue your own areas of interest and strengths outside the normal school curriculum
- To help you develop your self-confidence, develop your leadership skills, improve your self-motivation, make you a better team player, get you involved in more activities, improve your creativity and support your emotional well being
- To help you develop the skills that colleges and employers are looking for

How do I make my choices?

- Have a look at the activities on offer in this booklet, these cover of 3 school values of Aspire, innovate and Respect.
- Follow the instructions sent to you by Mr Stafford to Log In to your Schools buddy account.
- The sessions available for the Summer Term 2022 will be available for you to choose on Schools buddy between **7th and 13th March**
- **Choose 4 Sessions** that you would like to take part in.
- **IF YOU ALREADY PARTICIPATE IN DUKE OF EDINBURGH OR BTA YOU DO NOT NEED TO MAKE ANY CHOICES**
- **DO NOT** choose the same activity that you have taken part in during the Autumn or Spring Term
- You will find out which activity you have been allocated at the beginning of the Summer Term
- The activity that you choose is for the Summer Term 2022 only. You will be given the opportunity to choose again at the end of the Summer Term for the Autumn Term 2022.

ACTIVITIES

Amazing Africa!

- Learn about food, culture and music from one of the largest continents in the world
- Learn about African history including why the Black Lives Matter movement exists
- Have fun learning African dance moves

Army Cadet Force (ACF)

- What is it like to be in the ACF – what activities do you do and what opportunities are there?
- Thinking of a career in the military – what decisions and preparation do you need to be aware of?
- Learn leadership and planning skills
- Learn survival skills and how to become more self-reliant and confident
- Learn personal safety skills
- Learn to push yourself further, challenge yourself, make new friends and have fun!



Computer Aided Design

- Learn how to draw on computer draw in 3D
- Learn about designing
- Learn about how computers design our world

Cooking Skills & Techniques

- Design and make quality dishes
- Opportunity to show off your catering skills
- Be independent through cooking

Create a Pop Band!

- This activity is for students who have some experience of singing or playing an instrument
- Learn how to blend vocals and instruments to create a great pop sound!
- Be creative
- Work on covering other pop sounds or create your own work

Crest Science Award

- What is it really like to be a scientist?
- You will research, plan, risk assess, complete and make your conclusions.
- At the end of the project you will present (poster, report or presentation) your findings.
- Projects can be completed as a group or as an individual.
- All project will be assessed by your teacher against the requirements for STEM Bronze Award

David Attenborough Appreciation Society

- Learn about Sir David's life, from a child searching for fossils through his career in early television to becoming one of the most famous biologists in the world and investigate how our local area can inspire you
- Learn about his work in biodiversity and his approach to conservation
- Look at ways we can do our bit to support his efforts around school and in the wider community.

Dodgeball *IF YOU CAN DODGE A WRENCH YOU CAN DODGE A BALL!*

- Learn more about this iconic sport as depicted in the film Dodgeball
- Practice throwing aiming and running with a strong team spirit
- Participate in games and competitions

Futsal

- Futsal is a football game played on a hard court, smaller than a football pitch. It has similarities to 5-a-side football. It is played between two teams of five players each, one of whom is the goalkeeper.
- Futsal is played with a smaller, harder, low-bounce ball than football.
- The surface, ball and rules together favour football ball control and passing in small spaces.

Judo for beginners

- Learn different judo moves and techniques
- Get the opportunity learn how to throw, grapple and body strike in a safe controlled way

Lawn Bowls

- Play lawn bowls at Redhill Bowling Club under the supervision of Carrington School staff
- Develop skills and strategies for the game and participate in competitions

Lacrosse

- Learn about this team sport which is played with a stick and a ball
- Learn ball control and passing
- Participate in games and competitions



Lino Printing

- Design own print, cut lino and print it on materials to experiment with backgrounds and textures.
- Work with negative shapes and printing
- Developing and enhancing prints
- Experimenting with backgrounds

Mathematical Art

- Be mathematically artistic without any numbers. Draw impossible objects, create detailed symmetrical drawings, create curves from straight lines, make mazes, labyrinths and complex 3d shapes



Mindfulness

- Learn about mindfulness as a technique you can learn to help you to relax and stay positive
- Relax, take stock and get to know yourself better
- Try out different activities to enjoy peacefully
- Activities include mindful colouring, jigsaws, nature walks, journaling and poetry

Podcast Masterclass

- Podcasts are fast becoming a huge revolution when it comes to communicating news and information – there is a huge range out there on just about any topic!
- During these sessions you will have the chance to produce your very own podcast on something YOU are passionate about.
- You will learn the skills to record, edit and market your very own podcast and explore the industry
- Take part in this Podcast Masterclass to develop your presenting, filming and editing skills

Space & Astronomy

- Learning about formation of the Universe, evidence for the expanding universe, formation of the solar system, interactions between planets and their gravitational effects.
- Astronomy and constellations, deep space exploration and telescoping
- Using astronomy documentaries and investigative work to create presentations on topics of interest

Stretch & Flex with Yoga and Pilates

- Learn how stretching out muscles can improve flexibility and improve performance in sport
- Stay supple to avoid sports injury through yoga and pilates
- Understand the mindfulness benefit of yoga related activities to reduce stress

Who Wants to be a Millionaire?

- Take part in the Young Enterprise Tenner Challenge
- Create your own business plan to make money starting with a £10 starting donation from school
- Learn business skills for the future

Woodland Walks

- Learn about local outdoor spaces and appreciate local countryside, plants and wildlife
- Appreciate the value of taking the opportunity to walk out in the fresh air

