



Excellence Programme

Summer Term 2022



What is the Excellence Programme (EP)?

- You will have an EP session once every 2 weeks (Wednesday morning 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 Year 10 only 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 on the following page of this booklet
- Follow the instructions sent to you by Mr Stafford to Log in to your SchoolsBuddy account
- **Choose 3 Sessions** that you would like to take part in **UNLESS** you already participate in **Duke of Edinburgh** in which case you do not need to complete a choice.
- **DO NOT** choose the same activity that you have taken part in the Autumn or Spring Term
- The sessions available for the Summer Term 2022 will be available for you to choose on SchoolsBuddy between **7th March and 13th March**
- We will do our best to allocate you one of the activities that you have chosen.
- You will find out which activity you have been allocated at the beginning of Summer Term 2022
- The activity that you choose is for Summer Term 2022 only. You will be given the opportunity to choose again at the end of Summer Term for the Autumn Term 2022.

Excellence Programme Activities

Animal Care

- Consider different animal species
- Explore their habitats
- Learn about their care needs

Exploring Important Issues through Film

- Watch thought provoking films
- Research/discuss topical issues to broaden students' knowledge
- Create leaflet and other printed documents on topical issues explored for wider school community
- Write film reviews and create publicity

Golf Driving Range *there will be a cost of £10 per Term for this activity**

- How are your golf skills?
- Develop your technique
- Improve the distance and accuracy of your shots

International relations – *an opportunity to learn and debate on world issues!*

- Research and learn about different political systems and parties from around the world
- Debate different topics and issues
- Look at current affairs and issues happening around the world currently

Origami

- Learn about the ancient Japanese art of sculpting with paper
- Get creative and make different origami shapes and objects
- Great for mindfulness and building your practical and design skills

Puzzle solving

- A puzzle is a game or problem designed to test ingenuity or knowledge
- Put your lateral thinking, logic and spatial awareness to the test
- Solve various types of problems, ranging from sudoku, puzzles, cryptograms, riddles and jigsaws

Swimming – improve your skill *there will be a cost of £10 per Term for this activity**

- Swimming is a great activity to keep fit but also to keep you safe
- Learn the skills to become a better swimmer and help you find your way out of danger in the water
- Feel invigorated by swimming as a form of exercise

* Cost should not be a barrier! Opportunities for funding from ACE Foundation available