



Excellence Programme

Autumn Term 2021



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 are in 3 sections based on our three school values
 - Aspire
 - Innovate
 - Respect
- Set up your SchoolsBuddy account. You will receive an email to your school email account today giving instructions on how to do this.
- The sessions available for the Autumn Term 2021 will be available for you to choose on SchoolsBuddy between **15th and 20th September**
- The **Duke of Edinburgh** scheme is available to all students in Year 9 and will take place during your Excellence Programme time. Details of DofE are given on the next page of this brochure.
- For those of you that have already signed up to take part in the **BTS** (British Theatre School) this will take part in your Excellence Programme sessions. You do not need to make any further choices from this brochure.
- **Choose 3 Sessions** that you would like to take part in – one from each section of Aspire Innovate & Respect, **UNLESS** you would like to participate in **Duke of Edinburgh** or **BTS** in which case this is the only choice you need to make.
- You will be allocated one of the three activities that you have selected. You must be prepared to do any of your choices.
- You will find out which activity you have been allocated on **Monday 27th September**
- The activity that you choose is for the Autumn Term 2021 only. You will be given the opportunity to choose again at the end of the Autumn Term for the Spring Term 2022.



Duke of Edinburgh Award

Available to students in Years 9

The DofE programme is a fun and engaging way to develop the skills and attitudes you need to become a more rounded, confident adult. The Duke of Edinburgh Scheme is recognised by employers, colleges and universities as a way of helping you develop skills like those listed below. Participating will help you stand out from the crowd and be successful in the future whatever your plans may be.

- Self-belief, self-confidence and a sense of identity
- Initiative and a sense of responsibility
- A real awareness of your strengths
- New talents and abilities
- The ability to plan and use time effectively
- Learning from and giving to others in the community
- Forming new friendships
- Problem solving, presentation and communication skills
- Leadership and teamworking skills

The award scheme is made up of four sections

Volunteering involves giving service to other people and to the local community. It gives participants the opportunity to increase their self-confidence, to accept responsibility, understand strengths, appreciate other people and care for the environment.

Expeditions involves planning, preparing and undertaking an adventurous journey (involving an overnight camp) on foot, in an unfamiliar and remote environment. You will become part of a self-reliant team working together to overcome challenges. In your Excellence Programme lesson you will learn about safety and emergency procedures, basic first aid, navigation, route finding, map and compass skills, camp craft, country codes and team building.

Skill is about developing personal interests and learning practical skills. It gives you the chance to learn something new, get organised, meet new people, try something different and have fun.

Physical is about getting involved in a sport or physical activity. It gives you an opportunity to improve fitness, meet new challenges, increase self-confidence and gain a sense of achievement.

Participating in the scheme costs £60 per pupil, and will take up your Excellence Programme time for the whole of this academic year.

IMI

Section 1

Aspire

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 telescopes
- Using astronomy documentaries and investigative work to create presentations on topics of interest

Reading Club

- In the library - use the beanbags
- Providing opportunities to read for fun
- Theme sessions e.g. Harry Potter Day

Basic Maori

- A basic introduction to Te Reo Māori, the native language of New Zealand
- Build up your skills in order to complete activities like being able to give a pepeha (self-introduction),
- Learn basic cultural Maori practices

Africana Lifestyle

- Exploring the diverse nature of African Culture
- Having a fun and practical experience learning African dance moves and music
- Learn what it takes to prepare a common African delicacy 'Jollof rice' as a life skill

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

Music Technology

- Using music software to create your own tracks
- Students will be involved in individual or small band work or using Cubase Music Software to create their own work including use of sequencing

Futsal

- Futsal is a football game played on a hard court, smaller than a football pitch. It has similarities to five-a-side football. It is played between two teams of five players each, one of whom is the goalkeeper. Unlimited substitutions are permitted.
- Unlike some other forms of indoor soccer, the game is played on a hard-court surface marked by lines; walls or boards are not used. 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.

Stoolball

- Learn about this traditional Sussex striking and fielding game.
- It has elements that are similar to cricket.
- Requires working on individual skills and collaborative teamwork

Korfball

- Learn all about the game of Korfball – a ball sport with similarities to netball and basketball
- It is played by two teams of eight players
- The objective is to throw a ball into a basket that is mounted on a high pole

Dance Leaders

- Learn how to deliver a successful dance lesson to Primary School students.
- Enable them to learn, create and perform dance routines to achieve success

Ballroom Dancing for Beginners

- Learn the basic steps of Ballroom Dancing
- Dances include waltz, chachacha, quickstep, foxtrot, rumba, jive
- Dances will be taught as non-contact activities

Bike it!

- Improved bike handling skills and awareness
- Basic bike maintenance
- **You will need to provide your own bike and helmet for this session!**

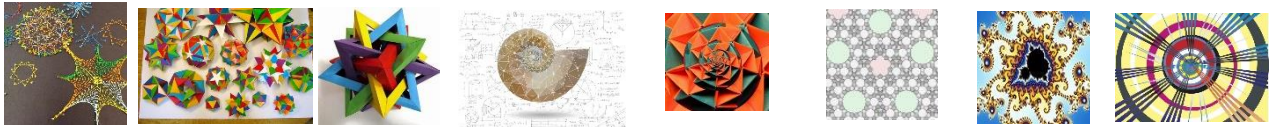
Section 2 Innovate

Lino Printing

- Design own print, cut lino and print it on to a range of materials to experiment with backgrounds and textures.
- Work with negative shapes
- Preparing materials and resources
- Printing
- Developing prints
- Experimenting with backgrounds
- Enhancing prints

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



Card Modelling

- Make card models of a variety of products.
- Learn a range of skills to develop your creativity.
- Compete against peers to win prizes, may the best card models win!

Vlogging & YouTube Masterclass

- Have you ever fancied yourself as the next KSI or NikkieTutorials?
- Take part in this Vlogging and Youtube Masterclass to develop you presenting, filming and editing skills
- Create your own Vlogs and videos

Python Coding

- Introduction to Python - This course will give you a flavour of programming using a user friendly application that has become popular with novices and experienced programmers
- You will learn how to create small programs using the building blocks of programming
- Gain a flavour of GCSE Computer Science and learn how to develop code further

Cooking Skills & Techniques

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

Computer Aided Design

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

Chess

- Beginner class teaches basics of chess
- Intermediate class involves rolling competition where everyone plays a different person each week and weekly results are shared with the school.

Interact Club

- Interact derives its name from the words 'International' and 'Action' and exists in 120 countries around the world.
- Taking part in the Interact Club will involve you working together with our local Rotary Club to plan and manage fundraising events to raise money for local charities.
- Throughout the sessions you will develop leadership and teamwork skills and do something really worthwhile for others!

Section 3

Respect

Emotional Growth

- Zones of Regulation is a programme to support you with self-regulation and managing your emotions
- It is designed to help you build awareness of your feelings and develop strategies to support you in various situations
- It is also designed to support positive mental health for all

Mindfulness

- Mindfulness is a technique you can learn to help you to relax and stay positive. It involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) – without judging anything
- Relax, take stock and get to know yourself better
- Try out different activities to enjoy peacefully
- Activities include mindful colouring, jigsaws, nature walks/flower picking and pressing, journaling and poetry

Basic Sign Language Skills

- Sign language is a way of communicating using gestures, facial expression and body language
- It is a way of communicating that is often used by people who are deaf or have hearing impairments
- Learn the basics of this vital skill

Woodland Walks

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

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.