

THE ADEYFIELD ACADEMY

**Super Curricular
Opportunities**

**Sixth Form at The
Adeyfield Academy**

2020 – 2021

What are super-curricular activities?

These are activities that are outside the regular curriculum e.g. doing a sport or playing a musical instrument or those that take your regular curriculum *further*. They take the subjects you study in the classroom *beyond* that which your teacher has taught you or what you've done for homework. For example, you may go into more depth on something you learnt in the classroom, or study a new topic altogether. Examples of these activities are; additional reading, going to lectures, visiting museums, entering academic competitions, teaching yourself new material.

Why are they so important?

Super-curricular activities enhance a student's chance of acceptance into a competitive degree course and/or employment. What you choose to do will build you a strong individual profile to impress Higher Education establishments and employers. These activities will develop a variety of skills and qualities that will benefit you in the future.

Super-curricular activities will also help you explore what you would like to study and will bridge the gap between school and university level studying.

Very importantly you may find a new lifelong interest and you can take the opportunity to challenge yourself.

What are the choices?

- Conversational Spanish
- Debating
- Duke of Edinburgh Award
- EPQ
- Fitness Training
- Food Skills
- Horticulture
- ICT Skills
- Music
- Yoga
- Volunteering

Conversational Spanish

Spanish is the second most spoken language in the world and the official language in 20 countries. It is particularly useful to know if you are looking to either travel or to work in Business. Employers are often looking for employees that have the ability to speak more than one language to increase their target markets.

By learning Spanish, you will be able to communicate with Spanish speakers but also set yourself apart from others. These abilities can make an individual more marketable and desirable for employers.

Learning a new language is a challenge and learning Spanish is no exception to this. However, there is no doubt that you will have a further sense of achievement when you see your Spanish oracy skills improving.

During this super- curricular activity you will be able to build on any existing Spanish you have learnt which will allow you to develop your confidence when speaking.

Having learnt Spanish previously is not a condition for choosing this as a super-curricular option.

This enrichment opportunity is ideal for;

- Students who want to develop their practical language skills
- Students who are interested in broadening communication skills and self - evaluation skills needed and valued in later life, in both academic and work environments.



Debating

What is debating?

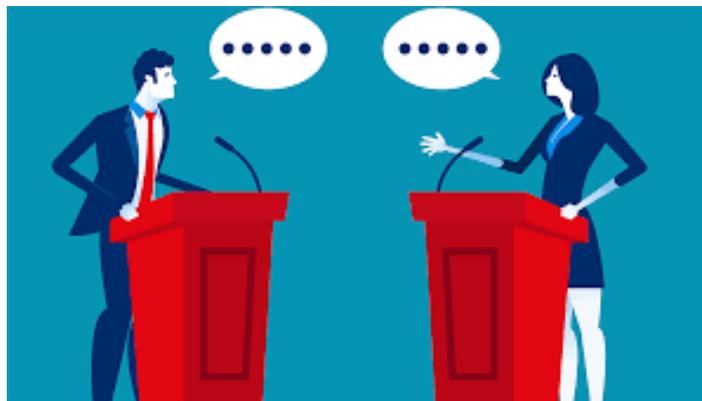
Debating gives you the opportunity to compete in small groups in a formal argument, with each group trying to convince an audience of their side's point of view. The topics (or 'motions') are provided in advance and used for the debates.

What skills does it develop?

- Research, planning and teamwork
- How to construct a clear, convincing argument
- Analysing and evaluating ideas and events
- Public speaking skills

What are the benefits?

Debating hones public speaking skills and is a great opportunity to develop confidence and ability in expression, both written and spoken. It is a valuable addition to a CV or personal statement, and also provides skills which would be useful in interviews of any kind. Although it builds independence, it is also very much a group activity, requiring teamwork, joint planning and other highly regarded skills.



Duke of Edinburgh (Bronze Award)

The Duke of Edinburgh's Award (DofE) is a voluntary, non-competitive programme of activities for anyone aged 14-24. At The Adeyfield Academy we acknowledge that not all learning happens in the classroom. Young people need experiences outside the classroom to become committed, responsible and fulfilled citizens of the world.

The Duke of Edinburgh's International Award is also known as DofE, The Head of State Award, The President's Award Scheme, The International Award for Young People, and the Governor General's Youth Award. The Award equips young people for life regardless of their background, culture, physical ability, skills and interests. Doing the Award is a personal challenge and not a competition against others; it pushes young people to their personal limits and recognises their achievements. Doing their DofE gives young people the opportunity to experience new activities or develop existing skills.

Since its launch over 60 years ago, the Award has inspired millions of young people to transform their lives. Through non formal education and learning, the Award can play a critical role in a young person's personal development and is achievable by any 14-24 year old who wants to take up the challenge.

The Award is comprised of three levels and four sections. Participants complete all four sections at each level in order to achieve their Award. Young people create their own DofE programme by choosing volunteering, physical and skills activities and going on an expedition.



EPQ

What is the EPQ?



It is a Level 3 qualification which requires you to select a topic/area of interest for an in-depth study that provides opportunities to develop skills, knowledge and understanding, whilst challenging your planning, research, critical thinking, analysis, synthesis, evaluation, creative and presentation skills through well supported, independent working.

Your project could be a piece of artwork, a textile piece or fashion garment. It could be a product, a report or an investigation, a design, a dissertation, a production model or a performance. The qualification allows you to choose a topic that is of specific interest to you.

How long is the EPQ?

The recommended time for the EPQ is 120 hours. 30 hours will be guided learning i.e. the teaching of skills. 90 hours will be independent study in researching, completing and reviewing the project. An EPQ which is written work only should be approximately 5,000 words. Projects which are artefacts e.g. a performance or model will include a written report which is at least 1,000 words.

What skills will you develop?

Independence, research, problem solving, organisational skills, project management, analytical writing, evaluation, self-motivation, creative thinking, personal, Learning and thinking Skills, functional skills, key skills and any further specialist technical skills that are relevant to the chosen topic.

What are the benefits of undertaking the EPQ?

As well as the skills you develop, the EPQ is worth half an A Level and will enhance a university application. Completion of the EPQ also gives universities and employers positive evidence of the motivation to explore a subject in greater depth along with invaluable research skills.

Fitness Training

We will be offering a comprehensive Sports enrichment programme during Year 12 and 13 PE. During this time we will be able to offer a variety of sports. We will be providing opportunities to go offsite and take part in sporting activities in addition to those that we offer at school. These will include the Gym.

Alongside this we are also offering students the opportunity to do additional physical activity in the form of Fitness Training. General fitness training works towards broad goals of overall health and well-being, rather than competitive sport competition.

In these sessions there will be choice of different sessions including;

- Circuit training
- Continuous training
- Plyometrics
- Weight training
- Fartlek Training
- Speed training
- Aerobics
- Zumba
- Boxercise

For these sessions there is no requirement to have attended similar sessions previously.



Horticulture

At The Adeyfield Academy we believe that it is important that all students have the best working environment to work in, included in this is the school grounds. As part of the group of students that are responsible for Horticulture in the school you will be expected to help maintain our school grounds.

During this super-curricular activity students will be responsible for and have the opportunity to;

- Care for and maintain planted areas in and around the school
- Prepare and plant hanging baskets
- Prepare ground for sowing or planting
- Water flower beds
- Create borders
- Have a say in future plans for outside areas e.g. fruit and vegetable garden



Not only is this enjoyable activity but gives students an opportunity to engage in an activity away from their daily studies something that as a school we recognise is very important in developing students well-being.

ICT Skills

Technology has increased how organisations can be more productive, many offices still waste time and resources. As such, employers need more staff members that already understand the full potential of communication technology software.

In this super-curricular activity we will build on your existing ICT skills that will enable you to enhance your work at school and prepare you for university and the world of employment. These skills will focus on:

Using the computer

- Opening and closing applications and programmes
- Using word processing programmes (e.g. Microsoft Word) to create new documents
- Using Word functions (e.g. Spell Check)
- Using programmes to design layouts for a poster or flyer
- Creating spreadsheets (e.g. Microsoft Excel)
- Creating slides for a presentation using PowerPoint (E)



Music

Would you like the opportunity to develop your musical understanding and skills?

The programme is decided each term in collaboration with the teacher, but can include many possible options.

You will have a choice of some of the following options each term:

- Learning how to write your own pop/rock song, or how to refine and produce a backing track on Garage band for songs you have already written
- Learning how to play chords on acoustic/electric guitar for songs of your choice
- Learning how to play the bass guitar for songs of your choice
- Basic drum-kit
- Learning how to play chord backings for pop/rock songs of your choice on the keyboard
- Forming a band with others on the course
- A pop/rock choir
- Singing technique – Classical and/or Pop
- Learning how to vocally harmonise a pop song melody.



Yoga

What is yoga?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

The practice originated in India about 5,000 years ago and has been adapted in other countries in a variety of ways. Yoga is now commonplace in leisure centres, health clubs, schools, hospitals and surgeries.

What are the health benefits of yoga?

Yoga is an effective way to increase physical activity, especially strength, flexibility and balance.



Volunteering

What is volunteering?

Volunteering is defined by Volunteering England as 'any activity that involves spending time, unpaid, doing something that aims to benefit the environment or someone (individuals or groups) other than, or in addition to, close relatives.'

Volunteering can include formal activity undertaken through public, private and voluntary organisations as well as informal community participation.

Why volunteer?

Volunteering can make a real difference to your own life and the lives of those around you. When you think about giving your time, you need to find a volunteering opportunity which is right for you, whether it's supporting an elderly person or helping out at a local sports club. Don't agree to do anything you are uncomfortable with or that you cannot commit to for the requisite amount of time.

Volunteering will also equip you with a wide range of transferable skills that will enhance your CV and University applications.

Factors to think about before applying for a volunteering position

- Before making initial contact with an organisation, think about what you want to know from them, and what they are likely to ask you. Do your research.
- How much time can you realistically give? At what time of day? During the week weekends/holiday time only?
- What do you want to get from volunteering? Do you want to meet new people or gain new skills?
- What skills or experience can you yourself offer?

Where to look for volunteering roles

<http://www.do-it.org.uk> Do-it is an internet database of volunteering opportunities, and covers the whole UK. The database can be searched by postcode, type of volunteering activity and type of organisation

When can I volunteer?

You can volunteer for up to two hours a week. All volunteering placements must be authorised by The Sixth Form team.





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