

SIXTH FORM ENRICHMENT



THE ADEYFIELD ACADEMY

LEARNING WITHOUT LIMITS



COURAGE

DIGNITY

AMBITION

COMPASSION

RESPECT



SIXTH FORM ENRICHMENT

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SIXTH FORM ENRICHMENT

INTRODUCTION

WHAT ARE ENRICHMENT 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 what your teacher has taught you or what you have done for homework. In some instances, you may go into more depth in content 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, or even teaching yourself new material.

WHY ARE THEY SO IMPORTANT?

Enrichment 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.

They will also help you explore what you would like to study in greater depth 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?

<u>ARTS AWARD</u>	<u>EPQ</u>	<u>FITNESS TRAINING</u>
<u>CORE MATHS</u>	<u>FOOD SKILLS</u>	<u>VOLUNTEERING</u>
<u>DUKE OF EDINBURGH AWARD</u>	<u>FIRST AID</u>	



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ARTS AWARD



At sixth form, we would like to offer the opportunity for young people to take part in a creative side project which not only develops transferable skills, but is also desirable when applying for university places, apprenticeships or jobs; showing other interests and strengths outside of the subjects studied.

The Arts Award takes young people on a creative journey, exploring the arts world, discovering their potential as artists, developing leadership skills – and gaining a recognised qualification along the way. This unique set of arts qualifications builds skills essential for success in the 21st century: Creativity and communication, along with problem-solving, reflective-thinking and confidence. Students will undertake two units, building a portfolio of evidence:

UNIT1: ARTS PRACTICE AND PATHWAYS

- Planning an arts leadership role and planning an arts project
- Being an effective arts leader, including dealing with practical issues and working effectively with others
- Reviewing their projects and leadership abilities

UNIT 2: ARTS LEADERSHIP

- Identifying an arts leadership role and planning an arts project
- Being an effective arts leader, including dealing with practical issues and working effectively with others
- Reviewing their project and leadership abilities

Students will undertake the Arts Award at Silver level, which is an equivalent to a Level 2 qualification (GCSE). If you are interested and would like to know more, please speak to Mrs Forni, Music Teacher and Curriculum Lead of Performing Arts.



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CORE MATHS



This programme is designed to take some of the things you have learnt at GCSE and learn how they are applied within Post-16 subjects as well as in professional life. It differs from A Level Maths in that there is very little algebra and everything you learn is presented with a real-world application.

This programme is suitable for students who gained a Grade 4 or above at GCSE Maths who are not studying A Level Maths but would like to see how some of those skills are applied. It is particularly useful as a support for students studying courses with a mathematical component such as Psychology, Geography, Business, Economics, Chemistry and Biology.

As well as developing directly applicable skills you will also be working towards a UCAS recognised Level 3 qualification (40% of an A Level – equivalent to an AS Level) which can form a part of a University offer.

You will:

- Critically analyse claims involving numbers and data
- Interpret and present numerical information
- Develop an understanding of personal finance including how personal tax is calculated
- Develop estimation skills
- Critically analyse claims involving number and data to, for example, avoid scams or present your findings to an audience
- Study an option module which may be in Statistical Techniques or Critical Path and Risk Analysis

HOW DO YOU GAIN THE CERTIFICATE?

At the end of Year 13 you will take two 90 minute exam papers with equal weighting which will contribute to your overall grade.

Please be aware that this is an academic course and will require you to attend lessons during Year 12 and 13 for two hours a week as well as complete home learning assignments. Whilst this constitutes extra work, you will not only gain a recognised Level 3 qualification but also a significant boost to your understanding of some of the Mathematical aspects of your chosen subjects.



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DUKE OF EDINBURGH



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 Duke of Edinburgh 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.





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EXTENDED PROJECT QUALIFICATION (EPQ)

WHAT IS THE EPQ?

It is a Level 3 qualification which requires you to select a topic 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 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 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 ARE THE BENEFITS OF UNDERTAKING THE EPQ?

You will develop skills in 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.

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.





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FOOD SKILLS



WHAT ARE FOOD SKILLS?

This enrichment opportunity will cover the following topics: nutrition and cooking skills, basic kitchen equipment and essential ingredients for a student.

Through practical work the students will work on batch cooking and freezing as a way of saving money; making a meal from leftover ingredients and using seasonal ingredients. Some dishes that students may have the opportunity to make are:

- Pineapple upside down cake
- banana bread
- Soup
- chicken curry
- sausage and mash
- spaghetti bolognese
- Casserole

This programme of study will be adapted to suit the needs of the students





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FIRST AID



WHAT IS FIRST AID?

First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury.

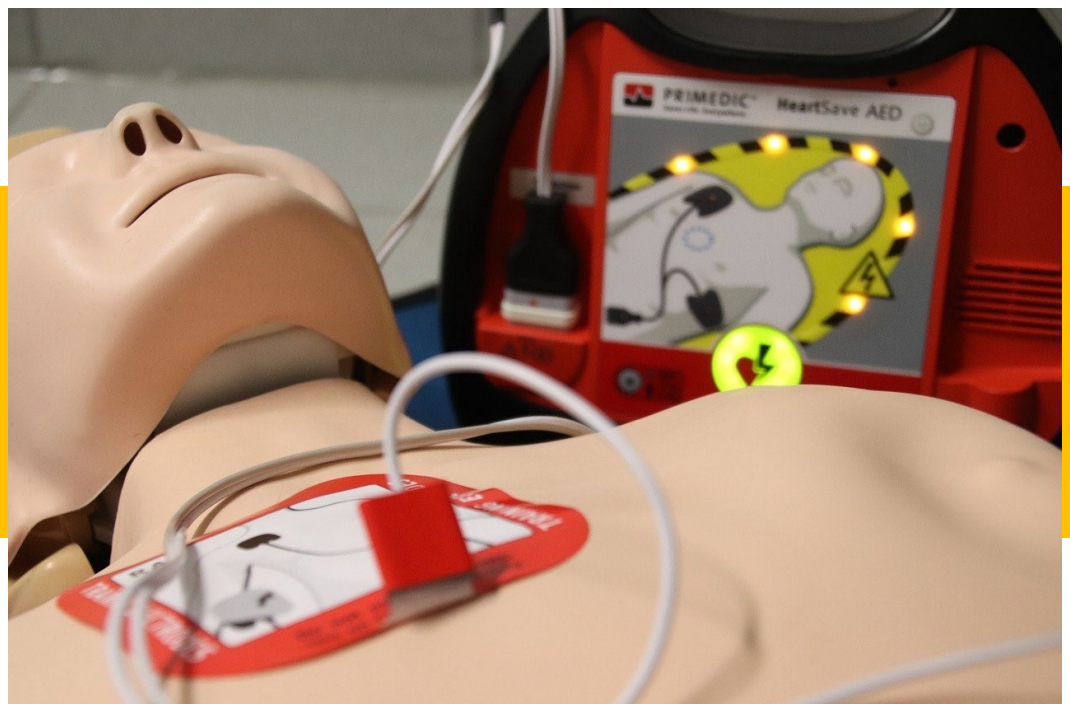
THE 5 MAIN AIMS OF FIRST AID ARE:

- Preserve life.
- Prevent the escalation of the illness or injury. Promote recovery.
- Pain relief.
- Protect the unconscious

WHAT ARE THE BENEFITS OF ENGAGING WITH THESE SESSIONS?

First aid gives young adults a skill that cannot be taken away and provides them with the confidence to act when it really counts in incidences or accidents. It helps to save peoples lives.

This course enables students to be able to identify risk and be aware of safety, something that is thought highly upon when entering the world of work. It helps to reduce hospital admissions and consequently protects the NHS.





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FIRST AID



WHAT SKILLS WILL STUDENTS LEARN AND DEVELOP?

INTERPERSONAL AND COMMUNICATION SKILLS

First aid is all about people. First aiders should have good communication skills, emergency situations can be stressful and distressing for those involved and therefore a first aider needs to have a calm and reassuring manner.

CONFIDENCE

A certain amount of confidence is required to be a first aider. You need to be confident in the skills and techniques learnt during training and be able to apply these to a real world emergency situation.

ABILITY TO WORK UNDER PRESSURE

First aiders may be called upon to make decisions or act in emergency situations. Therefore the ability to work under pressure is critical. First aiders should be able to keep a 'cool head' and remember key lifesaving skills e.g. CPR.

ATTENTION TO DETAIL

A certain amount of attention to detail is required to become a first aider. Learning first aid can be a daunting prospect as there are lots of rules and signs/symptoms to be learned.

TEAMWORK AND LEADERSHIP

Finally a first aider should be an integral team player. They may be required to work as part of a team, or to work alongside other emergency services. In addition a first aider may need to take on a leadership role during an emergency and must have the confidence and knowledge to do so.



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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 fitness activities 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.



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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 is supporting an elderly person or helping out at a local sports club.

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 TO VOLUNTEER?

- 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 and must not fall within timetabled lesson time.

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