

# 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?

<b><u>ARTS AWARD</u></b>	<b><u>DUKE OF EDINBURGH</u></b>	<b><u>FITNESS TRAINING</u></b>
<b><u>CAREERS</u></b>	<b><u>EPQ</u></b>	<b><u>SUPER CURRICULA</u></b>
<b><u>CORE MATHS</u></b>	<b><u>FOOD SKILLS</u></b>	<b><u>TA</u></b>
<b><u>DRAGONS' APPRENTICE</u></b>	<b><u>FIRST AID</u></b>	<b><u>VOLUNTEERING</u></b>





# SIXTH FORM ENRICHMENT

## 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.





# SIXTH FORM ENRICHMENT

## CAREERS



### WHY DO WE OFFER CAREER VISITS?

Career visits are an important way of giving expertise and knowledge of a wide range of careers and for you to make connections with those in industry. As well as your one-to-one appointments and the Dacorum Careers Fair, we offer numerous talks in school with a wide range of employers across industries. Some off these have included:

- VISA
- Police
- IT Consultant
- Health and Safety Officers
- Catering Managers
- NHS professionals
- Retail Management
- Accountancy





# SIXTH FORM ENRICHMENT

## 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.





# SIXTH FORM ENRICHMENT

## DRAGONS' APPRENTICE



### HOW DOES IT WORK?

The Dragon's Apprentice is a competition run by Connect Dacorum. The challenge recruits teams of school students (the Apprentices), assigns them a business mentor (a Dragon) and then pairs them with a local charity. The teams are given £100 and challenged to turn it into £1,000 or more. The Dragons provide advice and support to help their team achieve their business goal and funding target. Activities have included quizzes, dances, concerts, cake sales, market stalls, silent auctions, a casino, personal coaching and pop-up shops. All profits made by the teams go directly to their partner charity.

Adeyfield has two teams entered this academic year who are raising money for Waterways Experiences, a charity providing accessible boat trips for disabled people and young carers, and Gaddesdon RDA, who provide accessible horse riding opportunities.

### WHY DRAGONS' APPRENTICE CHALLENGE?

It provides a cost effective alternative to other schools-based enterprise challenges. It support the development of business and project management skills for young people and an opportunity to network with potential employers of the future and build contacts for work experience. It also provides excellent background to include on personal statements for UCAS applications and Duke of Edinburgh Awards and looks very good on a CV. It is also an innovative way of developing employability skills.

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.







# SIXTH FORM ENRICHMENT

## 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.





# SIXTH FORM ENRICHMENT

## 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





# SIXTH FORM ENRICHMENT

## 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.

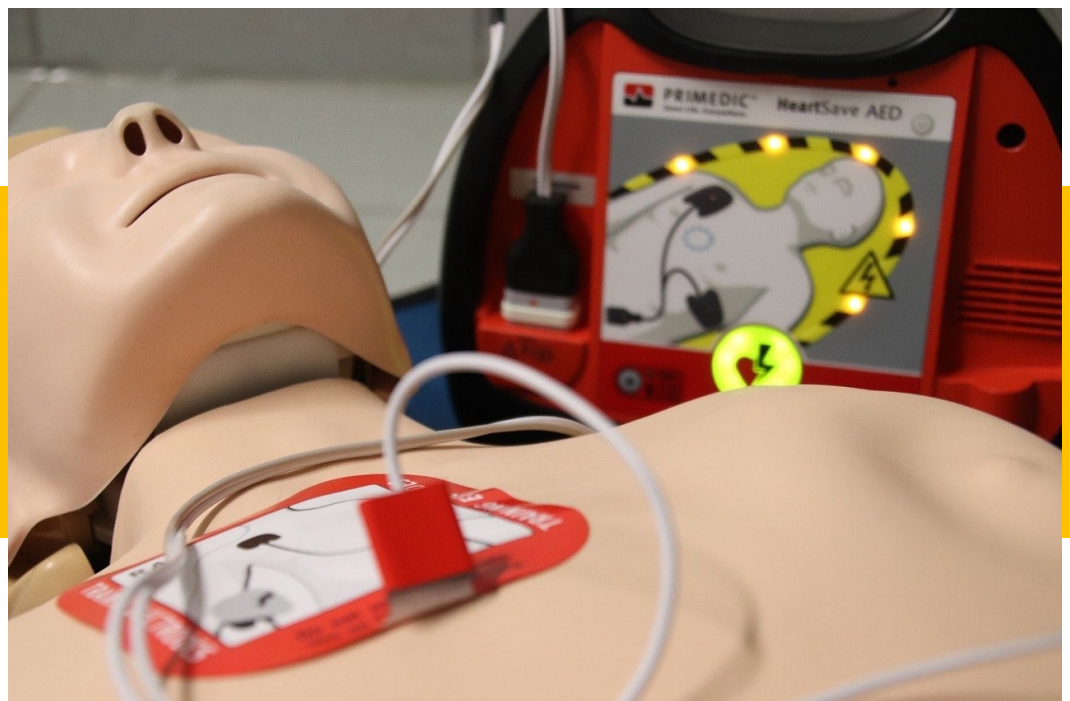
### THE 5 MAIN AIMS OF FIRST AID ARE:

- 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.





# SIXTH FORM ENRICHMENT

## 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.



# SIXTH FORM ENRICHMENT

## 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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## SUPER CURRICULA CLUBS



### WHAT IS SUPER CURRICULA?

Super Curricula opportunities are a way of providing you with extra skills or qualifications that will help with your studies and university/job applications. The clubs will cover a wider range of areas and you will have to take part in one of these across your timetable. These will be invaluable extra skills that will make you stand out from other students.

### WHAT CLUBS ARE ON OFFER?

- Learning a Language: You will learn the basics of a language which will boost cognitive skills
- Debating Skills: Debating a topical issue each week and learning how to debate persuasively and effectively
- High Impact Study Group: This will be an opportunity for targeted, high impact revision where you will be taught key study skills
- Arts Club: Working towards the Arts Award
- Fitness: How to create a fitness plan and opportunities to work towards coaching badges/courses
- Cooking and Food Skills: Essential skills for later life





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## TEACHING ASSISTANT (TA)



### HOW DOES IT WORK?

Students are assigned to a department where they will support in lessons with younger year groups and students. They will be fully immersed into the curriculum and be able to deliver content and support students to achieve their potential. They will embody the 5 star values as they support younger students. This will form one hour minimum per fortnight on their timetable.

### WHY TA?

This will give a range of transferable skills that will help in your studies as well as any university or job applications. It will also give you a sense of fulfilment as your supporting younger students which will be invaluable to them and you will form strong relationships with both staff and students.

### 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.



# SIXTH FORM ENRICHMENT

## 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.

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