



**Year 9**

Why?

Why do we have enrichment lessons at Nottingham Free School?

At Nottingham Free School we aim to ensure all of our students achieve a good career through university or equivalent training. The combination of excellent academic qualifications combined with the wider skills developed during enrichment lessons gives all of our students the ability to fully develop all of the skills required by employers. The ten key employability skills are shown below.

Employability Skills

1. **Self-motivation** taking responsibility for developing work readiness

2. **Self-assurance** having the tools and skills to present themselves to employers

3. **Aspiration**  having high personal goals

4. **Informed**  understanding the opportunities available and making realistic choices

5. **Experience**  having experience of work that is rewarding and fulfilling

6. **Achieving** qualifications valued by employers

7. **Accountability**  understanding how to take responsibility

8. **Resilience**  understanding employers need for people who can listen and learn

9. **Entrepreneurial**  working creatively to achieve personal and business potential

10. **Co-operation** developing effective communication and co working skills

Each enrichment lesson you choose will develop at least one of these skills. It is important that you choose lessons that will give you a rounded set of skills. Take time to read through all of the options in the booklet before you are asked to state your preferences. Think about what skills you need to develop as well as activities that you would enjoy. Maybe it’s time to have a new experience and try something completely different, rather than choose something you already have experience of. The school heavily subsidises most of these lessons however many of the activities for KS4 have a substantial cost. We can help with financial support for students who are in receipt of free school meals or pupil premium so please do not let the cost stop you from choosing a particular activity.

|  |
| --- |
|  Monday |

Life Skills



Employability skills developed

2. **Self-assurance** having the tools and skills to present themselves to employers

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Duke of Edinburgh: Bronze Award

The Duke of Edinburgh award is a youth achievement scheme which includes various activities based around four themes of physical, skills, volunteering and an expedition.

The Physical section is a chance for you to focus on your health and fitness and have fun along the way

The Skills section is about discovering what you’re really good at. By developing practical and social skills and nurturing your personal interests and talents, you’ll boost your self-esteem and your CV.

Volunteering is all about making a difference to the lives of other people.

For the expedition as part of a small team, you’ll plan and complete a practice and final expedition during which you’ll improve your communication and leadership skills.

For the hundreds of thousands of young people who take part each year, the benefits of achieving a DofE Award at any level are endless. It’s difficult to list them all here… but you should definitely know how much fun you’ll have, how pushing yourself to do new things will help you to grow in confidence and develop useful skills. Why meeting new people will inspire you and lead to lasting friendships. And how a DofE Award can give you the edge when you apply for college, university or a [job.](http://www.dofeskills.org/) Put simply, the DofE is about helping you along the path to a productive and prosperous future and is often described as a life changing experience.

**There is likely to be an additional cost to this course of £190.**





**Useful Links**

<http://www.dofe.org/take-part#k0>

<http://bullexpeditions.com/>

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British Science Association Crest Awards



CREST is a UK award scheme based on giving students opportunities to explore real-life science, technology and engineering projects. The projects enable students to develop their investigative skills and provide a sense of personal achievement.

Over the year students will work with internal and external providers on various projects. We are planning to work with Greenpower sponsored by Siemens. They aim to help school pupils design, build, and race an electric car, with the objective of increasing science, technology, engineering and maths (STEM) awareness and encourage students to target careers in the growing field of UK engineering.

**Useful links**

<http://www.britishscienceassociation.org/crest-awards>

<http://www.greenpower.co.uk/events/learning-resources/crest-awards>

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Sports Leaders

The Level 1 Award in Sports Leadership will develop your leadership skills in a variety of sports and/or recreational situations.

**Over the year students will cover the following:**

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| --- |
| 1. Plan, lead and review a sport/activity |
| 2. Developing leadership skills |
| 3. Lead activities that promote a healthy lifestyle |
| 4. Fair play in sport |
| 5. The role of the official |
| 6. Opportunities in sport and recreation |  |  |  |

In order to complete your Level 1 Award in Sports Leadership you **must** complete a one hour demonstration of leadership.

**If you are taking GCSE PE then you should not take this option this year. You should choose the team sports option on a Wednesday. There will be an opportunity to complete this in the future.**

**Useful links**

<http://www.sportsleaders.org/courses/qualifications/qualifications/level-1-award-in-sports-leadership/introduction/>

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Choir

Do you want to pursue a future in music or just enjoy singing?

Singing is a fantastic opportunity for creativity and self-expression and for those studying GCSE music this could be an opportunity to develop your composition skills and it would count towards your ensemble performance.

Be prepared to join in, perform and work as a team. You’ll need to learn the words of different songs and how to perform them for an audience.

**You should choose this or orchestra if you are studying music GCSE.**

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 WednesdayWorld Studies

Useful links

<http://debatemate.com/>

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LAMDA Grade 1-3

The LAMDA courses enable students to gain a qualification in group or individual performance skills. Widely recognised by universities and employers, the group and individual exams use drama and individual performance to develop self-confidence, memory skills, team work, physical presence and a strong speaking voice. You can opt for this course if you have already achieved grade 1 or 2 but you can also opt for this if you have not done LAMDA before. There may be a cost attached if you choose to do an individual exam.

**Useful links**

<https://www.lamda.org.uk/examinations>

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Team Sports

This option provides an opportunity to take part in team sport, to allow GCSE PE students enough time to develop their competitive team games and to count towards the Duke of Edinburgh bronze award. You will also be preparing to play in our school teams For fixtures with other schools.

**You should take this option if you are doing GCSE PE** **or if you want to include a sports skill in the Duke of Edinburgh award.**



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ECDL

ECDL is a suite of qualifications developed by the ECDL Foundation, the leading international digital skills certification authority. The ECDL qualification equips you with the skills to use a computer confidently and effectively, building on existing knowledge and motivating further learning. The qualification comprises of 4 online tests. You will learn how to use and be proficient in using software such as Microsoft Word, PowerPoint and Excel. You will be taught key skills and then will need to take an online exam based on each package. The fourth online test is a combination of using all three software packages and building that into one exam.

This qualification is useful for anyone pursuing further education and/or a job where computers are used widely.

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Orchestra

In orchestra you will learn how to perform music from a variety of different genres and time periods. You will develop your own musicality as well as your musical theory skills.

You do not have to be a particular grade to be part of the orchestra but you do need to be able to play an instrument. If you don’t have an instrument and would like one to take part please see Miss Wilson.

For those studying GCSE music this could be an opportunity to develop your performance skills and it will count towards your ensemble performance which is 30% of your GCSE.

**You should choose this or choir if you are studying music GCSE.**

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**NAME: TUTOR SET:**

**PLEASE HAND THIS COPY IN TO RECEPTION**

**Y9 Enrichment lessons option form**

Please be aware that the activities may alter slightly depending on demand. The same options will appear in Y10 so if you do not get the opportunity to take part this year then you can take part next year. Not everyone can be allocated their first choice on Monday and Wednesday but we will do our best.

Please rank your preferences in order with 1 being your first choice.

Do this for Monday and Wednesday

|  |
| --- |
| **Monday** |
| **Pathway** | **Rank order (1 = first choice)** |
| Life Skills |  |
| Duke of Edinburgh Bronze Award |  |
| British Science Association Crest Awards |  |
| Sports Leaders |  |
| Choir |  |

|  |
| --- |
| **Wednesday** |
| **Pathway** | **Rank order (1 = first choice)** |
| World Studies |  |
| LAMDA Grade 1-3 |  |
| Team Sports |  |
| ECDL |  |
| Orchestra |  |

**Please explain your choices**. **This will help us allocate places more accurately.**

Is it important for your GCSE? What skills do you want to develop?

My first choice on Monday is ……………………………. because……………………………………………………………

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My first choice on Wednesday is ……………………………. because………………………………………………………

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