



ENRICHMENT

AT NOTTINGHAM FREE SCHOOL



NOTTINGHAM
FREE SCHOOL

Year 10

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. This year you will take 1 enrichment lesson. Some students will be in the school sports teams in addition to this.

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

Term 1

• **First Aid.** This course is great for people if you are interested in jobs in health or social care, education or in public services. You will learn how to deal with different first aid scenarios and about different health issues related to young people. At the end of this term you will complete a First Aid course qualification.

Term 2

• **Level 1 Food Safety and Hygiene.** This course aims to introduce you to the basic principles of Food Safety and Hygiene. It is useful for anyone who is interested in working in the catering industry. This includes people wanting to work in hotels, cafes, bars, restaurants, kitchens, and catering in hospitals or schools. It is also useful if you enjoy cooking for other people for fun.

Term 3

• **Touch typing Course.** Computers are needed for most jobs and your speed in typing can really hold you back. This course will help you get one step ahead with computers.

• **Hospitality Project.** You will plan and organise a small scale hospitality project.



Employability skills developed

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You cannot pick this if you already took it last year.

Duke of Edinburgh: Silver 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.

Students need to complete **6 months** for **2 sections** above and **3 months for one**. School can help you organize these.

For the expedition as part of a small team, you'll plan and complete a practice and final expedition for 2 nights and 3 days during which you'll improve your communication and leadership skills. These will take place over 2 weekends in the summer term.

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. 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 £200.

There is an information evening for students and parents about this Monday 18th June 5pm-6pm. Please contact the school office if you would like to attend.



Term 1

- Introduction to course and planning skills, physical activities and voluntary work.

Term 2

- Completing voluntary work, sport or skill in school enrichment.

Term 3

- Planning and completing the expeditions. The expeditions will be led by Karos Adventure and will be in Tideswell in Derbyshire.

Useful Links

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

<http://www.karosadventure.com/>

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British Science Association Silver Crest Award



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.

Useful links

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



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Sports Leadership Academy

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

Over the year students will cover the following:

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



There will be different qualifications available and these will be allocated to individuals once we have assessed their suitability.

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, unless you have been asked to play for the Football / Netball team. There will be an opportunity to complete this in the future.

<http://www.sportsleaders.org/courses/qualifications/qualifications>

Employability skills developed

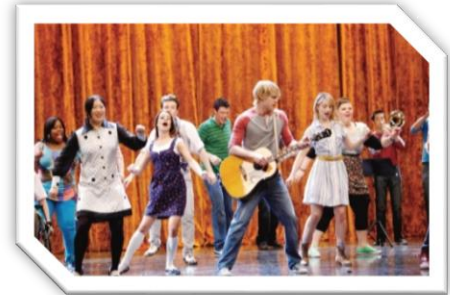
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Choir

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 will also be involved in school concerts throughout the year.



You should choose this or school band if you are studying music GCSE.

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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 should take this option if you are doing GCSE PE and you don't play sports outside school or if you want to include a sports skill in the Duke of Edinburgh award. You should not take this option if you have been picked for one of the school teams.



Term 1

- Football (boys) and Netball (girls)

Term 2

- Handball / Basketball

Term 3

- Rounders / Athletics / Cricket

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Girls Football

Do you like football? This group will be for girls only and will be coached by Notts County F.C. football coaches.

You should take this if you are doing GCSE PE, you need to be assessed in a team sport and want that sport to be Football. Do not take this if you have been chosen for the netball team or if you have opted for Y9 GCSE team sports.



Be prepared to...

Work hard, keep up your physical fitness, be part of a team.

Compete with students from other schools and represent the Nottingham Free School.

This is useful for...

Developing team tactics and strategies and fixtures with other schools. Learning about overcoming adversity and developing self and team discipline.

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Wednesday

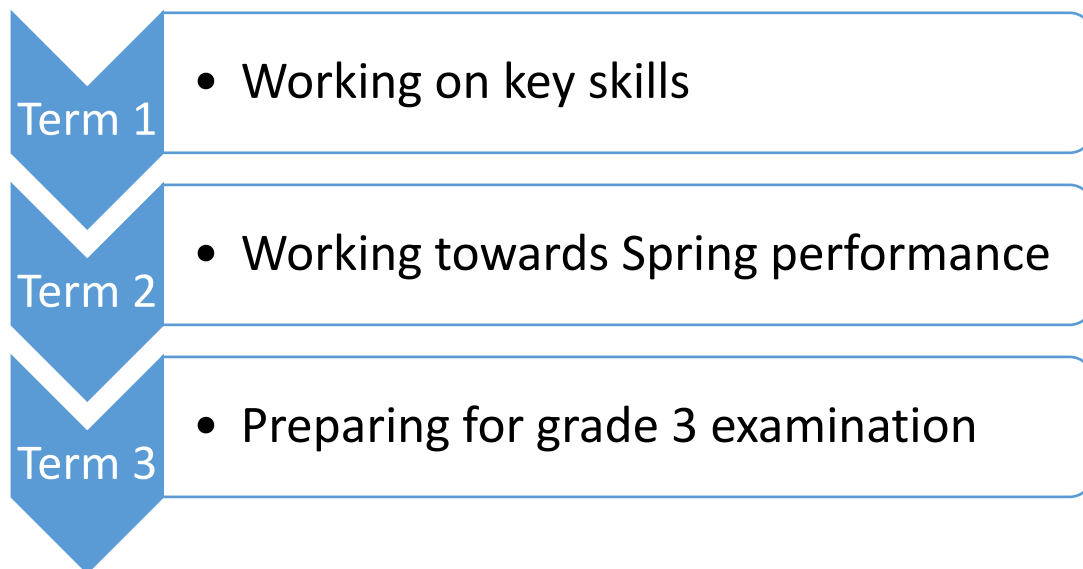
LAMDA Grade 1-3

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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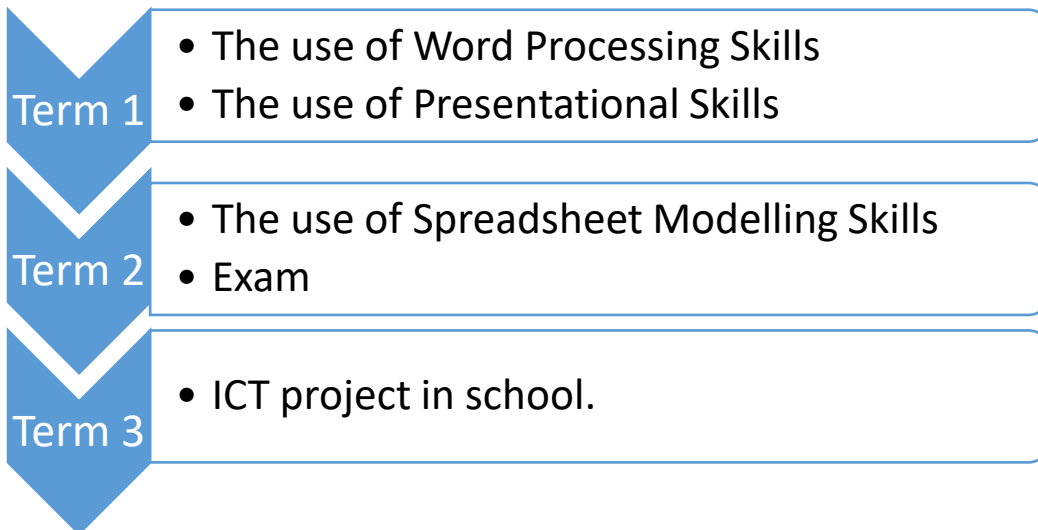
ECDL

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.

After completing the exam students will take part in a school based project using their ICT skills including the newsletter.



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School Band

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

You do not have to be a particular grade 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. You will be required to participate in school concerts throughout the year.

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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Nottingham Free School Options



To make your options you need to fill out the online form.

Please do not fill in this form until you have had your presentation in study on Tuesday 19th June.

This form must be completed by Monday 25th June. Failure to do so will mean that you will be unlikely to get your highest preferences.

Please follow all instructions on the form and ensure that you link your choices to employability skills.

The link to the form is below:

MONDAY

<https://forms.office.com/Pages/DesignPage.aspx?fragment=FormId%3DLuLr9FO180SIVj4NhJCOuHexmYoXyAVGsD7APtQV-IhUN0g3WEszMTZOMDILMVNKSDVHQIIEQTZFTC4u%26Token%3De13bca04a5dd415c96a887395e2ad4ab>

WEDNESDAY

<https://forms.office.com/Pages/DesignPage.aspx?fragment=FormId%3DLuLr9FO180SIVj4NhJCOuHexmYoXyAVGsD7APtQV-IhUQzIGS0k1TDZTRIQ3WDBONDNRWEJUUKwxQi4u%26Token%3D6c7f1e7973f64122960237128ea4b7da>

NAME:

TUTOR SET:



PLEASE HAND THIS COPY IN TO RECEPTION

Y10 Enrichment activities option form

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

Please be aware that the activities may alter slightly depending on demand and popular choices might be repeated in the second term if demand is high. Not everyone can be allocated their first choice on Monday and Wednesday but we will do our best.

Monday/Wednesday	
Activity	Rank order (1 = first choice)
Life Skills	
Duke of Edinburgh Silver	
Sports leadership	
Choir	
CREST Silver award	
Girls Football	
Team Sports	
LAMDA	
World Studies	
ICT: ECDL	
School Band	