



ENRICHMENT

AT NOTTINGHAM FREE SCHOOL



NOTTINGHAM
FREE SCHOOL

Years 7 and 8
Spring Term 2019

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 successful career through university or equivalent training. The combination of excellent academic qualifications combined with the wider skills developed during enrichment provision 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. In your lesson with your tutor, you will have time to think about what skills you need to develop - as well as activities that you would enjoy. Is it time, perhaps, to have a new experience? You may wish to experience something completely different, rather than something you have already done before.

Monday

School Performance

Do you want to be part of a school performance? Develop your acting, singing and dancing skills? You will have the opportunity to look at all aspects of putting on a show from the decision about what show we put on, to the decoration of the set, you will be involved in every step. There will be a role for everyone, with auditions for the major parts. Come along and unleash your creativity and have the time of your life, whilst learning many valuable new skills.

You need to commit to this enrichment for two terms and you cannot do this and school band as school band will be doing the music for the performance.



Be prepared to...

Act in front of an audience, practice and learn drama and music skills. Take part in all aspects of the show.

This is useful for...

Developing self confidence in public speaking and presentations. Exploring your creativity and learning about scripts as a form of literature. Learning how to retain information by finding ways to memorise lines/music and directions.

Employability skills developed

- | | |
|---------------------------|--|
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LAMDA

Learn how to perform in small groups to an audience. LAMDA awards qualifications which are recognised by employers and help to build self-confidence as well as have fun!



Students will complete grade 1 and 2 exams if they continue with this course all year.

Be prepared to...

Be prepared to perform in front of others.

This is useful for...

This will help you to develop your confidence and performance skills. This will also help you develop your public speaking and presentation skills.

Employability skills developed

- | | |
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Boxing

Never boxed before? We can show you the basic techniques you need to start boxing.
In this class, you will work with an external coach and look at the different skills needed and work on general fitness levels. We will also look at basic self-defense. This is open to boys and girls.



Be prepared to...

Work hard, follow rules and challenge yourself.

This is useful for...

Working on specific skills and general fitness.

Employability skills developed

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Girl's Football

Do you like football? This group will be for girls only and will be coached by Notts County F.C. football coaches, to raise your skills to a high level – as long as you're ready for the hard work! We will also be picking girls for the school football team from this enrichment, as a priority; so if you want to play football for the school team – come along!



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.

Employability skills developed

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Table Tennis

This session is now run by a Table Tennis England coach who can teach you all you need to know to beat everyone at lunch time and generally improve your skills for lessons.



Be prepared to...

Keep up your physical fitness and compete with others. Learn to be competitive and demonstrate good sporting behaviour. Develop leadership skills in organising matches and tournaments.

This is useful for...

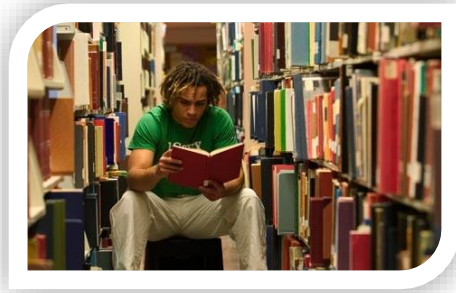
Developing strategies for playing individually and in pairs. Learning how to win and lose graciously. Learning a game to be able to play in future for recreational purposes.

Employability skills developed

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Book Club

Do you ever get to the end of the day and just want to sit and relax with a good book? This club will give you the space and time to read great literature and explore different narratives and genres. You will also review books and look at book cover design.



Be prepared to...

Spend time reading and sharing your opinions and ideas about books, promote reading amongst your peers and explore different types of writing.

This is useful for...

Increasing your reading age, developing your literacy and improving not just your English grades but grades in all subjects. Increasing your general knowledge of the world through reading.

Employability skills developed

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Magic Club

If you like magic then this is the club for you.

Whether you are a total beginner or an expert, you can come and be taught magic tricks and sleights of hand.

You will need to bring a deck of cards for this course.



Be prepared to...

- Learn new skills and practice
- Do Card Magic, Coin Magic, Mentalism and Cardistry

This is useful for...

- Meeting new people and making friends
- Entertaining
- Possibly even a career

Employability skills developed

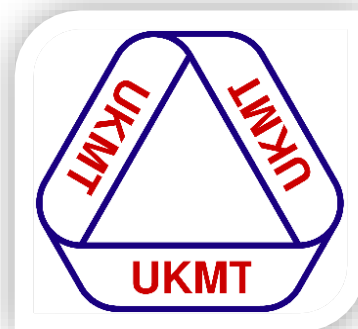
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Team Maths Challenge

Learn to develop teamwork and communication skills through mathematical problem solving.

This group will organise fortnightly whole school maths 'hot board' challenges.

They will also compete to be part of the schools team to go to a regional UKMT team mathematics competition.



Be prepared to...

Work as team and give time and make an effort for others. Be organised and plan effectively.

Compete against each other to win your place to represent the school in the UKMT team challenge.

This is useful for...

Developing skills for problem solving and critical thinking.

Employability skills developed

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Wednesday

Boy's Football

Do you like football? This group will be for pupils who like football but also for those who want work towards being on the school football team.



Be prepared to...

Work hard, keep up your physical fitness, be part of a team. Be competitive and show good sporting behaviour

This is useful for...

Developing team strategies and fixtures with other schools. Developing friendships and social skills by playing a sport together.

Employability skills developed

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Gym

In this group, you get to visit the fantastic Robin Hood Gym and use their facilities and equipment. You will be coached by an instructor whilst being taught how to use the equipment and perform basic sequences.



Be prepared to...

Work hard and build up your core strength as well as your skills using the equipment. Listen to and act on advice to improve your technique.

This is useful for...

Keeping fit and healthy, improving your self-confidence and sense of well-being.

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Capoeira

This is an amazing opportunity to learn a Brazilian martial art that combines elements of dance, acrobatics and music.

It is known for quick and complex moves, using power, speed, and leverage for a wide variety of kicks, spins, and highly mobile techniques.

Find out more:

<http://www.capoeiranottingham.co.uk/>



Be prepared to...

Be prepared to work hard at the complex moves and support your fellow students. Perform in front of others.

This is useful for...

Introducing a martial art that you could continue beyond school, keeping you fit and helping you learn about a different culture, language and music at the same time.

Employability skills developed

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School Band/School Performance

This is a chance to play your instruments with others. You will learn to work as a team to perform musical pieces from different musical eras and genres. We will be focussing on providing music to accompany the school summer performance.

You do not have to have a particular grade but you do need to be able to play an instrument.

You need to commit to this enrichment for two terms and you cannot do this and school band, as the school band will be doing the music for the performance.



Be prepared to...

Play an instrument with others and perform in front of an audience. Work hard to deliver a performance to a high standard on behalf of the school.

This is useful for...

Students who want to develop their musical performance skills, who want to pursue music GCSE or who may be considering a career in the music industry.

Employability skills developed

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Dance

If you have been successful in getting through the Great Big Dance Off auditions, please opt for this so that we can prepare our piece together and have loads of rehearsal time!



Be prepared to...

Work hard and persevere to create some great pieces of work. Learn to be organised and work carefully and precisely to a high standard.

This is useful for...

Developing your creative side and learn some dance skills. Develop a sense of achievement creating pieces for performance.

Employability skills developed

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Drawing Workshop

Come and work on your drawing skills!

Using a range of materials you will set up a natural arrangement of still life and work with a range of materials. This is a great opportunity to develop your art skills, learn and develop techniques, especially if art is something you are looking to pursue at GCSE. You can also put your photography skills to the test and learn how to use a range of angles and compositions.



Be prepared to...

Learn about different techniques and creating art that explores your personality.

This is useful for...

Exploring your creative side and developing and understanding of the art world. Improving your grades in art and creative subjects. Developing patience and perseverance with your work as it develops. Learning to be self-reflective, critical and how to improve and persevere.

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Baking

Fan of the Bake Off? Love to get crafty with cookies? Are you excited by icing? If so, this is the group for you. Throughout the 12 week course we will focus on baking and decorating beautiful sweet products. You will need to be a patient person as some of the activities will test your perseverance and resilience skills.

There will be a cost of £10 to cover ingredients for this course.

This course is very popular so please do not opt for this if you have already done it.



Be prepared to...

Be organised with ingredients.
Have a load of fun and learn new skills.
Bring tubs to take your baking home in.
Wash up at the end of the session!

This is useful for...

Developing your creative side and learning some cake decorating skills. Develop a sense of achievement.

Employability skills developed

- | | |
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Boy Power

It is said emotional intelligence is crucial for academic intelligence, success in life, being a great leader, having good social skills, self management and motivation.

In Boy Power you will GAIN:

- An understanding about our ancestral CAVEMAN's brains and why anger, stress and anxiety were important, and why we still have those 'high' emotional states today
- An understanding on how to control of your anger/fear/anxiety/stress
- Knowledge of how to achieve to the best of your ability
- How to become successful in life
- More confidence/self-belief and raised self esteem
- Skills to create positive relationships and deal with confrontations effectively
- Skills to be a great leader/role model



Come and join us to take part in challenges, games and much more to help you discover your REAL POTENTIAL!

Be prepared to...

Be challenged, be inspired and be empowered to be the best you can be!

This is useful for...

Realising your own potential, so you can achieve at your highest level, using these crucial 'life' skills both at school and in the future.

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Nottingham Free School Options



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

Please remember that although you will have your preferences, we will not always be able to give you your first choice. There may be times when we will place you in an enrichment that we think is best for you, even if it was not your first choice.

Please do not fill in this form until you have had your session with your tutor, as you have to fill out your skills passport first.

This form must be completed by **Monday 3rd December**. 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 links to the forms are below:

[Monday Enrichment Choices Form](#)

[Wednesday Enrichment Choice Form](#)