



# ENRICHMENT

AT NOTTINGHAM FREE SCHOOL



NOTTINGHAM  
FREE SCHOOL

**Years 7 and 8**  
**Summer Term**

# 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 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 PSHE lesson you will have time to 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.

# Monday

## Summer Sports

This year we will be offering a multitude of summer sports so get yourselves out in the glorious weather!

Once you choose Summer sports, you can select to take part in either

- Athletics: where you can practise your event/s for either Sports Day, the City Schools Championships or just to improve!
- Cricket
- Rounders/Softball

We will have Cricket and Rounders games against other schools this year, so if you would like to represent the school, make sure you choose Summer Sports! This isn't just for the school teams, though....everyone is free to choose Summer Sports!



## Be prepared to...

- Work hard
- Be part of a team
- Be competitive
- Show good sporting behaviour

## This is useful for...

- Developing team strategies
- Practising for fixtures against other schools / sports day
- Developing friendships and social skills by playing a sport together
- Improve your fitness/range and quality of skills
- Having fun!

## Employability skills developed

- |                           |  |
|---------------------------|--|
| 1. <b>Self-motivation</b> | taking responsibility for developing work readiness              |
| 3. <b>Aspiration</b>      | having high personal goals                                       |
| 7. <b>Accountability</b>  | understanding how to take responsibility                         |
| 8. <b>Resilience</b>      | understanding employers need for people who can listen and learn |
| 10. <b>Co-operation</b>   | developing effective communication and co working skills         |

# LAMDA

**THIS CLASS IS ALREADY ALLOCATED.**



## 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

- |                           |  |
|---------------------------|--|
| 1. <b>Self-motivation</b> | taking responsibility for developing work readiness              |
| 2. <b>Self-assurance</b>  | having the tools and skills to present themselves to employers   |
| 3. <b>Aspiration</b>      | having high personal goals                                       |
| 5. <b>Experience</b>      | having experience of work that is rewarding and fulfilling       |
| 6. <b>Achieving</b>       | qualifications valued by employers                               |
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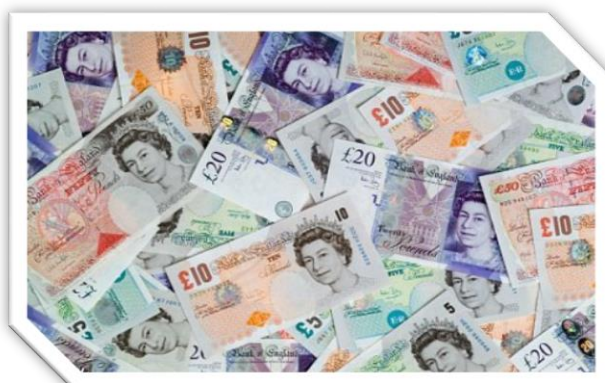
# Enterprise

Students will create a business idea that they can run in school. They will receive an amount of money to set up their business, and will be in charge of everything – setting the budget, reinvesting their profits, paying for advertising and promotion, branding, etc.

The goal is to raise as much money as possible, which will be donated to worthy causes.

The Enterprise Challenge will teach you very useful business skills, such as how to balance a budget and invest money, and how to create, brand and sell a product from scratch.

The Enterprise Challenge is a great idea for motivated and responsible students who are interested in a career in business, or who want to raise lots of money for brilliant causes.



## Be prepared to...

Work as a team, think about Maths and business.

## This is useful for...

Anyone considering a career in business.

## Employability skills developed

- |                           |  |
|---------------------------|--|
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| 10. <b>Co-operation</b>   | developing effective communication and co working skills               |

# School Performance

**THIS CLASS IS ALREADY ALLOCATED.**



## 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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| 2. <b>Self-assurance</b>  | having the tools and skills to present themselves to employers   |
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# Healthy Living

An opportunity to explore all aspects of living a healthy, happy life. We will delve into aspects of physical and mental health and well-being, including keeping fit and active, healthy eating, managing emotions, relationships with others and relaxation. Feeling good is about having self-confidence, and we will also explore some areas of health and beauty such as personal hygiene, skin, nail and hair care and beauty techniques.



## Be prepared to...

Carry out research, work as part of a team, be open to new ideas, try out some practical sessions, and bring some of your own products for hands on sessions.

## This is useful for...

Deepening knowledge and understanding about leading a healthy life and developing fitness, skin, hair and well-being techniques.

## Employability skills developed

- |                           |  |
|---------------------------|--|
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# Explore Europe

An opportunity to explore all aspects of European life.

We will look at language, culture and food of different European countries.

We can focus on areas you are particularly interested in.



## Be prepared to...

Carry out research, work as part of a team, be open to new ideas, try out some new food!

## This is useful for...

Students who want to prepare for their summer holiday, those who like to travel and those who would like to work or study abroad.

## Employability skills developed

- |                           |  |
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# Jewellery Making

This is a class to learn the basics of how to make jewellery.

The aim is that you will produce some jewellery that you will be able to keep.

If you take this class you will need to pay a contribution towards the materials of £5.



## Be prepared to...

Work with different materials to make a variety of jewellery pieces.

## This is useful for...

Experiencing different materials and practical techniques. There will be an opportunity to work on an Enterprise project based around your products.

## Employability skills developed

- |                           |  |
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# Wednesday

## 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.

If the thought of being creative leaves you with a sense of dread, then maybe give this a miss.

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

**PLEASE DO NOT PUT THIS DOWN FOR YOUR FIRST CHOICE IF YOU HAVE ALREADY DONE IT.**



## Be prepared to...

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

## This is useful for...

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

## Employability skills developed (delete as applicable)

- |                           |  |
|---------------------------|--|
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# Artist in Training



This is a chance to create a large montage piece using lots different techniques each time representing who you are and your identity. Your final piece will be completely unique to you and you will learn how artists source their work and ideas as you create the different parts. You will then have the opportunity to showcase your final piece in an exhibition-just like a professional artist!



## Be prepared to...

Learn about different techniques such as printing, typography, layering, cardboard relief and creating art that explores your personality. Have your work on show for your friends and family to see and help out with the exhibition.

## 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.

## 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.



**PLEASE DO NOT PUT THIS DOWN FOR YOUR FIRST CHOICE IF YOU HAVE ALREADY DONE IT.**

## 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.

## Employability skills developed

- |                           |  |
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# Summer Sports

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- Athletics: where you can practise your event/s for either Sports Day, the City Schools Championships or just to improve!
- Cricket
- Rounders/Softball

We will have Cricket and Rounders games against other schools this year, so if you would like to represent the school, make sure you choose Summer Sports! This isn't just for the school teams, though....everyone is free to choose Summer Sports!



**YOU CANNOT CHOOSE THIS ON MONDAY AND WEDNESDAY**

## Be prepared to...

- Work hard
- Be part of a team
- Be competitive
- Show good sporting behaviour

## This is useful for...

- Developing team strategies
- Practising for fixtures against other schools / sports day
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# Girl 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 Girl Power you will GAIN:

- An understanding about our primitive brains and why we anger, stress and anxiety is created as an emotional state
- An understanding on how to control of your anger/fear/anxiety/stress
- Growing your self awareness ability in order to be able to observe yourself and others in any situation
- 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
- Developing emotional intelligence Gaining self awareness, managing emotions, effective communication

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.

## Employability skills developed (delete as applicable)

- |                           |  |
|---------------------------|--|
| 1. <b>Self-motivation</b> | taking responsibility for developing work readiness              |
| 2. <b>Self-assurance</b>  | having the tools and skills to present themselves to employers   |
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# Dance

This is a chance to explore different dance styles and express your creativity through dance.

You do not need to have any dance experience to be a part of this enrichment club - everyone is welcome.

We will be working towards a piece to contribute to the whole school performance.



**YOU MUST OPT FOR THIS IF YOU ARE ALREADY DOING IT AND CANNOT OPT FOR THIS IF YOU ARE NOT DOING IT.**

## 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

- |                           |  |
|---------------------------|--|
| 1. <b>Self-motivation</b> | taking responsibility for developing work readiness              |
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# School Band/School Performance

**THIS CLASS IS ALREADY ALLOCATED.**



## 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

- |                           |  |
|---------------------------|--|
| 1. <b>Self-motivation</b> | taking responsibility for developing work readiness              |
| 3. <b>Aspiration</b>      | having high personal goals                                       |
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# Active Art Forum

**THIS CLASS IS ALREADY ALLOCATED.**



## Be prepared to...

- Discuss topics which are important to you and your community
- Be committed
- Work as part of a group
- Work with professional artists
- Learn about how to create and deliver a creative project
- Learn about how to manage funds
- Learn how to design material to advertise your project
- Present your work at NFS and at an arts venue
- Achieve an award to recognise your work (Arts Award)

## This is useful for...

- Learning about the arts and its role in society
- Learning how to express your beliefs and ideas in creative ways
- Building your confidence
- Building new skills in design and in different arts media
- Learning about careers in the arts and achieving an arts award certificate

## Employability skills developed

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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 PSHE lesson as you have to fill out your skills passport first.

This form must be completed by Friday 16<sup>th</sup> March. 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

<https://forms.office.com/Pages/ResponsePage.aspx?id=LuLr9FO180SIVj4NhJCOuHexmYoXyAVGsD7APtQV-IhUNjdKVDFBvzIQRDcwWVvVUU1NkgzTFkxQS4u>

### WEDNESDAY

<https://forms.office.com/Pages/ResponsePage.aspx?id=LuLr9FO180SIVj4NhJCOuHexmYoXyAVGsD7APtQV-IhUMzVQTVJBU1hCUlkxSk5TTFQUUtLUVRPQS4u>