



Ringwood Sixth Form

Enrichment Programme 2026



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Enrich - 'improve or enhance the quality or value of.'

We are absolutely delighted to be able to introduce you to your Post -16 enrichment programme.

It is an integral part of your Post- 16 programme of study and compulsory for all students in Year 12. All Post – 16 programmes of study must offer the opportunity to develop your character, skills and confidence in areas outside of your chosen academic studies. We believe that our programme will enhance your studies and give you the opportunity to prepare yourselves for employment or higher levels of study.

This is an exciting opportunity and will be hugely rewarding. Embracing our House values will prepare you for a successful Post - 16 life and support the ethos of enrichment perfectly:

Dream big • Embrace Opportunities • Make no excuses • Be curious • Be determined

When is enrichment?

Enrichment will take place during the school day. All students have 6 lessons allocated to enrichment. Your timetable will tell you when enrichment is but everybody will be involved at the same time. Wednesday afternoon is a key time for enrichment; many other schools and colleges also use this time, enabling us to arrange sports fixtures, events and visits.

What is enrichment ?

Enrichment is in two parts:

Part A

There is a programme of activities for you to sign up to and there will be supervised study lessons that introduce you to the ways of working and learning in a Post -16 environment.

Part B

There is a programme of activities and events that are designed to develop your super-curricular and intellectual curiosity via our careers platform Unifrog including the EPQ. Other enrichment opportunities will be offered at this time.

What do I need to do?

Read the information that follows in this booklet and decide what you would like to do for your enrichment. **Please complete the application form that will be emailed to you by 17th July.** We will confirm in September all the final arrangements.

We look forward to welcoming you into the Sixth Form.

Kind regards
Mr Walbrin



COOKING SKILLS FOR LIFE

NAME OF ENRICHMENT COURSE

OVERVIEW

(including any group size restrictions / costs etc)

Cooking skills
for life

An exciting opportunity to use our brand new Food room and facilities. Each week you will be given a recipe for a dish that is both easy to make but low in cost to prepare you for your next phase, whether it be University or just developing a very useful life skill. There will be a variety of sweet and savoury dishes, ranging in skills, ingredients, from a variety of cultures.

Special diets such as vegetarians, and those with allergies will be catered for and any recipe can be developed to suit tastes. We will have a bank of recipes ready to go. In the first session we will discuss your likes and dislikes to make sure the experience is enjoyable and that you make what you want to cook each week at the same time providing the opportunity for you to put your ideas across.



FINANCE

NAME OF ENRICHMENT COURSE

OVERVIEW

(including any group size restrictions / costs etc)

Finance

OCR – Level 3 Personal Finance Award: Take Control of Your Future

Want to feel more confident with money and avoid common financial mistakes? The practical course that helps you understand real-life money decisions, from getting paid and budgeting to saving, borrowing, renting, insurance and planning for the future.

You will learn how to manage your income, understand payslips, compare bank accounts, use credit responsibly, build a good credit score and protect yourself from scams. You will also explore big future decisions such as university, apprenticeships, employment, buying a car, moving out and planning for retirement.

It is assessed through one 1-hour exam based on realistic financial situations, which is recognised by UCAS, with UCAS points for your final grade. It will cover:

- Personal financial activity
- Using financial services
- Financial planning

The course helps you build confidence, independence, decision-making, problem-solving and critical thinking skills that will support you in further study, work and everyday life.



SPORT

NAME OF ENRICHMENT COURSE

OVERVIEW

(including any group size restrictions/ costs etc)

Sport, exercise and fitness

Want to spend a bit of extra time playing sport? Getting fit? Learning about how to train? developing your confidence to meet new people and socialising? Our Sixth Form PE enrichment is for you!

Whether you are looking to develop your physical sporting ability or to enjoy sport recreationally, Yr12 PE enrichment will provide you with positive experiences, skills, knowledge and confidence to leave Sixth Form inspired for lifelong participation in physical activity. We offer recreational sport and physical activity to students of all abilities and levels of confidence in addition to regular Inter-house competitions and opportunities to represent Ringwood Sixth Form in local leagues, regional and national competitions (Netball, Rugby and Football).

Ensuring that students benefit from the extensive range of facilities that we have available to us on school site and at Ringwood Recreation centre, we are excited to tailor programmes of activities to suit every individual with options including (but not limited to) Fitness, Rugby, Netball, Badminton, Football, Trampolining and Hockey. Don't see your sport on the list? No problem! Come and speak to our friendly PE team and we will see what we can do!



WORK EXPERIENCE AND VOLUNTEERING

NAME OF ENRICHMENT COURSE	OVERVIEW (including any group size restrictions/ costs etc)
Work experience and volunteering	Year 12 is the perfect time to gain real-world skills and explore career paths through work experience or volunteering. These opportunities help you build your CV, develop important professional skills, and make valuable connections — all while making a positive impact in your community. Whether you want to discover what a job is really like, strengthen your university or job applications, or simply give back, work experience and volunteering open doors to your future success. Don't miss out—start your journey today!



YOGA

NAME OF ENRICHMENT COURSE

OVERVIEW

(including any group size restrictions/ costs etc)

Yoga for all

Yoga is for everybody and for everybody.

Yoga helps to build the connection of the mind and the body, focusing on breath and flowing through various poses. The aim is to increase strength and flexibility as well as exploring relaxation and breathing techniques.

You do not need to be flexible or have any previous experience. Mats and blocks are provided.

An open mind, water and some comfy clothing you can move around in is all that is needed.

Group size is 16.



SIGN LANGUAGE

NAME OF ENRICHMENT COURSE

An introduction to Sign Language

OVERVIEW

(including any group size restrictions / costs etc)

In association with British Sign this popular on line course offers you the chance to learn sign language. This certified on line course is a great introduction and includes lessons on :

Fingerspelling, Numbers, Colours, Deaf Awareness, Introductions, Family, Relationships, Descriptions, Hobbies, Time, Money, Days, Months, & Seasons, Food & Drink, Emotions, Relationships, Animals, Clothing, and Conversation. The course fees are £3.



Level 2 Certified TEFL Course

NAME OF ENRICHMENT COURSE	OVERVIEW (including any group size restrictions/ costs etc)
Level 2 Certified TEFL Course	An excellent opportunity for students in Year 12 to undertake a Level 2 Certified Learning Course in TEFL (120 hours). This qualification is highly regarded for those interested in teaching English as a foreign language. Upon successful completion, students will be certified to teach English abroad, online, or privately within the UK. The course is particularly well-suited to students with an interest in the English language, those considering careers in education or linguistics, and students planning to travel or take a gap year. Additionally, completion of the course provides valuable evidence to support UCAS personal statements and CVs. *Discounted rate of £90 per student (standard price £225) *Six months to complete the course, with most students finishing within 2-3 months *Flexible, 24/7 access to the online learning platform



Other Enrichment opportunities:

We would like to give you the opportunity to study and complete qualifications in:

- First Aid,
- Chess
- Art
- Foreign Languages
- Self Defence
- Mindfulness
- Competitive Applications

