



Ringwood Sixth Form

Enrichment Programme 2023



Enrichment Programme 2022

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 21st July.** We will confirm in September all the final arrangements.

We look forward to welcoming you into the Sixth Form.

Kind regards
Mr Walbrin



ART

NAME OF ENRICHMENT COURSE

OVERVIEW
(including any group size restrictions / costs etc)

What does Art mean in the 21st Century?

Mankind communicated through imagery long before he used spoken or written language. Creating and reading images is an increasingly important skill in this visually saturated world. Modern media as well as more traditional Art forms will be explored and discussed. For students who are interested in growing their visual knowledge and abilities this course will offer a chance to learn and grow. All you will need to come with is interest and an open-mind.



FOOD TECH

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.



TECHNOLOGY

NAME OF ENRICHMENT COURSE

OVERVIEW
(including any group size restrictions / costs etc)

Computer Aided Design Skills

Computers have become an integral tool for companies, none more so than in the manufacturing industry. CAD software allows designers and manufacturers to develop concepts quickly and efficiently to test and prototype concepts before going to full production.

This course will introduce you to a range of different CAD programs, including industry standard software, and help you to understand how and when these can be used to create digital and physical outcomes. Students will also be provided with home licenses for the software used so that they can continue to practise outside of the classroom, There is no cost for this activity, however group size is restricted to a maximum of 25 students due to IT access



DANCE

NAME OF
ENRICHMENT
COURSE

OVERVIEW
(including any group size restrictions / costs etc)

Dance

If you already enjoy dancing or want to learn about dance then this enrichment activity is for you!

The session will include basic technique with a focus on strength and cardio. This is good for building stamina in all physical activity.

You can set your own goals to build your own strength and technique. Dance has many different forms and improving technique will improve your presence, posture and how you present yourself.

All styles of dance are welcome. The session will be useful to those students who want to pursue a career in the performing arts as well as those who just want some fun and fitness.



MUSIC

NAME OF ENRICHMENT COURSE

OVERVIEW (including any group size restrictions/ costs etc)

Beginner piano course
Music Performance & Composition using Music Technology

During this topic you can choose to:

- study a basic piano course for beginners (individual).
 - work together in ensemble (bands) to play music covers or your own repertoire using guitars, keyboards and drums.
 - choose to create your own music using Music Technology software.
- This topic will be guided by the teacher but content covered will depend on the students choosing the course and any instruments they play. We will only have one music room available for the double lesson so group size will be limited.



SPORT

NAME OF ENRICHMENT COURSE

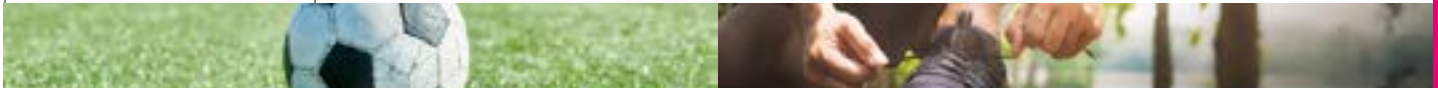
OVERVIEW (including any group size restrictions/ costs etc)

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!



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

OVERVIEW
(including any group size restrictions / costs etc)

An introduction to
Sign Language

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.



EPQ

NAME OF
ENRICHMENT
COURSE

OVERVIEW
(including any group size
restrictions/ costs etc)

EPQ
(self directed
topic)

It is a great opportunity for you to pursue a theme/topic based on a subject you are already studying or an area of personal interest or **complete something entirely new**. After the taught element and mentored throughout by EPQ staff, you take responsibility for managing all stages of your project throughout the course. Equivalent to half an A-Level, on completion, you gain a Level 3 qualification A* - E.

A gateway to life-long learning, it is powered by your motivation and curiosity. You will gain skills to support job opportunities as well as university applications. Based on project management you will become confident in organising time, target setting, research and evaluation, project writing, referencing, drawing conclusions and self-reflection. Throughout you will become proficient using IT skills from GANTT charts to Inspiration. Developing and increasing skills, it enhances your confidence to apply them to new situations. (Max group size is 18 in Jan & June)



Other Enrichment opportunities:

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

- First Aid,
- TEFL

