

*Spring Term 2020*



The Warwick School  
Excellence Programme

Choices Booklet

## What is the Excellence Programme (EP)?

- You will have an EP sessions once every 2 weeks – Wednesday afternoon during week 1
- You will choose what activity you do from those listed in this Choices Booklet
- It is compulsory and is part of your timetable
- You might be working with students from other year groups
- All teachers and lots of TA's and Support Staff are running the sessions

## Why is The Warwick School organising this programme?

- To extend your learning opportunities
- To help you to pursue your own areas of interest and strengths outside the normal school curriculum
- To help you develop your self-confidence, develop your leadership skills, improve your self-motivation, make you a better team player, get you involved in more activities, improve your creativity and support your emotional well being
- To help you develop the skills that colleges and employers are looking for

## How do I make my choices?

- Have a look at the activities on offer in this booklet, these are split into 4 sections:
  - Knowledge
  - Skills
  - Sport & Wellbeing
  - Enterprise and Employability
- Complete your Choices Form and return this to your Form Tutor by **Friday 29<sup>th</sup> November**.
- If you are in Year 9 and choose to be involved in the **Duke of Edinburgh** scheme, this will take place in the Excellence Programme session. Please write **DofE** at the top of your form. You do not need to make any further choices.
- If you are a Year 9 or Year 10 currently in Mr Laker's **Space & Astronomy** session and wish to stay with this subject so that you can work towards an extra GCSE, please let Mr Laker know by the end of November and write **Space & Astronomy** at the top of the form. You do not need to make any further choices.
- You will be allocated one of the four activities that you have selected. We will take into account your top preference but you must be prepared to do any of your choices.
- You will find out which activity you have been allocated when you receive your timetable in the last week of the Autumn Term.
- The activity that you choose is for the Spring Term only. You will be given the opportunity to choose again at the end of the Spring Term for the Summer Term.

*Mrs Pearce*

Careers & Excellence Coordinator

## Section 1 – Knowledge

### Space and Astronomy

<b>Code: SPA</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Learning about formation of the universe, evidence for the expanding universe, formation of the solar system, interactions between planets and their gravitational effects</li><li>• Astronomy and constellations, deep space exploration and telescopes</li><li>• There will be an option to remain in the group in the long term to work towards an Astronomy GCSE in Year 9 or Year 10</li><li>• This is a session for students who find learning about Science, Physics and Space rewarding.</li></ul>		

### Python Coding

<b>Code: PYC</b>	Places: 24	Year Groups: 7, 8, 9
<ul style="list-style-type: none"><li>• Introduction to Python</li><li>• Variables</li><li>• Selection</li><li>• Iteration: - WHILE and FOR Loops</li><li>• Arrays (Lists)</li><li>• Data Types</li></ul>		

### Film Critique

<b>Code: FIC</b>	Places: 24	Year Groups: 7, 8, 9
<ul style="list-style-type: none"><li>• Watch films</li><li>• Research/discuss topical issues</li><li>• Create leaflet and other printed documents on topical issues explored for wider school community</li><li>• Write film reviews</li><li>• Presentations in assemblies linked to the word of the week</li></ul>		

### History Documentary Review

<b>Code: HDR</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Watching and analysing history documentaries</li><li>• Focus on topics such as the American Civil War</li><li>• Discussion and debate on the key issues</li></ul>		

### Greek Mythology

<b>Code: GRE</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Look at different stories of Greek mythology and ideas behind them</li><li>• Explore and understand key principles</li><li>• Create your own Gods, characters and stories based on ideas of mythology in a fun way</li></ul>		

### Exploring Topics in Feminism

<b>Code: FEM</b>	Places: 24	Year Groups: 9, 10, 11
<ul style="list-style-type: none"><li>• What does feminism mean and who does it apply to?</li><li>• Different social expectations of genders around the world</li><li>• The gender pay gap</li><li>• Period poverty in the UK and internationally.</li><li>• Where does gender come from? Biology vs upbringing.</li><li>• Masculinity and mental health</li><li>• Gender equality in schools</li></ul>		

## Section 1 – Knowledge

### Politics – How Is Our Country Run?

<b>Code: POL</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• How do politics run?</li><li>• Visits from people that work at the Houses of Parliament to explain how it works</li><li>• Visits from a local MP</li><li>• Visits to the Houses of Parliament</li></ul>		

### Debating Current Affairs

<b>Code: DCA</b>	Places: 24	Year Groups: 9, 10, 11
<ul style="list-style-type: none"><li>• Discussing what is going on in the world</li><li>• Exploring how world events are reported in the media</li><li>• Developing and expressing opinions on current affairs</li><li>• Developing debating skills</li></ul>		

### Christian Union

<b>Code: CRU</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Reading the bible and other Christian texts</li><li>• Prayer</li><li>• Discussing issues relevant to our lives as Christians today</li><li>• Exploring the lives of well-known modern day Christians</li></ul>		

### Italian Language & Culture

<b>Code: ITA</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Being able to have a basic conversation in Italian</li><li>• Develop a basic knowledge of the history and culture of Italy</li><li>• Listen to Italian songs and understand the lyrics</li><li>• Watch Italian films, develop an understanding of the themes and analyse them</li></ul>		

### The Importance of Anatomy

<b>Code: ANA</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• History of anatomy</li><li>• Use a computerised app to explore human anatomy</li><li>• Dissect and draw a heart/kidney</li><li>• Dissect a whole animal e.g. fish or frog</li><li>• Trip to Body Worlds exhibition, London</li></ul>		

### First Aid

<b>Code: FIA</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Understand the importance and knowledge of knowing basic first aid</li><li>• Learn practical basic first aid skills including considering own safety</li><li>• Learn key communication and observation skills to aid assessing injuries</li><li>• Apply knowledge to a 'real life' emergency including first aid</li></ul>		

## Section 2 – Skills

### Essential Maths Skills

<b>Code: MAT</b>	Places: 12	Year Groups: All
<ul style="list-style-type: none"><li>• Higher-order thinking skills</li><li>• Capabilities that promote the skills for working life in the future</li><li>• Maths projects</li></ul>		

### Advanced Maths Investigational Activities

<b>Code: MIA</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Advanced mathematical investigations</li><li>• Take your Maths skills to the next level</li><li>• Creatively explore different methods of doing Maths</li></ul>		

### Scrabble

<b>Code: SCR</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Help expand your vocabulary and improve your spelling</li><li>• Game strategy</li><li>• League tables and competitions</li></ul>		

### Chess

<b>Code: CHE</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Beginner class – basics of chess</li><li>• Intermediate class – rolling competition where everyone plays a different person each week and weekly results are shared with the school</li></ul>		

### Japanese Puzzle Master

<b>Code: JPM</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Explore a range of addictive Japanese puzzles like Suduko, Shikaku, Marupeke, Skyscrapers and more</li><li>• Find out why millions of people are hooked on them and improve your problem solving skills at the same time</li></ul>		

### Board Games

<b>Code: BGA</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Learning skills and strategies through board games such as monopoly, cluedo, risk and resistance, card games and jenga</li></ul>		

### Programming for Lego League

<b>Code: LEL</b>	Places: 24	Year Groups: 9, 10, 11
<ul style="list-style-type: none"><li>• Programming autonomous robots to score points on a themed playing field for Lego League Challenge</li><li>• Project work to create the best design and problem solve</li></ul>		

### Lego – Team and Social Skills

<b>Code: LTS</b>	Places: 24	Year Groups: 7, 8, 9
<ul style="list-style-type: none"><li>• Building on team and social skills</li><li>• Students will work together in pairs and groups, achieving specific criteria, adding to their own artistic and creative flair to their pieces – trying to think outside of the box</li></ul>		

## Section 2 – Skills

### Jazz Workshop

<b>Code: JAZ</b>	Places: 10	Year Groups: All
<ul style="list-style-type: none"><li>• Develop the ability to create melody in music spontaneously through improvisation</li><li>• Learn to improvise in other Jazz-related styles such as Blues, Latin and Soul</li><li>• Learn the basics of Jazz theory.</li></ul>		

### Jewellery Making

<b>Code: JEM</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Making bracelets, necklaces &amp; earrings using wire and beads</li><li>• Exploring jewellery design</li><li>• Developing control and precision in the techniques required to make each jewelry piece.</li></ul>		

### Lino Printing

<b>Code: LIN</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Design own print, cut lino and print it on to a range of materials to experiment with backgrounds and textures.</li><li>• Work with negative shapes</li><li>• Preparing materials and resources</li><li>• Printing</li><li>• Developing prints</li><li>• Experimenting with backgrounds</li><li>• Enhancing prints</li></ul>		

### Sew-broidery

<b>Code: SEW</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Learn about different embroidery stiches and develop techniques</li><li>• Apply embroidery techniques to sew useful objects</li><li>• Develop an create embroidery projects</li></ul>		

### Happy, Calm Knitting

<b>Code: KNI</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Learn the skill of knitting &amp; crochet</li><li>• Following patterns and create own designs</li><li>• Improve hand eye co-ordination</li><li>• Develop creativity</li><li>• Understand and benefit from the calming effects of this activity</li></ul>		

### Recycling fashion/The Great British Sewing Bee

<b>Code: FAS</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Produce re-fashioned garments and accessories using recycled clothing.</li><li>• Photograph outfits and organize into a fashion directory</li><li>• Create a 'how to' set of directions</li></ul>		

## Section 2 – Skills

### 3Rs – Recycling, Reusing, Re-purposing

<b>Code: RRR</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"> <li>• Look at issues related to the production of waste materials such as plastic</li> <li>• Develop ideas to recycle waste materials such as paper, plastic bags and bottles into useful/decorative objects and reduce waste</li> <li>• Create products using recycled materials (e.g. greeting cards, mats and baskets, plastic poly tunnels/greenhouse)</li> </ul>		

### Circus Skills

<b>Code: CIR</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"> <li>• Juggling scarves and bean bags</li> <li>• Plate spinning, cup stacking</li> <li>• Face-painting</li> <li>• Watching videos of circus performances</li> <li>• Learning about the history of the circus</li> </ul>		

### Gardening, Pond and Woodland Activities

<b>Code: GAR</b>	Places: 15	Year Groups: All
<ul style="list-style-type: none"> <li>• Learn how to respect nature within the woodland, pond and stream</li> <li>• Learn how to safely use tools and activities in the outdoors</li> <li>• Learn how to light a campfire, use a bow saw, secateurs etc.</li> <li>• Cook on a campfire</li> <li>• Leaf, tree and insect identification</li> <li>• Making fishing rods/fishing in the stream</li> <li>• Den building, path making and pond dipping</li> </ul>		

### Food, Nutrition & Cooking

<b>Code: FNC</b>	Places: 20	Year Groups: All
<ul style="list-style-type: none"> <li>• Putting together balanced menus</li> <li>• Preparing and cooking delicious food!</li> <li>• Understanding nutritional content</li> </ul>		

### Musical Theatre Production

You will be involved in the production of a school musical. There will be opportunities to sing, dance and act and be part of a full company. Select the code below according to your main area of interest. Participants will be cast according to their strengths but should be prepared to sing, dance and act. ***Please note that the musical will also require some additional rehearsals including lunchtime production choir rehearsals and after school drama or dance club.***

### Acting & Performing

<b>Code: MPE</b>	Places: 24	Year Groups: 7,8,9,10
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### Dance

<b>Code: MDC</b>	Places: 24	Year Groups: 7,8,9,10
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### Choir

<b>Code: MCH</b>	Places: 24	Year Groups: 7,8,9,10
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## Section 3 – Sport & Wellbeing

### Short Mat Bowls

<b>Code: SMB</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Understand the game of short mat bowls</li><li>• Develop skills and strategies</li><li>• Participate in competitions</li></ul>		

### **Bike it!** (*must have own bike and be able to bring this to school*)

<b>Code: BIK</b>	Places: 14	Year Groups: 7, 8, 9
<ul style="list-style-type: none"><li>• Improved bike handling skills and awareness</li><li>• Basic bike maintenance</li><li>• Suitable for less confident cyclists</li><li>• Helmets must be worn (limited amount available to borrow)</li></ul>		

### Ultimate Frisbee

<b>Code: ULF</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Learn how to play Ultimate Frisbee</li><li>• Work as a team</li><li>• Establish rules</li><li>• Play games in school, and out of school!</li></ul>		

### Short Tennis & Badminton

<b>Code: STB</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Learn how to play short tennis &amp; badminton</li><li>• Establish rules, develop skills and game tactics</li><li>• Participate in competitions</li></ul>		

### Gymnastics

<b>Code: GYM</b>	Places: 15	Year Groups: All
<ul style="list-style-type: none"><li>• Learn gymnastic moves</li><li>• Perform routines</li><li>• Develop strength, balance and agility</li></ul>		

### **Girls Football** (*Students will require football boots as this session will take place on the field*)

<b>Code: GFB</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Girls football is a sport rapidly increasing in popularity. Learn how to play this game.</li><li>• Establish rules, develop skills and game tactics</li><li>• Participate in competitions</li></ul>		

### Football Skills & Refereeing

<b>Code: IFR</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Develop football skills</li><li>• Work as a team and develop communication skills</li><li>• Learn the basic rules and officiate part or all of a game of football</li><li>• Watch &amp; analyse match clips (classroom sessions)</li></ul>		



## Section 3 – Sport & Wellbeing

### Football Manager 2020

<b>Code: FMA</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Manager your favourite team to football success</li><li>• Managing budgets of millions of pounds to sign players</li><li>• Picking teams and deploying tactics to overcome opponents</li><li>• Handling the media and press</li><li>• Look at the similarities between Football Manager 2020 and real life football management</li><li>• Manage a school team for one game a season</li></ul>		

### Meditation/Mindfulness

<b>Code: MED</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"><li>• Learn to meditate</li><li>• Manage stress and anxiety</li><li>• Be more aware mentally</li><li>• Awareness of noise/silence</li></ul>		

### Life Skills & Self Motivation

<b>Code: LSS</b>	Places: 24	Year Groups: 10, 11
<ul style="list-style-type: none"><li>• Strategies to get the most out of life</li><li>• How to become more focused and productive</li><li>• Considering the importance of wellbeing and its impact on what you achieve</li><li>• Achieving a healthy work-life balance</li></ul>		

## Section 4 – Enterprise & Employability

### Make more out of money

<b>Code: MON</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"> <li>• Budgeting</li> <li>• Understanding the value of money</li> <li>• How to make your money work for you</li> </ul>		

### Microsoft – Skills for Life

<b>Code: MSL</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"> <li>• Learn basic and advanced skills with Microsoft Excel to manage data.</li> <li>• Learn how to present data visually with charts and graphs.</li> <li>• Understanding databases and their function.</li> <li>• Build a Microsoft Access database to manipulate and present data.</li> <li>• Take your first steps in computer programming by writing your own piece of code</li> </ul>		

### Charity Awareness

<b>Code: CHA</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"> <li>• Create a charitable group, fundraising and raising awareness around the school</li> <li>• Debating</li> <li>• Event planning</li> </ul>		

### Community Minded Volunteering

<b>Code: CMV</b>	Places: 15	Year Groups: All
<ul style="list-style-type: none"> <li>• Understanding the importance of volunteering</li> <li>• Find out how the local charity Loveworks supports our local community</li> <li>• Launch foodbank collections at The Warwick School and deliver these to Loveworks for distribution</li> <li>• Visit and help out at the Loveworks garden</li> <li>• Plan &amp; prepare Loveworks ‘cuppatea’ club event at The Warwick School running bingo/quiz/sing-a-longs</li> </ul>		

### Media & Advertising

<b>Code: MAD</b>	Places: 24	Year Groups: 7, 8, 9
<ul style="list-style-type: none"> <li>• Reviewing current advertisements/film trailers</li> <li>• What makes an advert effective?</li> <li>• Planning and producing story board adverts &amp; trailers</li> </ul>		

### Journalism

<b>Code: JOU</b>	Places: 24	Year Groups: All
<ul style="list-style-type: none"> <li>• Develop a student led newsletter with information on current school affairs including events and success stories</li> <li>• Learn to write in a journalistic style</li> <li>• Carrying out interviews, writing columns and editing</li> <li>• Talks from external speakers who work in the newspaper industry</li> </ul>		

### School Architecture/Design

<b>Code: ARC</b>	Places: 12	Year Groups: All
<ul style="list-style-type: none"> <li>• Tour of the new building with architects</li> <li>• Model making/photoshop</li> <li>• Creative design</li> <li>• Visits/talks from a professional architect</li> </ul>		

