

Aspire

Innovate

Respect

Excellence Programme Autumn Term 2027



What is the Excellence Programme (EP)?

- An opportunity to **try out something new** – you might discover unknown talents and interests, build skills and experiences in areas that will have long-reaching impacts into your future
- A chance to **broaden horizons** and opportunities, giving you an edge over other students for college courses and future employment
- You will take part in an EP session **every Thursday afternoon**
- You must **choose FIVE activities** from this choices booklet. **They must all be different.**
- You will do your allocated activity for 10-12 weeks
- EP is **compulsory** and is part of your timetable – be open-minded to try something new but also make a choice that interests you
- You will be in **mixed groups** of 8s and 9s for the Autumn Term
- The sessions are run by Carrington School teachers, support staff and sometimes external facilitators

Why is Carrington 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
- To build resilience and an open-minded approach to trying something new!

How do I make my choices?

- Have a look at the activities on offer in this booklet – all of these activities relate to our school values of **Aspire, Innovate and Respect**
- **DO NOT** choose activities that you have already taken part in - try something new!
- **DO NOT** choose activities because your friends are doing it – try something you want to do!
- **DO NOT** choose the same five activities. If you do not make separate choices you will not get what you've chosen.
- **Consider all of the options first** and then **select your top five**. Once you have selected, you will not be able to make changes
- **Places will be allocated on a first come, first served basis.** Where possible you will be given your first choice but make sure you pick four other options you will enjoy in case your first choice is full
- Follow the instructions sent to you by Mr Stafford to make your selections – the spaces will fill up quickly so to avoid disappointment it is important you regularly check your student email and Arbor for when the form opens
- **PLEASE TAKE TIME TO CHOOSE CAREFULLY AS SWAPS CANNOT BE MADE ONCE YOU HAVE CHOSEN**

Activities

Please select your FIVE options for the Autumn term in order of preference. Please do not pick an activity that you have done before. You must be prepared to do any of the five choices.

We do not have any capacity to make changes this year – all activities will be full. If you do not make a choice you will be allocated to something so please do make choices, and choose things you want to do! If you do not make a choice quickly your favourite may be full already and you will be allocated something else that is less popular.

Your allocated activity will appear on Arbor on the first week back at school in September.

Aspire to Dorking Wanderers (60 places)

You will receive elite professional football coaching, developing team-skills & individual ability. Sessions will enhance and improve players' technical, tactical and mental ability within the game of football. Sessions will be heavily focused on enjoyment, learning new skills and most importantly game-time!



Ballet (20 places)

Learn ballet technique and routines for all abilities. Improve core strength, fitness, stamina and build new movement ideas. Highly recommended for anyone who enjoys dance, sport or performing. We challenge you all to 'have a go' and try something new.



British Sign Language (30 places)

A fun and interactive opportunity to learn a valuable new skill while discovering Deaf culture and communication. Through games, activities and conversation practice, you will build confidence in signing, make new friends and develop skills that can make a real difference in everyday life. No experience needed, just enthusiasm and a willingness to learn!



Byte-Sized Creators (16 places)

Unleash your digital creativity with this dynamic, technology program designed to turn curious minds into active creators. Through hands-on, project-based challenges, you will explore today's most exciting digital fields, including programming, cybersecurity, game design, robotics, animation, and machine learning.



Cheerleading (24 places)

Would you like to learn how to do some incredible cheerleading moves? Taking part in this activity will give you the chance to train with **Caterham Allstars** and learn a new skill.



Chess (24 places)

Have you ever wanted to learn to play Chess?
Or are you already a Chess Grandmaster?
Join other like-minded students to learn the strategies needed to win a game of Chess.



Creative Choreography Dance (50 places)

You will develop the skills and confidence to create your own dance performances. Explore how to generate movement ideas, structure dances, use choreographic devices, and communicate themes and intentions through movement. You will learn to work collaboratively, make creative decisions, and refine choreography through rehearsal, feedback, and evaluation.



Cross-Stitch (15 places)

Learn a new skill, get creative, and unwind with friends. Whether you're a complete beginner or an experienced stitcher, everyone is welcome to enjoy creating colourful designs while developing patience, concentration, and fine motor skills in a relaxed and friendly environment.



Fashion Design (15 places)

Have a go at designing your own fashion collection! Research for inspiration and see how real designers draw their clothing ideas. Learn about famous designers and what made them stand out, create moodboards of pieces that you love, and illustrate your own collection of unique and original looks!



History Through Hollywood (30 places)

History Through Hollywood takes you behind the battle scenes to discover how accurately war films portray real events. Explore classic films such as *The Longest Day* and *Memphis Belle*, compare cinematic storytelling with historical reality, and uncover why Hollywood often chooses star power over authenticity. Perfect for film and history enthusiasts alike, this club will challenge what you think you know about the stories behind the screen.



Junk Journaling (30 places)

Students will learn how to create their own journal from scratch and use a range of techniques to fill the pages, including collage drawing and stitch. You will repurpose everyday items into a personalised journal, allowing you to express your creativity, collect memories and enjoy the mindfulness that journaling brings.



Live to 100: Secrets of the Blue Zones (30 places)

Discover what it takes to live a long, healthy, and fulfilling life through a fascinating. Explore the benefits of a healthy lifestyle, learn about the role of organic food, and investigate the common habits shared by some of the world's longest-living communities. Along the way, you'll uncover valuable lessons on nutrition, physical activity, and social connections, gaining practical tips to support your own health and wellbeing.



Mindfulness (30 places)

A calm and creative space to relax, reset and focus through colouring, bead jewellery making and mindfulness activities. We will explore different mindfulness techniques while developing creativity, concentration and fine motor skills. Bring your favourite colouring pencils, pens or materials and enjoy a supportive environment designed to promote wellbeing, reduce stress and build positive habits.



Netball (30 places)

An opportunity for students of all abilities to develop their skills and confidence. Each session includes focused shooting drills, skill-based practice activities, and tactical exercises to improve passing, movement, and teamwork. You will have the chance to apply what you have learned through competitive game play in a supportive and enjoyable environment.



Origami (30 places)

Learn the art of origami by following simple folding instructions and creating a range of paper masterpieces, from classic cranes to impressive geometric sculptures. This creative activity helps to develop concentration, problem-solving skills, and attention to detail, while also providing a relaxing way to unwind and focus.



Scalextric (20 places)

Ready, set, go! Join our Scalextric EP for high-speed fun and friendly competition. Build your racing skills, learn how to set up tracks, and take part in exciting races with your classmates. It's a great way to make friends and enjoy some fun - no driving license needed!



The Salon Project (20 places)

The Salon Project gives students the opportunity to work in teams to create themed hair and beauty looks using hairstyling, makeup and nail techniques. In a supportive salon-style environment, you will build confidence, creativity and professional skills before showcasing your work in a runway-style presentation at the end of the half term. Open to all abilities.



Volleyball (30 places)

Whether you're new to volleyball or looking to improve your game, you will have the chance to learn key skills, understand match tactics and compete against others. It's a great way to stay active, challenge yourself and meet new people.

