

Aspire

Innovate

Respect

# Excellence Programme Autumn Term 2025



  
**Carrington**  
School AD ASTRA

## 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 Friday afternoon**
- You must **choose your TOP FIVE activities** from this choices booklet
- 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 and 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.

## Acting (30 places)

Do you love Drama and can't get enough lessons in a week? Then this session is for you!

You will learn about a range of historical stories and interesting themes through the medium of acting.

You must be confident performing back to an audience.



## Anatomy (30 places)

Do you want to know more about how our bodies work? Do you love asking questions and investigating? And do you have a strong stomach for some dissection? If so then this activity is for you!



## Ancient Civilisations (30 places)

Ever wondered what weapons the mighty Mayans used in battle? Or what was on the menu in Ancient Greece? If you're curious about how people lived, fought, and feasted thousands of years ago, then this is the adventure for you! Explore fascinating ancient worlds, uncover surprising facts, and dive deep into the mysteries of the past. From pyramids and palaces to myths and mayhem, history comes to life in this exciting journey through time.



## The Apprentice (30 places)

Are you ready to unleash your entrepreneurial spirit? The Apprentice is an exciting Excellence programme designed to dive into the world of business. Working in teams, you will develop a unique product and business plan, all leading up to a festive Christmas event held during the school day. The goal? Generate the most profit and claim the title of The Apprentice Champions! With creativity, teamwork, and a competitive edge, this is your chance to shine and turn ideas into success.



## 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!



## Board Games (10 places)

Would you like to join like-minded students to learn some new board games; learning strategies needed to win the games? There will be a variety of games to play each week – see if you can be top of the leaderboard!



## Boxing (20 places)

Have you ever thought about learning to box? You will receive professional coaching in a boxing gym in Redhill. You will learn technique and fitness. No experience necessary.



## Carrington Farm (20 places)

Do you love wildlife and want to help care for our very own Carrington animals?

Do you want to learn how to care for the goats, rabbits, chickens and guinea pigs and spend time outside in the fresh air?



## Cheerleading and Competitive Dance (25 places)

Would you like to learn how to do some incredible cheerleading moves?

Do you want the chance to train with KCA Performing Arts and learn a new skill?

Are you interested in learning a competitive dance routine and improving your fitness?



## Creative Crafts (20 places)

Creating something from nothing, is a process of discovering, connecting, exploring and transforming. Each week, we will make something from recycled materials. From wood, yarn, card to slime making. Let's express your creativity.



## Golf Coaching (12 places)

**\*\*There is a charge of £2.50 per week to complete this activity \*\***

Would you like to learn how to play golf with lessons from a professional golf coach? We will travel by minibus to Bletchingley Golf Course each week for group lessons.



## Gymnastics for All (16 places)

Are you interested in making progress in your gymnastics skills?

Do you want the chance to train with Ellastics, a British Gymnastics affiliated club?

Would you enjoy having time to create a floor routine to music and learning how to perform great rotations and moves safely?



## Manga (15 places)

Do you love Manga? Do you want to have a go at creating your own? You will learn about the origins of Manga, take part in quizzes, read some and watch some anime and learn a bit about Japanese culture and food while you're at it.



## Ninjitsu (20 places)

Ninjitsu is the art of dealing with attackers so that you can defend yourself quickly and efficiently from one or more attackers. You will learn striking skills as well as throwing, locking, breaking and chokes and strangles.



## Refereeing (15 places)

You will learn the basics of how to referee a game of football and the role of the assistant referee.

We will look at videos of controversial decisions from the weekend's football and you can make your own decisions – was it a foul? was it a dive? handball? You decide!

Then it's time to have a go for yourself! We will spend a part of each session out on the Astro where you become the referee.



## Scalextric (12 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!



## Wilder School (30 places)

***\*\*This is open to Current Year 7 only and you will take part all year \*\****

Over the year you will explore and connect with nature, investigating local wildlife, mapping green spaces, and begin developing your own "Vision for Nature" project. As the year progresses, you will learn about citizen science, raise awareness, and take real action for nature, such as creating a meadow, planting trees, or building habitats. The project will end with forest school-style challenges, skill-building activities, and a celebration of everything you've achieved.

