

Aspire

Innovate

Respect

# Excellence Programme Spring Term 2026



  
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 7s, 8s and 9s for the Spring 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 Spring 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.

The following **DO NOT NEED TO MAKE A CHOICE:**

- If you're already doing **DofE** (Year 9)
- If you're already doing **Wilder Schools** (Year 8)
- If you're part of the **Musical** (all years)
- If you've paid for **Boxing** or **Golf** (all years)

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

## Air Clay Modelling (30 places)

Come along and create tiny masterpieces using air-dry clay! Perfect for those who want to unlock their imagination and explore the world of miniatures.



## 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. 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!



## Ballet (20 places)

Banu Cobbold, an experienced ballet teacher, will teach ballet technique and routines to students of all abilities. This is really good for core strength, fitness, stamina and building new movement ideas. Highly recommended for anyone who enjoys dance, sport or performing. Ballet underpins many aspects of dance styles, gymnastics, cheerleading acrobatics, football and is recommended for all athletes to engage with. We challenge you all to 'have a go' and try something new.



## Board Games & Puzzles (12 places)

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



## Boxing (20 places)

**\*\*There is a charge of £30 for the term to complete this activity. Sign up is open now [HERE](#) and payment must be received by 15 Dec to take part\*\***

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 Chef (20 places)

**\*\*This is an extended session that will finish at 3:10pm to give you more time to make some fantastic dishes\*\***

Do you want to learn to make quality culinary dishes?

Do you want to rise to the challenge and have the opportunity to show off your catering skills?

Are you focused on a career in this area or would you like to develop some more cooking and baking skills?

During these sessions you will learn from professional chefs from the **Prept Foundation**.



## 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 (20 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.



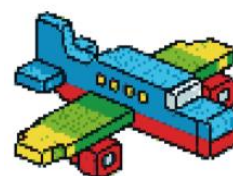
## Chess (30 places)

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.



## Gatwick Lego Mat

You will build your own Lego robot and code it to move around the Gatwick Lego Mat, replicating a passenger's journey through Gatwick Airport. Robots will need to travel from the South to North Terminal, complete bag drop off at check-in, pass through security, make their way through Gatwick's departure lounge, head over to the gate room and fly off to a land far away. At each stage of the Gatwick Lego Mat, QR codes will reveal challenges and tasks.



## Globetrotter Quest (28 places)

Picture this...You are about to go on a journey...A world tour! You are going to travel around the world and explore many different places! Each week you will travel to a new location and experience its many wonders!



## Golf Coaching (12 places)

**\*\*There is a charge of £30 for the term to complete this activity. Sign up is open now [HERE](#) and payment must be received by 15 Dec to take part\*\***

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?



## Mindfulness Colouring (14 places)

Take important time to reset and focus whilst colouring

Mindful colouring has been shown to reduce anxiety and stress, improve sleep, improve focus and even improve vision and motor skills!

Bring your favourite colouring pencils/pens/equipment and we will refine the skills and look at different strategies of mindfulness whilst colouring!



## Mission: Breakout (30 places)

Unleash your inner Sherlock!

Are you a puzzle master? Do you love cracking codes and solving mysteries?

You'll team up to design and build your own escape room challenges. Put on your thinking caps and get ready to engineer immersive, mind-bending experiences for other teams to break out of!

Can you outsmart your opponents and make the ultimate escape room? Join us and find out!



## Myths & Legends (15 places)

If you love reading and love finding out about stories and cultures from around the world then this is for you. You will find out about exciting things like gods, magic, spirits, superheroes, death and the underworld and discover myths and legends from different parts of the world such as Australia, Scandinavia, the Caribbean, Africa and Ancient Greece. You will do some independent reading and we will do some reading together. There will be quizzes and you will get the chance to plan your own stories and draw your own mythical creatures!



## 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.



## Pilates (12 places)

A low-impact, full-body workout that builds core strength, improves flexibility, and boosts your mind-body connection. Perfect for all fitness levels – come and feel stronger and more balanced every week!



## 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!



## Sphero Robots (16 places)

Get ready to turn coding into a game! In this interactive session, you'll explore the world of robotics using Sphero - smart, app-controlled robots. Each week you'll learn the basics of programming while unleashing your creativity through different challenges. Whether you're a beginner or a tech enthusiast, this session is all about problem-solving and teamwork.

