

Aspire

Innovate

Respect

Excellence Programme Summer 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 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 7s and 8s for the Summer 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 Summer 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 **Wilder Schools** (Year 8)
- 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 April.

Aspire to Dorking Wanderers (30 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 (10 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 13 March 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)

Do you want to learn to make new 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?



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.



Clay Modelling (30 places)

Join our air-dried clay sessions and discover how fun it is to shape, build, and create your own 3D artwork. These hands-on lessons let you experiment with new techniques, express your ideas, and make amazing sculptures you'll be proud to show off.



Developing Drawing (30 places)

Would you like to improve your drawing skills?

Practice portraits and landscapes as well as different drawing styles such as photo-realism and cartoon

Students will need to provide their own drawing pencils (2B). Paper will be provided.

Some sessions may be outside.



Golf Coaching (16 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 13 March 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.



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.



Medical Mysteries (30 places)

Act as medical detectives to solve fictional patient cases. Through analysing symptoms, requesting diagnostic tests, and justifying diagnoses using biological knowledge, you will develop critical thinking, problem-solving, and discussion skills.

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!



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!



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!



Scalextric (25 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!



Striking and Fielding (30 places)

Do you want to develop your fielding skills in a variety of different striking and fielding games?

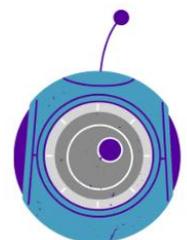
Do you want to work on your batting skills using different types of bats to improve your accuracy, power and direction?

Do you like working as part of a team, using tactics effectively to outwit your opponents?



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.



Ultimate Sports (30 places)

You will learn the rules and be able to play games of Ultimate Frisbee and American Football.

