

Aspire

Innovate

Respect

Excellence Programme Summer 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 FOUR 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 and 8s for the Summer 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!
- **Consider all of the options first** and then **select your top four**. 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 three 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 **FOUR** 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 four choices.

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!



Ballroom Dancing for Beginners (30 places)

In just a few weeks, learn the basics of the Waltz, Foxtrot, Tango, Chachacha Quickstep, Rumba etc. You will be holding broom handles with the emphasis on footwork so you will not be in contact with each other.



Bike It (16 places)

Do you own your own mountain bike and helmet?

Fancy the opportunity to practice riding on-road and off-road on local cycling routes and tracks in all weathers?



Carrington Farm (15 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?



Creative Carrington Chef (20 places)

Do you want to be creative by designing and making 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?



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.



Cheerleading and Competitive Dance (15 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?



Chess and Board Games (28 places)

Have you ever wanted to learn to play Chess? Or are you already a Chess Grandmaster? Or would you like to join like-minded students to learn some new board games; learning strategies needed to win the games?



Computer Aided Design (CAD) (30 places)

Do you want to learn how to draw in 3D using industry standard software?

Would you like to learn about how real designers use Computer Aided Design in their careers?

Are you creative and imaginative? Would you like the opportunity to showcase your design work to others?



Digital Editing: Using Photoshop (28 places)

Would you like to learn to use software that media professionals use?

Are you interested in creating your own media production from scratch using Photoshop?

Will you enjoy having the opportunity to manipulate images and text to create a professional looking magazine front cover?



Henna Art (25 places)

Explore the beautiful and intricate art of henna! You'll learn about the cultural significance of henna, practice creating stunning designs, and develop steady-hand techniques for application.

Whether you're a beginner or already love art, this is a great opportunity to try something new and get creative!



Korean Culture & Language (30 places)

Are you interested in BTS, Kimchi, or Son Heung-min?

We will explore Korean culture in depth alongside learning the language (it's easier than you think)...



Pitch Perfect (Acapella Singing) (30 places)

Have you seen Pitch Perfect or Glee before and would you like to learn how to create an acapella singing group?

Do you love singing and enjoy performing arts?

Have you got a passion for using your voice creatively to remix songs from different genres?



Podcasting (30 places)

Do you love listening to Podcasts? Have you ever thought about creating your own?

You will learn how to produce, record and market a podcast! We will be working together to create a podcast for Carrington to highlight all of the exciting things going on in and around school! You must be happy to "perform" and speak in front of others if you want to make this choice.



Softball (28 places)

Fun and fast-paced bat-and-ball game!
Played with a bigger ball and on a smaller field – easier to hit!
Underhand pitching makes it great for all skill levels.
Work as a team to hit, run, and score points!"



Scripted Performance (20 places)

Do you like to act and enjoy learning lines? Would you like to be involved in taking a script from page to stage? In these sessions we will work as a large group to perform a short abridged play to an audience. You will learn about the process of casting, blocking, rehearsal and characterisation techniques as you bring the script to life.



Swimming (10 places)

*****There is a charge of £10 to complete this activity and you must be able to swim already*****

Do you want to improve your fitness?
Do you want to improve your swimming technique?
Do you enjoy challenging yourself and setting goals?



Ultimate Sports (30 places)

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

