

Excellence Programme



What is the Excellence Programme (EP)?

- You will have an EP session **every Thursday afternoon**
- You must choose 5 activities from those listed in this Choices Booklet that you would like to try. You will do an activity for 10 weeks. **Please take time to choose carefully – once you have made a choice, there is no swapping or changing.**
- It is compulsory and is part of your timetable – be open-minded to try something new but also make choices that interest you.
- Students from both Years 7 & 8 will be in your group

Why does Carrington School offer this programme?

- To extend your learning opportunities
- 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

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.**
- Follow the instructions sent to you by Mr Stafford to complete the Microsoft Form using your school login details.
- **Do not** choose activities that you have already taken part in this year - try something new
- You will find out which activity you have been allocated when you get your timetable for next Term

Summer Term 2024

Make five choices

Animal Care

- Do you want to learn about how to be responsible for animals and explore different species and their natural habitats?
- Could we explore the relationship humans have with animals and how we can look after and protect them?
- Do you want to know some top tips for how to care for different pets? Or would you consider becoming a vet one day?



Body Toning & Tuning

- Do you want to do something energetic and fun with your time?
- Could you have fun keeping fit and exercising to music and tutorials?
- Would you like to develop your fitness in order to better your mental health?



Carrington Chef

- Do you want to practice making different food and dishes?
- Do you want to rise to the challenge of sharing recipes and have an opportunity to show off your catering skills?
- Are you focused on a career in this area?



Carrington Chess Club

- Do you want to try out Chess and learn the rules of the game?
- Do you want to improve your Chess skills and consider how to tactically outsmart other players?
- Do you want to meet new friends playing a game you enjoy?



Cheerleading & Competitive Dance

- Would you like to learn how to do some basic 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?



Harry Potter Fan Club

- Are you a fan of the Harry Potter book series and franchise?
- Would you like to become an expert on JK Rowling's fantasy series exploring all different aspects of this literary world?
- Are you interested in meeting other students who love Harry Potter?



Lawn Bowls

- Are you interested in learning how to play a new sport?
- Do you enjoy being outdoors?
- Would you like to become competitive practicing a new skill?



Mindfulness

- Do you like to partake in mindfulness activities and learn new relaxation strate
- Would you like to learn about mindful colouring and practice optical art?
- Could you create something special as a team to brighten up our school environment whilst improving your focus and attention?



Musical Theatre Singalong Group

- Do you love musical theatre? Would you like to get to know more musicals?
- Would you like to unleash your inner performer and sing your favourite show songs?
- Could you become an expert on West End performances by watching filmed stage performances?



Outdoor Volleyball

- Do you want to learn how to play and score Volleyball effectively?
- Are you competitive and do you like learning strategies to win?
- Do you enjoy participating in competitions whilst meeting new people?



Reading for Fun

- Do you love reading? Would you enjoy some peace and quiet in 'Reading for Fun' each week in Antares?
- Everyone is welcome to bring their own books or find one in the library and enjoy reading - just for fun!!
- We look forward to hearing about the books you have read and the enjoyment you have had from them – sign up and see you there!



Self-Defense for beginners

- Do you want to learn some basic self-defense skills and strategies?
- Would you like to know some Taekwondo moves to improve your skills set?
- Could you have fun sparring with others enhancing your fitness?



Striking & Fielding

- 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?



Storyboard That! Comic Strip Creations

- Do you enjoy creating stories and narratives?
- Could you learn how to create a comic strip like some of the greats?
- Would you like to use some cool new software to be the next Stan Lee?



Swimming* (There is a cost for this activity)**

- Do you enjoy swimming? Are you an able swimmer who wants to perfect your technique?
- Would you like to do an activity that builds core strength?
- Are you willing to represent our school in the local area and be an ambassador?

The Apprentice Business Challenge

- Would you like to create your own business venture?
- Would you like to market and sell your product to make a profit?
- Do you enjoy having to control a budget?



Woodland Warriors

- Do you enjoy the outdoors and being part of nature?
- Would you like to investigate our local ecosystems and then design your own?
- Could you support and protect our local environment and the species within it?

