

Enrichment Programme 2023-24

SIXTH FORM @ UPTON



Sixth Form Enrichment

At Upton, our hope and expectation is that each young person grows into their best self, with zest for life and the generosity and confidence to use their talents and gifts in the service of others; our Sixth Form enrichment programme has been designed with this intention at its very heart; by providing students with the opportunity to explore a rich and varied set of activities that go beyond their academic studies so that they can thrive and develop as responsible young citizens.



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The Programme Structure

Our enrichment programme involves fortnightly lessons on Wednesday afternoons for students in Years 12 and 13. Students are given a choice about which enrichment pathway they wish to follow.

Some activities are qualifications or competitions which may mean that they will last for the duration of a student's enrichment for the year, whereas others (rotation subjects) are offered on a rotation basis to enable students to access a broad range of activities.

The programme structures for the respective year groups are set out below, and further details of each activity can be found on the following pages.

Year 12 Programme

Autumn Term

Spring Term

Summer Term

Enrichment options (Week A)

EPQ, Sports Leaders, Sign Language, Bar Mock,
Socio Environmental Responsibility

Or Rotation option = 3 activities on rotation

Year 13 Programme

Autumn Term

Spring Term

Summer Term

Enrichment options (Week B)

EPQ, Sports Leaders, Well Being

Or Rotation option =
2 activities rotation

A Level
preparation

A Level
Exams

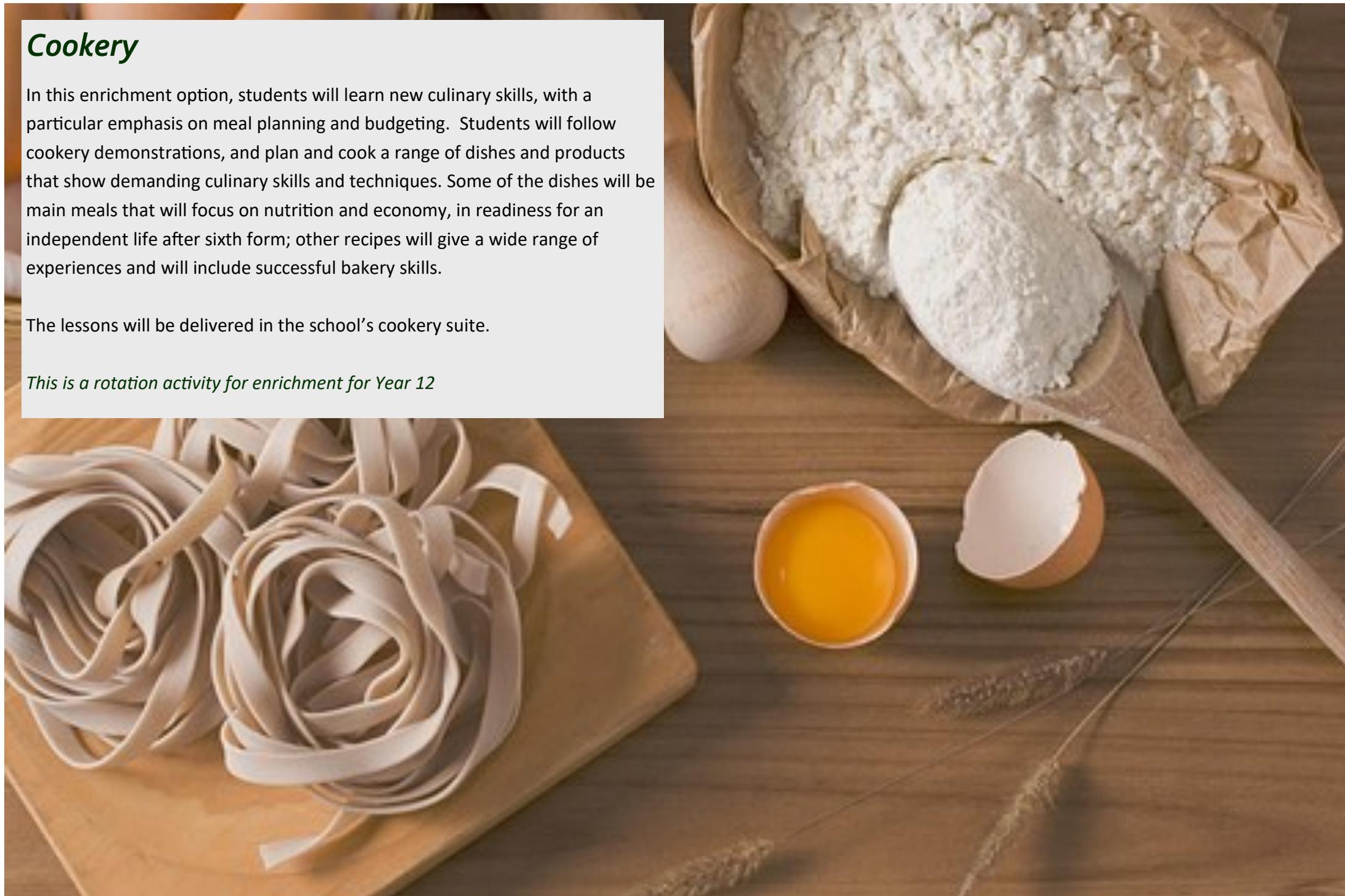


Cookery

In this enrichment option, students will learn new culinary skills, with a particular emphasis on meal planning and budgeting. Students will follow cookery demonstrations, and plan and cook a range of dishes and products that show demanding culinary skills and techniques. Some of the dishes will be main meals that will focus on nutrition and economy, in readiness for an independent life after sixth form; other recipes will give a wide range of experiences and will include successful bakery skills.

The lessons will be delivered in the school's cookery suite.

This is a rotation activity for enrichment for Year 12



First Aid

This enrichment activity will enable students to learn about basic first aid. First aid is a universal skill that can be used by anyone, at any time and in any place. By gaining an understanding of basic first aid concepts ensures that students are equipped with the knowledge and skills to save lives in emergency or unpredictable situations.

This is a rotation activity for enrichment for Year 12





Enterprise

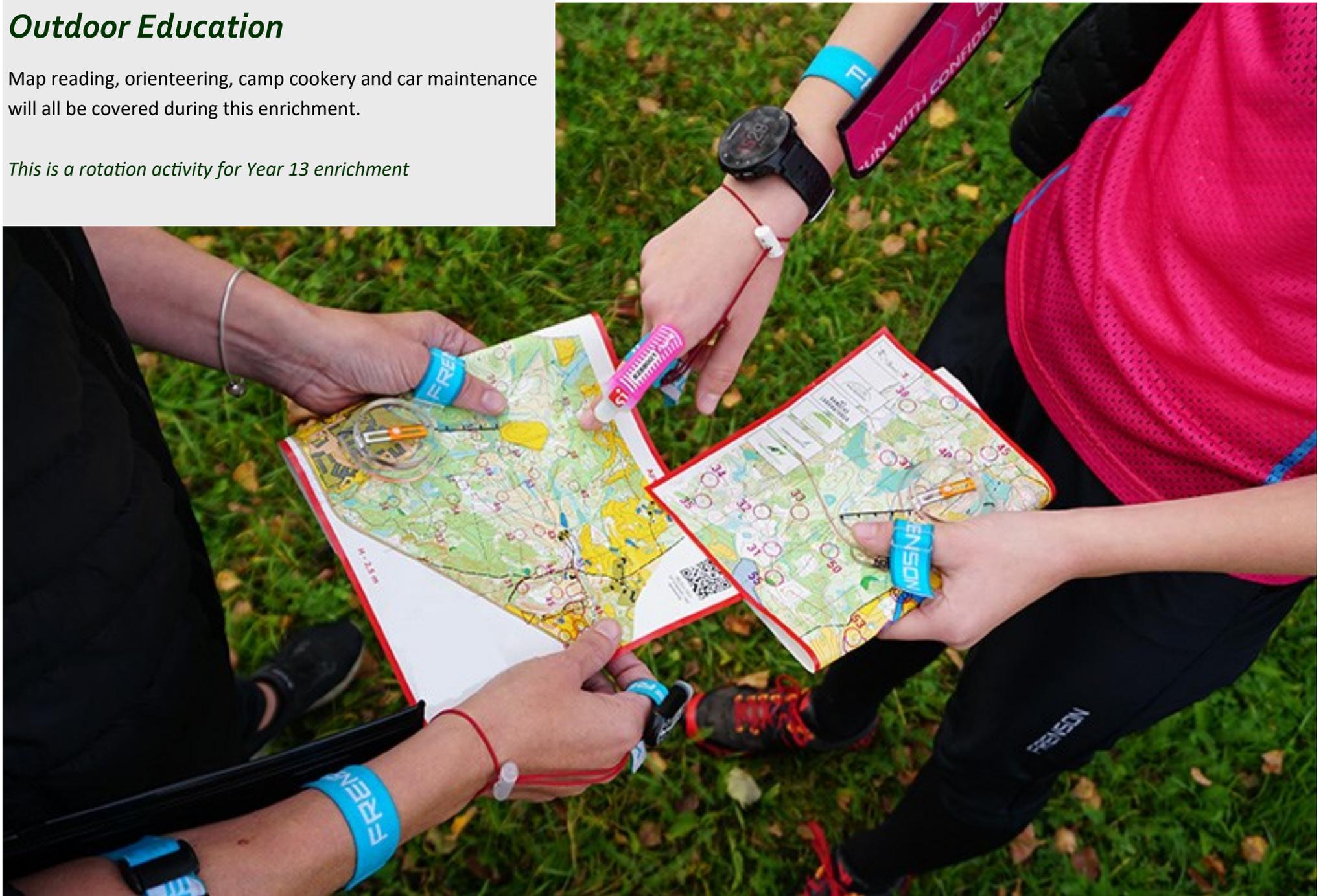
Students will look at generating an innovative business idea. They will look at finances, marketing, research, product development and presentations.

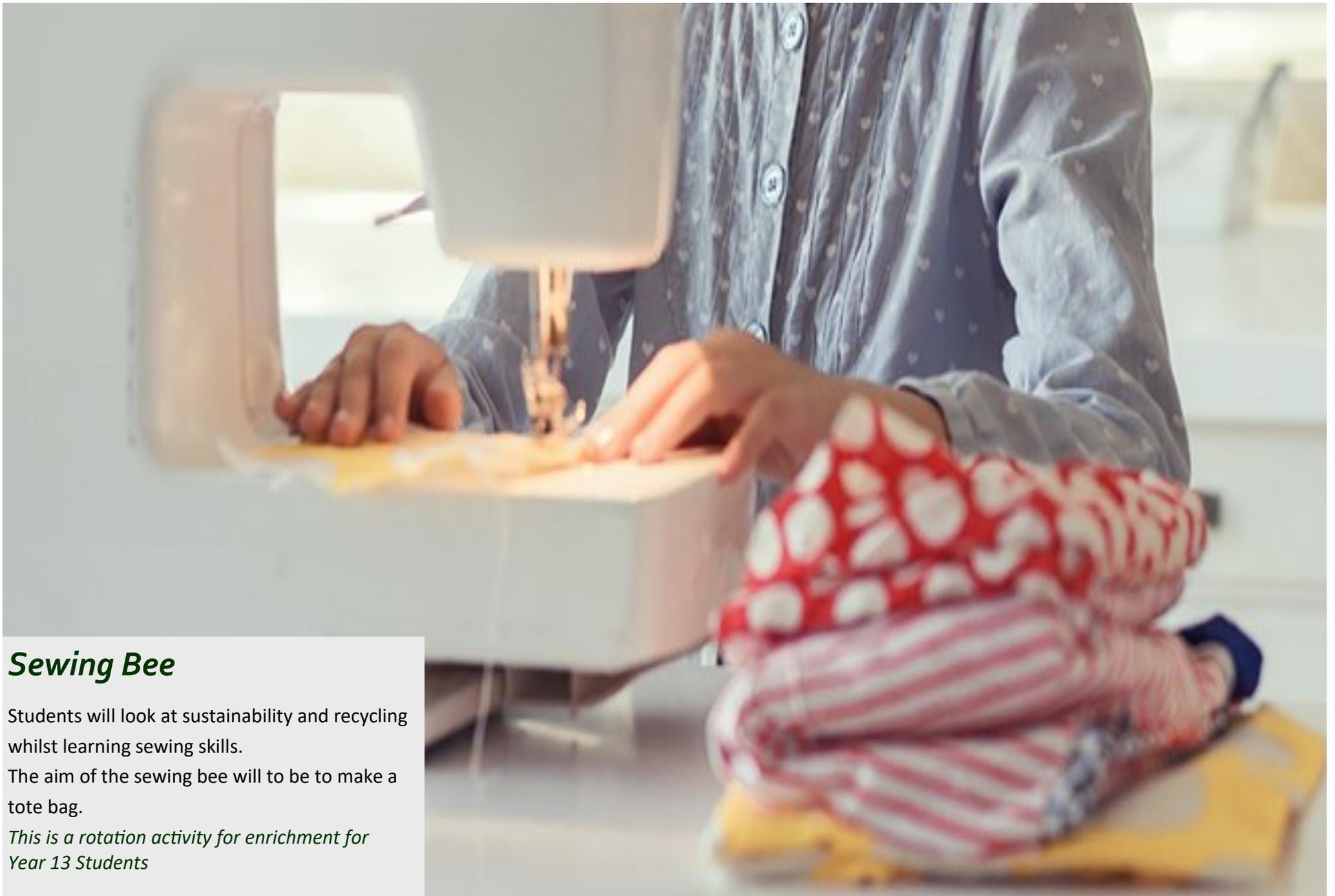
This is a rotation activity for enrichment for Year 12 and Year 13

Outdoor Education

Map reading, orienteering, camp cookery and car maintenance will all be covered during this enrichment.

This is a rotation activity for Year 13 enrichment





Sewing Bee

Students will look at sustainability and recycling whilst learning sewing skills.

The aim of the sewing bee will be to make a tote bag.

This is a rotation activity for enrichment for Year 13 Students

A close-up photograph of a person's hands holding an open book. The person has long, wavy brown hair and is wearing a blue denim shirt. The book is open, and the pages are slightly curved. In the foreground, a pair of black-rimmed glasses lies on a light-colored surface. The background is dark and out of focus.

The Next Chapter

Sixth Form Book Club. The group will choose from a selection of books and discuss these each week. We will also have some time for BYOB too.

This is a rotation activity for Year 13 enrichment

Current Affairs and Discussion

Podcasts and Papers

During this enrichment groups will listen, read and discuss current affair topics from newspapers and podcasts. They will also make their own podcast.

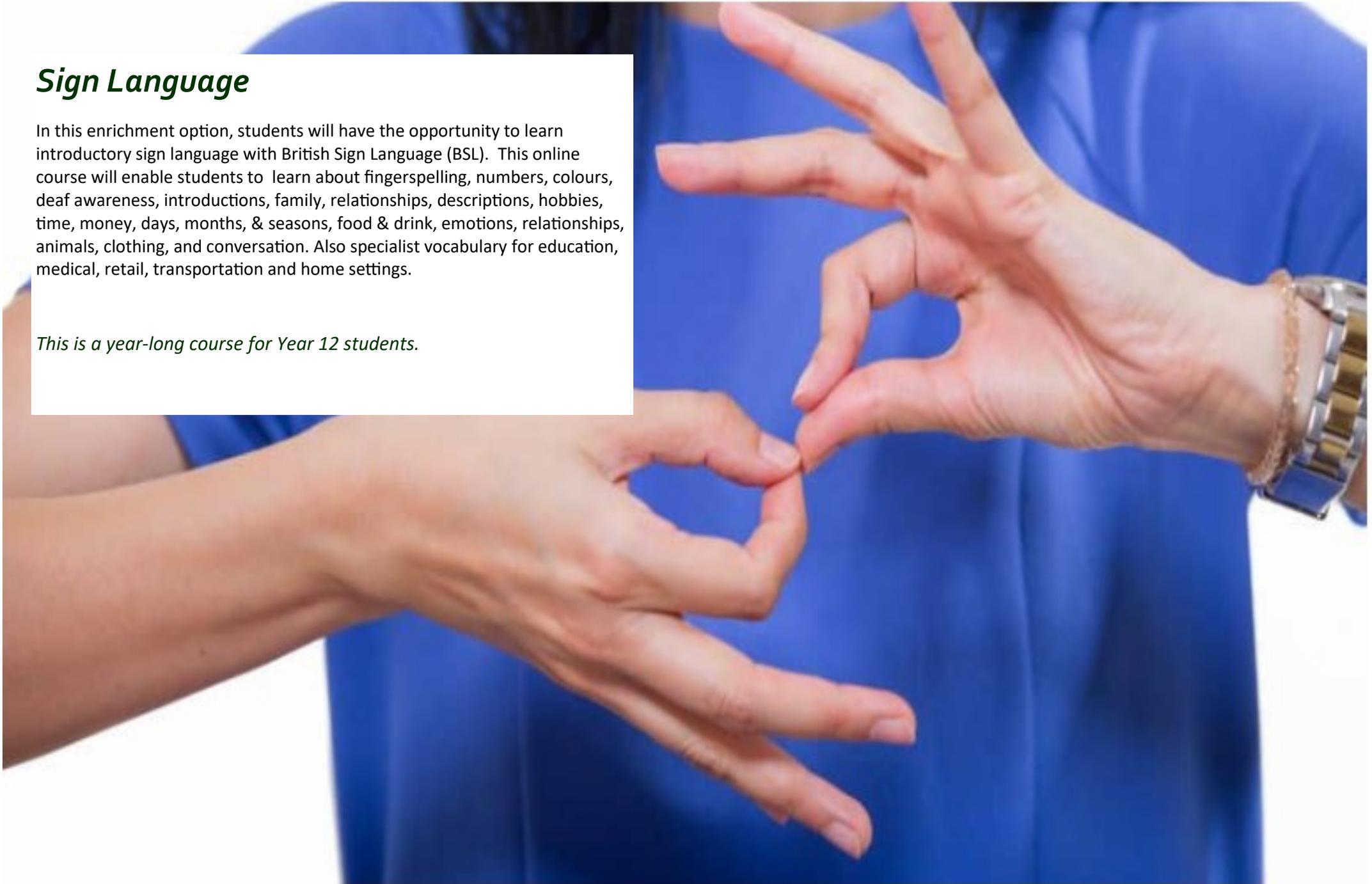
This is a rotation activity for enrichment Year 13



Sign Language

In this enrichment option, students will have the opportunity to learn introductory sign language with British Sign Language (BSL). This online course will enable students to learn about fingerspelling, numbers, colours, deaf awareness, introductions, family, relationships, descriptions, hobbies, time, money, days, months, & seasons, food & drink, emotions, relationships, animals, clothing, and conversation. Also specialist vocabulary for education, medical, retail, transportation and home settings.

This is a year-long course for Year 12 students.





Bar Mock Trial Competition

The Bar Mock Trial competition is a unique opportunity for students in Year 12 from all over the UK to gain unparalleled insight into the justice system.

The competition immerses students in all aspects of a criminal trial, as they take on the roles of barristers, witnesses, clerks, ushers and jury members.

Students appear in real crown courts in front of real judges and are assisted in their preparations by professional barristers.

Students are prepared for the competition in enrichment lessons with occasional, additional lunchtime rehearsals.

This is an excellent opportunity to gain an insight into the legal world and will also be a valuable addition to your personal statements.

This enrichment option is for one year for Year 12

Extended Project Qualification

(EPQ)

Students will follow the AQA Extended Project Qualification (EPQ) which is the equivalent to half an A Level. The AQA EPQ allows each student to embark on a largely self-directed and self-motivated project. Students must choose a topic, plan, research and develop their idea and decide on their finished product.

The EPQ is an excellent way of students engaging with a topic beyond their A Level studies; the qualification encourages creativity and curiosity and it develops students' academic skills of evaluative research methods.

Taught sessions are provided on Friday mornings by our EPQ Co-ordinator, in addition to the directed research time during Wednesday enrichment lessons.

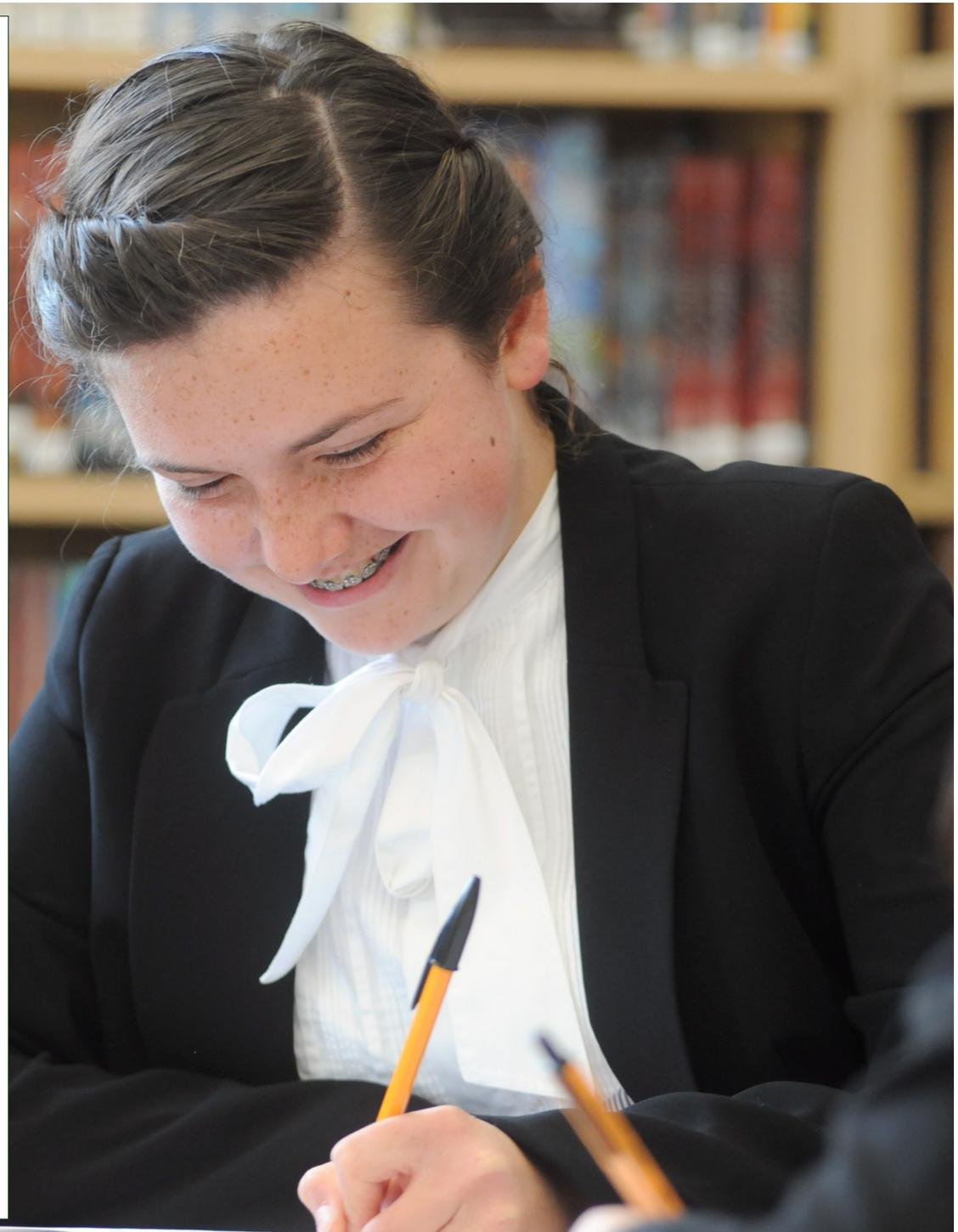
The final EPQ consists of:

- research based written report
- production* (eg charity event, fashion show or sports event etc)
- an artefact* (eg piece of art, a computer game or realised design)

*A written report must accompany these options.

Students must also record their project process in their Production Log. The process of recording and completing a project is as important as the finished product. Both the Production Log and Product will be assessed.

This is not a rotation option and students must commit to the EPQ in Years 12 and 13, as it is a qualification.





Sports Leadership Award Level 3

The Level 3 Certificate in Higher Sports Leadership enables students to lead unsupervised groups of people in sport and recreational activities. It builds upon the skills and experience gained through the Level 1 and 2 Award in Community Sports Leadership. This qualification is worth 16 UCAS tariff points.

Students undertaking a qualification in Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities of younger people, their peers, older generations and within the community.

The courses involve both guided and peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.

The sessions use sport to deliver fun and engaging physical activities with other students and within the community. Students will plan, lead and evaluate sports/physical activity sessions over a number of tutored hours and then demonstrate their leadership skills as part of their assessment.

Assessment will take place through the following methods:

- Practical observation – video/photos can be used to support this
- Questioning of underpinning knowledge - via worksheets
- Planning and evaluating leadership experience.

*This is not a rotation option and students must commit to the qualification in both Years 12 and 13. ** Year 12 students will be given further details re payment for this qualification*

A vintage world map with a magnifying glass over South America. The map is detailed, showing continents and oceans with various labels. The magnifying glass is positioned over the South American continent, specifically highlighting the area around Brazil and the Amazon basin. The map is oriented with North at the top.

Socio-Environmental Responsibility

In term one, we will be using Missing Maps software to create Maps for aid and humanitarian agencies to use to respond to disaster. This requires attention to detail to ensure these agencies have up to date and accurate information.

In term two, you will choose a socio-economic or environmental contemporary issue to research and present to the group about, honing your public speaking and presentation skills which are key to future job/ university applications.

In term three, we will look at Upton Hall and our ecological footprint. You will work in a groups on a small project to improve our footprint and solve environmental issues around school.

This enrichment option is for one year for Year 12



Well Being

This enrichment will look at the various aspects of well being.

There will also be an opportunity for peer listening training.

This enrichment option is for one year for Year 13



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