



# FUS Enrichment Program

2022-2023



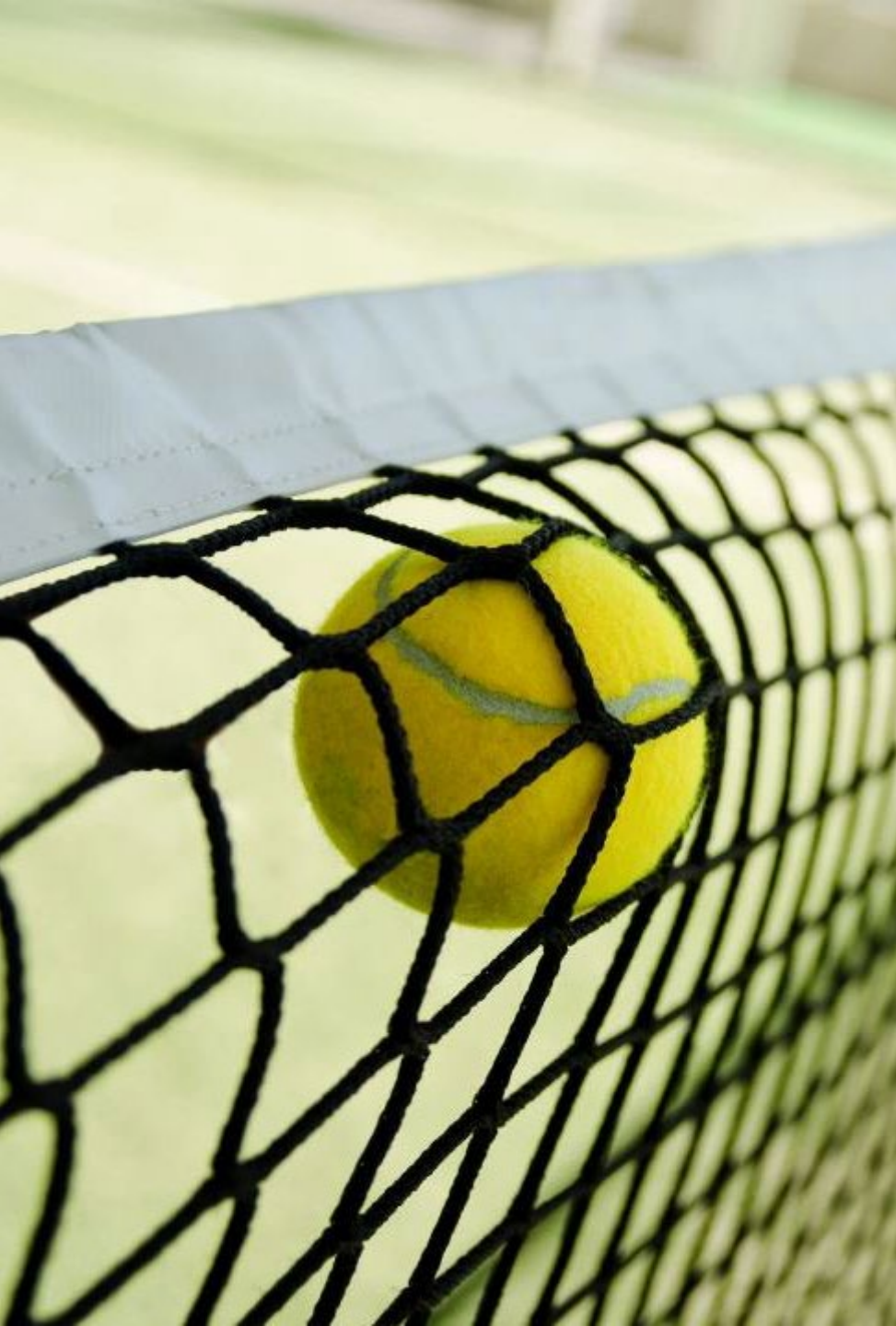
# What is it?

- Enrichment is offered in 6th Form and is designed to enrich your lives!
- A variety of activities have been timetabled for you on a Wednesday Period 4 and 5
- They range from cooking to scuba or sewing to skiing. What you choose is completely your choice!
- Some of these run yearly so you will do them for the year.
- Some you can take more than once.
- If you have a career in mind this can also be a great opportunity to get some experience in that field through volunteering.
- Some activities are chargeable. If you are entitled to bursary this can be used for an enrichment activity.

# What to do next?



- Have a look through the enrichment options on this PowerPoint.
- Make your choice!
- Please note: If you are studying 4 A levels you may wish to use the time to work on these. The choice is yours and there is an option for this on the Form.



# Sport and Fitness

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- You are able to choose from a variety of sports to take part in weekly. These are a great way to improve your own physical and mental health as well as having fun with your team. Options available are:
- Table Tennis
- Trampolining
- Fitness
- Badminton
- Invasion Games



# Swimming and Water Polo

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- Thirty spaces are available for swimming and/or water polo weekly.
- Swimming is an excellent way to keep fit and have fun!



# No Fear Gap Year

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- Are you interesting in visiting different countries and contrasting different cultures? Perhaps a gap year is for you!
- This enrichment option will help you to investigate different places, plan a route across the world, plan how you are going to finance it and get some top tips from people who have actually done it!



# Karate Self Defence

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- Learn to punch, kick, and throw someone over your shoulders, safely!
- Each student will gain vital life skills such as respect and how to keep yourself safe on a night out.
- Between James and I we have 15 years' experience in Karate and will be teaching the necessary skills for you to defend yourself if you need to. Come along!



# Flamenco Dancing

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- Flamenco is the bold and elegant fusion of singing, dancing, and music that has been passed down from generation to generation since the fifteenth century in Spain.
- Come and learn the art and fall in love with Flamenco as you experience it for yourself.



# Cake and Curry Club

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- Cake and curry club does what it says on the tin – currys such as easy korma, red thai and chicken tikka, but with added bonuses like naan and chapatis.
- Alongside this, for the other half of your tongue, cake! Classic chocolate cake, carrot cake, sticky toffee, tiramisu, brownies, cupcakes galore and more.
- This is all about baking and cooking great food for life, with the odd bit of gateau thrown in for good measure. Yum!



# Ukulele Club

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- Want to learn a new instrument?
- The ukulele, also known as uke, is a four-stringed musical instrument made from wood that resembles a small classical acoustic guitar.
- Come and learn this fantastic instrument!



# Virtual Theatre

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- This enrichment option will take you into the world of theatre without having to leave the classroom.
- Each session you will watch a different play or musical, and then briefly discuss and critique it with the group.
- Perfect for anyone with an interest in performing arts, play/scriptwriting or just loves going to theatre.



# MOOCS

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- MOOC's are Massive Open Online Courses and there are thousands to choose from!
- You can gain further knowledge in any area you wish but these can be used to support further understanding in your A Level's or even get ahead in a degree topic.
- Alongside academic MOOC's there are skills based ones such as essay writing, research skills or even how to spot the right stars!



# Rummikub Club

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- Experience the fast paced game of Rummikub!
- Learn how to play this board game whilst picking tricks and tips.
- It's a strategic and competitive game using your wits and very best poker face.



# Extended Project Qualification (EPQ)

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- The Extended Project Qualification is an additional qualification with an AS grade achieved.
- It is a research project where you get to decide what you will investigate and write about the process alongside a long written essay.
- You will be taught how to navigate the EPQ as well as have a subject supervisor for support.
- Please note that this option must be taken for the full year.



# Young Enterprise

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- An externally run program that focuses on employability, enterprise and financial education.
- Form and run your own company including making or sourcing your own product or service, marketing and selling it. Make a profit and you can keep it!
- We help you succeed in the changing world of work by equipping you with the work skills, knowledge and confidence needed.
- Please note that this option must be taken for the full year.



# Reading Hub Assistant

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- This enrichment option will take place at lunch and break time on a rota basis.
- You will assist with keeping the reading hub running by helping to sort stock, check out and in books and support students with their use of the reading hub.
- If you choose this option you will be able to use the enrichment time as a free.



# Teaching Assistant

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- As a TA (Teaching Assistant) you will work alongside the SEN department to support students in the lower years who have additional needs.
- This is a fantastic opportunity for those looking to develop their understanding of working with children or in the education and caring professions.
- Training will be given and you will be able to develop skills such as independence, team work, compassion, language, communication and empathy.



# Community Volunteering

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- Want to volunteer but struggle to find the time?
- Organise a volunteering opportunity for yourself and come and get the paperwork from the 6th form team to use this time.
- We will need to see evidence of your volunteering efforts also.