



Sixth Form Enrichment Programme **Prospectus** 2023-24



Dear Student,

Welcome to Sixth Form at Prince Henry's!

Our vision is for Prince Henry's to become internationally recognised as an exceptional school with a culture of **respect**, where we can all **flourish** and **achieve**. As a school, we pride ourselves on being **honest** and **kind** as well as equipping students with **confidence** and **independence** so you are **ambitious** and **resilient** as you progress through Sixth Form and move onto higher education and different career pathways. **Enrichment** is a vital part of this.

Our range of enrichment activities are fun and rewarding in themselves. They will also provide you with skills and experiences of real value to employers and universities, giving you the edge and something to write about when applying for your next steps.

There is a reason that universities and employers value these wider experiences, and a reason we value them enough to make them a compulsory part of our Sixth Form curriculum. The qualities you develop outside the classroom don't just *look* good: they *are* good. A breadth of experience and skill doesn't just help with applications. It helps you in higher education, when you start work, and in your wider life.

You will have a few days to select your options by completing our online Enrichment Options Form **by 3.00pm on Friday 8th September**. Follow the QR code below to access the form. Browse the options in this booklet before you make your choices.

You should choose carefully your enrichment options carefully, to fill in gaps in your skills and experiences, as well as thinking about what you would find interesting enjoyable. Make sure you have some reserve choices, as some options have limited availability. Please note that **all students, regardless** of curriculum and circumstances, should read this booklet and complete the online form. We very much look forward to working with you in the Sixth Form, and to celebrating your successes in enrichment as well as in your academic studies.

Yours faithfully

Miss Rosillo

Enrichment Co-ordinator

Timeline

- | | |
|--|--|
| • Wed 6 th September | Introduction to enrichment options |
| • Friday 8th September | 3.00pm - deadline for completing the online enrichment form |
| • w/c Mon 18 th September | First enrichment rotation begins / first enrichment session |
| • w/c Mon 27 th November | Second enrichment rotation begins |
| • w/c Mon 5 th February | Third enrichment rotation begins |

Scan for the
enrichment
options
form.



*Please complete
by **3.00pm** on
Friday 8th
September*

1. YOUR ENRICHMENT OPTIONS

The vast majority of you will be taking a core curriculum comprising **three** A Levels or equivalent (Level 3) courses. It is now time to choose your 'additional' curriculum, including enrichment, comprising up to **two** option slots.

Within these two available slots, you can choose to study **one** 'accredited / full-year' enrichment option, **or** one set of 2-3 enrichment modules, **or** one of **each**: one full-year option and one set of modules. Please note that it is not normally possible to combine two 'full year' options (due to timetable demand). Your set of 2-3 modules, if chosen, will run one after the other, in 6-8 week blocks throughout the year.

If you have chosen to sit a fourth A Level, or are conducting a compulsory GCSE resit, that qualification will take up **one of the two slots** in your 'additional' curriculum, leaving only one slot available for an enrichment option.

Finally, **volunteering** is a fantastic way to contribute to the school community and further develop your skills. As these activities take place during tutorial time, they are open to all students as a separate and additional option beyond enrichment.

| Core curriculum | Additional curriculum | Volunteering |
|---|--|--|
| You will study three A Levels / Level 3 courses: | You will take up to two of the below options: | Volunteering is open to all students and includes: |
| | GCSE resit* | |
| | Fourth A Level / Level 3 course* | |
| Subject 1 | Accredited / full-year enrichment option | SUMS club/Reading club |
| Subject 2 | Set of enrichment modules (2-3 options) | KS3 Form Volunteer |
| Subject 3 | ESEP (<i>takes up your full two options</i>) | Peer Mentoring |

Note that these options are available to **or compulsory for particular students **only**; you will already be aware, or will be made aware, if this applies to you. These qualifications are not an 'option' available to the majority of students.*

Please note:

- Not all enrichment options are open to all students due to timetable constraints and limits on numbers. We cannot guarantee that you will be given a place on your top choices.
- For some students, certain enrichment options will be compulsory, where we feel it is strongly in your best interests. This may include those who are only just meeting our entry requirements, and others whose subject choices and/or GCSE results make a particular enrichment choice especially desirable.
- If you are on the ESEP Excellence or Elite programme, you may not be able to participate in other enrichments due to time demands (though you may). Volunteering remains an option.

Additionally:

- As your circumstances or the timetable may change, **all students** (even those on ESEP, doing GCSE resit and/or doing a fourth A Level) should study this booklet carefully and think about the choices available **as if** you were going to be choosing a **full range of enrichment options**.
- Consequently, we also ask that **all students** complete the online form in full.

Summary of options:

- **Students taking three A Levels / Level 3 courses** → choose **one** full-year option; **or** one set of enrichment modules (2-3 options); **or** one full-year option **with** one set of modules (2-3).
- **Students taking four A Levels / Level 3 courses** → choose **one** accredited enrichment option **OR** one set of enrichment modules.
- **Students taking three A Levels / Level 3 courses and a GCSE resit** → choose **one** accredited enrichment option **OR** one set of enrichment modules.
- **Students on the ESEP programme** → you will not usually be able to participate in additional enrichment options but will discuss how to structure your available time around practice and training. Express on the form if you have a strong desire to do additional enrichment too.

*Remember: **all students** have the option of volunteering and **all students** should make the full range of enrichment selections online in case their circumstances change. **Additionally: please note** that no single 'system' will account for all individual circumstances! If you feel that you do not fit into the options outlined above or would like to discuss your options, please speak to Mr Faulkner.*

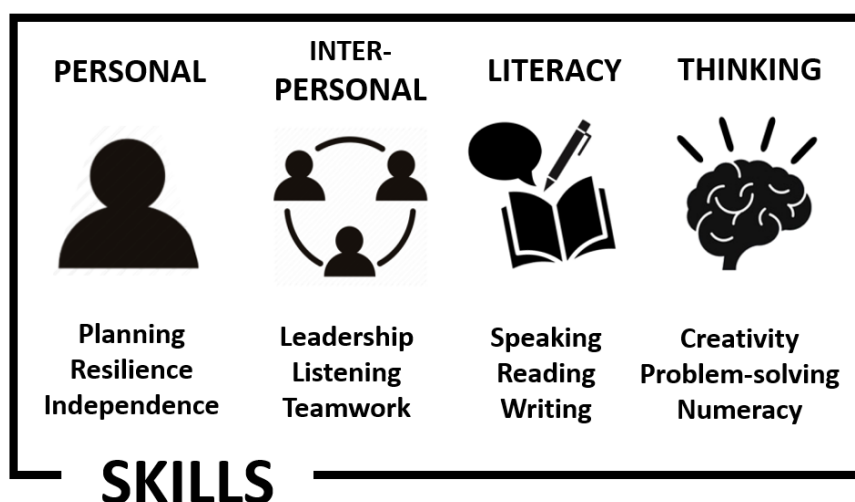
2. COMPETENCIES – SKILLS, QUALITIES AND EXPERIENCES

As discussed above, enrichment makes a very strong contribution to developing your experiences, skills and qualities. As well as this genuine purpose, it helps you 'play the game' of your next step, by providing you with material to reference in applications and interviews.

Very soon you will be introduced to the website **Unifrog**. This doesn't just provide a huge amount of information about universities, careers, apprenticeships and the application process; it also helps you reflect and record relevant information about yourself, to prepare for any application. Unifrog labels particularly valuable skills as twelve **skills**, which have been grouped into four main areas:

- **Personal skills:** *planning - resilience – independence*
- **Interpersonal skills:** *leadership - listening – teamwork*
- **Literacy:** *speaking - reading - writing*
- **Thinking skills:** *creativity - problem solving - numeracy*

Many of the available enrichment options will develop most or all of these skills. **Look out for the icons below** giving you a clear indication which skills are most relevant for each enrichment option.



3. ENRICHMENT COURSE TYPES: ACCREDITED/FULL-YEAR VS. MODULES

Accredited / full-year courses

Accredited or full-year courses, as the name suggests, last all year (Core Maths is in fact a two-year qualification so will continue into Year 13). They will take place in three to eight periods across the fortnight, and therefore occupy **one full options slot** of the one or two available to you.

Most, but not all, are 'accredited' – formally recognised as a qualification by an outside awarding body. In many cases they will also lead to UCAS points. The available options are:

- ASDAN CoPE Course (Level 3 Certificate)*
- Core Maths (Level 3 Certificate) – *note that this is a two-year course**
- Duke of Edinburgh Gold Award
- Extended Project Qualification (Level 3 Certificate)*
- In-school intervention support
- Cycle coaching

** Successful completion of these options gains UCAS points which count towards university entry.*

The accredited courses are not an easy option, but they can be very valuable in gaining both university entrance points and key skills to support university or job applications.

Enrichment modules

Enrichment modules are *not* externally accredited. They are short courses that allow you to develop a new skill or interest, and will run for a single enrichment cycle (7-8 weeks), in two periods over the fortnight, mostly on Wednesdays p4 and p5. Many are delivered by Prince Henry's staff, though others are delivered by external providers (marked with an * below). **You will therefore pick two or three module options to fill a single enrichment 'option slot'** and these will run one after the other throughout the year. Note: there is no need to pick options from within the same 'strand' below.

| Languages | Life skills | Sport and culture |
|---|---|--|
| <ul style="list-style-type: none">• Talk Portuguese• British Sign Language*• Mandarin Chinese | <ul style="list-style-type: none">• First Aid*• Public speaking• Debating• Healthy Minds | <ul style="list-style-type: none">• Book Club• MOOCs (online courses)• Couch to 5K• Sixth Form Swim |

Information about each course can be found in the following pages. If you have any questions about your enrichment options, please speak to Miss Rosillo or the member of staff leading the enrichment. Remember to make your choices by **3.00pm on Friday 8th September**

4. ACCREDITED / FULL-YEAR ENRICHMENT OPTIONS

These courses last all year, running in each of the three enrichment 'cycles', and so choosing any one of them will occupy one full enrichment option 'slot' for the year.

ASDAN CERTIFICATE OF PERSONAL EFFECTIVENESS (CoPE) (Level 3 certificate)

Course leader: Mrs V. Robinson-Junni



Why take the CoPE course?

This course is designed to help students to practise, develop and demonstrate six important skills that are required for success in higher education, training or employment: teamwork, problem solving, research, presentation, discussion and self-management. These are enormously useful skills for both universities and employers, as well as in your wider life.

Course content and assessment

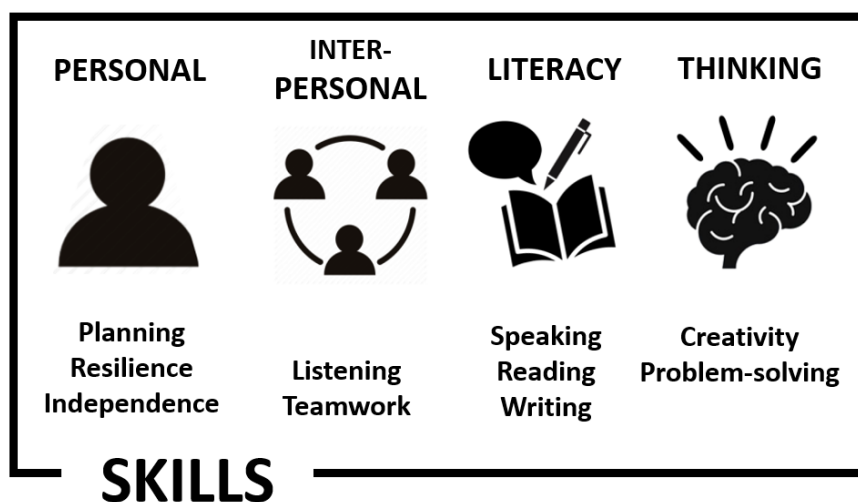
You will create a portfolio of evidence demonstrating employability and study skills in the six core areas by taking part in a range of units which include a variety of real-life contexts. Topic areas include Career Planning, Work Related Learning, Active Citizenship and Global Awareness. Your final portfolio will be marked and moderated internally, and finally a sample will be checked by an external moderator.

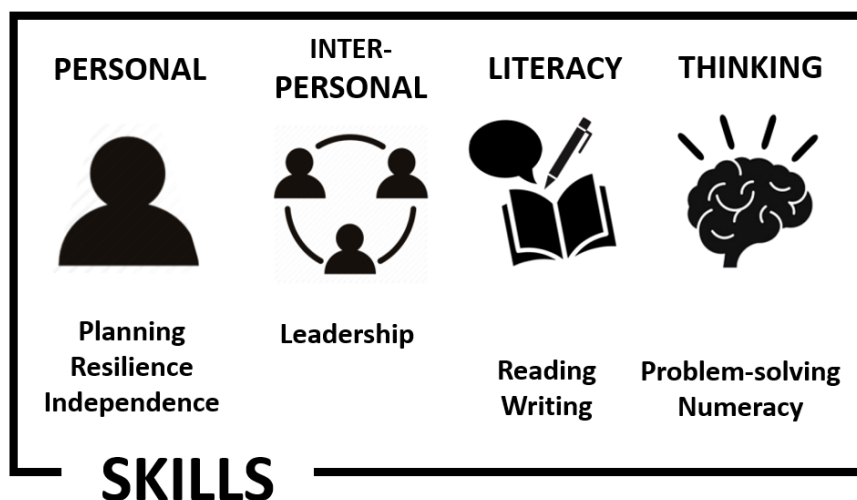
Progression routes

You will develop skills that are transferable and applicable to higher education courses and a variety of jobs and apprenticeships. The skills you learn will also support your other Sixth Form subjects. The certificate carries 16 UCAS points (equivalent to a B grade at AS).

Entry requirements

The standard entry requirements for Sixth Form vocational courses apply to this course.







DUKE OF EDINBURGH GOLD AWARD

Course leader: Mrs S. Ellis

Why take the Duke of Edinburgh Gold Award?

The DofE Gold needs no introduction – it is the internationally recognised ‘gold standard’ enrichment qualification for young people in the UK. In completing the Award, you will not only have fun and challenge yourself. You will also engage with other young people, the wider community and with nature, developing valuable experience that you will remember for a long time and draw upon in the future.

Course content and assessment

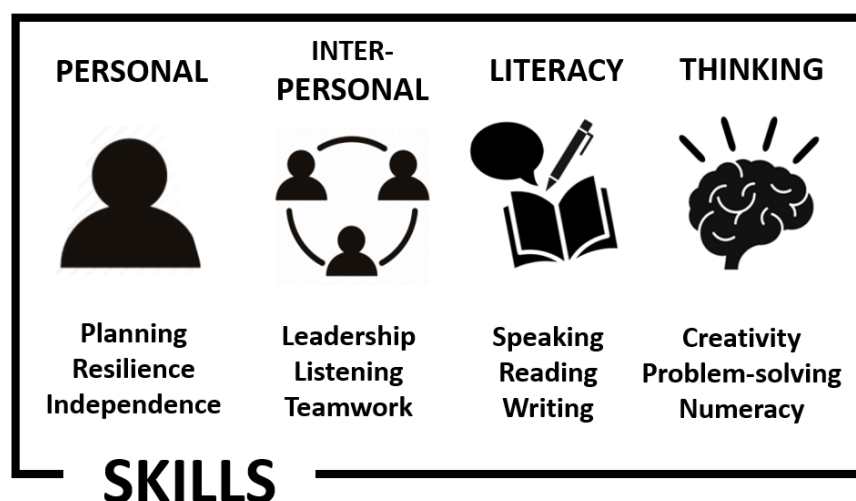
The sections of the Award you will have to complete are physical, skill, volunteering, expedition and residential. Check out www.dofe.org to find out more. The regular sessions will help you prepare for your expedition and keep on track with recording the other sections. You and the course leader will collate your evidence, sign off each section and eventually submit your evidence to be recognised for the Award.

Progression routes

Although the Duke of Edinburgh Award is not awarded UCAS points, it has a huge amount of prestige and is widely valued. Universities and employers know that students who have completed the Duke of Edinburgh Gold Award will have shown confidence and determination, and developed a huge range of useful skills.

Entry requirements

If you have done your Bronze and Silver Awards, Gold is the logical progression, but students who have not completed other awards **can start at Gold level**, so this opportunity is open to all.



EXTENDED PROJECT QUALIFICATION – EPQ (Level 3)

Course leader: Mr M. Faulkner



Why take the Extended Project Qualification (EPQ)?

As the name suggests, the EPQ is focused on a project. This project is of your own choice and design: most choose to do in-depth research on a self-set topic and question, leading to an extended essay; others may create an artefact (anything from writing a children's book to building a guitar!). You will develop and hone analytical and research skills to a high degree and hopefully, in the end, take great pride in a completed, high-quality project. Not only will you demonstrate and develop crucial academic skills, such as research and referencing, but enormously valuable practical and professional skills too.

Course content and assessment

Students develop initial project ideas and discuss these with their supervisor. They will then carry out some initial research to enable them to make a formal project proposal, including their project aims, initial plans and likely final outcome. If the proposed project is accepted, the student then completes and presents their project across the year.

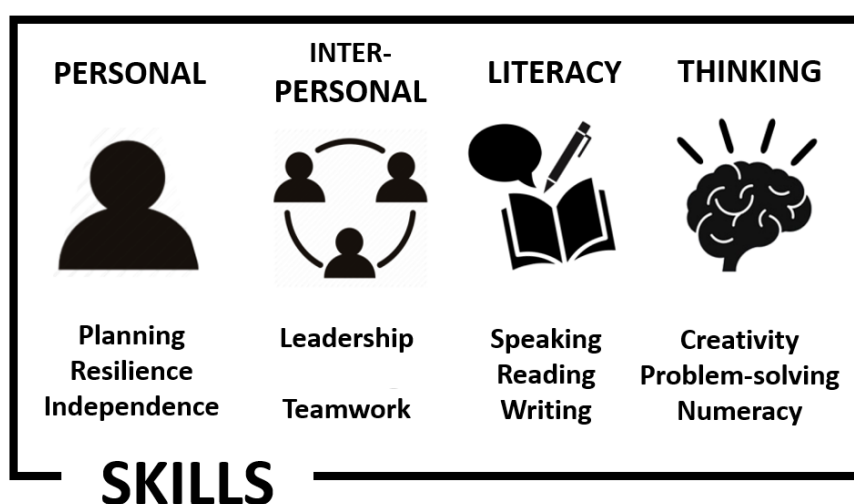
Students are assessed in part on their final product: *either* a 5000-word essay (the most common choice), *or* an artefact with an accompanying 1500-word essay. However, the bulk of assessment falls on the evidence of the project *process*: a detailed Production Log, planning materials, and evidence of having made a presentation about your work. The work is internally assessed by Prince Henry's staff, and moderated by the exam board.

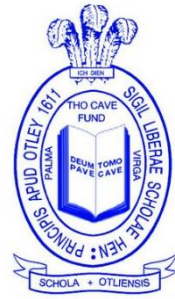
Progression routes

You will develop skills that are transferable and applicable to all university courses. The EPQ also carries half the UCAS points of an A-level – more than an AS. Some universities reduce their entry requirements if students have a good EPQ grade, e.g. Sheffield drop their offer for Medicine from AAA to AAB with an A or A* in EPQ.

Entry requirements

EPQ is best suited to students who are good at meeting deadlines and capable of a high level of independent learning. You may need to complete additional EPQ application questions to be considered for this course as places are limited.





IN-SCHOOL INTERVENTION SUPPORT

Course leader: Miss H. Rosillo

Why take part in in-school intervention support?

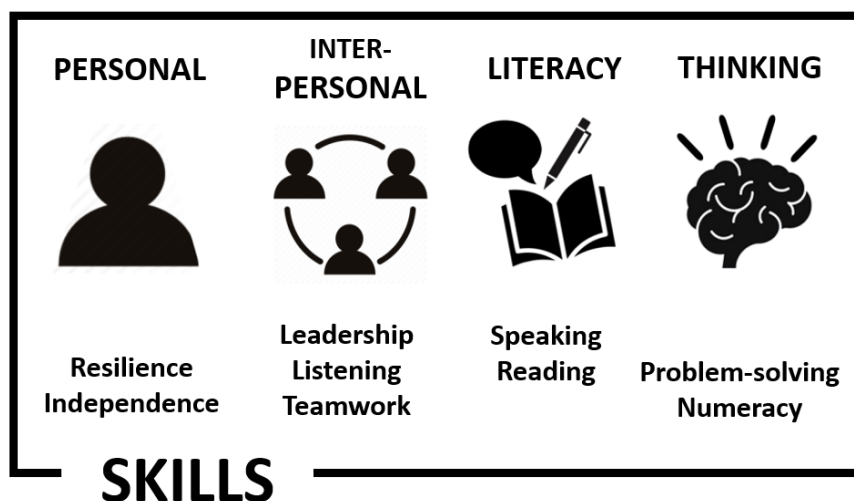
In-school intervention support is coordinated through the English and Maths departments. If you are interested in working with young people in future, or in education, or you simply want to make a difference to the school community, this opportunity will be for you.

Content and progression routes

Universities and employers know how much maturity and sensitivity it takes to work well with children and will respect someone with a voluntary intervention like this on their CV.

Entry requirements

You simply need to be somebody with a positive attitude, keen to make a difference, with a strong GCSE in the subject you want to volunteer to support! If you are passionate about wanting to help out in a different subject, let us know on your enrichment form.



CYCLE COACHING

Course leader: Mr M. Faulkner

Why take part in the cycle coaching programme?

Cycling is increasingly recognised as a positive activity for everyone to engage and participate in. Cycling is a transport method, a leisure pursuit and a sport. Otley is recognised as a cycling hub in Yorkshire being well located for scenic and traffic quiet routes. If you have an interest in cycling, have access to a bike and helmet, have a reasonable level of fitness and would be enthusiastic about being a more competent, confident and self-sufficient cyclist, this opportunity will be for you.

Course content and assessment

There are three phases to this cycling coaching programme.

Phase 1 enables you to improve your riding skills and covers general bike maintenance. This phase will hopefully also include a visit to the Brownlee cycle circuit in Leeds.

Phase 2 involves a combination of online learning and practical coaching to work towards a Level 1 British Cycling qualification.

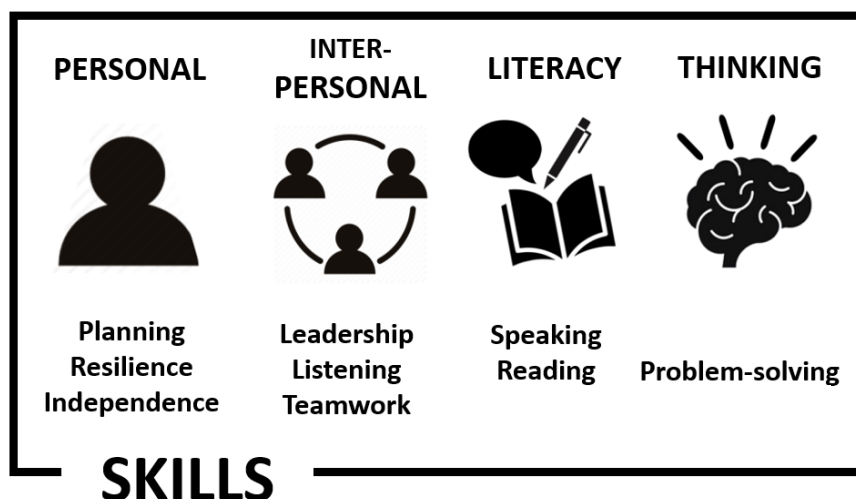
In Phase 3, as qualified 'cycle coaches', we aim for you to run cycle skills sessions in local primary schools. This will be a fantastic opportunity to consolidate your coaching knowledge in a real setting and provide a valuable contribution to your community.

Progression routes

Although the Level 1 British Cycling qualification is not awarded UCAS points, it has a large amount of prestige and is widely valued. Having this sporting opportunity on UCAS applications will add a different dimension to your repertoire and will be a unique and highly rewarding experience.

Entry requirements

An interest in cycling and access to a bike and helmet is a must! In addition, you must also have a reasonable level of fitness and be motivated and keen to improve your cycling competencies. Finally, please note, that although both the **professional training offered in phase 1, and the formal qualification in phase 2, are fully paid for**, you will be asked to purchase membership of a cycle club and of British Cycling (no more than £25 altogether).



5. ENRICHMENT MODULE OPTIONS (single 7-8-week cycles)

Remember: although we have grouped the enrichment module options into 'strands', you can freely choose from modules within or across strands, in any combination. Remember that 2-3 of these 'modular' choices comprise a single option 'slot'.

5a. LANGUAGES

Learning a language aids memory and improves learning techniques, as well as promoting learning about other cultures. It also leads to a highly employable and impressive skill - not to mention helping you order ice-cold drinks on a sunny beach!

Talk Portuguese (Mr C. Lillington)

Have a go at learning the language of one of Europe's most fascinating and beautiful countries, not to mention the language of South America's largest!

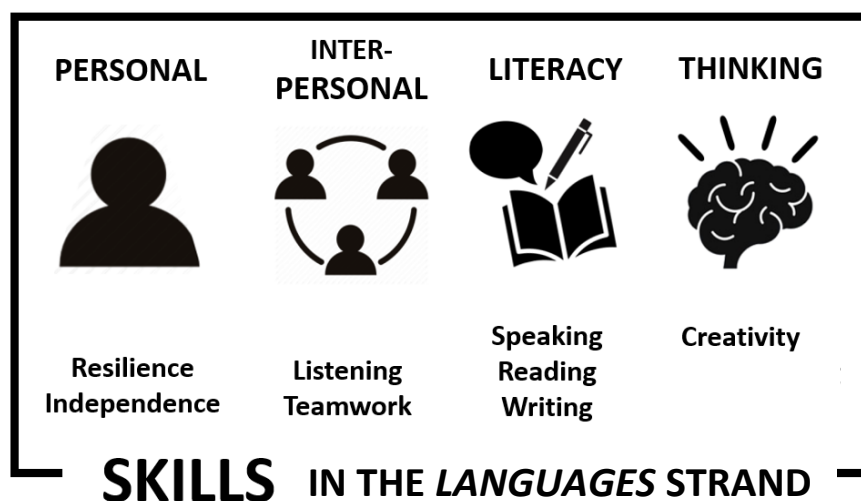
British Sign Language (Mrs K. Healy)

Over 150,000 people in the UK speak British Sign Language (BSL), and for over half of these it is their preferred language. Learn the basics of this fascinating language from our qualified community education teacher.

'Sign languages are fully functional and expressive languages... BSL is a visual-gestural language with a distinctive grammar using handshapes, facial expressions, gestures and body language to convey meaning.' British Deaf Association (bda.org.uk)

Mandarin Chinese (Mrs M. Loxton)

Mrs Loxton is offering you the opportunity to learn one of the most widely spoken yet challenging languages in the world, from a totally different language family to English, and from a nation which will shape the 21st century. This is especially useful for anyone intending to study languages at university, but equally interesting for everyone.



5b. LIFE SKILLS

As you move towards a more independent life at university or in employment, there are skills beyond the classroom that you might wish to develop.

First Aid (Paula Colman - Paco First Aid)

First Aiders are often the first line of support for those who are ill or injured. They can provide calm and reassurance, ensure emergency or medical help is sought if needed, and in extreme cases, preserve life. In this course in essential and basic First Aid, you will learn how to treat burns and bone, muscle and joint injuries; deal with severe and minor bleeding; and how to handle choking, fainting, resuscitation and more.

Public speaking (Mr M. Faulkner)

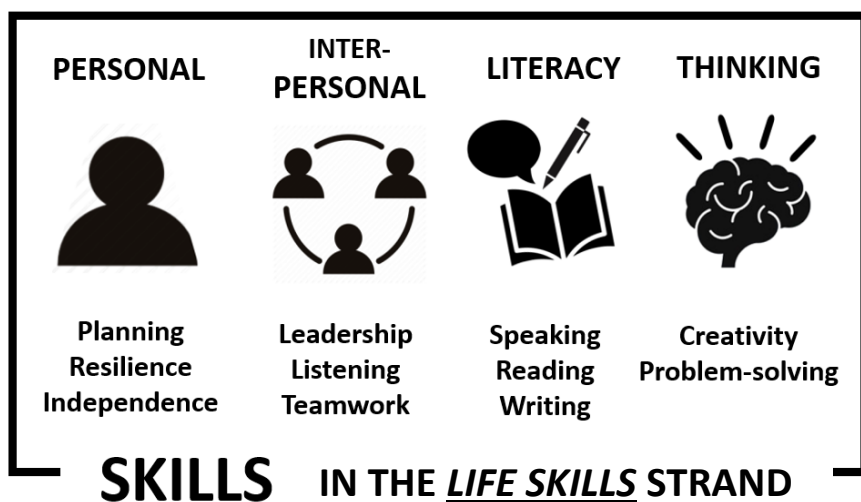
Public speaking and effective communication skills are highly relevant to both A level subjects as well as any future progression path. Build essential skills, develop your confidence and learn how to improve your presentation skills. This enrichment option will improve the quality of your public speaking and will help to tailor your performances for different audiences.

Debating (Mr T. Wainwright)

One of the oldest forms of academic training in the world, dating back at least to ancient Greece. Learn the techniques of formal debating and how to create the best arguments for any topic or issue. Debating can improve your verbal communication and self-confidence in public speaking, but will also have an impact on your ability to write coherent essays.

Healthy Minds (Mrs J. Burton)

Healthy Minds offers relaxation programmes to enhance your mental health and well-being. The sessions cover a wider range of support mechanisms including: mediation, mindfulness, encouraging better sleep patterns as well as practical coping mechanisms, when dealing with stress. Resources and advice given are supported by the Mind Charity and offer interesting and useful tips to ensure a healthy and happy mindset.



5c. SPORT AND CULTURE

There is a world of cultural and academic interest and skill beyond your chosen subjects. Some of these options will directly support your academic studies now or in the future, and others will give you a chance to get active and enjoy some physical activity which will help you learn and relax!

Book Club (Miss R. Wyss)

If you enjoy reading and like to talk and think about what you have read, then the Book Club is for you. Get together with a group of like-minded people to read and discuss some of the best literature available for young adults. Share your ideas and thoughts and develop your skills in group work, discussion, empathy, reading, and critical thinking.

MOOCs (Mrs N. Edney and Mr I. Noble)

MOOCs are massive open-access online courses provided by universities and other organisations around the world. Sign up and study a free course in any area that interests you – a great opportunity to try out different areas that could interest you at university, or for future careers. Very good for enhancing personal statements or CVs. During the timetabled enrichment sessions, support will be given in finding and applying for courses, then time and space given for you to complete your chosen course.

‘Couch to 5K’ (Mrs C. Willis)

Based on the NHS ‘Get running’ promotion to encourage healthy lifestyles, ‘Couch to 5K’ is a running plan for everyone, from absolute beginners to those more active. It is a great way get fitter and healthier, starting with a mix of walking and running to gradually build up your fitness and stamina. Week 1 involves running for just a minute at a time, creating realistic expectations and making the challenge feel achievable right from the start.

Sixth Form swim (Mrs V. Wilson)

Swimming is a great all-round form of physical activity. It is ideal if you want to be more active and stay healthy, whatever your current levels of fitness are. 30-45 minutes of swimming per week is a good way of working towards your recommended level of physical activity. As well as improving physical health, swimming can also boost your mood and reduce stress levels to improve your mental wellbeing.

