

# Post 16 Enrichment



A levels is so much more than just your academic qualifications. In sixth form, we believe in developing the whole person as we want you to achieve your full potential in and out of the classroom. As a sixth form student, you will have the opportunity to take part in our extensive enrichment program, this includes a wide range of career and life enhancing activities, clubs and societies.

## Why do Enrichment Activities?

Enrichment teaches you new skills and builds on your existing subject knowledge to make you stand out from the crowd when applying for university, apprenticeships or employment. It is also a great way for you to make new friends and have fun. Key skills that both employers and universities are looking for include:



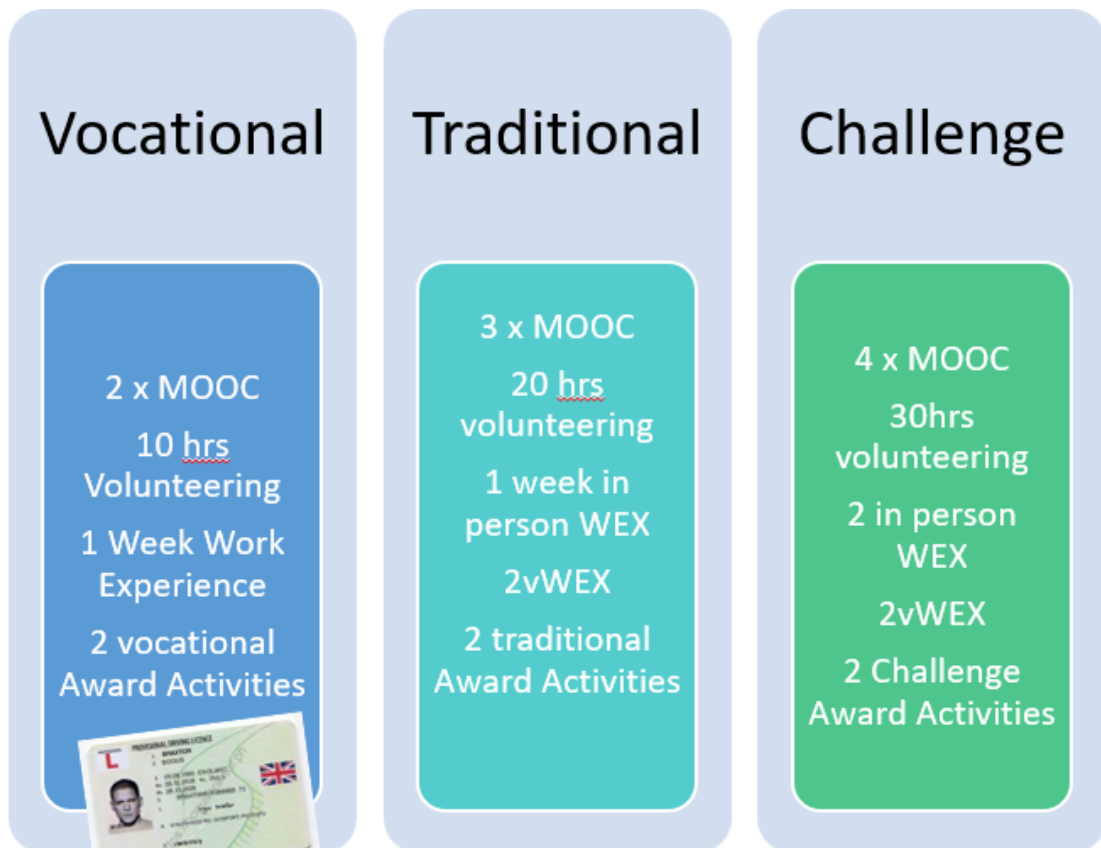
We work with students to support their development of transferable skills and competences for higher education and future careers.

Enrichment activities allow you to develop all round interests, improve on your transferable skills and give you outlets to improve mental and physical health.

## Enrichment Pathways

The expectation in Year 12 is that students work to complete at least the minimum a Vocational enrichment pathway. There are also Traditional, Challenge or Elite awards for those students wanting to demonstrate higher student engagement and skills at a higher standard. Academic Awards are qualifications and offer UCAS Points. Each pathway can be tweaked to individual achievements – if it's not listed, ask us which pathway your hobby might fall into.

## The Pathways



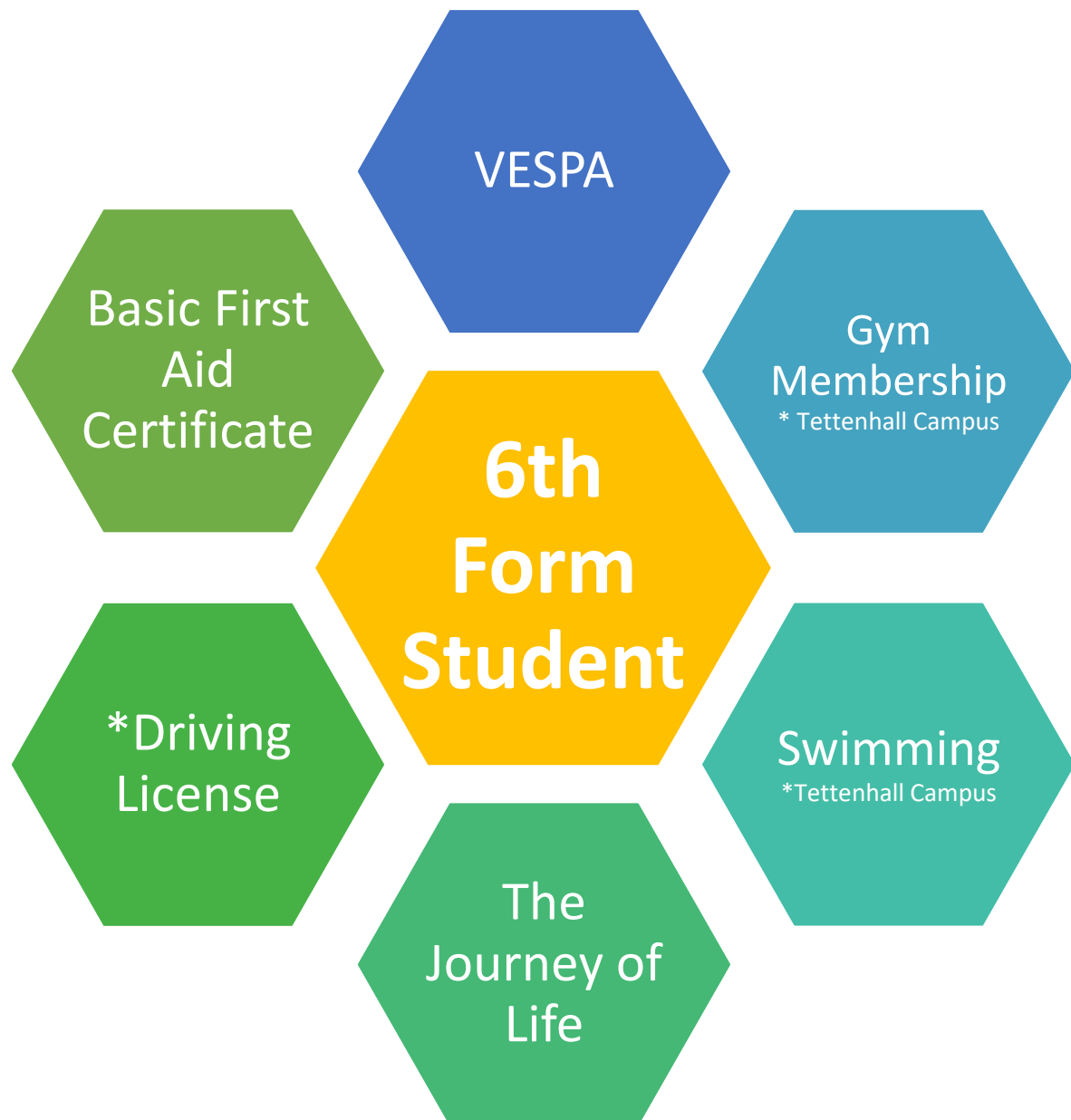
***These academic Pathway can be done in conjunction with any of the above awards.***

**Elite Pathway**  
Additional recognition for  
High level sporting achievement OR  
Committed and continued leadership in an out of school activity OR  
Excellence in performing or other arts OR  
Completion of Duke of Edinburgh gold award OR  
Achievement of high rank in any branch of cadets or St John Ambulance

**ACADEMIC AWARD ENRICHMENT ACTIVITIES**  
Completion of the EPQ  
Completion of qualification (GCSE/A level/Music grading) outside school  
Completion of AS Finance Course  
Completion of AS RE Course

## The Extra Benefits

On top of the enrichment program all students will have the following:



*\*Once the Vocational Pathway has been achieved we will pay for a driving license application*

## The value of Enrichment for YOUR future goals

### Demonstrate

- To demonstrate to universities and employers, through real examples on your application/at interview, that the option you are applying for is one that you are committed to and have relevant experience in. Admissions tutors and employers will be able to see that you have put thought, time and effort into pursuing your chosen path.
- *This is important when places are competitive e.g. professional qualifications including medicine, veterinary, midwifery and nursing; high ranking universities and selecting degrees; national and global companies for higher level apprenticeships.*

### Explore

- To explore areas of interest to you, enabling you to experience different environments and develop your self-awareness and opportunity awareness in order to make well-informed and realistic decisions about your future direction
- *For example you may commit to regularly volunteer in a workplace (primary school reading, in a ward at a hospital, charity shop etc.) and be able to discover whether or not you like that working environment. Work experience through a week- long placement, organised to showcase different tasks and duties involved in that role can give an insight into the reality of that career path. These meaningful encounters with employers in the workplace provide opportunities to network and develop useful contacts, as well as build understanding of the routes into that career path.*

### Learn

- To learn and develop skills transferable to degrees, apprenticeships and employers. This point supports both previous points, as gaining confidence in your own ability will set you apart from other applicants, as well as finding different things you are good at.
- *Transferable skills can be built through a wide variety of enrichment activities: independent study through MOOCs or the Extended Project qualification; team and leadership skills through Duke of Edinburgh, Young Enterprise/Business and NCS programmes; coaching and mentoring through academic mentoring as well as customer service and interpersonal skills through being a student ambassador.*

### Broden Horizons

- To broaden your horizons and develop your interests and life skills in a non academic way – potentially building on old hobbies but also developing new ones.
- *For example, taking part in sports clubs outside school can help you to develop friendships, leadership skills and potentially some extra qualifications..*

# The Journey of Life – 1 hour timetabled session per fortnight

## SCHEME OF WORK

### START

#### 01 STARTING SALARIES & DEDUCTIONS

Students investigate the starting salaries of different types of work and then estimate their approximate take-home pay after deductions for tax and national insurance.

#### 02 CONSIDERING YOUR LIVING ARRANGEMENTS

Students investigate the price of different housing options such as houses, flats, bedsits etc. in the areas they wish to live when older. Students also investigate the costs of utilities and council tax to see what they can afford which is then deducted from their take home pay.

#### 03 WEEKLY FOOD BUDGET

Students plan the meals they will eat in an average week and work out the approximate monthly costs of their food bill. Again deducting this from their remaining income.

#### 04 LUXURY ITEMS & THEIR COSTS

Students decide what items they think they need in their lives such as broadband and mobile phone contracts and work out whether they can afford them using their finances worked out in previous lessons.

#### 05 LEARNING TO DRIVE

Students investigate the cost of lessons and the requirements for passing a test including theory and practical. They also investigate the different categories of vehicle they can drive depending on their age.

#### 06 THE COST OF LEARNING TO DRIVE

Students investigate all the associated costs of learning to drive and owning a car including insurance, car finance, fuel costs, MOT etc.

#### 07 LGBT+ ISSUES

Students investigate the different ways people choose to identify their gender and sexuality, as well as finding out about countries where being LGBT+ is acceptable or illegal, and looking at some social issues with LGBT+ acceptance.

#### 08 CREDIT CARDS

Students are taught how credit cards work, investigate the benefits and pitfalls of using them including the associated fees and charges, and how to assess repayment options.

#### 09 RESPONSIBLE BORROWING

In addition to credit cards students investigate the other options for borrowing such as loans, overdrafts, mortgages etc. including the associated fees and charges.

#### 10 RESPONSIBLE SEXUAL ACTIVITY

Students learn the important features of sexual activity including consent, who's responsible for contraception, in addition to sexual health throughout one's life including menopause, impotence and vasectomies.

#### 11 MANAGING MENTAL HEALTH

Students learn some of the key behaviours which can lead to depression such as migration and over generalisation. They also investigate where they can go for help and engage with appropriate coping strategies for other issues such as stress. Recognising different forms of depression such as SAD & a available treatments such as CBT.

#### 12 POLITICS

Students investigate the role of parliament and the process of voting in elections. They also investigate the role of their local MP and how students can get involved in politics and make a difference.

#### 13 DRUG USE

Students look at the dangers and the legal penalties involved with taking illegal drugs in addition to the health implications, they also investigate behaviours more likely to occur due to reduced inhibitions such as the contraction of infections due to unprotected sex or the sharing of needles, along with the wider ramifications such as potentially losing your job.

planned video lessons, each with its own worksheet.  
That's a lot of time saved!

#### 14 TRAVELLING SAFELY

Investigate the safe way to go travelling including gap year opportunities and the use of the British consulate when losing a passport etc. How to apply for a passport and what visa restrictions for certain countries mean. Value for money with flying, train, car or ferry etc. Difference between self catered, half board, all inclusive etc.

#### 15 WELLNESS

Investigate a healthy meal and exercise plan that could fit into your schedule. How you can exercise without going to a gym and investigate the dangers of FAD diets.

#### 16 SUSTAINABLE LIVING

Investigate what changes you could make to your daily life to eliminate the need for single-use plastics. Other sustainable changes you can make include reducing food waste.

#### 17 PREGNANCY

What to expect during pregnancy and the first years of life. Investigate the maternity and paternity pay and rights of both mother and father as well as abortion and age of pregnancy and fertility.

#### 18 GETTING MARRIED

What are the cost implications of getting married, the different options available including civil partnerships and non religious ceremonies, who can get married, ages, rights etc.

#### 19 CRIME & YOUR BEHAVIOUR

The impact of your behaviour and the different types of crime. Do you know what behaviours are against the law?

#### 20 EMPLOYMENT RIGHTS & RESPONSIBILITIES

Entitlements to breaks, holidays, minimum wage, redundancies, grievance procedures and unfair dismissal.

#### 21 UNDERSTANDING & RESPECTING OTHERS

Conflict management with neighbours and working colleagues. What makes a healthy working environment? For example working with other races, religions. What are your rights as a homeowner? For example chopping down trees.

#### 22 FAKE NEWS & CONTROL OF THE MEDIA

Looking at the impact of control and ownership of the media and the importance of fact checking sources of political information and how crime rates can be distorted.

#### 23 MEDIA DISTORTIONS OF BODY IMAGE

A look into body image and how the media can distort this. What is realistic and what is desirable with body image and how has this changed over time to reflect society.

#### 24 PET OWNERSHIP

What are your responsibilities as a pet owner? Investigate insurance and medical procedures, registering with a vet, exercise and a healthy diet and time commitments.

#### 25 IMPORTANCE OF A WILL

Investigate how to get a will, what are the legal ramifications of writing your own, what happens if someone dies without one.

#### 26 LEGAL REGISTRATIONS

Births, marriages, deaths, tax returns etc. - what restrictions are in place for naming children, how do you register a death and why it is important. Who has to fill out a tax return?

#### 27 EMERGENCIES

What is appropriate to attend A&E for? What should you call 999 for rather than 111, how to register with a GP and why you should, dental registrations and when do you have to pay for procedures, NHS covered issues and those that are not for example opticians.

#### 28 HEALTH & WELLBEING

How to check for lumps in boys and girls. What tests and when, such as smear tests. Available and recommended vaccinations. Eye tests and dental check ups.

#### 29 ONLINE BEHAVIOUR & ITS RAMIFICATIONS

Consider the use of usernames and emails when applying for jobs. The consequences of trolling, stalking and harassment online, including revenge porn. Consider how your online presence may be scrutinised prior to or during employment, and how to spot online fraud.

#### 30 RECOGNISING DESTRUCTIVE BEHAVIOURS IN YOURSELF & OTHERS

How to recognise destructive behaviours such as gambling, alcohol or drug addiction, substance abuse and radicalisation.

#### 31 SLEEP

The importance of sleep and the effect your circadian rhythm can have on your wellbeing. Jet lag, shift patterns etc.

#### 32 CAMPAIGN FOR CHANGE

What are the key features of successful social change? Consistency, commitment, flexibility. Examples of same sex marriage, women's voting, environmental awareness.

#### 33 CREDIT SCORES

What is a credit score and why it's important. What impacts your credit score, how long it stays on record and what you can do to improve it.

#### 34 WHISTLE-BLOWING

What does this refer to and what are people's moral obligations to do it? What is the protocol and what are your rights and protections?

#### 35 IDENTITY & ITS IMPORTANCE IN MODERN DAY

What identities are important or relevant? Sexual, racial, class, gender etc.

#### 36 DEALING WITH DISABILITY

Learn about the rights of disabled people including what financial assistance is available, and consider how to treat disabled people when talking to them and how to be more mindful of people with a disability.

#### 37 GLOBALISATION

Learn what globalisation is and the positive and negative impacts it's had, including: working together, shared resources and identity. As well as corruption, destroying natural resources and exploitation.

#### 38 THE DISTRIBUTION OF WEALTH & POWER

Is poverty necessary to ensure a supply of labour to do the dirty, dangerous or menial jobs in society? Should wealth be kept within the family? Is pay a good indicator of hard work?

#### 39 THEORIES OF RELIGION

Does religion oppress or inspire its followers? And investigate how religions have developed over time.

#### 40 LIFE AFTER RETIREMENT

Look at the pros and cons of not working. Usefulness of a pension scheme and a state pension vs. private pensions.

Forty fully

## **Whole Post 16 Enrichment Days**

Over your time in post 16 you will have opportunities for trips, external UCAS events, social events and 'enrichment' days which will contribute to each award as well as the things listed below.

When we tell you about each event, we will let you know what award it is for and whether it is compulsory (Vocational) or optional (Traditional/Challenge)

## **Evidencing Your Enrichment**

Your tutors will be talking to you in the Autumn Term to establish what enrichment you are taking part in and what evidence you will be able to provide. Evidence forms will be available through tutors who will help you to fill them out and when completed they will be passed to the Post 16 Team who will verify them and issue the Awards achieved.

## **Tutor Support**

Once every half term your Tutors will review your enrichment activity progress and planning during your Tutor session. This will support you in tracking, recording and providing evidence for your Enrichment activities to include on your applications for your next steps. It also helps your tutor write a well-rounded reference for UCAS and apprenticeships

## **What next?**

- ✓ Decide on your enrichment activities
- ✓ Sign up for the EPQ by December if year 12
- ✓ Fill in your enrichment timesheet
- ✓ Talk to your tutor about what you might do for your Vocational award (minimum)
- ✓ Keep an eye out on your e mail for in school volunteering opportunities

## Enrichment Activity Details

*Remember that other enrichment activities not listed here can be recognised as part of each level of award. It is important that you let your tutor know anything you do outside school which could be celebrated and recognised.*

*In order to qualify and evidence your enrichment for your awards please see the details below:*

Type	Pathway Level	Time Commitment	Description	Outcomes	Evidence
<b>Work Experience</b>	Vocational Traditional Challenge	1 Week 1 in person 2 vWEX 2 in person WEX + 2vWEX	A short term placement with an employer, to observe and work alongside people as they go about their daily tasks. You will develop skills, contacts, and learn more about the kind of career you would like to do.	Gain self-awareness, communication to support and demonstrate key skills for applications for university, apprenticeships and employment.	Enrichment paper work sign off.
<b>Volunteering</b>	Vocational Traditional Challenge	10 hours 20 hours 30 hours	Volunteering organised by yourself. For example teaching (unpaid) dance classes, helping at Scouts or Brownies/Guides. Volunteering in a shop such as Compton. Charity work.	Gain self-awareness, communication to support and demonstrate key skills for applications for university, apprenticeships and employment.	Enrichment paper work sign off.
<b>Christian Ethos</b>	Vocational Traditional Challenge	10 hours? Or events 20 hours? 30 hours?			Enrichment paper work sign off.
<b>Life skills Mentor</b>	Vocational Traditional Challenge	10 hours 20 hours 30 hours	Work with the SEND team to support KS3/KS4 students with aspects of life admin. Based on 'They Don't teach this at School' book.	Gain self-awareness, communication to support and demonstrate key skills for applications for university, apprenticeships and employment.	Enrichment paper work sign off.
<b>Sports Sanctuary</b>	Vocational Traditional Challenge	10 hours 20 hours 30 hours	Work with the SEND team to support KS3/KS4 students with developing their gross motor skills.	To support fine and gross motor skills for Pupils. Following a program that incorporates the NHS support for balance and handwriting program and using SWITCH for physical and	Enrichment paper work sign off.



				brain based activities.	
<b>Homework Club</b>	Vocational Traditional Challenge	10 hours 20 hours 30 hours	Work with the SEND team to support KS3/KS4 students with completing their homework.	Supporting Individual Pupils academic studies and well-being either before or after school, with Homework, Reading, Lego and Chess.	Enrichment paper work sign off.
<b>Gardening Support</b>	Vocational Traditional Challenge	10 hours 20 hours 30 hours	Work with the SEND team to support KS3/KS4 students with improving the environmental quality of the school site..	To foster well-being and encourage a life skill using nature. A mix of vegetable growing and aesthetics based around the environmental area.	Enrichment paper work sign off.
<b>Exercise for Health</b>	Vocational Traditional Challenge	10 hours 20 hours 30 hours	Utilise the St Regis fitness suites to improve your health. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress.	Reduce stress, show commitment	Enrichment paper work sign off.
<b>Forces Activity</b>	Vocational Traditional Challenge Elite	10 hours 20 hours 30 hours 40 hours	Cadet Force's activities you already participate in regularly can be recognised as contributing to Vocational, Traditional or Challenge awards. You may wish to join as a Cadet in any of the Forces.	Develop skills and work towards achievements to showcase on your applications and at interview	Enrichment paper work sign off.
<b>School Sports Team</b>	Vocational Traditional Challenge Elite	10 hours 20 hours 30 hours 40 hours	The school sports teams such as football or basketball you already participate in regularly can be recognised as contributing to Vocational, Traditional or Challenge awards.	Develop skills and work towards achievements to showcase on your applications and at interview	Enrichment paper work sign off.
<b>Out of school Sports Team</b>	Vocational Traditional Challenge Elite	10 hours 20 hours 30 hours 40 hours	Any out of school sports teams such as football or basketball, athletics that you already participate in regularly can be recognised as contributing to Vocational, Traditional or Challenge awards.	Develop skills and work towards achievements to showcase on your applications and at interview	Enrichment paper work sign off.
<b>MOOC's</b>	Vocational Traditional Challenge	2 MOOC's completed 3 MOOC's	MOOCs are Massive Open Online Courses, short-term and bite-sized, offered by universities nationally and internationally. They are a free and	Develop independent study skills, gain knowledge in a specialist, degree relevant area of study,	Copy of completed certificate

		completed 4 MOOC' completed	flexible way to study with top educators, covering a vast array of topics and an insight into studying for a degree. <a href="https://www.futurelearn.com/courses">https://www.futurelearn.com/courses</a>	demonstrate your interest and ability in studying for your degree	
<b>Student Ambassador</b>	Vocational Traditional Challenge	2 events 3 events 4 events	Represent the academies at events including Open Days and Progress/Parents Evenings, as well as student voice, campus tours etc. This may also extend to student leadership activities including organising and running fundraising and community events such as a Christmas Fair or post 16 social events	Develop a variety of skills, such as team work, organization, communication and time management. Contribute to the community	Completed Volunteering booklet: time record, self- assessment, supervisor reference and sign-off
<b>Subject Support</b>	Vocational Traditional Challenge	10 hours 20 hours 30 hours	Academic mentoring in classrooms of lower years, in any subject.  NB – GCSE grades 5 subject supporting required.	Develop mentoring skills, embed own subject knowledge through explaining to others, demonstrate communication, interpersonal and organisational skills	Enrichment paper work sign off.
<b>Pathway Ambassador</b>	Vocational Traditional Challenge	2 events 3 events 4 events	Represent the career pathway at events including Open Days and Progress/Parents Evenings, as well as student voice, campus tours etc. This may also extend to student leadership activities including organising and running fundraising and community events such as a Christmas Fair or post 16 social events	Develop a variety of skills, such as team work, organization, communication and time management. Contribute to the community	Completed Volunteering booklet: time record, self- assessment, supervisor reference and sign-off
<b>Bloom Wellbeing program</b>	Traditional	: 6 x 1 hour sessions (online or classroom based TBC)	A program of personal development workshops (small groups of 15) aimed at equipping you with tools to build resilience, emotional wellbeing and find balance in your transition into A Level Study and your future next steps.	Learn about wellbeing, work life balance, personal development	Staff sign-off, complete Enrichment form
<b>NCS</b>	Challenge	1 NCS program	Build your independence. Boost your work-	Develop skills and gain experience	NCS Certificate

	Elite	2 NCS programs	readiness. Make a positive impact on the world. Blossom in confidence. And form some amazing friendships along the way. And the best bit? You can do it all away from home, online, or in your local community. Whatever suits you best.	to showcase on CVs and applications. Personal and social development.	
<b>TEFL</b>	Challenge		Awaiting response from TEFL		
<b>Reading Buddy</b>	Vocational Traditional Challenge	10 hours 20 hours 30 hours	Working with students lower down the school, you will volunteer some of your time in study periods and form times, to listen to younger students read. You will engage them in talking about reading and offer support for them if they are struggling.	Develop skills and gain experience to showcase on CVs and applications. Personal and social development. Giving something back to the school community	Enrichment paper work sign off.
<b>Elite Sporting activity</b>	Elite	n/a	If you are a sportsperson competing at County or GB level then we are able to acknowledge this level of commitment and training with a Elite Enrichment Award.	To showcase on all Post 18 applications, demonstrating hard work, dedication and commitment.	Enrichment paper work sign off.
<b>Cadet Ranking Officer</b>	Elite	n/a	If you are a Cadet Ranking Officer with any of the Forces, we are able to acknowledge this level of commitment and training with a Elite Enrichment Award.	To showcase on all Post 18 applications, demonstrating hard work, dedication and commitment.	Enrichment paper work sign off.
<b>Night Course</b>	Academic	n/a	For example undertake a college course as an evening class, for example we have had students undertake courses in plumbing/ welding etc	Extra qualifications to support Post 18 choices.	Certification
<b>EPQ</b>	Academic	Yearly scheme of lessons	Working to an assessment criteria and with guidance from a tutor, you will set your own question to investigate and learn how to research and write-up your project. You have the scope to research any area that interests you and you will need to present your work to the group.	Qualification equivalent to half an A Level, UCAS Tariff Points	Certification

<b>AS Finance Course (Y13)</b>	Academic	Yearly scheme of lessons	A timetabled series of lessons. When you will sit two final exams that lead to a L3 qualification (AS) that holds UCAS points and recognised by all Post 18 pathways.	Qualification equivalent to half an A Level, UCAS Tariff Points	Certification
<b>AS RE Course</b>	Academic	Yearly scheme of lessons	A timetabled series of lessons. When you will sit two final exams that lead to a L3 qualification (AS) that holds UCAS points and recognised by all Post 18 pathways.	Qualification equivalent to half an A Level, UCAS Tariff Points	Certification
<b>Music Grading</b>	Academic	Yearly scheme of lessons	Timetabled lessons which are run by in school or external music schools that have a recognised Grade 1-8 status	Qualification, that in some cases leads to UCAS points.	Certification
<b>D of E</b>	Vocational Traditional Challenge	Vocational Award Traditional Award Challenge Award	Achieving an Award will give you skills, confidence and an edge over others when you apply for college, university or a job. Beyond your academic achievements, universities want to see evidence of so called 'soft skills' that you have developed through extra-curricular activities, such as communication, commitment, leadership and teamwork.	To showcase on all Post 18 applications, demonstrating hard work, dedication and commitment.	Certification
<b>Barclays Life skills</b>	Traditional	<a href="https://barclayslifeskills.com/sign-in/young-person/">https://barclayslifeskills.com/sign-in/young-person/</a>	LifeSkills, created with Barclays, helps young people get the skills and experiences they need to enter the world of work.	Completion of life skills money matters. To inform you of future budgeting and financial responsibilities.	Certification
<b>Lunch Duties</b>	Vocational Traditional Challenge	1 Term 2 terms 3 terms	To support the staff body to ensure that the school is safe during lower school unstructured time. To be the eyes and ears to monitor what is going on around school.	To demonstrate your leadership, and communication skills to be proactive and deal with potentially challenging situations.	Enrichment paper work sign off.
<b>Speaker Events</b>	Vocational Traditional Challenge	3 Events 5 Events 6 Events	To attend a variety of key speaker events in school which cover a wide range of topics.	To have a wide range of events that you can draw on and talk about in Post 18 applications and personal	Enrichment paper work sign off.

				statements.	
<b>Student Leadership</b>	Traditional Challenge	Prefect - Yearly HB/HG - Yearly	To lead and support the student leadership team across the school.	To demonstrate your leadership, communication, organisational skills to drive change.	Enrichment paper work sign off.

