



Shrewsbury School

## **Shrewsbury School Activities Programme 2018-2019**

Activities are an important part of life at Shrewsbury. We do the full range of activities that you would expect from a good school – such as cooking, hill walking, Combined Cadet Force and volunteering. In the Fourth Form pupils will choose one of three main choices\*: Combined Cadet Force, Rovers and Sports Leaders. As they move up through the school the choice widens, and we offer a broad range beyond this: mountain biking, sub aqua, gliding, judo, creative writing and ‘individual projects’, where pupils can devise their own activity programme, just so long as it is in the spirit of what we are trying to achieve.

What are we trying to achieve? A number of things really: finding enjoyable interests, developing personal skills, providing a service to the community and hopefully some enjoyment too; all are good reasons to try something new. In the Fifth and Lower Sixth Forms we offer options that lead to useable qualifications or skills – whether that is through lifeguarding, community projects, cadet leadership development, or medical work experience. For pupils in the Sixth Form, leaving school with a useable accreditation opens up employment and gap year opportunities that are the first steps into the world of work.

Activities take place on a Thursday afternoon and all Fourth, Fifth and Lower Sixth Formers take part. Pupils will make their choices on arrival at school in September which will commit them for that year, after which they choose again.

By the end of their time here we hope pupils may have discovered life-long interests – even passions!

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\* NB: Contemporary Dance is also available to selected Fourth Formers with a proven interest.

## THURSDAY ACTIVITIES FOURTH FORM 2018 – 2019

All are YEAR-LONG options

There are three main choices available to Fourth Formers, CCF, Sports Leaders and Rovers.

**What would I do in COMBINED CADET FORCE (CCF)?** The Cadet Force uses military training to develop character as well as teach self-reliance, leadership and other skills. The focus is very much on skills development and fun. After learning the basics such as weapon safety, military knowledge and other military skills you will choose one of four very different options:

**CCF Royal Navy - new this year.** The focus here will be on 'afloat' activities and leadership. You will have a chance to operate a powerboat, develop seamanship and navigation skills and experience other water borne activities such as canoeing, raft building, try a scuba dive, as well as some land based activities. The section will have access to various school and Navy craft and it is hoped that weekend and holiday sailing expeditions will be offered.

**CCF Royal Marines** The RM Section at Shrewsbury has been one of the top UK Royal Marine sections for some years now. The emphasis is on developing character through fieldcraft training and the RM section develops excellent leaders via a devolved responsibility training method that seeks a lot of input from the senior cadets in the section. The best cadets enter the Pringle Trophy held each October. You should expect to develop infantry tactics skills in a water based environment, to learn fieldcraft and command skills, as well as shoot, camouflage yourself and work as a team. A good level of general fitness and resilience is expected.

**CCF Royal Air Force** The RAF section is all about flying. You will learn about Airmanship and the Principles of Flight, and there are some professional exams to take, all of which earn promotion points. In a very short period of time you should then begin your flying experiences. Via our membership of a local gliding club many RAF cadets have built up significant flying hours, and some have obtained their pilots wings whilst still at school. RAF Cadets also have the opportunity to fly in single-engine Tutor aircraft on summer camp as well as Squirrel helicopters based at a local RAF Station.

**CCF Army** – The Army section won the Cadet Skills Competition last year. It aims to develop leadership and life skills by undertaking shooting, overnight exercises, fieldcraft and tactics, first aid, adventure training, leadership development and bushcraft. The section is organised around a British Army Infantry Platoon and like other sections adopts a devolved method that gives lots of responsibility to senior cadets. You should expect to use paintball guns, shoot live and blank weapons, deliver briefings to younger cadets and hone your fieldcraft and tactics skills.

### **What would I do in SPORTS LEADERSHIP?**

This course aims to develop leadership in sport by giving you the skills to develop and lead sports events, as well as coaching and first aid skills. The course is being significantly enhanced this year and as well as completing the Sports Leaders UK Award, you will have a chance to do a First Aid Course that revises and builds on existing skills as well as a Fives Coaching course, all of which lead to recognised qualifications. You will learn to plan and implement sports events for different age groups – and the fun part will be putting these into practice at various local schools. Do not expect to play much sport on this course – that is not the intent, but it could be the start of coaching or refereeing interest that could lead to club involvement, or even a career in sport.

### **What would I do in ROVERS?**

The Rovers is the school mountaineering and adventure club and has a long history of organizing UK and overseas adventures. This activity is about the 'Great Outdoors' and developing the skills to allow you to have memorable experiences both at school and beyond. We can take novice or experienced hillwalkers, paddlers, climbers, scramblers and bikers with the focus on developing the necessary skills to improve and enjoy the hills, mountains and lakes of Britain. You will need to be interested in the physical nature of outward bound activity and being part of a team of enthusiasts seeking adventure. You will do modules each focussing on a skill, biking (road and off road), climbing, advanced navigation and canoeing (kayak and canoe.) Courses are certificated, and you should expect to obtain the National Navigation Award, British Canoe Union 2 star Award, a GO trail bike award and National Indoor Climbing Award.

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## **MAKING YOUR THURSDAY ACTIVITY CHOICE – SOME GUIDELINES**

*Please bear in mind the following:*

- a) There are 25 activity days (two of which are full 'Field Days') on which activities take place. Most run from approximately 2.15pm to 4.30pm but some last longer than this for practical reasons.
- b) Pupils opting for full-year choices are expected to honour their commitment to its conclusion and are expected to stay with that activity for the full 25 weeks.
- c) Naturally, pupils are expected to approach their activity programme in the same professional and courteous manner as in all areas of school life, and in particular where there is contact with members of the public or links with external organisations.
- d) Our activity programme is constantly developing and comments or suggestions are welcome.

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