



## **Shrewsbury School Activities Programme 2019-2020**

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. However, we also offer a huge range beyond this: mountain biking, scuba diving, gliding, judo, sports leadership, 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 pupils take part. Involvement is not mandatory for the Upper Sixth but we encourage participation for the first two terms. Options are either YEAR-LONG (volunteering or mountain biking, for example) or TERMLY; these termly courses allow you to build your own varied programme.

It may be a cliché, but there really is something for everyone in the Shrewsbury Activities Programme. We hope pupils may discover life-long interests – even passions! Pupils will make their choices on arrival at school in September but can request options in advance by emailing me as per the details below, and stating a preference for whole year or termly.

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Director of Activities

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## THURSDAY ACTIVITIES FOR FIFTH - SIXTH FORM 2019-2020

TERMLY options are in **RED**

All others are YEAR-LONG options

- **CONCERT PARTY** This is a chance for keen musicians to use their skills in a performance environment at Care Homes, Hospitals, Hospices and other schools and community settings, as well as in school. You would need to have a sound level of musicianship and be willing to use this for the benefit of others. You can apply to Mr John Moore to be part of this activity, who will assess your enthusiasm and suitability in being part of this wonderful performing opportunity which will first rehearse for the first few Thursdays, and then go out into the community on a regular basis. All styles of music considered. This would be done via our links with Creative Inspiration Shropshire, a social business that uses the creative arts to develop wellbeing and resilience amongst old and young alike.
- **COMBINED CADET FORCE (CCF)** Shrewsbury has a renowned CCF, and opportunities exist in our Royal Navy, Royal Marine, Army and Royal Air Force sections. The CCF exists to “develop powers of leadership by means of training to promote the qualities of responsibility, self-reliance, resourcefulness, endurance and perseverance and a sense of service to the community”. Through military and adventure training, cadets develop these and other important life skills, with a particular focus on leadership with hopefully some fun thrown in. The CCF runs good value expeditions and camps during school holidays and a wealth of options (expeditions and courses in particular) are available via MOD sources. Lower Sixth entrants are welcome; prior experience is useful but not essential.
- **CREATIVE ARTS & MEDIA** The Art Faculty offers a rich and varied programme of creative choices for experienced artists and newcomers alike. Rotate around the various options, or focus on one area of interest. The programme offers options in: Life Drawing, Textiles, Film Making, Print Making, Photography, Cultural Tours, Art in Hospitals (community project), Ceramics, Animation, or just focus on drawing and painting.
- **CREATIVE WRITING** This group meets to explore the art of writing in a variety of genres. Plans for 2019/20 include continuing a tradition currently curated within the new anthology of Salopian writing, *Fire Engine* -- as well as inspirational trips, talks and workshops, all to further the craft of writing for pleasure. Non-modular, it is open to keen and motivated pupils, who are serious about writing, for the whole year.
- **COOKING** This course aims to offer an introduction to the essentials of life after Shrewsbury. ‘Budget’ or ‘Gastronomy’ levels are available – either focus on basic skills such as student cooking, pizzas, cakes, and how to develop hearty but budget-friendly meals, or take the posh option with a dinner party focus.
- **DANCE** Shrewsbury is well known for its musical productions and for developing talented singers, actors and dancers. This activity focuses on dance and whether you are experienced or not these sessions should be a great way to enjoy contemporary music-based dance. Open to boys and girls of course.

- **ETSOS: EXPERIMENTAL TECHNIQUES IN SCIENCE FOR OVERSEAS STUDENTS** (Highly recommended for overseas Sixth Form entrants doing A level Chemistry). This activity starts by introducing basic laboratory apparatus and skills before proceeding to familiar GCSE chemical reactions and finally introducing the skills required to complete the A level practical endorsement in chemistry. Students will have the opportunity to learn how to read and process instructions meticulously and perform experiments individually. Lower Sixth students only.
- **FILM AND VIDEO** This course explores the exciting world of video and film production, with an introduction to both the technical and theoretical concepts behind filmmaking. Gain skills in setting up the perfect shot, editing your own material and producing great videos. We will also look at some of the filming techniques employed by drama and documentary makers, in order to help in creating a style of filming via an appreciation of cinematography.
- **GLOBAL SOCIAL LEADERS** is a new initiative run by pupils. The intention of the programme is to enable young people to make a real difference in their community by developing and putting into action various projects of their choosing. Participants will develop various 'soft' skills, such as leadership, working with different outside organisations and each other. It is completely student-led and driven, and the projects are decided upon by those who do GSL: this year, they have chosen to work with local refugees, started a 'projects team' to organise and run events in school, and a podcast/radio team who have interviewed employees of the School to encourage an understanding of employment. Anyone doing GSL will need to be self-motivated and willing to get stuck in. The time in Activities will be spent organising and delivering the projects, meeting with external agencies and responding to issues that have arisen over the week. Involvement is therefore wider than on a Thursday afternoon, and will count as a Gold DofE Volunteering activity.
- **INDIVIDUAL PROJECTS** If you have a project or pastime of your own and would like to propose it as a Thursday Activity, we will consider this – as long as you are able to prove you have the motivation and commitment to see it through. Start a band, create public art, build stage sets – or anything you are passionate about. Once your idea is accepted (you will need to write a short proposal) it will be up to you to ensure it happens.
- **JUDO** (柔道 *jūdō*, meaning "gentle or yielding way") is a modern martial art and Olympic sport. Judo develops self-discipline and respect for oneself and others. It provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power and flexibility. It develops complete body control, fine balance, and fast reflexive action. Judo is a fun sport, an art, a discipline, a recreational activity, a fitness programme, a means of self-defence or combat, and a way of life. It is all of these and more. The course is taught by Mike Pearce (2<sup>nd</sup> Dan) and supported by our own Mr Kealy (1<sup>st</sup> Dan).
- **LIFEGUARDING** Gain useful skills by doing a National Pool Lifeguarding Qualification (NPLQ). The first three coaching/refereeing awards are six weeks long, NPLQ is 12 weeks and is great for gap year work or later. Minimum age is 16 on course completion. Course costs £150.
- **MOUNTAIN BIKING** Shropshire and North Wales are blessed with some of the best mountain biking terrain in the UK. Each week, in all weathers, we ride these (downhill) trails. The riding is technical, challenging and great fun! This activity is aimed at the keen and

committed mountain biker who already owns their own bike and equipment, although we do take some less experienced riders.

- **MUSIC TECHNOLOGY** This course will help you gain an understanding of how the development of musical instruments and media influenced popular culture and the creation of new music styles since 1918 to the present day. If you have ever wondered how popular recorded masterpieces have been composed and recorded, then this may be the course for you. This course leads to a qualification at A Level and is assessed by the production of two pieces of music, one prescribed by the exam board and one free choice of your own based on prescribed audio loops and MIDI files. This is followed by a listening and analysis exam, whereby you will get to analyse popular recordings, albums and studio recording techniques. A brand new fourth exam gets you to apply your new-found knowledge by editing audio files as if you were a studio producer/engineer. Therefore this course is valuable for both academic and vocational purposes. In previous years students have chosen to record tracks by David Bowie, Jimi Hendrix, Jamie Cullum, the Kinks, the Cure, Oasis, Green Day and John Mayer, amongst a list of many others.
- **NATURAL HISTORY** This activity is open to anyone who has an interest in exploring the natural world, conservation and ecology. It will also compliment your Pre-U Biology course if you are a Sixth Form Biologist. We will often be off-site visiting nearby Nature Reserves estimating population sizes, biodiversity and identifying species. Activities include fungi walks in autumn, small mammal trapping and bird counts from warm hides looking for winter migrants. We will work both indoors and outdoors depending on the time of year and the interests of the group. Activities will include identification, microscopy, botany, biotechnology and behavioural studies, including use of the moth trap, bat detector and camera trap.
- **POLO** The revived Shrewsbury Polo Club, coached by Kiwi 4-goaler, Glynn Henderson, has enjoyed its third season, successfully playing other schools at individual matches and in larger national tournaments. Practices run most of the year on Thursdays, while matches usually happen on Sundays. Participants need already to be able to ride to a reasonable standard. Lessons and horse hire incur additional costs.
- **RIDING** This revived activity is aimed at beginner and novice riders, with some scope to accommodate intermediates dependent upon group sizes. Pupils will visit a local riding centre for tuition from a BHS (British Horse Society) qualified instructor in riding, both in a sand school and out hacking (riding beyond the sand school on bridle paths and byways). In addition to riding tuition, pupils will also have sessions on horse care and stable management, vital skills for any equestrian.
- **ROVERS** The Rovers is the school adventure club which runs on a Thursday but also offers expeditions in the UK and overseas. This activity is about the 'Great Outdoors' and developing the skills to allow you to have memorable experiences both at school and beyond. There are two main options for Fifth and Sixth formers:

**Rovers OUTDOOR/INDOOR CLIMBING:** The focus for this group will be on climbing a range of classic Shropshire and North Wales climbs and when the weather turns bad the focus will move to indoors. The group will be self-sufficient and partake in the planning of climbs each week. Students will expect to top rope each week with the opportunity to lead climb as progression is made throughout the year. The afternoons will also include elements of bouldering.

**Rovers MOUNTAIN BIKING:** This group is designed for riders who have completed Rovers basic year or have previous mountain biking experience. Each week the group will take on one of the epic single track trails Shropshire has to offer. There will be opportunities to develop personal and leading skills with qualifications at the end, if desired. Your own bike is not necessary but recommended. Whole-year or two-term modules are available.

- **SAT** – study for a place in a US university. Standard Assessment Tests provide tough academic work and essentially you practice these test that are a requirement for entry to universities in the USA.
- **SCUBA DIVING** The course is aimed at novices or those with junior qualifications and leads to adult BSAC or PADI scuba diving qualifications. If you have any questions, please contact Mr Burke ([jrb@shrewsbury.org.uk](mailto:jrb@shrewsbury.org.uk)).
- **VOLUNTEERING** Our extensive volunteering programme offers a huge range of opportunities for pupils to help others in the community. Depending on their future aspirations, volunteers can choose one of two categories within the volunteering programme:

#### **Medical Volunteering**

Designed specifically for anyone considering a profession in medicine, this **whole year** programme gives pupils the opportunity to gain relevant experience, including working with vulnerable people. We have excellent, long-standing relationships with a number of local care homes. Through their medical volunteering placements, students build relationships whilst developing key skills in communication, care and development of a bedside manner. In recent years a small number of students have also successfully joined the volunteer programme at the Royal Shrewsbury Hospital. To apply to study medicine at university or another related course such as physiotherapy you will need plenty of work experience and this programme will give you the opportunity to gain some during your time in school.

Pupils who choose to do medical volunteering can generally expect to do one of the following:

- Visiting the elderly in care homes
- Royal Shrewsbury Hospital volunteering programme \*

*\* Available to a small number of students. No previous experience is required for any of the volunteering placements, but DBS certification will be required for anyone wishing to participate in the hospital volunteering programme.*

#### **Non-medical Volunteering**

For any pupils who would like to do voluntary work (this includes those doing Duke of Edinburgh), the **whole year** non-medical programme offers an extensive range of options. Here is just a flavour of what has been offered in the past:

- Working with young children in primary schools
- Assisting in charity shops
- Acting as a guide at Shrewsbury Museum and Art Gallery
- Helping in animal shelters
- Assisting with horses at RDA

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

- 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. Examples of activities that sometimes last longer include Natural History, Mountain Biking, CCF and some Volunteering activities.
- b) Termly programmes are termly in duration and there may be separate paperwork required, depending on the choice made.
- c) 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.
- d) 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.
- e) Our activity programme is constantly developing and comments or suggestions are welcome.