



ENRICHMENT CHOICES

2021-22

Programmes	Description
Art ASPIRE	Art Aspire is for students who want to progress to Art School/ University. It has been designed to help ease you through the application process and will be invaluable for anyone who is a starting to think about how to navigate their way through to Higher Education.
Competitive Unis Maths Entrance Exams	Top universities, in addition to requiring top grades, often require students to complete their own entrance exams. In this enrichment course you will learn about the format of and the content in these exams in order to give you the best chance of getting into your university of choice.
College Production	A chance to be involved in the organisation of a whole college production. You could take on a backstage role such as set design, musical accompaniment. Make up and costume or direction, or you could take your place centre stage as a performer
Make-up for performance	The aim of theatrical makeup is to delineate and enhance the role of a character and to give performers an additional tool for conveying the characters being performed. Stage makeup is often used to create visual stereotypes or clichés that will be readily understood by the audience. As part of this enrichment you will get an introduction to makeup, setting up, H&S and hygiene practises, the use of face charts for design and character development, entry skills in applying makeup and the chance to contribute to the creative makeup aspects of Addam's Family the Musical- S6F's production for 2021.
Creative Writing	This enrichment is open to anyone who enjoys creative writing, whether you're a complete beginner or a seasoned scribe. A safe relaxed environment in which you can grow and hone your writing skills. If you want to, you will have the opportunity to share your work with likeminded folk and develop your constructive criticism skills. Short stories, flash fiction, writing prompts, the six word story, poetry, plays, writing exercises, writing for podcasts, character creation, but most importantly, writing for fun.
Rock Band	An opportunity to make some noise, learn a few tunes and play in a band. The sessions work towards a lunchtime gig in the hub, where you get to showcase your inner rockstar! Some experience/basic skills on your instrument/voice would be advantageous.
Music Theory	This enrichment will allow you to brush up on your music theory or start from scratch! Understanding music theory will enable you to appreciate music in greater depth which is vital for any budding musician. We will start to comprehend the importance of notation, keys, scales, intervals, pitch, melody, harmony, and more. You may have the opportunity to take music theory exams if you want to.
Creative Crochet	A chance to learn crochet from scratch, or to branch out into new and creative ways of using this fun and versatile craft. Suitable for complete beginners, those with some knowledge looking for ideas, or experienced crocheters ready to discover exciting new ways to use those skills in an artistic, free-form way. You will devise a project to work on at your own pace, with support and guidance from the tutor in a relaxed workshop environment.
DUKE OF EDINBURGH: Gold Award.	If you are looking for an adventure, an opportunity to make new friends and give your CV a massive boost the Duke of Edinburgh's Gold Award could well be for you. The Gold Award has run at the college for over 40 years and for many students the expedition is the highlight of their time at S6F. Planning and executing a four day adventure in the Lake District with a group of six others, camping on a night and making memories that will last a lifetime. There are other elements to the award too that many students find their existing activities count towards. We support students even after leaving S6F to complete the award and receive their certificate at St James' Palace which impresses universities and employers alike.
College Magazine	In the first week, you will form an editorial team and decide the direction you want to take the college magazine. You will each take on an editorial role and it will be your job to source articles and features and to decide layout and size of print run. Some of you may want to contribute your own writing, some of you may prefer to work on the technical side of things. We will be working towards the publication of a magazine in March but if

	we work well together and are highly motivated there is no reason why we can't get something out at Christmas too. We will meet each week to discuss progress and set targets. You should gain a lot of valuable experience from this enrichment as it requires close collaboration and team work and there are opportunities for you to develop your own writing skills.
Film Club	Film Club is ideal for Film and Media students but also for anyone hoping to get a wider experience of Film. We watch a full film each session (so you will need to stay for 2 hours), covering all sorts of films you might not watch on your own. From black and white comedy classics to modern drama, taking in all sorts of genres along the way, come to Film Club to be transported to a different world each week.
Green Shoots Gardening Club	Learn how to plan, design and build a garden from scratch in the College grounds. This will be our green space planned for seasonable, fresh edible delights such as salads, vegetables, herbs and fruit. Practical gardening skills learnt will include testing the soil and site, making our own compost, the rules of digging (or no digging!), weed and pest management as well as sowing, growing and harvesting our crops. We will also aim include scent, texture, sound and colour in our planting scheme. Sensory gardens are thought to be calming with therapeutic benefits. Gardening in itself is good exercise, gets you out in the fresh air and is a social, friendly experience. Our ethos will be to plant seasonally and sustainably, with care taken to encourage people, plants and wildlife to benefit from the fruits of our labour.
Sports Leaders Award	Sports Leaders UK qualifications are offered at levels 2 & 3 and are all 1 year courses. These qualifications are designed to use sport and physical activity to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active. Students undertaking a qualification in Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and those with additional learning needs within the community. The courses involve both guided and peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.
Dance Leaders Award	Dance Leaders UK is offered at level 2. These qualifications are designed to use dance to help young people develop and hone their leadership skills whilst helping themselves and others stay physically active. Students undertaking a qualification in Dance Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and those with additional learning needs within the community. The courses involve both guided and peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.
Beginners Multi Gym	Beginners multi gym - aimed at the 'unfit' who aspire to do some moderate weekly exercise- strictly <u>no sports students</u>
Football Academy	This is for any students who wish to represent the college at Football.
Recreational Football	This is for any students who want to play Football but not to represent the college.
Rugby Academy	This is for any students who wish to represent the college at Rugby.
Basketball Academy	This is for any students who wish to represent the college at Basketball.
Netball Academy	This is for any students who wish to represent the college at Netball.

Cricket Academy	This is for students who wish to represent the college at cricket when the season commences. All abilities welcome to along and begin with indoor cricket from October half term, before moving to nets in January ready for the outdoor season.
French Film Club	French Film Club : come and watch classic French films or film extracts followed by discussions on cinema as an art form, looking at techniques and themes. Open to anyone with an interest in French culture and the world of cinema.
Spanish Film Club	This enrichment will involve watching Spanish and Hispano-American films in Spanish with subtitles in English , all students can attend this club as no previous knowledge of Spanish is required although it will benefit Spanish A level students and students who studied GCSE Spanish. There will be a discussion about the film after watching it.
Beginners Italian	In Beginners'/Holiday Italian we will cover things such as greetings, colours, numbers, time, food, asking simple questions etc. We will not be learning complex grammar. In my experience Italians are very complimentary of anyone who has tried to learn a bit and it is a truly lovely and accessible language.
Sign Language	Learn this invaluable skill which is highly valued by many employers. <i>This course is very popular. Students are required to write a proposal as to why they would like to attend sign language. Places will be allocated.</i>
First Aid – managing specific scenarios	Course content covers CPR, choking, serious bleeding and care for complex conditions such as asthma, allergies, heart attacks and strokes.
Aspiring Medics Programme	We will cover the following: What's it like to be a Doctor? Working in the NHS, Other job roles in a hospital, What do I need to be doing in year 12 including volunteering, Being successful in the UCAT, Medical Issues and Ethics for wider reading, Pathways to Medicine, Visiting speakers including Students, Hospital Doctors and GPs, Writing a good personal statement, Mock Interviews It is also be suitable for those interested in dentistry and possibly veterinary science.
Peer Mentoring	Peer Mentoring is a once a week commitment at a time convenient to the student and department. Develop your personal skills as well as re-cap the content of the subject. Peer mentoring suggests a two-way, reciprocal learning activity. It is mutually beneficial for both the mentor and the mentee as it involves the sharing of knowledge and experience between both parties. As the peer mentors teach and guide the mentee along, they find themselves working harder to understand the information, recall it more effectively and apply the knowledge in different ways that help the mentee to learn.
Teacher Toolkit	Explore behind the scenes of what it means to be a teacher. Develop strategies, ideas and practices important when considering becoming a primary or secondary teacher. Want to learn the language, research and prepare for both UCAS and teaching interviews then do not miss out on these top tips.
Book Club	We will vote on a text to read and discuss at the start of the course, then each week we'll read a little of it to discuss in the session, and set a number of pages for you to read at home. Be prepared to do some 'homework reading' and to talk about your opinions with others in the group. There may even be biscuits.
Current Affairs	Come and discuss the week's main national and international stories in a neutral and balanced environment. Learn about the key issues facing today's world and develop your understanding of the dynamic era in which you live.
Wellbeing Champions	This enrichment will give you skills and knowledge about issues of wellbeing and mental health issues. You will be trained in a variety of approaches and strategies aimed at reducing the stigma of mental health illness and improving /promote access to wellbeing

	<p>services. You will also be given skills in active listening and safeguarding so that you can support others in improving their wellbeing appropriately.</p> <p>Once the formal training course has been delivered you will work together during the enrichment sessions to design and run wellbeing initiatives and activities within college that are aimed at improving wellbeing amongst students.</p> <p>This training will be especially useful for anyone who is wanting to go into a career involving the care of others; medicine, social work, counselling, teaching, psychiatry, nursing, policing, are all relevant. Empathy, interest in others, kindness, and team work are skills that you will use and develop as part of this course.</p>
Meditation	<p>During this course learn how to develop and maintain inner peace, reduce and stop your experience of problems, and bring about positive changes in your life. Each class includes a guided meditation and a practical teaching on how to apply the ancient wisdom of Buddha's teachings to busy modern life.</p>
Mindful Colouring	<p>Mindfulness is the practice of paying attention in the present moment. With mindful colouring, we draw our attention into the present moment through colouring-in using a colouring book or colouring sheet (ones usually designed for adults). The fundamental concept is that the very act of colouring pre-drawn illustrations provides an opportunity to suspend our inner dialogue and engage in an activity that disregards the flow of negative thoughts that can dominate our lives such as stress and anxiety.</p>
Researching your family tree	<p>This course is aimed at beginners getting started in researching their family tree. We will use a web-based research site to store our information and find out more about our families. By the end of the 12 weeks you should have the start of a family tree and the skills to continue researching further.</p>
Employability Skills – How to get ahead.	<p>The course will focus on different aspects of becoming employable. This will include CV writing, how to complete application forms, interview techniques, what are job descriptions, body language, basic employment rights and learning how to be adaptable within the job market.</p>
Clothing and fashion throughout history	<p>We will be looking at the changing shape of clothing and fashion through history. We will begin with the Anglo-Saxon era and continue through Roman - to medieval to the modern day and look at clothing styles and how they have changed across differing periods of time for men and women.</p>
Enterprise Challenge	<p>Do you fancy yourself as an entrepreneur? If so, you will work in a team for this Business challenge with CU Scarborough.</p>
Creative Arts – Secret and Lies	<p>Explore a wide range of artists, designers, ideas and movements in Art, Graphics, Textiles and Fashion. Each session we will watch an interesting and informative film that will uncover the secrets and highlight the lies behind the creative arts big hitters.</p>
Chess League	<p>Whether you are a beginner or experienced player, the Chess Enrichment Activity delivered at Scarborough Sixth Form College gives you the opportunity to develop your confidence, tactics and strategy, and critical thinking skills by engaging in the fun game of chess!</p> <p>Those of you who join the Chess Enrichment Activity will be entered into the group's Scarborough Sixth Form College Chess League, where the chess player at the top of the league table will walk away with not only bragging rights but the prestigious S6F Chess League Trophy and winner's mug (which you are welcome to use to toast your success)!</p>

Programming and Coding	We will cover algorithm writing, searching and sorting algorithms and database design work, predominantly using Python. You needn't have any previous coding experience, just interest and enthusiasm.
Debating	The debating society will be student led. We will discuss topics chosen by students and all members will have a chance to lead debates or to simply listen to others. Your level of involvement will be determined by you. You will also have the opportunity to take part in all College events and to enter national debating competitions.
True Crime	Have you ever wondered why people commit crime? Each week we will be exploring different cases and topics from disappearances, to murders and even white collar/corporate crimes. We will look at motivations, criminal proceedings and media coverage to determine why the crime took place, whether the final outcome was deserved and what we would do differently.
Driving theory	Covering the content in preparation for the test. Term one reserved for year 13 only. Term two is for both year groups.
Musical Appreciation Society	Musical Appreciation Society: an informal student society for listening to classical music – a bit like a book club, but without the reading. It is just 90 minutes of relaxation and contemplation.
STUDENTS UNION	Scarborough Sixth Form's Student Union work collaboratively to organise and planning fundraising and social events throughout the academic year. As an active member of the student union, you will have the opportunity to gain new skills and knowledge which will enhance any future applications for university and jobs. The Student Union is committed to providing a voice for the student body and dedicated to ensuring every student's experience of college life is fulfilled.
Design and Build Challenge	This enrichment will give you the opportunity to design and build the body and some electronics for our Radio Controlled 4x4 cars, cumulating in an in-house competition by the end of the year. We will look at using software sure as AutoCAD, Fusion360 and Eagle. You will be able to search a range of suitable materials for the construction of the body. The electronics element of this project will be for ancillaries to the RC car, e.g. making headlights automatically come on at a set light level, tilt sensors, working indicators etc .
Aspiring Lawyers Programme	Are you thinking about studying Law at university or becoming a Solicitor or Barrister? In the Aspiring Lawyers Programme will find out about legal careers and what skills are required, how to apply for a Law degree, hear from former students and from those working in the legal profession.
Social Media Marketing	Create a real social media marketing campaign for the college. Supported by S6F's Marketing Manager you will work together to plan and launch a real campaign across various social media platforms. This is a great opportunity to get some work experience and have some real input into the college's marketing.
Dance – Ballet	This is an opportunity to practise and learn Russian ballet. You do not need to be experienced in Russian ballet, you just need to have a love for dance and have an interest in the art.
Dance – Contemporary	For those interested in dance. Come and take part in weekly technique classes, where you will develop your physical skills and learn choreography. Wear joggers, bring a bottle of water and prepare to move!

Dance – Commercial

Commercial dance is widely seen in music videos, shows and on TV and film. This is a fun, practical enrichment open to anyone who wants to learn and create new routines and enjoy upbeat dancing in a variety of dance styles.