

## **THE CO-CURRICULUM**

### **What is the co-curriculum?**

It is a range of different opportunities that are designed to:

- ✓ enhance the current enrichment opportunities
- ✓ meet the increased demands of linear A Level subjects and the BTEC Level 3 course.

### **What is "enrichment"?**

This is anything that improves your development as a whole person whether it is related to your studies or something completely different. For example, we have always included compulsory weekly Sport & Fitness sessions on every Sixth Former's timetable because we believe that it will benefit *all* students to be able to focus on physical exercise on a regular basis.

### **What other enrichment opportunities are included in my timetable?**

Every student has one period of PSHE and one period of Enrichment allocated to Pre-University Skills from September to December, followed by UCAS preparation and employability skills from January to the end of the school year. In addition, time is given to Form Tutors to meet with each person in the Form Group for a mentoring session.

There are a wide range of opportunities, some compulsory and some optional, all of which will be focused on developing different skills. The most urgent skill that will need to be developed is working independently. We have decided to match this with working with others in order that students can use these skills as building blocks on which to base their continued development throughout their two years of study.

### **Work Experience**

All Sixth Form students take a work experience placement while studying their A Levels to help them develop essential employability skills for their Post-18 options. This takes place during the last week of Term 6 in Year 12.

### **Is the co-curriculum all about academic studies?**

Absolutely not!

Below is a list of the many extra-curricular activities on offer. Each year, the societies and clubs that are run can change and students can develop their own interests and run their own society/club/activity. You will be expected to get involved in two extra-curricular activities that could last all year or change part of the way through the year. This is a really important part of life at NSB. We encourage ALL of our students to "get involved" and make the most of their time at the school and the Sixth Form is no different! You develop a broad range of skills when you work with others.

Read through what is currently on offer – there really is something for everyone!

#### **Drama:**

- Assisting in Key Stage 3 and Key Stage 4 lessons
- Assisting with Key Stage 3 Drama Club
- Productions – musicals, senior productions and helping with lower school productions
- Drama Lab
- Stage management and technical crew
- Scriptwriting Club

#### **Dance:**

- Contemporary Dance Group. Open to all ages and abilities. Known as Perception Dance Company and perform at two events in the school year so anyone joining should aim to be at class every week and not dip in and out.
- Street Dance Class. Students who enjoy dance have the opportunity to lead groups.
- Junction Dance. Another opportunity to get involved with choreography.

*(continued overleaf ...)*

**Music:**

Cello Group, Voice Male, Brass Group, Jazz Trombone Ensemble, Trad Jazz, Senior Sax Ensemble, Brasstopolis, Wind Band, Big Band, Clarinet Group, Advanced Guitars, JD Guitar Ensemble, Stringfellas, Choir, Orchestra, Big Band III, Wind Group, Big Band II, GT Guitar Ensemble, Senior Percussion Ensemble, Concert Band, Symphonic Winds, Ravin' Rockers, Intermediate Strings, Junior Sax Ensemble, Junior Percussion Ensemble, Low Brass Ensemble, Vocal Chords.

**Student support:** *(supporting younger students)*

- LGBTQ/Straight Allies group
- LGBTQ Mentoring
- Peer Mentoring
- Curriculum support *(helping with lower school lessons)*
- Years 7-10 1-2-1 Reading Support
- Year 7 and 8 Numeracy Support

**Sports:**

Football, Water Polo, Swimming, Cross Country, Netball, Basketball, Hockey, Rugby, Tennis, Badminton, Weights Room, Athletics, Softball.

**Other opportunities:**

- Medical Society
- Female Lead Society
- Law Society
- NSB Magazine
- Debating Society
- House Senior
- Strength and Conditioning Training
- Volunteering at local primary schools
- Well-being Society
- Maths Challenge and Ritangle Competition
- Literacy and Numeracy Primary Workshops
- Chess Club
- Gym