



FLOREAT

Farringtons Activities Programme



Welcome

We are thrilled to introduce Farringtons' new co-curricular activities programme: Floreat, meaning "to thrive."

The Floreat programme will be delivered for the first time next academic year (2021/22) within the existing structure of the normally timetabled school day and promises to offer challenge, enrichment, and diversity for students in Years 7-12.

Floreat seeks to develop students' social, moral, spiritual and cultural skills, boosting young peoples' ability to succeed in education, work and society. By trying a variety of new activities ranging from Archery to Mindfulness, from Podcasting to Japanese Culture, it is expected that students will develop greater self-confidence, leadership skills and the joy of discovering new things. As part of our commitment to wellbeing and forming part of the school's response to the effects of Covid, you will find in the pages of this booklet specific details of the diverse and inspiring activities for all ages and interests.

Floreat will provide extended learning opportunities, giving students the opportunity to study concepts with greater depth, breadth and complexity, whilst also helping students to pursue their own areas of interest and develop their many strengths.

All the activities outlined in this booklet come at no additional cost except for a handful of activities in Year 9, those additional costs can be found in this publication. Further details involving specific parental consent documentation will be provided if activities carry a higher risk than normal. If you have any questions or feedback about our activities programme, please do not hesitate to contact:

Miss Azulay: Activities Co-ordinator razulay@farringtons.kent.sch.uk

Mr Garwood: Assistant Head Teaching and Learning lgarwood@farringtons.kent.sch.uk



Structure and Guidance

- In Year 7 and 8, students will experience activities on a carousel style basis. Five in Year 7 and five in Year 8.
- In Year 9, students will have the opportunity to select from a menu of bespoke subjects that run in the Autumn and Summer Terms. All students will undertake Duke of Edinburgh skills throughout the Spring Term, with the full Bronze Award offered in the Summer Term, as a further option.
- In Year 10, 11 and 12 students will have the opportunity to select three activities with three reserve choices, each lasting a full term.
- All activities on offer for each year group this year can be viewed on the following pages.
- Selection of choices – for Years 9–12, please complete the choice form found on School Post and submit your return by the deadline.
- Oversubscription and undersubscription– If an activity is oversubscribed, students may be gifted with their reserve choice. Likewise, if an activity is undersubscribed it may not run.



Year 7 and 8

In Year 7 and 8 students will have two periods a week on a carousel basis, examples of the activities students will experience are as follows:



Archery

Archery is a sport demanding a range of skills from a steady hand, strong shoulders, flexible muscles, a keen eye, and a cool disposition. Archery has several health and fitness benefits, as well as being an enjoyable and social sport. In our introduction to field archery, delivered by expert coaches, students will learn the safe use of the bow and arrows, participating in a variety of challenges using real targets to hone their skills. Archery offers the following health and fitness benefits, including:

- Developing local muscular endurance and upper body strength.
- Boosting hand-eye coordination skills.
- Improving mental strength and concentration.
- Honing the flexibility of the hands and fingers.
- Developing fine motor skills.
- Freeing the mind from everyday distractions, by focusing it.



Introduction to Ballet:

This activity will introduce students to ballet. As well as being a great form fitness and a chance to show your creative side with an art form passed down for hundreds of years, ballet also helps with posture, strength, body awareness, balance, coordination, and agility and might even help with your French! Many professional sports teams take ballet classes for these reasons. It has even been shown to have cognitive benefits with ballet aiding memory and concentration whilst reducing stress levels. Over the six weeks we will explore the basics of this classical art form, learn some new skills, and hopefully have some fun!



First Aid:

Your friend has collapsed. It is a matter of life or death.... What would you do? In this course you will learn the fundamentals of first aid. Teaching you how to handle situations involving bleeding, choking, asthma attacks, allergic reactions, or cardiac arrest. Learning first aid also develops skills in leadership, problem solving and self-confidence. All students will work towards completing a first aid certificate.



Laser Combat:

If you play video games, you might have a passing familiarity with games like Call of Duty. If you do not, these are shooting games, video game versions of the classic “war” games you may have played as a kid yourself. As fun and popular as these games can be, there is a better alternative out there that students love. The game is laser combat, and it has many benefits for your young people that your average video game does not. In laser combat games, opponents shoot at each other with specially designed guns which fire an infrared laser beam. If this beam touches the equipment worn by the enemy player, it automatically disables him or her and renders that player “out of the game” for a short while. These infrared laser beams are completely harmless, and no one will get hurt at the end of the game. Unlike paintball, you do not have to wear a protective helmet either. Laser combat is great for cardiovascular health, promotes teamwork and camaraderie and can be played anywhere. We have exclusive use of a purpose-built facility featuring, trenches, mock buildings, and hazards, situated in a beautiful woodland terrain.



Music Technology:

In this activity you will get to know how to use a Digital Audio Workstation (DAW) to create your own music. You will be introduced to the Hardware: iMacs, Audio Interface, MIDI Controller Keyboard and Microphones as well as the Software: Sandtrap and Garage Band. This will enable you to create anything from Hip Hop to Electronic Dance Music or even be adventurous and try your hand at Film Music. This activity is likely to be extremely popular, not least as the music department has state of the art facilities installed in 2021. Can you imagine yourself as the next Tiesto or Snoop Dogg?



Public Speaking:

Get lively and speak out, developing a range of strategies to speak confidently in public. Learn physical and mental tricks to recite and deliver Stand Up, Shakespeare, Poetry, Rap – the choice is yours. You will need to research and share your opinions, too, as debating will also feature. The course concludes with a performance – of course! If you are interested, you can take this further and enter the English Speaking Unions (ESU's) Performing Shakespeare competition or one of our School Oracy competitions.



Mathematical Challenges:

Mathematical Challenges session which will include: Playing games that provide a structure and process for you to engage in problem solving in order to reach a particular goal or objective.

Cryptography Challenge – Cryptography is a method of protecting information and communications through the use of codes, so that only those for whom the information is intended can read and process it. Problem solving in small groups to seek solutions not just memorising procedures, exploring patterns and formulating conjectures. Finally, presenting workable solutions to a group.



Farringtons' Radio Station

Students will create a podcast, build an engaged audience, and become a thought-leader. As well as learn how to successfully record, edit and promote your podcast building up to gradually setting up our own school radio station. Through this activity you will learn about pre-production, Podcast tech recording and post production.



STEM-Crest award:

Why do we want to go into space? Will we ever go to Mars and how will we get there? What challenges are facing scientists in the modern world?

Crest Award is a nationally recognised award which you can earn to show off your skills in science. You will develop your independent research skills, teamwork and your ability to investigate the big questions in science.



Super Science Explorers:

We live in exciting and fast-moving times; we will be looking at some of the recent breakthroughs and discoveries in Science. You will research an area of interest and complete a project or design relevant to this. Whether you are interested in black holes, the environment, climate change or even Coronavirus there is something for everyone to discover.



Touch Typing:

Touch typing can help you become a faster typist, improve your career prospects, and pave the way for success in the rest of your school career or further education. But the benefits of touch typing extend beyond mastering the home keys and increasing your speed. When you learn to type with a multi-sensory and modular course, you strengthen reading and spelling skills at the same time as you gain confidence and motivation.

Year 7 will also receive a further period of activities, again on a carousel basis. These activities include:



Board Games/Lego:

Come and find out how to play cool card games, build something magical with Lego or join in with a board game. Working in small groups with a teacher, you'll make some new friends, learn something new or create something out of Lego. Or, even better, teach us some new card games or bring in your favourite board game.



Creative writing:

Do you love writing stories and poems? Do you want to explore the world of your imagination, sharing ideas with others and learning new skills? If you have a burning desire to write wonderful things, then this is the activity for you.



U12 Squad Practice for A team Football and Netball

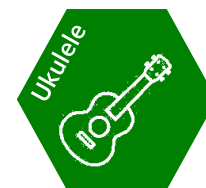
Students selected to represent the school in the A team in our main two-term sports of football and netball will enjoy an additional practise slot on Tuesday mornings. Training will provide opportunities to enhance skills, techniques and in-game play of the major sports through the academic year. During this slot, the A teams will improve all aspects of their performance by using the 'four-corner' developmental model, incorporating technical/tactical/physical and psychological training.



Our Beautiful World:

How can we care for our beautiful world?

Our aim is to raise awareness of eco-friendly causes and to promote environmentally friendly habits. We want to explore ways in which we can help to make our school less wasteful by understanding and engaging in our natural environment. We will challenge our students to be creative in nurturing our beautiful world. Activities will include observing and identifying wildlife in the school grounds, making bug 'hotels,' bird feeders and nesting boxes. Students will also look at how we deal with waste, what we recycle and what more we could do to conserve resources in our daily lives.



Ukulele lessons:

Learning the to play the Ukulele, Students will learn how to:

- Tune the instrument
- Play easy chords and picked notes
- Sing along
- Play well known songs in groups
- Take part in group karaoke
- Have lots of fun
- Perform together

Year 9

In Year 9 students will have two periods a week of activities. In the Autumn and Summer Term they can opt from the following:

Students will need to pick three options with three reserves.



Crafters

Up your crafting game and increase your mindfulness by learning to crochet or learn the ancient art of Macramé, knotting yarns into patterns to create beautiful designs. You will learn how to create the basic knots and put these together to achieve different projects such as wall art or scarves. You can also learn how to make your own eco-friendly cloths and bags. This can be used towards your Duke of Edinburgh skills section.



Rock Climbing –Student Fees £100 for a term climbing.

Welcome to Rock Climbing – the activity that will challenge your mental strength just as much as your physical ability!

Indoor climbing is one of the fastest growing sports in the UK and is making its debut in the Tokyo Olympics this year. The activity we are offering is specifically indoor bouldering, climbing to a maximum height of 4.5 metres without ropes but in a safe environment with the added benefit of a soft padded floor for those inevitable falls!

Climbing under the supervision of instructors who will teach and guide students through basic techniques at Chimera Climbing, in Tunbridge Wells, this a brilliant opportunity for boys and girls to challenge themselves at a fantastic facility, purpose built for bouldering. If you have never tried bouldering before you are going to love it!



Farringtons' Newspaper

Considering a future in Journalism or film or marketing. Students will be engaging in interviews, research, film footage. Taking images of activities and compiling a newsletter about Floreat activities and items of school or local interest. You will have the opportunity to film, photograph and edit.



Photography

Let us improve your photography skills. Each week you will be given a creative project which will help you learn tips and tricks to make your photos stand out from the rest. Experience and learn how to use a range of cameras and edit for print. Delivered by our specialist photography teacher, students will get a real taste of a creative art form that anyone can try.



Skiing – student fees £72.00 for a half term Skiing lessons.

Students will receive ski lessons throughout the term at Chatham Ski centre, Taught by 2 BASI instructors, according to ability. If students have never skied before they will learn the basics of using the lifts, learning to stand up, snowplough turns, moving your skis, stance, weight distribution and stopping!



Strength and Conditioning.

“The 300” Strength & Conditioning activity is simply a wonderful way to improve your body by losing body fat and defining muscle at the same time – without spending hours plodding away on a cross trainer. Strength & Conditioning is about maximum return for your input in a short period of time, with a structured approach to training. Led by qualified instructors who understand the appropriate loadings and routines to use for the developing teenage body, this activity is perfect for you. Using battle ropes, sandbags and kettle bells, improve your functional fitness for a variety of sports, get stronger and feel better.



Scuba Diving– the PADI Open water award. (student fees £529)

The Scuba diving activity will see students follow a term long course which culminates in a worldwide recognised, lifetime certification: The PADI Open Water diving award.

Under the close control and supervision of expert professional instructors from Dive Crew, students experience the amazing underwater world in a safe and fun way. Undertaking skills like hovering, regulator recovery, mask clearing and so much more. NASA trains astronauts underwater. Students learn new motor skills, face unique underwater challenges, are taught safety and risk mitigation and how to scuba dive in safety with a buddy. Dive Crew are also conservation specialists and will provide students with an aquatic conservation programme as part of the qualification, as well as a mask and snorkel that is yours to keep at the end of the course (worth £71). The course consists of the following elements/costs:

EXECUTIVE SUMMARY PADI OPEN WATER REFERRAL (STAGE 1)

Use of major scuba items (BCD, regulators, fins, cylinder)
all tuition and additional support (theory) to students as needed.
Mask and Snorkel (Worth £71)
Conservation programme



Students are required to:

Complete a self-assessment medical questionnaire.

Swim 200 metres.

Tread water for 10 minutes.

Skin Dive.

Complete Knowledge Reviews 1 to 5

Complete theory sessions 1 to 5

Complete 10 question multiple choice quizzes 1 to 4 scoring 8 out of 10

Complete a 50-question multiple choice final exam scoring 75%

Complete confined water dives/skills 1 to 5

STAGE 2 FULL OPEN WATER

Includes a pool refresher session prior to open water diving.

The PADI certification administration fees and the digital PADI Licence card.

It does not cover local entry fee to the chosen / agreed dive site, travel to the site, meals or additional air fills.

Complete four dives in open water. More detailed information will be given nearer the time. *The open water element of the course will take place in the Summer Term (when it is warmer!)*



Zumba

Let's get moving to Zumba! Join a fun activity moving to great music, working every part of your body to get fit! Unlike other workouts this one keeps you moving until the last second. The class will help you to shake away your tensions from the day and laugh along with your friends. Working out has never been so much fun, get moving to your favourite tunes.

In the Spring Term all Year 9 students will experience:



Duke of Edinburgh Skills

DofE is a life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers. This is an award which every student in Year 9 will have the opportunity to sign up for at the start of the year. It involves completing four sections at Bronze level. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition.

Any young person can do their DofE – regardless of ability, gender, background, or location. Achieving an Award is not a competition or about being first. It is all about setting personal challenges and pushing personal boundaries.

This year we have decided that we will open the training for the expedition to the entire year group regardless of whether they have signed up for the whole award. As part of this training, we will cover:

- Navigation and route planning skills – learning how to read a map, how to navigate using a map (not google maps) and how to use a compass.
- Campcraft – learning how to pitch a tent, pack a rucksack and use a camping stove amongst other things.
- Basic first aid
- General team building skills

Year 10

In Year 10 students will have one period a week of activities. Students will need to pick three first choice options with three reserves. Each option will be taught for full term- Autumn, Spring, Summer.

Please note some subjects have a cap in numbers for health and safety reasons, so will operate on a first come, first served basis.



Bee Keeping- The aim of this activity is to train aspiring beekeepers in colony management and to set up a bee apiary in our school. Over the course participants will learn:

- Why keep Bees?
- How a bee colony works
- Different types of bees
- Frames and Foundation
- Acquiring bees
- Forage
- Choosing a apiary site
- Assembling hives and frames
- Inspecting a colony
- Finding a queen
- Swarming
- Honey bee diseases



Horticulture

Get stuck in with creating a school garden! This will involve designing and creating a garden area, landscaping, planting and nurturing plants and vegetables. Students will lead on the design of the garden area, producing areas for growing and areas where wildlife can thrive, such as a pond and bug hotels. You will need to be hands on, and enjoy getting your hands dirty as we develop an area that everyone can enjoy and be proud of.



Japanese

Learn and practise some basic Japanese language and be introduced to some aspects of traditional and modern Japanese culture, explore the diversity and intrigue of this ancient culture: From origami to anime, from calligraphy to Sushi making; Come and discover many aspects of Japanese lifestyle and custom. Yukoso!



Mindfulness

It can be easy to rush through life without stopping to notice much.

Paying more attention to the present moment to your own thoughts and feelings, and to the world around you can improve your mental wellbeing. An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. The mindfulness sessions will allow you to explore and experience activities which will promote calm and balance in your busy lives! Some of the mindful activities that you will experience include: music, colouring and crafts, meditation and breathing, food and drink, journaling, candle making, nature walks and sound baths.



Orienteering

Orienteering is an exciting outdoor adventure sport that exercises mind and body. The aim is to navigate between checkpoints or controls marked on a special orienteering map. There is no set route so the skill and fun comes from trying to find the best way to go. In competitive orienteering, the challenge is to complete the course in the quickest time possible.



Photography

Let us improve your photography skills. Each week you will be given a creative project which will help you learn tips and tricks to make your photos stand out from the rest. Experience and learn how to use a range of cameras and edit for print. Utilising cutting edge software and photographic equipment to craft your own masterpieces, could you be the next Ansell Adams or David Bailey?



Farringtons' Ted Talks

Who makes it to the top? What do you need to become CEO/World Leader?

Most would say that being smart and working hard is enough? This is only the start.

What about those who really care about an issue? How do they get people to listen?

The people who really make it are those that can talk about issue they care about to an audience. In this new world, podcast and online discussions are the new way to reach a mass audience. In TED TALKS, you will have the opportunity to reach an audience with a topic that matters to you. You will research, write, and present your topic to an audience. You will develop those critical presentation skills that you will need to become that leader. Skills learned in these talks will give you the tools to succeed across every profession. Law, Business, Teaching, Medicine, Journalism, the Entertainment industry.

If you want to learn to present well, then join TED talks.



Zumba

Let's get moving to Zumba! Join a fun activity moving to great music, working every part of your body to get fit! Unlike other workouts this one keeps you moving until the last second. The class will help you to shake away your tensions from the day and laugh along with your friends. Working out has never been so much fun, get moving to your favourite tunes.

Year 11

In Year 11 students will have one period a week of activities. Students will need to pick three first choice options with three reserves. Each option will be taught for full term- Autumn, Spring, Summer.

Please note some subjects have a cap in numbers for health and safety reasons, so will operate on a first come, first served basis.



Alternative sports- Ultimate Frisbee, golf, Futsal, obstacle course, Invasion games. You will play several alternative sports over the course of the term including Ultimate Frisbee, Futsal, Invasion games (capture the flag) With the additional option of Golf at the Sidcup driving range.



Ballet

Aim: To walk tall and enjoy dancing to music. This activity will introduce students to ballet. As well as being a great form fitness and chance to show your creative side with an art form passed down for hundreds of years, ballet also helps with posture, strength, body awareness, balance, coordination, and agility and might even help with your French. Many professional sports teams take ballet classes for these reasons. It has even been shown to have cognitive benefits with it aiding memory and concentration whilst reducing stress levels. Initial classes will start with raising stamina and getting fit and build up to ballet.



Care in the community

To visit a local care home on a weekly basis, offering 'special time' with the residents which can include anything from playing cards, board games to listening/talking to the elderly people who may have a story or two to tell.



Health and Fitness

During the 12-week term, you will be able to learn and access the use of gym facilities with an exercise program to follow, LES MILLS exercise classes and education on how 'diet fads' are not good and instead, how to maintain a healthy body via correct nutrition. Aimed to allow self-confidence and exploration of being in the gym industry.



Law society

If you feel strongly about issues such as inequality or discrimination or simply want to know your rights as a consumer, understanding about the law is vital. You will look at social and political issues and understand your rights and responsibilities. We will be having debates around the Human Rights Act and how this can be interpreted and used, the powers of the police and the rights and protection afforded to the public. We will be looking at what the Police and Criminal Evidence Act means for us. This will include debates around police powers



Make a Splash- Make a difference and help save your local community! One of the biggest challenges facing the world in the next 30 years will be water shortage. This is a real challenge for us in the southeast of England. You will learn about the water related issues which the local community face and explore ways in which these challenges can be overcome. Students will participate in a variety of activities which will build up to them developing their own projects. The aim of these projects is to attempt to resolve some of the issues. There will be the opportunity for you to participate in trips to see some of the issues in person as well as learning from motivational guest speakers. There will also be exciting opportunities to support water related charities such as WaterAid and participate in fundraising. Let's make a difference!



Podcasting

If you have even a passing familiarity with the Infinite Monkey Cage or Goodnight Stories for Rebel Girls, there is a good chance you have dipped your toe into the world of podcasting. Podcasts exist on virtually every subject imaginable from sport, media and the arts to lifestyle, education, and science. If you have something to say, and want a platform to say it, this activity is for you.

In this activity, you will learn the basic principles of podcasting including:

What a podcast is and how to promote your podcast

How to produce, edit and record a podcast

How to prepare for an interview to get the best answers

The elements of a good story



Sustainability in the Food industry

A global look at food sustainability, investigating media claims and discussions about how future generations will deal with the issues.

Looking at documentaries, scientific papers, and food experts' viewpoints.

Students will investigate topics, then create presentations to inform each other of what they have found.

They will carry out research, look at food samples, conduct surveys, debate controversial topics and

Year 12

In Year 12 students will have one period a week of activities. Students will need to pick three first choice options with three reserves. Each option will be taught for full term- Autumn, Spring, Summer.

Please note some subjects have a cap in numbers due to health and safety measures so will operate on a first come first served basis.



Contemporary Dance

Contemporary Dance developed during the mid-twentieth century and has since grown to become one of the dominant genres for formally trained dancers throughout the world, with particularly strong popularity in the U.S. and Europe. Although originally informed by and borrowing from classical, modern, and jazz styles, it has come to incorporate elements from many styles of dance. Due to its technical similarities, it is often perceived to be closely related to modern dance, ballet, and other classical concert dance styles.



EPQ * If you choose EPQ this must be your one choice for the whole academic year.

The Extended Project Qualification is an academic endeavour, roughly equivalent to half an A level.

Students choose their own topic to research and, over the course of a year, write a 5000-word essay, give a presentation, and keep a logbook of their ideas. It is highly prized by universities as this resembles independent undergraduate study more closely than A levels and BTECs. It also allows students to focus on interests not covered elsewhere in the curriculum. Many students also value the way that the EPQ focuses on the entire process of study, rather than just the outcomes.



First Aid

Your friend has collapsed. It is a matter of life or death.... What would you do??

In this course you will learn the fundamentals of first aid. We aim to cover a wide range of situations from bleeding to choking, asthma attacks to cardiac arrest. We will also cover potential University situations such as kitchen injuries, incidences involving drugs or alcohol and mental health. Learning first aid also develops skills in leadership, problem solving and self-confidence. All students will work towards a first aid certificate. This course will be good preparation for life beyond school.



Junior English Leaders

Year 12 English students will have the opportunity to hone their skills in supporting students in the primary school with the English curriculum. Supported by English teachers from the senior school, if you would like to make a difference to the lives of students within our school community and see a future in working with young people, come and give this activity a go.



Junior Mathematics Leaders

Just like the Junior English Leaders, Year 12 Mathematics students will have the opportunity to hone their skills in supporting students in the primary school with the mathematics curriculum.



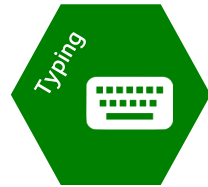
Oxbridge /Careers/UCAS

This activity aims to support students with their personal statements, university application forms and UCAS matters. Support will additionally be provided with Oxbridge and Medicine applications, interview practice and entrance examination preparation.



Positive Mental Wellbeing

This 12-week programme will help you to maintain your positive mental health, teach and give you skills in how to overcome stress, anxiety and prepare you for your examinations. Looking into self-care, tackling low self-esteem and a lack of confidence.



Touch typing

Touch typing can help you become a faster typist, improve your career prospects and pave the way for success in the rest of your school career or further education. But the benefits of touch typing extend beyond mastering the home keys and increasing your speed. When you learn to type with a multi-sensory and modular course, you strengthen reading and spelling skills at the same time as you gain confidence and motivation.



FARRINGTONS
SCHOOL