



FLOREAT

Farringtons Activities Programme



Welcome

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

The Floreat programme will be delivered for the third time this academic year (2023/24) within the existing structure of the normally timetabled school day and promises to offer challenge, enrichment, and diversity for students in Years 7-12.

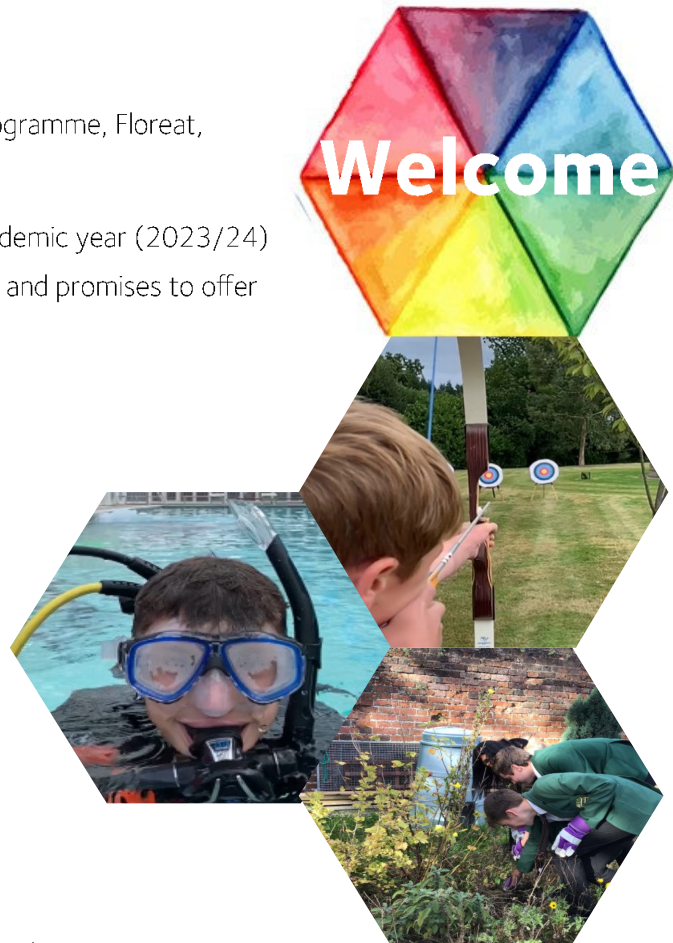
Floreat seeks to develop students' social, moral, spiritual and cultural skills, boosting their ability to succeed in education, work and society. By trying a variety of new activities ranging from Archery to Mindfulness, from Sound Production to Japanese Culture, it is expected that students will develop 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 and qualifications in Year 12; these 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:

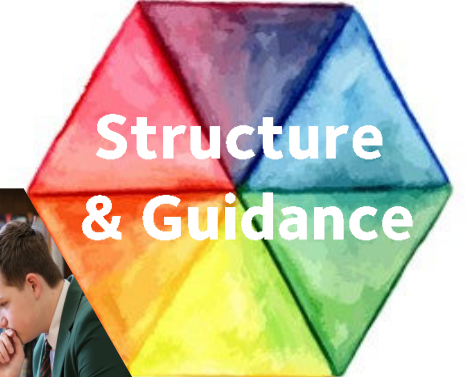
Miss Azulay: Activities Co-ordinator razulay@farringtons.kent.sch.uk

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



Structure and Guidance

- In Years 7 and 8, students will experience activities on a carousel style basis, five subjects over the course of a year
- 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 outdoor Duke of Edinburgh skills throughout the Spring Term, with the full Bronze Award offered in the Summer Term as a further option.
- Students in Years 10, 11 and 12 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 Years 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.

Design Venture

A range of 3D making will be offered to students such as papier mache, stained glass, mosaic art, clay, wire sculpture and mask making.

How To Stay Alive

Forest school-based activities which focuses on activities, projects and tasks that focus on ecology, survival, creating a settlement, composting, food gardens, animals, permaculture, and cooking.

HITT Training

Along with playing a range of alternative sports over the course of a term including Ultimate Frisbee, Futsal, and invasion games, you will also spend time in our dedicated gym.



Super Science

In our Science Club you will collaborate with your classmates to find solutions to a range of fun experiments. Your participation in Science Club will give you the opportunity to explore a broad range of experiments that go beyond the classroom. By investigating new things, you will become a better scientist and develop a deeper understanding of the world around you. Above all, in Science Club you will improve your ability to problem solve for when the

unexpected inevitably happens!

Mathematical Challenges

Maths Escape Room is an exciting and adventurous game in which participants must solve riddles, puzzles, and clues to find their way out of the room before the time runs out. An exciting and energetic spin on the consolidation of key mathematical concepts in an informal environment.

The key skills required:

- Bring the right attitude to the table: working together means presenting a variety of ideas and finding useful ways to draw connections amicably
- Individual problem solving being essential to collaborative problem solving: to consider other students' views and ideas
- Allow space for innovation and conflict: unusual or difficult to understand solutions are welcomed in collaborative problem solving
- Make communication and progress transparent: to effectively communicate solutions within a team environment

Photography/ Film

Are you interested in film and/or photography? This is an exciting activity where week by week we will be spending time watching, discussing, and reviewing films including access to exclusive content. We will complete a wide range of activities with an opportunity to develop your practical skills and take part in some filmmaking. Each week you will be given a creative project which will help you learn tips and tricks in photography to make your photos stand out from the rest.



Law/ Debate Society

Debating is important for teaching students how to express their opinions in a way that allows them to be heard, but also to hear what others are saying. Debating encourages students to mix and get to know each other whilst being respectful of other people's views. Listening and responding to others is a key part of our social interactions and debating will encourage these skills among the students. Along with organisation skills and prioritising, debating will give students the confidence to think on their feet when presented with an alternative opinion.

We will hold debates on topics like uniform, technology and social media, should the voting age be lowered, what would you do if you ruled the world and should pets be allowed in school!

The sessions will start with an introduction on the topic to be debated and then we will look at the key parts of a debate. The students will then be allowed to prepare a 3-5 minute talk on their chosen topic with feedback from the teacher and the rest of the class.

Sound Production

In this session students will learn how to record using a DAW or recording device and then use these recordings to create a unique soundscape. They will learn how to use a sampler in conjunction with MIDI and audio files using Logic Pro X. They will learn the basics of EQ, Compression, FX and Panning along with how to create a final balanced mix.

3D Printing

Can you imagine a 3D shape? If so, a 3D printer can build it. Over 6 lessons, students will learn how to take a concept idea and turn it into a real 3D object. During this development process, students will learn how to use CAD (Computer Aided Design), printer slicing software and how the 3D technology works. From toys to tools, games to prosthetic body parts and phone holders to desk organisers – you can build anything!

The key skills required:

- Problem solving through development: how can you make your product better
- Patience: CAD is easy to learn but difficult to master
- Visualising objects in 3D
- Crafting: adapting 3D prints



Year 7 will also receive a further period of activities, again on a carousel basis in their houses, these will 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.

U12 Squad Practise 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 practice 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.

Eco-Friendly Farringtons

How can we care for nature within our school environment? How can we become more sustainable and responsible in the way we interact with the natural environment?

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 natural 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 how 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



Passport Challenge

The passport challenge will involve students developing skills that will last them a lifetime, build their resilience and resourcefulness. To do this we'll use the challenge passport and aim to complete 2-3 of the challenges.

We will take some of the challenges that they can complete at school and work on these, for example, challenges that develop new skills such as creativity challenges.

A big focus will be drawing on what they've learnt either in school or during their external interests and creating something which reflects this. This could be a painting or a model for example. They will then share these with their peers and discuss what each piece means to them.

We will look at kindness in our community and small ways in which we can help others. This could be as simple as a random act of kindness during the school day which we make a point of continuing throughout the year.



Year 9

All students will have the opportunity to experience Outdoor Skills in the Spring term.

Outdoor Skills (linked to the Duke of Edinburgh Bronze Award)

This is linked to the DofE Bronze Award as we use it as their pre-expedition training.

Taking part in this training does not mean that they are automatically doing DofE. The

DofE award is a life-changing experience, a fun time with friends, an opportunity to

discover new interests and talents and a tool to develop essential skills for life and work. DofE is 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: skills, physical, volunteering, and the expedition. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition, which this activity focuses on.

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.

Outdoor skills training we do covers:

- 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

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 two options with two reserves.

Skiing—student fees £180 for a term Skiing lessons and travel costs

Students will receive ski lessons throughout the term at Chatham Ski Centre, Taught by two 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!

Scuba Diving– the PADI Open Water Award—student fees £800

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:

Stage 1—executive summary PADI open water referral:

- 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 an open water residential trip over two days/nights. 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!)



Rock Climbing—student Fees £275 for a term climbing and travel costs

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 following its debut in the Tokyo Olympics. The activity we are offering includes: indoor bouldering, and 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 students to challenge themselves at a fantastic facility, purpose built for bouldering. If you have never tried bouldering before you are going to love it!

Clay Pigeon Shooting—student fees £300 for a term shooting and travel costs

Clay Shooting is the popular and growing sport of shooting flying clay targets with a shotgun as featured in the Summer Olympics. It is safe, exciting, challenging, and fun. This activity is based off site at Hawley Clay Shooting Ground. Their grounds offer a top-quality experience for new shooters. The cost of the activity will include gun hire, cartridges, and tuition.

Farringtons Goes Green

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.

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

Fragmented Farringtons

Embark on a captivating journey through the lens of creativity as you unite art and technology to reimagine Farringtons School grounds. In this mesmerizing photography project, you will capture the essence of your school from multiple angles and perspectives. With a touch of Cubist inspiration, you will harness the power of Photoshop to piece together a kaleidoscope of fractured elements, breathing life into a vibrant, abstract rendition of Farringtons School. Prepare to be captivated by the bold colours, geometric shapes, and the spirit of collaboration that emerges from this stunning exploration of art and innovation.



Formula 1 Engineering Project

F1 in Schools is the only global multi-disciplinary challenge in which teams of students deploy CAD/CAM software to collaborate, design, analyse, manufacture, test, and then race miniature compressed air powered cars made from F1 model block.

It is a unique global platform for the promotion of Formula 1 and partners to a youth market. Teams must raise sponsorship and manage budgets to fund research, travel, and accommodation.

The challenge inspires students to use IT to learn about physics, aerodynamics, design, manufacture, branding, graphics, sponsorship, marketing, leadership/teamwork, media skills and financial strategy, and apply them in a practical, imaginative, competitive, and exciting way.

Trampolining

Students will learn the fundamental skills of trampolining through a safe, targeted, and progressive set of practices led by our qualified on-site team of teachers. Trampoline exercises are a convenient and enjoyable way to boost your cardiovascular health, improve endurance, and relieve stress and tension. They can help you develop better balance, coordination, and motor skills. These exercises target your back, core, and leg muscles. You'll also work your arms, neck, and glutes. Research shows that trampolining has a positive effect on bone health, and it may help improve bone density and strength.

Foodbank

This year we will be acting as a satellite hub for the Bromley Foodbank, students will coordinate efforts to collect and distribute food to other local food banks. We do not think anyone in our community should have to face going hungry. That's why the Bromley Foodbank provide a minimum of three days of nutritionally balanced emergency food and support to local people to help them get back on their feet. Bromley are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.



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 a full term — Autumn, Spring, and 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.

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.

Bee Keeping

Bees play an essential role in pollination and ecosystem health. Bee Keeping offers a unique and valuable learning experience, training aspiring beekeepers in important skills such as responsibility, patience, and problem-solving, as you will learn to manage hives, mitigate challenges, and maintain a thriving bee colony. We will be managing the bee apiary in our school grounds, gaining hands-on experience in caring for and understanding the intricate lives of bees, fostering an appreciation for the natural world.

You will learn:

- Why we keep bees
- How a bee colony works
- Different types of bees
- Forage
- Frames and foundation
- Assembling hives and frames
- Inspecting a colony
- Finding a queen
- Swarming
- Honeybee diseases

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. Yōkoso!

Farringtons Goes Green

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.



Care in the Community / Volunteering

To create intergenerational relationships with the residents at the local Care Home. This weekly Floreat visit helps the students build a sense of belonging and self-worth. It can also be a life-changing experience, listening to the elderly residents recount their many stories and tales will surely be full of emotions and sentiments. Visiting our local elderly residents not only helps break up the routine of their daily activities, but also keeps them feeling connected to the world around them. Reading the news, playing card games, competitive board games, exchanging recipes, and entertaining the seniors with the students' performances are some of the activities we hope to participate in.

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, stop and search and what must be adhered to if the police wish to use these powers.

Sports Leadership Award Level 1—Sep-Feb, Feb-Jul

Over the duration of the course, you will look at a range of different skills, techniques, and theory around leadership and how to do this effectively. The course is broken up in to two halves looking at: establishing leadership skills and plan and lead sporting/dance activities. Understanding what makes a good leader and how to develop these skills is vitally important in the working world. By developing the key skills of communication, organisation, and leadership, this leads to opportunities to become involved in competitions, festivals and events.

Over the duration of the course, you will be looking to complete the following:

- Lead parts of the Prep School lessons in small groups
- Help to organise and then run tournaments or competitions in the Prep School
- Referee/judge events and games in the Prep School/Year 7 in a variety of sports and activities



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 a full term—Autumn, Spring, and 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.

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 an 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 a leader. Skills learned in these talks will give you the tools to succeed across every profession. Law, Business, Teaching, Medicine, Journalism, and the Entertainment industry. If you want to learn to present well, then join TED talks.

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.

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.

Volunteering

Support pupils in our Prep School with the English curriculum. 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.

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



Futsal

Futsal is the FIFA-recognised form of small-sided indoor football (the word is a contraction of the Spanish 'fútbol sala'). It is played between two teams who each have five players on the pitch at any one time, with rolling substitutes and a smaller ball than soccer that is harder and less bouncy. Students will experience games and tournaments, played to official Futsal rules.

Box Fit—10 pupils max per session

A full work out incorporating Olympic style boxing training and pad work. We will focus on strength, endurance, and coordination. Students wishing to participate will need to complete a waiver which will be sent via school post. Due to the health and safety aspect of this activity numbers will be capped at 10 students per session..

Water Polo—15 pupils max per session

Try water polo!! Through each session you will learn the rules and the key skills required for water polo. Water polo is a game that requires strength and stamina, so a basic level of fitness and swimming ability is required. Throughout the term your swimming will improve, and you will, hopefully, master the technique for a very impressive sport.



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 a full term— Autumn, Spring, and 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.

EPQ*

The Extended Project Qualification is an academic endeavour, roughly equivalent to half an A level. Students choose their own topic to research and write a 5000-word essay or produce an artefact; give a presentation; and keep a logbook of their ideas. This qualification is highly prized by universities as it gives a taste of independent undergraduate study. 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. Please be aware that you should only take this option if you have the capability and determination to see through a substantial independent project.

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

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 skill
- Freeing the mind from everyday distractions, by focusing it

Sports Leadership Level 2—Sep–Feb, Feb–Jul

Over the duration of the course, you will look to develop a range of different skills, techniques, and theory around leadership and build on the knowledge gained in the Sports Leaders Award – Level 1. This will then help to formulate how you want to adapt and change your leadership skills whilst seeking new challenges that will help you work specifically on these areas.



Over the course you will be looking to complete six challenges:

- 1) Valuing learning challenge: engaging with learning and your community
- 2) Skills for progression challenge: the personal skills you need to progress
- 3) Believe in yourself challenge: building confidence to succeed
- 4) Safety first challenge: leading activities safely
- 5) Adapting activities challenge: developing activities for a changing environment
- 6) Virtual leading challenge: using technology for leading activities

The course is broken up into different areas/units including:

- Building leadership skills
- Plan, lead and evaluate sport/physical activity sessions
- Evaluating activity sessions effectively
- Lead sport/physical activity sessions in your community

Over the duration of the course, you will be leading activities with a variety of young people, delivering:

- Parts of the Prep School and Year 7 lessons in pairs or as an individual
- Help to organise and then run tournaments or competitions in the Prep School
- Referee/judge events and games in the Prep School, Years 7 and 8 in a variety of sports and activities
- Delivering sports/dance sessions to pupils in another primary school



Lessons in Financial Education

LiBF gives students an online financial education on a 'learning by doing' basis looking at personal finances, money management and financial careers through accessible online learning.

Students' progress through the online units and, on completing them, can access the LiFE Award and Certificate to get a formal recognition of their work.

This is a great option for students who do not study Financial Studies at Level 3, as it gives them the tools and understanding to make the right financial decisions.

For more information on the qualification and assessment criteria for the examinations please visit the website:
[https://www.libf.ac.uk/study/financial-education/qualifications/lessons-in-financial-education-\(life\)](https://www.libf.ac.uk/study/financial-education/qualifications/lessons-in-financial-education-(life))

Student Leadership Accreditation Course Level 2

The Student Leadership Programme offers a formal way to celebrate the leadership skills our Sixth Form students develop in and out of school, requiring students to create a portfolio in which they gather and upload evidence to showcase their skills. They grade their work using a self-assessment framework that covers ten core skill sets, grouped into three themes:

- Developing myself
- Working with others
- Contributing to my community

They are assessed through self-reflection, a portfolio of evidence and moderation by both peers and the leadership programme assessors, leading to formal accreditation.

Philosophy for Children*

P4C or some variation of it, is practised in over 60 countries around the world and has a history stretching back over 40 years. The underlying principle is for children and young people to experience rational and reasonable dialogue about things that matter to them and their facilitators. All participants work together in a 'community of enquiry'. The aim for each participant is not to win an argument but to become clearer, more accurate, less self-contradictory and more aware of other arguments and values before reaching a conclusion.



During the P4C Floreat Programme, students will first experience what it is like to be a participant in a range of P4C discussions, before observing qualified staff facilitators as they deliver sessions in the Prep School. The experience culminates in students becoming facilitators in the Philosophy for Children programme. This means that they will be qualified at Level 1 to deliver P4C sessions for younger students and will do so with our own Prep School pupils in the Spring and Summer terms.

Concepts explored within P4C are:

- Literature: love, democracy, fairness, justice, goodness, power and anger
- Humanities/ social studies: justice, globalisation, nation, history, truth, cause, evidence and interpretation
- Arts: beauty, art, imagination, reproduction, real, copy and meaning
- Religious education: belief, faith, truth, morality and tolerance
- Design technology: purpose, economy, value, elegance, simplicity, effectiveness and originality
- ICT: knowledge, entertainment, game, reality, legality and morality
- Citizenship: rights, duties, justice, fairness, freedom, welfare, community and enterprise
- Science: science, experiment, evidence, knowledge and theory
- PSHE: wellbeing, identity, choice, freedom and values

For an idea of how P4C sessions run, here are some videos:

<https://www.sapere.org.uk/why-sapere-p4c/p4c-videos/>

* If you choose P4C this must be your one choice for the whole academic year.



FARRINGTONS SCHOOL

Perry Street
Chislehurst, Kent
BR7 6LR
www.farringtons.org.uk