



THE
LOUGHBOROUGH
Schools Foundation

Sixth Form Enrichment

Sixth Form Enrichment – STEP

Social Transferable Enjoyable Personal

Thursday afternoon activities are held jointly across all three Senior Schools. There are two main aims of all the activities: firstly, to be fun, vibrant and engaging. A part of the week that you look forward to as it is something that you are interested in and committed to. Secondly, to develop and enhance your individual and transferable skills in preparation for life beyond School.



Below is a table showing all the options and on the following pages a description of each. If you have specific questions about an option, please contact the member of staff for each course.

Service	Combined Cadet Force Primary School Partnership Voluntary Service Unit	Sports Leaders Level 3 Sign Language
Business and Finance	Peter Jones Award	London Institute of Banking and Finance
Creative	Cookery for Life After LSF Creative Arts Creative Writing Film Appreciation Leiths Cookery School	LSF Radio Music Tech Tech Team VOX
STEM	Brewing Club Bridge Computing	Chemistry DT and Engineering
Academic	Astronomy GCSE Ancient Hebrew GCSE French GCSE Gold Arts Award Mandarin for Beginners	Maths for University Entrance Level 3 (AS) Core Maths Music GCSE Oxbridge Maths
Support	Elite Music Group Elite Athlete Group / Strength & Conditioning	Year 13 4 A Level Private Study

If you have any general questions about the Enrichment Programme, please contact the relevant member of staff from your School.

Grammar School:
Dr Waters
A.Waters@lsf.org

High School:
Mrs Tolley
D.Tolley@lsf.org

Amherst School:
Mr Vastenavondt
M.Vastenavondt@lsf.org

Service

The Combined Cadet Force - CCF

Contingent Commander: B.Ward@lsf.org

We aim to develop personal responsibility, leadership and self-discipline. Becoming a cadet can be a life-changing experience. It will allow you to take part in a vast range of exciting and adventurous military-themed activities.

For new cadets joining in Year 12:

As part of the options process, you will be asked to bid for your preferred section - while we do our best to accommodate your first choice, availability of staff and resources may mean that you will have to join your second-choice section. Please be aware that the number of places in the Royal Naval Section is strictly limited and you should assume that your second choice will be the most likely outcome.

Each of the four sections naturally has its flavour. The **Royal Navy** Section will sail as much as possible during the warmer months and during those periods cadets will return to School later in the afternoon, typically between 1700 and 1800 - please bear this in mind when applying. The **Army** Section training is focused on basic infantry fieldcraft tactics, team building, and rifle skills, and Army cadets typically form the bulk of the prestigious Patrols Platoon. The **RAF** Section endeavours to get its cadets off the ground at least once a year (more for those attending camps), most commonly in gliders or light aircraft and some cadets can earn their solo flying wings and even a private pilot's licence via a Flying Scholarship. On the ground, the training covers leadership, principles of flight, and developing knowledge of the RAF. The cost of joining the three military sections is £100 for the first year and £40 per year after that. Additional camps and courses sometimes involve a further cost, depending on the activity, but are always outstanding value.

The fourth option is the **Corps of Drums**. You do not need to be a musician to join, just willing to learn a new skill! The Corps of Drums forms the centrepiece of our Remembrance Parade and our Annual Review. You may join one of the military sections and be a member of the Corps of Drums by attending a weekly lunchtime practice. There is no cost for joining the Corps of Drums.

We are very conscious that cadets joining in Year 12 will not have the experience of those who have been in the CCF since Year 10 but, we are very keen to support those who wish to progress faster than normal. Therefore, we offer weekend leadership courses at various points in the year to enable you to be ready to take on leadership roles during the Summer term of Year 12, and to qualify for promotion to Non-Commissioned Officer (NCO) from the beginning of Year 13, or earlier. These courses are supplemented by others during weekends and holidays that range from powerboating to parachuting, canoeing to climbing, and signals to sailing. As a Year 12 cadet, you will have the opportunity to take the BTEC Diploma in Public Services or achieve an Institute of Leadership and Management qualification. Alternatively, you may be more interested in developing the specialist skills of your section rather than becoming an NCO, in which case you are likely to join the sailing team, Patrol Platoon, the Royal Air Squadron Trophy team, or the RAF STEM Flight.

For existing cadets:

The most committed and promising cadets returning after Year 11 can expect to take on a leadership role as an NCO. For more information, talk to a member of staff who runs your current section.



Voluntary Service Unit – VSU

H.Southern@lsf.org (LGS) and
A.Williamson@lsf.org (LHS)

Through the VSU we have a range of fulfilling roles within the community. There are many different experiences including volunteering at old age people's homes, local charity offices and shops. In addition to the rewarding feeling of being part of the community, you will also be able to build and evidence a range of transferable skills.

This choice would be particularly appropriate for students who wish to pursue careers in the health profession or teaching and this option can also count towards the volunteering aspect of any Duke of Edinburgh award.

Primary School Partnership

A.Williamson@lsf.org (LGS) and
Z.Mir@lsf.org (LHS)

This opportunity is run in conjunction with the VSU at the High School and the Grammar School. We have several links at local primary schools where we assist with reading and small group work. This is a very enjoyable option and you genuinely get to feel that you are making a real difference with the pupils in front of you.



Sports Leadership Level 3

N.Attwood@lsf.org

This is a 2-year option. Sports Leaders Level 3 is a nationally recognised qualification that enables successful learners to independently lead purposeful and enjoyable sport/physical activity.

The Sports Leaders UK Level 3 Qualification in Sports Leadership builds leadership skills and experience. This course allows students to plan and deliver sessions for specialist community groups and schools. It helps to develop confidence and the ability to communicate effectively with other people and peers. The course is of value to those who wish to further develop their coaching skills or progress onto a career in Sport or PE teaching. There is **no requirement** to have completed the Level 1 or 2 Sports Leadership Course. Although it is not a prerequisite of the course, the learner should have access to coaching either within the Foundation or externally. The

Level 3 Award in Higher Sports Leadership has been awarded 16 tariff points by UCAS. **There is a charge of £56** to cover the costs of registration with SportsLeaders UK, and if your placements are done outside of school time, you can do supervised private study on a Thursday afternoon.

For further information, please visit the following website:

www.sportsleaders.org

Sign Language

A.Moreton@lsf.org

A beginners course in basic sign language. Around 50,000 people in the UK use British Sign Language and it was recognised by the British Government in 2003 as an official minority language. In the first instance, students will complete an online BSL course, achieving an accredited certificate upon successful completion. We will then look to organise an external instructor in subsequent terms, who will be able to continue to support students' progression. This subsequent provision would need 12 pupils to go ahead and would have a charge.

Business and Finance

Peter Jones Award

R.Parish@lsf.org

The Student Consultancy equips students with key and demonstrable consulting and teamwork skills to help local businesses, charities and community organisations. Students work in small teams to address a strategic issue or business problem. It will provide you with an opportunity to:

Contribute to the local community

Tackle strategic business issues

Develop key employability skills such as self-management, team working, business and customer awareness, problem-solving and communication

For Year 12 only. You will put together a digital business plan and make a presentation plan which you must submit to receive a “loan” to start the business (the school is not liable for this if the venture fails to cover its costs). If a loan is successfully granted you can start production of your project as well as develop a range of social media options to spread the word about your products.

At the end of March, you have to submit a digital review of the processes they have used and the performance of the enterprise. If successful, you have the opportunity to go to Buckingham Palace for an awards ceremony.

The London Institute of Banking and Finance

D.Barr@lsf.org

Do you have an academic interest in finance beyond managing your own pocket money? The London Institute of Banking and Finance runs two courses that are linked to personal finance; however, they also develop economic critical thinking and analysis. The diploma follows on from the certificate, so you do not need to decide if you want to progress to the diploma until the end of Year 12.

For further information about the 1 year certificate and the 2 year diploma, please visit the following website:

www.libf.ac.uk



Creative

Cookery for Life After LSF

L.Archibald@lsf.org

Students will learn new culinary skills, with a particular emphasis on meal planning and budgeting. Students will plan and cook a range of dishes and products that show demanding culinary skills and techniques. Some of the dishes will be main meals focussing on nutrition and economy, in readiness for an independent life after LHS; other recipes will give a wide range of experiences and will include successful bakery skills.

Creative Arts

E.Johnson@lsf.org

The Creative Arts departments across the Foundation have come together to be able to offer a rotation of activities which are accessible and relevant to both current A Level Art students and those who stopped Art after GCSE but have a genuine interest in all forms of creative expression. This will not lead to any qualification but instead aims to be enriching and engaging. Activities will include visual Art, Music, Drama and Photography and there will also be trips and workshops to help stimulate. What is important is that you come with an open mind, and a passion and willingness to immerse yourself in all aspects of the course.

Creative Writing

K.Buckley@lsf.org

The afternoon is a relaxing but also inspiring slot in the busy week, to reflect and write with freedom from academic constraints. It is suitable for pupils studying any subjects in School and does not require a knowledge of Literature. We look at various examples of writing in different forms, from poetry to fiction and script, seeing how others do it and then trying out different activities. Sharing and discussing the results is never compulsory but often fun.

Film Appreciation

M.Herring@lsf.org

This activity aims to broaden students' appreciation of the film industry by discussing and reviewing films of varied genres including classic, cult, biographical, foreign, award-winning, old and modern. Students will be moved out of their comfort zones and introduced to films they would not normally consider watching. We discuss aspects of a successful film including acting quality, directing, finance, script, special effects, soundtrack, cinematography etc. and why certain films leave a lasting memory on the viewer. Students will consider what makes an effective film review by researching the work of film critics and by writing critical reviews for the movies studied. This activity would be enjoyed by anyone with a love of the cinema and a willingness to appreciate the art of film making over the years.

Leiths Cookery Toolbox

H.Miller@lsf.org

In partnership with the renowned **Leiths Cookery School**, we are delighted to offer this practical, hands-on course, designed to inspire a love of quality food and equip students with vital skills for life.

By making a range of exciting and nutritional dishes, students will be inspired to master some of the key cooking skills, including knife skills, time management and presentation. Students are encouraged to work independently and collaboratively to meet deadlines in a supportive environment and will prepare and present simple, well-cooked quality dishes.

Students will learn how to carefully choose and store quality ingredients and give them the confidence and knowledge to use them with care. By developing a range of highly skilled techniques and mastering a variety of dishes, students can put them to good use to delight friends and family or apply them as a valuable introduction to independent living for university and beyond.

The course incorporates a **Level 2 Food Safety and Hygiene for Catering** qualification to provide an essential understanding of food safety, selection and storage of ingredients and hygienic practice.

Skills developed can be used to support part-time employment, as a base for students wishing to pursue a career in hospitality or for those planning a gap year, for example, working as a chalet host for a ski season.

A selection of dishes included on the course include;

Griddled halloumi.

Moroccan tagine, herbed couscous and oatmeal and raisin cookies.

Salmon with sweet and hot crust and chocolate brownies.

As this is a professionally recognised qualification, there is a **charge of around £150** to cover the cost of registration.

For further information, please visit the website:

www.leithsacademy.com



LSF Radio

J.Travis@lsf.org

Ever find yourself giving recommendations about new music to friends?

Perhaps you like discussing the weekend sport or a movie you saw with your mates.

Do you want to debate items in the news or run a radio quiz?

If you are interested in a career in broadcasting (TV/radio/podcast) or sound production/engineering, or just fancy giving it a go, then LSF Radio will be launching in 2020. We are looking to get a radio and podcast network started within the Sixth Form at LSF, giving students a chance to try recording, producing and putting out radio shows and podcasts. No experience will be necessary, just enthusiasm and a good idea for a show!

Music Tech

R.Connolly@lsf.org

This course will appeal to pupils who have an interest in different styles of music and more specifically, music production. A background in playing an instrument or using music software is advised.

The course content includes; different types of microphone and how best to use them; basics of synthesis; composing in various genres of music; the music business; setting up and using the recording studio; Ableton Live.

Tech Team

S.Bruton@lsf.org

You and the team will be involved with designing and building the sets, rigging the lights, editing sound or film for projection for the various forthcoming productions. With Mr Viccars, you will use a range of tools, sweat and creative flair on Thursday afternoon. You will also act as stage crew or technicians in the productions, so there could be an evening commitment when shows are on.

VOX

A.Morris@lsf.org

This is only for Grammar School students. The talented VOX team gathers on a Thursday afternoon and discusses events within the school on which we might comment, agree on a plan and then journalists head out to gather material, interview staff and students. After the legwork, articles are written, edited, proofed, and the newspaper itself takes shape. There are various positions of responsibility available within the team.



STEM

Brewing Club

R.Ball@lsf.org

Year 13 choice only. The brewing course will allow students to appreciate the technical aspects of brewing. The course will involve looking at the history of brewing, researching methods of production, and producing different varieties of beer. The course will enable students to learn about the science behind the process and apply STEM in an interesting way outside of a laboratory. The course is aimed at Year 13 students and, due to the nature of the activity, will require parental consent. A small fee (£20) will be applicable to cover the cost of materials.

Bridge

M.Starkings@lsf.org

This most popular and enduring card game has been played by students at LSF over the last 30 years. Our successes include many pupils gracing the England and Wales teams, as well as winning the schools' cup on numerous occasions, including twice in the last three years and only losing the other to Eton in the final. This is an unique opportunity to learn the game or to improve existing skills. Achievements are recognised through the awarding of nationally recognised competence certificates.

Chemistry

B.Arrowsmith@lsf.org

Want to learn about the Chemistry behind explosives, rockets and fireworks?

Want to have a go at some of the experiments you see on YouTube – but they're not part of the A-level course – like making a stink bomb out of human hair, or slime that changes colour with different temperatures?

Want to help try out some new experiments and demonstrations that will be used in Chemistry lessons?

We will look through the internet, and books to find new and interesting things to try out each week. You will be encouraged to make suggestions of things we can do (all within the bounds of health and safety). We'll try out the activities and discuss the chemistry behind them as we do. A great opportunity to further your interest and understanding of Chemistry.

We may also look at videoing some of our work and putting it out on a YouTube channel to inspire others to love Chemistry too.



Computing

T.Wilkinson@lsf.org

We are offering an exciting opportunity to develop technical and advanced skills in areas of Computing. This will work as a great supplement to those who have, or are currently studying, Computer Science. The programme of study will be technical in nature, but will also allow students to show off their creative side.

Content of the sessions will include:

Web design – Programming a PHP/MySQL database-driven website.

Alternative programming language – An opportunity to develop the fundamental underpinnings of another language such as Java or C#.

Digital media – An opportunity to design and produce your very own podcast and YouTube channels using some of the most popular software in this area.

Digital graphics – A chance to develop the core skills needed in Photoshop, which is the industry-standard software.

Future technologies – A chance to explore new and emerging technology to see how they might impact on the future of the human race.

Design Technology and Engineering

T.Moseley@lsf.org

A range of Design and Technology related activities are available to those who are interested in the subject or the wider field of Engineering. The activities enable pupils to primarily develop both their practical skills and confidence in a workshop environment. Past activities have included Car Maintenance, where pupils have worked on the department's own Mazda MX-5 and Land Rover by developing the body panels and working on the various motor components. They have also renovated a range of old bicycles to newly refurbished states, as well as learning the fundamentals of model making by assembling a variety of different kits such as those made by Airfix.

This will undoubtedly appeal to pupils who like the practical nature of the subject without having to worry about the academic demands of the A Level or GCSE qualifications. Due to the nature of the workshop environment, however, spaces are limited.

Academic

There are several GCSEs possible as well as additional and support maths.

Astronomy GCSE

A.Lloyd@lsf.org

Two-year option. Joint with some Year 10 and 11 pupils from the Grammar School. No previous knowledge of Astronomy is required just a passion for learning more. The subject is taught in a rolling two-year cycle. It looks at the formation of the Universe and the planets and stars formation. It looks forward to the technology that allows its study. There are a series of practicals and observations as part of the course.

Ancient Hebrew GCSE

S.Forde@lsf.org

Two-year option. The Hebrew Bible is an anthology of astonishing variety, containing some of the most memorable characters and sublime poetry ever produced in the ancient world. It can justifiably be called one of the most beautiful, influential and controversial works ever written. This book has been revered, reviled and ruminated over for millennia but can only be truly appreciated in its original language. GCSE Biblical Hebrew consists of two papers – a language paper testing comprehension and translation skills and a literature paper that allows students to critique the ideas, values and style of biblical set texts. The course presumes no previous knowledge of the language.

French GCSE

M.Jackson@lsf.org

Two-year option. There is an opportunity to join Grammar School Year 10 and 11s to take an accelerated GCSE French course. It would be worth talking to a member of your own Languages department if you are thinking of choosing this option.

Gold Arts Award

S.Boon@lsf.org

This national qualification is designed to inspire students to grow their arts and leadership talents, offering a variety of ways to approach creative and wider skills development. Through the award, students will achieve a national qualification that will build confidence through nurturing their individual interests, while also equipping them with life skills that will support their education and future employment.

To achieve their Arts Award, students take on challenges in an art form, participate in arts activities, experience arts events, get inspired by artists and share their arts skills with others. Students create a portfolio to keep a record of their creative work and progress along the way, enabling them to play to their strengths and express their creative identity through art form options and portfolio presentation.

The Gold Arts Award has been awarded 16 tariff points by UCAS.

<https://www.artsaward.org.uk/site/?id=67>

Mandarin for Beginners

X.Lin@lsf.org

A fantastic opportunity to learn the most widely spoken native language in the world! Studies suggest that learning Chinese uses more parts of the brain than are required for other languages. As there are numerous differences between learning Chinese when compared with the English language, including tones and characters, it is believed that learning Chinese takes more brain power! Whereas English speakers only use the left temporal lobe, speakers of Mandarin use both. Furthermore, learning to write characters can help with motor skills and visual recognition will keep the mind sharp.

Maths for University Entrance

G.Needham@lsf.org

This option is intended to support students in successfully attempting any entrance papers relating to mathematically affiliated degrees. We cover TMUA/MAT/STEP/NSAA/PAT, as well as other such requirements.

Students should come expecting to be challenged and coached to develop rigorous arguments which rely upon making connections between areas of the A Level specification and applications which they are unlikely to have encountered in their A Level course.

Music GCSE

C.Price@lsf.org

Two-year option. Again done with Year 10. If you regret not taking GCSE music, this is an excellent opportunity to study your passion for two years. The syllabus runs on a Thursday afternoon and there is also a lesson during a lunchtime to facilitate the amount of content to cover. For further questions, please speak to the Music School.

Core Maths

R.Jones@lsf.org

Two-year option. Edexcel Core Maths in Context is a Level 3 qualification (equivalent in terms of UCAS points to an AS level). Two exams, comprehension and application, are sat in May/June at the end of Year 12. You will learn how to use statistical techniques to collect, organise, interpret and present data on a wide range of contexts, how to analyse risk, how to use linear programming to achieve the best outcome given business constraints and how to use sequences to model growth and decay. You should only consider this course if you enjoy data analysis and can extract and comprehend relevant information from the quite lengthy contextual information provided. Enrichment allows 90 minutes per week of teaching time which is a quarter of that recommended by Edexcel. You should, therefore, expect to need to do extra, independent, study beyond the available lesson time. In addition, from Maths IGCSE you must have gained a good understanding of percentage change, histograms, cumulative frequency diagrams, probability tree diagrams, equations of straight lines ($y=mx+c$) and the n th term of an arithmetic sequence. A Level 6 or above in GCSE English Language and IGCSE Maths is a pre-requisite.

Oxbridge Maths

T.Pearson@lsf.org

Year 13 only. This option is for further training and practice in Maths, aimed at students in Year 13 who will be applying to Oxford or Cambridge for Maths, Computer Science, Engineering or Physics (including Natural Sciences specialising in Physics), or for students who will need to take the STEP, MAT or TMUA exams for Maths at another university.

There will be some general practice of relevant topics, and then the specific practice of assessment tests which involve much Maths (e.g. PAT/NSAA/ENGAA, but mainly MAT) and then, after the October half-term, advice about Maths questions in Oxbridge interviews, and further practice.

For many students, this option will only run until Christmas. After the Oxbridge decisions, in January, most students will not need any further tests/exams/interviews (except for their A Levels). These pupils will then go to the 'Life after LSF' rotation. The priority will then be for anyone with a STEP offer for Cambridge. If no-one has such an offer, this option will continue as a Thursday afternoon from January.

Support

Support for Elite Musicians and Athletes

If you require extra time for training or practice, this is the time in the week where this can fit in. Please speak to either Mr West or Mrs Hackett to organise this.

Optional Private Study for students studying 4 A Levels

Year 13 only. If you are doing 4 A Levels and feel that an extra hour and a half of private study would help, this can also be facilitated.



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