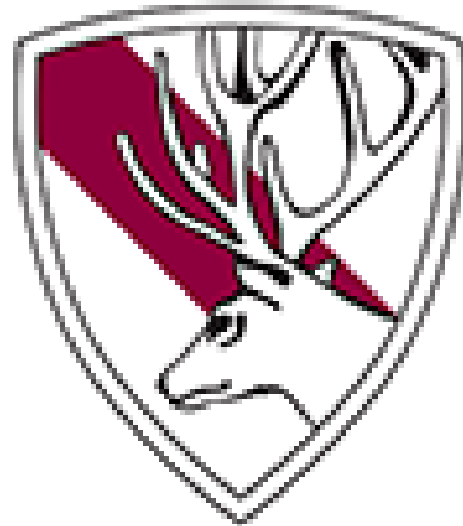


# Extension and Achievement Programme 2022-2023

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The Carlton  
Academy

# Welcome

## Introduction to the E&A team

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Mr Lockwood – Lead Co-ordinator

### **E&A Co-ordinators**

- Mrs Matthews
- Miss Wood
- Miss Wray
- Miss Mason

# What is Extension and Achievement (E & A)?

It is an inclusive extra curriculum programme that lasts one year. Its aim is to engage pupils in new and challenging learning experiences and opportunities. Pupils will follow a varied programme of opportunities and participate in sessions that will be fun, challenging and often practical in nature

## Who is involved with E & A?

E & A is organised and run by the staff at The Carlton Academy with additional input coming from external providers at given points throughout the academic year. Pupils in all years from 7 to 10 have the opportunity to be involved with the E and A programme.

# 2022 – 2023 E&A Opportunities

- Harry Potter Programme
- Leadership
- Language and Culture
- Dance and the arts
- Outdoor Adventurous Activities
- Prince's Trust Programme

- In Progress
- Part one finished
- Currently running
- Starting next week
- Summer term
- In progress

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# What is The Prince's Trust Programme?

# Reasons to be part of the Prince's Trust Club

- ▶ Delivering a community project and making a real difference in your local area
- ▶ Learning all sorts of new skills to help with meeting new people and building your confidence
- ▶ Taking on a business challenge to put your entrepreneurial skills to the test
- ▶ Improving your knowledge and ability to look after yourself and live a healthy life
- ▶ Top tips to help you write the perfect CV and get ahead in your career

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To qualify for the Award and Certificate  
your attendance has to be 100%

**SKILLS FOR SCHOOL**

Planning for Personal Development

Reliability

Peer Pressure and Building Friendships

Confidence

Communication (including Body Language)

Skills for School Package

**PERSONAL, SOCIAL DEVELOPMENT**

Interpersonal and Self-Management Skills

Teamwork

Participating in Exercise

Personal Project

Managing Behaviour

Teamwork and Interpersonal and Self-Management Package

**LIFE SKILLS**

Managing Money

Preparing for a Healthy Lifestyle

Digital Skills (including Online Safety)

Breaking Habits

Parenting Skills

Sexual Health

Making Successful Transitions

Mental Health and Resilience

Healthy Eating and Wellbeing  
**TESCO**

Financial Literacy: Debt and Credit  
**TESCO**

**ACTIVE CITIZENSHIP**

Community Project  
**TESCO**

Gang Culture

Constructive Use of Time

Achieving and Contributing

Supporting Others in the Community

Sustainability

**ENTERPRISE PROJECTS**

Undertaking an Enterprise Project

Budgeting

Employment vs. Self-employment

Digital Creativity

**PREPARATION FOR WORK**

Presentation Skills

Practicing Leadership Skills  
**TESCO**

Customer Service  
**TESCO**

Work Experience

Career Planning (including CVs and Interviews)

Writing a Cover Letter

Job Searching



# Community Project

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## **What do we want you to gain from this?**

Working together with new people

Taking on board other people's opinions and learn from others

Gain knowledge about the community

Understand the impact of homelessness and the impact it has on the community

Find ways to help the charity framework to raise awareness

# Presentation Skills

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**What do we want you to gain from this?**

Build your confidence and presentation skills

Present in front of the team at Framework

Gain a variety of skills by working in a group with other students

Develop a project that will be presented or shown to other schools and businesses



Prince's Trust

YOUTH  
CAN  
DO IT

**Start date: Monday 28th February**  
**12 weeks**

# What can you achieve from the programme?

## Level 1 Award in Personal Development and Interpersonal Skills



# Harry Potter

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We have had one session so far for selected students. All students will have this opportunity but because it is so popular, we need to split the groups so if you do not get invited this term, don't panic!!

Trip dates are to be confirmed.

Whilst at Harry Potter Studios, we will be taking part in a lesson lead by Harry Potter staff. You will learn about what happens behind the scenes whilst making the film, look at costumes and be able to see props that are not on display during the tour. There is a cost involved in this so please remember this when signing up to the trip.

# Language and Culture

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## What's happened

- We have had 4 sessions of language and culture so far.
- Our first session we looked at the different languages we speak as a group, what languages we hope to learn in the future, where languages can take you and ourselves as a "language learner".
- We then did a **Russian lesson** led by COB. We learnt the alphabet in Russian and how difficult it is to write our names when the alphabet is different! We completed a project on Russia where we researched an aspect of Russian culture.
- Yesterday, we had an **Italian lesson** led by Abigail in Year 11.



# Here are some of the fantastic Russian culture projects made so far:



## Lacey- Facts about Russia

### Blini (Russian pancakes)

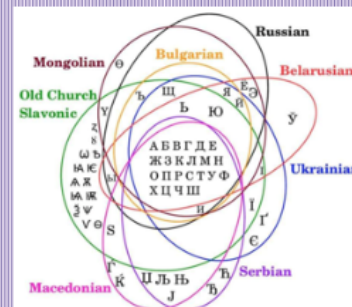
Many Russian foods come from religious traditions. For examples, Blini (Russian Pancakes) have been preserved from the days of Paganism. They would make the pancakes round, just like the sun. You are encouraged to add your own fillings, however the traditional fillings are sour cream and salmon, caviar or mushrooms. You can even add condensed milk and berries if you have a sweet tooth. There is even a special holiday, Maslenitsa, which happens every year one week before the start of spring, when for the whole week Russians eat pancakes.



### The origin of the Russian alphabet

The Russian alphabet is made up of the Cyrillic alphabet, as is the Mongolian, Bulgarian, Belarusian, Ukrainian, Serbian, Macedonian and Old Church Slavonic, with some adjustments, as shown in the Venn diagram. It was created by a Byzantine monk called Saint Cyril in 683 AD, in an attempt to Christianize the tribes of Eastern Europe, by translating the Bible into Slavic languages. He created the alphabet using alphabets of other languages, and combining them to show the sounds of the Slavic dialect

А Б В Г Д Е Ё Ж З И Й  
К Л М Н О П Р С Т У Ф  
Х Ц Ч Ш Щ Ъ Ы Ь Э Ю  
Я « » 1 2 3 4 5 6 7 8 9 0 !  
№ % ? \* , ( ) а б в г д е  
ё ж з и й к л м н о п р с т  
у ф х ц ч ш щ ъ ы ь э ю я



### Bethany- Russian Food

### Freya- Russian alphabet and calligraphy

**Russian sports**

Russians are very passionate about their sports!

- football
- ice-hockey
- biathlon
- figure skating
- basketball
- tennis
- volleyball
- boxing
- chess

All of these sports are played either in some places or the whole of Russia sometimes.

The bobsled is a winter sport that combines cross-country skiing and ice sliding. It is treated as a race, with competitors sliding through a snow-covered track whose distance is divided into sliding rounds. The sliding rounds are not timed per se.

## Mihai and Jacob- Russian sports

## Imani- Festivals

**Maslenitsa Festival  
and  
international women's day**

Seven weeks before Easter are the week-long Maslenitsa festivities – Russia's Pancake Week. They combine the tradition of marking the transition from Winter and Spring with the Christian tradition of feasting before lent. Each day there were different activities include: making Maslenitsa dolls from straw and old clothes as well as making and eating pancakes (blinis), sledging, fist-fights, exchanging gifts, feasting and drinking tea or vodka. However, after making the Maslenitsa dolls, the Russian's burn them and people jump over the bonfires.

On the 8th of March, International Women's Day is celebrated. This festival symbolizes Women's equality; most people in Russia refer to International Women's Day just as "the eighth of March". It's a day for celebrating women's achievements: people have time off work, workplaces organize celebrations, and everyone gives gifts to the important women in their lives.

*International Women's Day*

*Maslenitsa Festival*



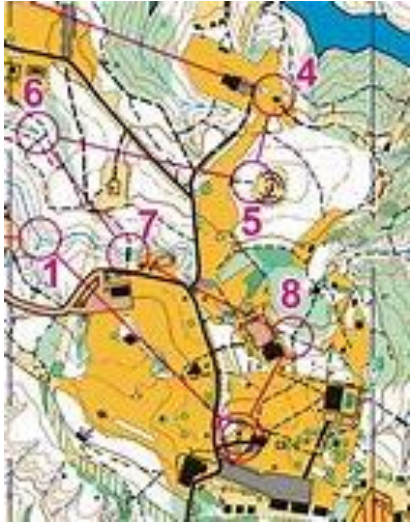
# Dance and the arts

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What's happened/progress : Sessions are due to commence 21/11/22.

We will be looking at different styles of art and dance from around the world and in the media. We will be looking at how we can share culture through different physical arts and using this to increase our knowledge of around the world.

In November we will begin looking at theatre before attending the pantomime and/or watching dance within film. We will then create our own pieces to share with the group.



# Outdoor Adventurous Activities (OAA)

## What is OAA?

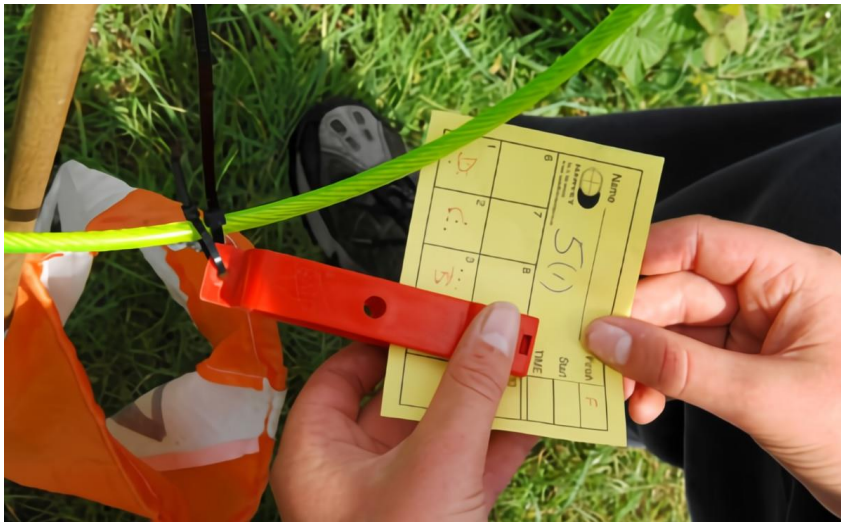
An opportunity to get outside and work on physical and social skills. A chance to work in a team or individually to solve problems and compete against yourself and others. Our focus for this half term will be **orienteering**.

## Key skills:

Understanding how to read maps

Improve decision making and problem solving

Develop knowledge in a range of subjects, such as PE, geography and maths.





OAA trip – Summer term or September 2023



# Sports Leaders

**Rationale/Aims:** To improve pupils ability to communicate, organise and work in a team in order to plan and deliver sports sessions.

**What's happened/progress:** 12 pupils have completed a sports leaders programme which looked at: warm-ups (what are they/ how can we adapt them to different ages or abilities); grouping pupils (how can we do this fairly considering everyone); competition structures and inclusivity (how to structure a tournament and how to adapt this to suit the event) and planning an event. This led onto them leading primary school aged pupils in a cricket event and a sports hall athletics event.

**Impact:** Pupils have become role models in school and within local primary schools and this will support the transition into TCA for those pupils. Previously some of our transition schools have had low attendance in sports events, so this will be an additional benefit. The pupils themselves also now volunteer for younger age groups within the opportunities programme to further develop their skills and put them into practice.

**Next Actions:** Continue to plan primary school events within the local area and complete a round 2 of the programme to increase the number of sports leaders for both PE lessons and after school events.

# Extending Students / Student Achievements (Leadership)

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## EXTENSION

Pupils have learnt leadership skills focussing on communication, organisation, motivation and teamwork.

Pupils have been able to plan and deliver sessions that are appropriate to a range of age groups.

## ACHIEVEMENT

Pupils have been able to work as a team to lead a variety of sessions to the local primary schools including cricket and sports hall athletics.

Pupils have been able to support their peers and/or younger year groups within our opportunities programme by leading small aspects such as warm-ups and drills. This has allowed them to gain confidence and inspire others.

# Film Club and pantomime

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# Successes of Previous Years:

## *Harry Potter- Warner Bros Studio's London*



# Successes of Previous Years: *PARIS*





# Successes of Previous Years:

## *DERWENT HILL OUTDOOR ADVENTURE*



# Residential Trips & Visits Expectation.

To participate in any E & A programme visits students must meet the following criteria.

- Good attendance (95%+)
- Consistent good behaviour.
  - *No suspensions from lessons*

Students who are part of E&A need to sign up to **ATLEAST** one opportunity on this list!

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- **Harry Potter Programme**
- **Leadership**
- **Language and Culture**
- **Creative Connections**
- **Outdoor Adventurous Activities**
- **Prince's Trust Programme**