



**WORKSOP COLLEGE**

# **Co-Curricular Programme 2020-2021**







# Welcome

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**I have always been a passionate believer in the holistic approach to education.**

As educators, it is our job to 'draw out talent' (after all, that is what the word 'educate' means) and, to this end, it is vital that we give our pupils the opportunity to try a variety of different things, in an attempt to discover something they enjoy and are talented at.

Within this new and exciting Co-curricular programme there is a range of different activities, broadly grouped into three main areas. Central to all of this is the need to provide opportunities to develop leadership skills, resilience, adaptability and, above all, emotional intelligence that will set Worksop College students apart when they move on from our community.

***Dr. John Price, Headmaster***



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## Key to icons

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### Holistic Aim

 Head

 Heart

 Hands

### Worksoop Co-Curricular Award Components

 Research

 Public Speaking

 Physical

 Culture

 Responsibility

 Reading

 Charity

 Engagement

 Service

 Current Affairs



# Activities

## 3D Design and Print Club



3D printing is a captivating new technology which is proving crucial for prototyping and innovating new exciting solutions to the world's problems. This technology proved essential in Worksop College's efforts to provide vital PPE to local hospitals during the COVID-19 pandemic. This club provides pupils with the opportunity to explore 3D design and delve into the fascinating world of 3D printing.

## Amnesty International Club



The goal of the Amnesty International Club is to raise awareness of human rights issues around the world and undertake voluntary work. Specifically, the club aims to act on human rights issues by running fundraising events to support Amnesty International's worldwide efforts, writing letters to local government officials or circulating petitions for universal human rights.

## Art School



The Art School is open regularly after school for art scholars and pupils to complete prep or individual work. Pupils can take the opportunity to try something new, or broaden their experience in a range of disciplines. We offer Textiles, Sculpture, Fine Art and Photography. There will always be a member of the Art staff to welcome you.

## Book Club



Want to expand your reading list and discuss excellent books with friends? With relaxed meetings, the book club explores the very best literature on offer, sometimes over tea and biscuits!

## Business Skills



In a competitive world where you need to be the best you can be, we are developing a series of workshops and lectures from real-world successes so that our pupils can gain useful experience and knowledge from the mistakes and triumphs of others. These sessions are about gaining self-confidence, self-expression, getting on with and managing people, and developing a project-based skillset.

## Combined Cadet Force (CCF)



The Combined Cadet Force (CCF) at Worksop College is an engaging, challenging and rewarding Contingent that can make a decisive contribution to the development of our students. It aims to provide:

- A challenging, engaging and rewarding training programme that is led by students and supported by staff.
- Opportunities for experiences, successes and leadership
- Development of discipline, self-reliance and community spirit.

The CCF meets twice weekly with an additional three field days per academic year, which may be residential. The Field day in September will usually be inspection day where the school will be visited by prearranged dignitaries.

Outside of this basic commitment, the CCF offers many weekend activities, camps and courses which may be run during school holidays. These are voluntary in nature but should be taken advantage of, as much as possible, to gain the most from the CCF experience.

The CCF can also be used as part of the Duke of Edinburgh's Award at all three levels, in order to complete the Volunteer element. The contingent also provides many opportunities to fulfil the residential requirement at Gold level of the award.

## Chapel



Chapel life stands at the heart of the Worksop College community, and we offer a number of opportunities for pupils to get involved. Each house has a Sacristan who is responsible for organising fundraising for the house's chosen charity, as well as organising readers for our Chapel services. Highlights of the Chapel year include our Founders' Day service, Harvest Festival service, Remembrance Evensong and Carol services.

## Cooking



The Food and Nutrition classrooms offer regular opportunities for pupils to practise their cooking skills outside of the school day, including achieving external qualifications such as the Leith's Certificate in Food and Wine, and Level 2 Certificate in Food Hygiene.

## Debating



Debating gives the opportunity to discuss current issues, science, art, and ethics. It's a great way to develop public speaking skills, and there are plenty of opportunities to compete in debates, including the prestigious inter-house debating competition.

## Drama Productions



Alongside the various performance opportunities available to pupils studying Drama as an academic subject, we offer many additional opportunities for all pupils to become involved in Drama at Worksop.

We regularly present our own productions in our 270 seat theatre from smaller scale plays or devised works to full musicals. Pupils are encouraged to get involved in all aspects of the production from set design, lighting, sound and video to singing, dancing and acting. Look out for more details about upcoming productions via your house and in your emails.





# Duke of Edinburgh's Award



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. The DofE is many things to many people, supporting generations to successfully navigate adult life.

The DofE programme is offered at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award. There are four sections to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.



## Environment and Conservation



This activity is open to anyone who has an interest in learning more about climate change, what we can do to help slow it down and how we can help be environmentally friendly at a school level. The ultimate aim of this group is to gain the school's Green Flag award from the Eco Schools Programme.

## First Aid



Knowing what to do in a medical emergency can make all the difference. Taught by our fantastic healthcare centre team, we are able to offer our pupils the opportunity to gain a level 2 qualification in first aid, and become qualified first-aiders.

## Fly Fishing



Worksop College pupils have the opportunity to learn to fly fish. Beginners are welcomed and lessons are offered at Rutland Water before pupils move on to have the opportunity to fish at a number of local lakes.

## Golf



In addition to taking advantage of the College Pines Golf Club, situated on the drive of the College, we offer our pupils a further opportunity to practise their skills in the newly opened Golf Swing Analysis Room. Worksop College is one of the few schools in England with a Trackman radar fitted purpose-built analysis room. Within the analysis room, there are two bays which allow students to be taught in pairs, as one receives coaching the other can practice.



## Ice Skating



Ice skating is a great activity for pupils to get some time to either free skate or develop their skills in lessons (depending on availability). Trips usually take pupils to iceSheffield or The National Ice Centre in Nottingham.

## Kitchen Garden



Pupils can get involved in growing their very own herbs and vegetables for use in their cooking, whether for themselves or for our Food and Nutrition department.

## Latin for Sixth Form



A Latin reading class for Sixth Form pupils who are perhaps considering an Oxbridge, Law or Medicine pathway after the Sixth Form, or for Classical Civilisation students who haven't done Latin before and anyone else who would benefit from studying the language!

## Life Skills



In addition to their academic lessons, our Sixth Form pupils engage in a life skills programme designed to give our young people the expertise and know-how they need for a better future, whether that is at university, in the world of work, or running their own business.

## Makaton Sign Language



Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate. With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear.

## Mediprep



A society that is aimed at students in Year 11 and Sixth Form prepare for and apply to study medicine, dentistry or veterinary science at university. The group discusses issues relating to topical healthcare news, disease and treatment, bioethics – as well as practical activities and visits from academics and healthcare professionals. The group also looks at the complex nature of medical school entrance and aims to ensure those interested in pursuing a career in medicine are prepared for compiling a competitive application.



## MFL Pen Friendship



Pupils are offered the opportunity to practise their foreign language skills, in a non-academic setting, by writing letters or emails to other pupils around the globe in a different language.

## Mountain Biking



The College is privileged to have Clumber Park on its doorstep and the mountain biking make the most of that. National Cycle Route 6 runs right past the College and allows our pupils to explore a wide range of off-road trails. We also have a series of our own mountain bike trails across the school's 330 acre site.



## Music - Bert's Big Band



A versatile group that invites a variety of musicians: singers, brass, reeds, percussion, guitars, bass, drums. The group enjoys a number of high profile performance opportunities each year, and in recent times has performed with jazz stars such as Alan Barnes, Nathan Bray, Pete Long and Dave O'Higgins to name a few!

## Music - Chamber Ensembles



Small groups in all genres are the backbone to any thriving department, whether it be flute duets, string quartets, jazz trios, saxophone quartets or rock bands.

Groups are usually led by a staff member and feature in our regular lunchtime concerts and pupil showcase concerts throughout the year.

Whether rehearsing for pleasure or preparing to perform, pupils are given the opportunity to explore, with their peers, the music they love.

## Music - Chapel Choir



Worksop College Chapel Choir was founded within two weeks of the opening of the College in 1895, and remains central to music at Worksop College, leading the weekly full-school services of Choral Eucharist and other special occasions, in the magnificent chapel.

The choir provides an exceptional musical education for its members and over the years the College has trained a number of singers and organists who have gained scholarships at Cathedrals and the UK's leading universities and Conservatoires, including Oxford and Cambridge.

The choir can often be heard singing services at neighbouring cathedrals and minsters such as Durham, York, Southwell, Lincoln and Ripon, and further afield at the Universities of Oxford and Cambridge and at the Gresham Centre in London.

Worksop College Chapel Choir undertakes frequent foreign tours. Previous destinations have included: Guernsey, Bruges, Rome, Leipzig, Salzburg, Venice, Vienna, Tuscany, and Prague. In recent years the choir has also enjoyed collaborating with other choirs such as North Notts Chamber Choir, the Chapel Choirs of Jesus College Cambridge and Queen's College Oxford, The Swingle Singers, Apollo5 and VOCES8.

## Music - Composition



Composition is a key outlet to any musician's creativity. We offer this club as an opportunity to train our pupils to use our music technology suite and studio (and associated software) to the best of their ability. Composition is a key aspect of the GCSE and A Level qualification and pupils undertaking these courses are encouraged to use this time to compose under the guidance of their teacher, as well as using as an opportunity to explore areas of composition they would not necessarily encounter on their course.





## Music - Instrumental and Singing Lessons



We encourage every pupil to learn a musical instrument because of the huge cultural and educational benefits of doing so. Indeed, for many parents, the breadth and quality of instrumental tuition offered at Worksoop College is a primary reason for sending their child here. Whilst we are proud that so many OWs go on to have careers in the Music Profession, this is not the reason why people choose to learn a musical instrument, but it is evidence of the quality of musical provision on offer..

Individual Music lessons are offered on the following instruments: Violin, Viola, Cello, Double Bass, Flute, Clarinet, Oboe, Bassoon, Saxophone, Orchestral Percussion, Drum kit, Classical Guitar, Electric Guitar, Bass Guitar, Tuba, French Horn, Euphonium, Trumpet, Trombone, Singing, Organ & Piano. Lessons are delivered by 20 specialist staff and tuition is overseen by the Director of Music, Timothy Uglow. For more information, please email [directorofmusic@wsnl.co.uk](mailto:directorofmusic@wsnl.co.uk).

## Music - Orchestra



The school orchestra is made up of musicians from Year 7 through to the Sixth Form with the collective aim of performing a range of music to a high standard at the school's regular student concerts. The orchestra meets weekly to rehearse a wide range of repertoire from film music to western classical music.

## Music - Theory



Music theory knowledge is vital to all musicians as they develop their skills, in particular achieving the prerequisite grade 5 music theory in order to achieve their higher practical grade. The Mountgarret music department offers group music theory tuition to all pupils.

## Polo



New this year, we are offering pupils the chance to play this fast-paced, exhilarating sport. This new venture is open to all year groups and all abilities; from those who can hit an offside, backhand shot at a gallop, whilst standing on their head, to those who have never sat on a horse before! Pupils are coached at a local polo club, who also provide the ponies.

## Psychology Society



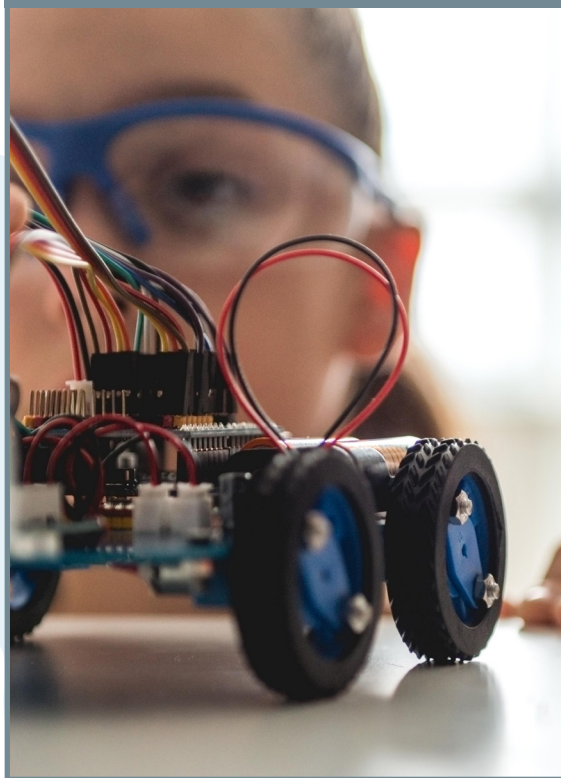
This group is open to all to attend but might be of particular interest to those studying Psychology at GCSE or A Level. The society aims to enhance and support academic experience through lectures, discussions and studies/ experiments that promote further interest and insight into the psychological field.

## Rambling Club



A club for those who enjoy walking in the great outdoors. The College is perfectly situated for walking and exploring the countryside, with Clumber Park on its doorstep and the Peak District just a short drive away.

## Robotics



Pupils have the opportunity to get hands-on with computing and design with our robotics clubs. Regularly run activities include:

Pi Wars - an opportunity to build a Raspberry Pi-based self-driving and remote-controlled robot to compete against other schools in a series of challenges.

Pi in the Sky - An annual high altitude balloon launch from the school which is then tracked and recovered using radio transmitted from the payload of the balloon. Previous projects chosen by pupils for the launch have included taking high altitude photographs and recording atmospheric data. Our last launch reached an altitude of 35,000m.

## Rock Climbing



Rock climbers of all abilities can make use of the College's own climbing wall for training. Previous trips have included Awesome Walls and the Foundry Climbing centre in Sheffield, as well as a visit to Stanage Edge in the Peak District to experience outdoor climbing.



## Rowing



Rowing is a varied sport with something for everyone. From fixed to sliding seat, river to ocean, and challenges to touring - there is such a wide range of options! Training is offered in the on-site fitness centre in bad weather, and opportunities to explore the local lakes, rivers and reservoirs when the weather is good.

## Salsa



Proven extremely popular since its launch, Worksop College's Salsa club is a good workout, a laugh and a lot of movement! Open to anybody, whether you have danced before or not.

## Schools' Challenge



The Schools' Challenge is a national general knowledge competition for schools. The format of the national challenge is very similar to Worksop's own House Challenge, in which students compete in a University Challenge-style quiz.



## Shooting Club



Using the school's very own shooting range, pupils get the chance to hone their marksmanship skills ready for the inter-house shooting competition.

## Strength and Conditioning



Perfect for our sports scholars, but available to all pupils, is access to our new fitness suite. Designed from scratch by our expert coaches, the new fitness suite is ideal for our sports teams to target their workouts to strengthen the areas to help them compete to the best of their ability in their chosen sports.



## Table Tennis



Table tennis is a fast-paced enjoyable sport you can play with your friends. Players of all standards are welcome and equipment is provided.

## Technical Theatre



All our school productions require a backstage crew made up of staff and students. Pupils are given the opportunity to learn about stage management, lighting, sound design and operation, and set design and painting. No experience necessary, come along and get involved.

## Trips



Worksop College offers pupils regular opportunities to go on both local, UK and international co-curricular trips. Academic subjects run their own trips aimed at developing students' experience and knowledge in line with the demands of their syllabi and schemes of work.

It is impossible to list all of the co-curricular trip opportunities in one place as there are so many, but a few notable examples are our international sports tours and ski trips, which are run either annually or biennially, depending on interest.

UK and international music performance tours are run regularly with recent destinations including Guernsey, Bruges, Prague and more! CCF field days and Summer camps run annually and our many Duke of Edinburgh expeditions take our pupils to some of the most picturesque parts of the UK and beyond!

## Watersports



Whether it's canoeing along the Chesterfield canal or sailing at Rother Valley, pupils are regularly given the opportunity to practise their afloat skills. Activities are dependent on availability and weather, but include canoeing, kayaking, stand-up paddleboarding, dinghy sailing, motorboat cruising and water zorbing!

## Yoga



Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. As well as helping you relax and reducing stress, Yoga can also help aid a good night's sleep.

## Zumba



Moving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world.

High-energy classes are set to upbeat music and feature choreographed dance numbers - classes emphasize moving to the music and having a good time - no rhythm required!

# The Worksoop Co-Curricular Award

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Brand new for 2020, the Worksoop College Co-Curricular Award (WCCA) aims to increase the breadth and depth of co-curricular commitment by rewarding individual participation and achievement.

Designed to develop ownership and organisational skills, the pupil is handed the additional responsibility of recording and reflecting on their accomplishments – enabling development of further personal attributes important for life beyond school.

**Duration:** All pupils are invited to pursue the award, but the WCCA is only awarded to pupils at the end of Year 13. Activities are to be evidenced from any time that the pupil was enrolled at the school, but in order to gain most credit, should take place from year 10 onwards.

**Components:** There are a total number of 100 credits available for the Award, split into 10 components. Components are worth up to 10 credits depending on pupil achievement and commitment to that component.

## The components of the award are:

1. Completion of an independent **research** project.
2. A sustained commitment to **cultural** pursuits.
3. A commitment to fundraising for a **charitable** cause.
4. A sustained commitment to giving **service** to an organisation or charity.
5. A commitment to **physical** pursuits.
6. Experience of **public speaking**.
7. Taking on a position of **responsibility** or leadership.
8. A commitment to independent **reading**.
9. An active awareness of **current affairs**.
10. A sustained commitment to **engagement** in the community beyond the classroom.

**Award:** This will be awarded in 3 bands: Bronze (60 credits), Silver (75 credits), Gold (85 credits)



# Expectation and choice

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The Co-Curricular Programme at Worksop College aims to provide activities and events that stimulate, inspire and ultimately help complete the holistic experience of a Worksop College pupil.

With time built in to the weekly timetable for co-curricular activities, it is expected that pupils will plan their time carefully with guidance from the tutor and House team.

Flexibility is key and we appreciate that a pupil may have a strong co-curricular interest outside school, so we are happy to support these interests alongside the student's school-based pursuits.

Co-curricular activities are scheduled for 16.30 – 17.30 on a Monday, Tuesday, and Friday. Wednesday afternoons are dedicated to Sports fixtures and Thursday afternoon 16.30 - 17.30 is mandatory 'House time', with pupils spending time with fellow members of their House.

**A more detailed termly schedule of activities is published at the start of each term and pupils are expected to sign up to their chosen activities for a minimum of half a term.**

It is an expectation of all students that they challenge, develop and stretch themselves, making use of the wide variety of opportunities on offer - preparing them for life beyond Worksop College.

# Co-Curricular Contacts

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## **Worksop College Enquiry Office**

Telephone: 01909 537100

Email: [enquiries@wsnl.co.uk](mailto:enquiries@wsnl.co.uk)

## **Mr. Stephen Partington**

Co-Curricular Coordinator

## **Mr. Ian Parkin**

Director of Sport and Outreach

## **Mr. Timothy Uglow**

Director of Music

## **Ms. Jamie Grant**

Head of Drama

## **Mr. Simon Payne**

CCF Contingent Commander &  
Duke of Edinburgh Manager



WORKSOP COLLEGE

## Contact Us

Call 01909 537100

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