CONNELL

CO-OP COLLEGE

ENRICHMENT: OPTIONS + TIMETABLE

SEPTEMBER 2023

WHAT'S ENRICHMENT?

Participation in community life is highly valued by employers and universities. These experiences will help you stand out from the crowd.

We expect all students to do at least one session per week (unless you have a significant commitment outside of college such as playing sport at a county level/weekly volunteering work in your community - a letter of validation will be required during the first week of term for you to be given an exemption from this part of the curriculum).

All students must take part in weekly enrichment. You can choose from:
- Sports
- Academic (subject or career related)
- Wellbeing (activities of interest)

SPORTS

MONDAYS:

- Athletics
- Badminton
- Basketball
- Climbing wall (Y13)
- Duke of Edinburgh
- Football

FRIDAYS:

- Badminton
- Darts
- Female football
- Fitness
- Table tennis
- Volleyball
- Tag rugby

BASKETBALL

Join this activity and take your skills to new heights! With a strong emphasis on teamwork, honing your skills and advancing game knowledge. Whether you are an experienced player or new to the game, there is something for everyone. Come and engage in this fast-paced and exhilarating sport and learn something new!

DARTS

One of the fastest growing sports in terms of popularity and participation in recent years. 501, 301, round the board and cricket are the most popular games played (also great for your maths skills).

DUKE OF EDINBURGH (DofE)

The bronze award is a nationally recognised award that is highly valued by universities and employers. During the bronze award you will choose three volunteering, physical and skill activities to complete each week over a three month period. You will be supported to prepare for and complete an expedition to the Peak District over two days and one night.

FITNESS

Open and accessible to everyone, regardless of ability and fitness levels. Sessions will include different types of training which will vary in intensity. Each session will focus on keeping the body and mind healthy in an enjoyable way. Work out and make friends (training partners) at the same time!

TABLE TENNIS

An incredibly fast and versatile game. You can still play well even as a beginner. You can either relax and play around with the ball and have a good time, or you can experience nerve-racking matches involving stamina, strategy, technique, and spin.

TAG RUGBY

Attacking players attempt to dodge, evade and pass a rugby ball while defenders attempt to prevent them scoring by "tagging" – pulling a velcro attached tag from the ball carrier, rather than a full contact tackle. Tag rugby is an all inclusive sport for men and women. All are welcome, give it a TRY!

ACADEMIC

MONDAYS:

- 20th Century Britain / Criminology
- Biomedical Science
- Book Club
- Games Design and Development
- Introduction to Writing Fiction
- Medical Society (Y12)

TUESDAYS:

- Sygnature Enrichment

THURSDAYS:

- Language Club

FRIDAYS:

- Code Breaking and the Maths Challenge
- Debate Society (Sociology Focus)
- Law Society
- Medical Society (Y13)
- Sustainability Club
- World Cinema
- Young Enterprise

BIOMEDICAL SCIENCE

This session is ideal if you wish to pursue a career in science or medicine. We explore different areas of medicine and related careers by talking to experts and practising some techniques they would use. You'll get the chance to explore anatomy through dissection and find out about diagnostic testing.
You'll be guided in independent study and presenting your findings to strengthen your communication skills in a professional context.

BOOK CLUB

You'll discuss the impacts of some of the greatest authors that you've never been taught about, using their words to reflect on the world around you and discuss the issues at hand.

DEBATE SOCIETY (SOCIOLOGY FOCUS)

You will use different activities to develop your critical thinking and confident communication. This will help you to become more informed about political and global affairs.

CODE BREAKING AND THE MATHS CHALLENGE

Develop your problem-solving and numerical-reasoning skills. Working in groups, you will learn about standard ciphers and work to crack codes. This will be suitable to anyone studying Maths, who wants to develop their problem-solving skills beyond the traditional curriculum.

GAMES DESIGN AND DEVELOPMENT

If you're interested in making your own video games from inception and enjoy computer science, this is for you. We use Python programming language and pixel art to make our games.

GRADE BOOSTER FOR A LEVEL BIOLOGY AND CHEMISTRY

The aim of these sessions is to hone your skills and delve more deeply into the subjects' topics, helping you make connections and explore areas of knowledge that go beyond the core specification. We'll provide extra support

to help you get the highest grades and are well prepared for applications to/future study at Russell Group universities. The group is open to A Level Biology and Chemistry students who have at least a grade 7 in GCSE Science/are on track for B+.

LANGUAGE CLUB
Are you interested in travelling? Are you looking to work in an international company? Do you want to stand out from the crowd on your uni/job application? In this enrichment, you'll be practising simple conversation as well as learning a language you could use on a business trip.

LAW SOCIETY
Develop your skills of investigation and analysis to solve a 'cold' murder case; build your confidence and communication in our mock trial.

PSYCHOLOGY SOCIETY
Using psychological theories and concepts you'll look at the inner workings of the brain and how these can affect mood and wellbeing. You'll build analytical skills, problem-solving skills, and research and creative development skills to prepare you for university.

SUSTAINABILITY CLUB
We tackle the latest issues around sustainability and making the college a more environmentally friendly place to be. We take part in planting, upcycling, campaigning, and preserving resources. We work together as a team to build skills, improve wellbeing and educate others about climate change. Come along and learn how you can change small things like shopping habits to make a big difference.

SYGNATURE ENRICHMENT
A six month immersive enrichment where students will transform their perceptions of sustainability and its importance in life and commerce. It includes up-to-date knowledge on climate change and wider issues as well as employer engagement and social action projects. Participants will emerge with CPD points for industry, Silver DofE skills, volunteering sections and the potential to complete their EPQ. The programme will run every Tuesday after college and will also include a residential activity.

WORLD CINEMA
We'll look at cinema from around the world and the issues raised by the films. We'll look beyond Hollywood and see what the rest of the planet is doing.

YOUNG ENTERPRISE
Company Programme empowers young people to set up and run a student company under the guidance of a business volunteer. Students make all the decisions about their business, from deciding on the company name, managing the company finances and selling to the public. Participants gain practical business experience and key skills.

WELLBEING

MONDAYS:

- Pottery club
- Knitting
- Elektrik Bears: The Alan Turing Appreciation Society
- Theatre Group
- Craft Club
- Equality and Diversity

FRIDAYS:

- Driving Theory
- Lego Club
- Cooking on a budget
- ESports
- Craft Club

COOKING ON A BUDGET
Learn to be independent, cook for yourself and discover how to cook on a budget ready for when you leave home.

CRAFT CLUB
Explore your creativity, using a variety of mediums to produce fun items in our make and take sessions.

DRIVING THEORY
A specific focus each week on different areas of the driving theory assessment. You will focus on a range of scenarios such as hazards, alertness, perception, traffic signs, rules of the road and documentation. We'll reinforce the value and importance of why theory needs to be completed before you can take your practical exam. This enrichment is specifically for students who aspire to drive.

ELEKTRIK BEARS: THE ALAN TURING APPRECIATION SOCIETY
Celebrating the life and legacy of Alan Turing. We are inclusive, welcoming and open to anyone with an interest in Turing or wanting to know more about this amazing person's life.

ESPORTS
Esports is a chance to relax and test your skills on an Xbox against your peers. How good are you? Let's see and have fun!

KNITTING CLUB
Be like Tom Daly without having to learn to dive! You'll pick up new skills and learn how to follow a pattern. There will be a team project as well as opportunities to make your own clothes or gifts.

LEGO CLUB
Do you want to relax and unwind and join some like minded people in creating new and exciting Lego models? We have a number of models that you can build or even create your own with our Lego sets.

POTTERY
Do you want to learn a new, creative skill? Join us for pottery club where you can make and paint your own sculptures, plates, bowls and anything else that you may want to make! It's also a chance to make new friends and enjoy spending time with other like minded students in college.

THEATRE GROUP
What are The Arts? They're anything to do with our cultural life; theatre, films, music and more. It was recently reported that Manchester was the best city in Britain at present for culture. Are you taking full advantage of this? Are you interested in The Arts? Do you need help to access some of the wonderfully exciting things going on in our city at this moment in time? The Arts Society seeks to form links with Manchester's theatres, art galleries and festival

organisers. By working with these people we're able to give voice to our area and to help shape future policies and productions. In return, we gain access to many opportunities from theatre workshops, work experience placements and free entry into events and productions.

SAY YES TO OPPORTUNITIES + STAND OUT FROM THE CROWD