

## Enrichment Opportunities

### **Aspects of Antiquity**

This course offers an opportunity to look at some features of societies from the ancient world – primarily Neolithic, Egyptian, Greek, Roman, Celtic. Students will be able to explore the cultures and histories of these societies and judge whether ancient peoples really were different to modern humans. We will also look at how we are able to understand the past through use of evidence and archaeology.

### **Art - Unwind Your Mind**

In this enrichment you have a time to be creative and use this time just for you. The session can be used to work on a passion project you have always wanted to explore, or you may wish to develop on existing work from one of your A level subjects. You may want to create a political project, installation work, a short film, a series of paintings or prints. You could design clothing or start a webpage or blog. This is your time, and there is support to help you create something exciting and personal to you. This workshop will include meditation and down time to keep you happy and healthy.

### **Art Professional Practice**

Exhibitions often look effortless, but don't fall for this tempting assumption. Putting together a show is a lot of work, and if you don't know what you're in for, you might find yourself in over your head. This course teaches you how to mount your first exhibition, put together portfolio's, investigate online blogging, live client briefs, promotional materials, exhibits and websites. So, if you're curious about curating but put-off by the lack of knowledge then this would be a great thing for you to do. This also looks fantastic on personal statements if you are wanting to combine an arts subject with a business perspective

### **Badminton**

Play Badminton as part of the QMC team!

### **Basketball - Male**

Play recreationally or join the QMC team either as a new player or with previous experience.

### **Basketball - Female**

Play recreationally or join the QMC team either as a new player or with previous experience.

### **Bellringing**

Taking place at St Michaels Church students will be taught by ringers with many years of teaching experience. They will receive a dedicated record book to track their progress, which is approved by the Central Council of Church Bellringers.

### **BMAT/LNAT/TSA essay support**

Support for second years preparing for the essay part of the BMAT, LNAT or TSA admissions tests - please register your interest for more details. Sessions take place between September and October half term of your second year.

### **Business & Football**

Football clubs are now businesses and need to be run as businesses, especially with Financial Fair Play rules. The enrichment will cover a wide variety of business related themes. For example how football clubs are funded, the different types of ownership and their objectives and other interesting things (Forest Green Rovers - ethics, Wrexham takeover by Rob McElhenney and Ryan Reynolds, Chelsea and Abramovich, Manchester United and their share price, Man City and the ownership). There are loads of things to investigate. Also there will be a fantasy football league running alongside. Would need to be in an IT room.

### **Carbon Literacy**

Carbon Literacy is the underpinning knowledge required to create this vital shift in how we live, work and study. The Project is built on the principle that learners who are Carbon Literate will have an embedded and instinctive understanding of the carbon impacts of their activities and will therefore make more informed choices about the most energy and resource efficient and lowest carbon options available to them. Students have the opportunity to be certified as 'Carbon Literate', by providing evidence that they understand and have embedded their understanding of the Project.

### **Cipher club**

Run by the University of Southampton from September to January, the Challenge allows you to work on your own, or as part of a team, competing against students from across the country, solving puzzles where you have to decipher messages using ever more complex ciphers.

### **Creative Writing**

Want to be a writer but not sure where to start? Have a trilogy of books in your head but struggle to get the first word down? This enrichment will give you the chance to develop your skills, learn about the craft of writing, and even beat the dreaded writer's block. You'll be writing in a variety of genres, from gothic to dystopia to comedy, looking at short stories, poems, plays and TV scripts, discussing and sharing work with your fellow writers.

### **Cross Stitch**

Cross Stitch is one of the easiest forms of needlework as it combines a simple, straight stitch with a fabric that has evenly spaced holes to pass the thread through. It is a good mindfulness activity, good for reducing stress and can help with anxiety. You can follow a pattern or be creative and create your own masterpiece! Create bookmarks, pictures, or even presents!

### **Debating Society**

Our friendly debating society take on a huge range of topics, from science to sport, and ethics to politics. Whether you'd like to debate, question, chair or judge... we have a role for you!

### **Duke of Edinburgh**

It's not too late to join either the **Silver or the Gold Award for Duke of Edinburgh** and even with the lockdown, you can continue with most of the sections easily. We have a good number of students on Silver and currently just enough to have our first Gold group! Please note, doing your Bronze Award is not a prerequisite.

### **Embroidery**

Embroidery is a beautiful craft which has existed for hundreds of years. As well as being a lovely skill to learn, it also has proven therapeutic benefits as its calm rhythms and creative elements have been shown to reduce stress and anxiety. In this course we start by learning a few basic stitches. You then get the chance to create your own designs and spend time working on these. All materials are provided. This enrichment runs every week and you can join - or leave - at any time.

### **English - Further**

Further English is a weekly seminar aimed primarily at students wanting to study English Literature at university, although all are welcome. The course offers a chronological overview of English Literature, starting with the Anglo-Saxons and finishing with the modernist writers of the early twentieth century.

### **English as a Foreign Language**

English is spoken almost everywhere as a second language. Knowing the techniques of how to teach is a great skill to have when it comes to subsidise your Gap Year or travels abroad. This course will introduce you to lesson planning and methodology to help you to teach your own language to others.

It will be suitable to anyone who wants to add a linguistic skillset to their CV.

### **Entrepreneurship and Starting a Business**

A course for students who already have a business concept, or who have a strong desire to start their own business. Especially relevant to business students on A Level or Vocational courses but all who are passionate about starting businesses are welcome. The course will cover the following: Business Concept- Identifying and developing your business idea Business Plan – How to write a “killer” business plan that will provide clarity and funding Market Research and Marketing – Understanding your market. Meaningful research and analysis that validates, changes or refines your business concept.

### **Esports Enrichment/ Escapism/ Competitive**

Do you enjoy gaming for fun? If you sign up to this enrichment, you'll spend one hour a week gaming with either your friends or on your own in our state of the art esports arena. We have Overwatch, League of Legends, Rocket League, Valorant, Apex Legends, Fallguys, FIFA and Fortnite to choose from.

### **Fashion Production**

Interested in fashion? Do you want to make your own clothing? This is the ideal enrichment for all Textile students to learn fabric types, properties, stitches, seams, hems, fastenings and how to clone your wardrobe!

### **First Aid**

Get a qualification in First Aid Training, and develop your confidence and knowledge as a first aider- an excellent skill for so many jobs!

### **Football**

Join the girls' or boys' football team/academy or play recreationally.

### **Forensic Psychology**

Forensic Psychology (from offence to rehabilitation) - A broad overview of the reality of forensic psychology and the processes that forensic psychologists can assist with. This enrichment includes the 'Behind Bars' conference and other guest speakers. Forensic Psychology will broaden your understanding of psychological concepts and supports transition into careers/further education.

### **GCSE Maths Workshop**

Maths GCSE Workshop - This enrichment is for students retaking Maths GCSE and will provide an additional opportunity to practise past paper questions in preparation for the November exams. You will be able to gain additional help on any areas you are struggling with or have the opportunity to try harder questions from the ends of papers.

### **Gentle Gym**

Get involved with our onsite Gym facilities and learn how to use the equipment

### **German for Holidays**

This course for complete beginners covers introductions, talking about your family and your town, asking for directions, travel and transport, ordering food in a restaurant, booking accommodation, and German traditions.

### **Italian for Holidays**

A short course which will help you to learn how to get by in Italian. Focus on holidays and situations you may face when travelling in Italy.

### **Japanese**

Course for those wishing to learn Japanese from scratch, covering conversation, comprehension, and writing skills as well as cultural aspects. Can lead to Japanese GCSE in Year 2 for those interested.

### **Law Mock Trial**

The Law Mock Trial enrichment offers students an exciting opportunity to take part in a National Bar Mock Trial competition. This competition helps young people understand how the law touches every aspect of their lives, gaining an insight into how the legal justice system works. Students will be given access to resources and specially written criminal cases which are used to help the team prepare for competition. The team will then take part in a regional heat and go head-to-head with other schools to prosecute and defend the cases, usually in November/December or January/February depending on which heat the college is allocated to. Winning teams will then compete in a National Final which usually takes place in May/June.

### **Lifeguarding (NPLQ)**

Gain a qualification alongside your studies and qualify as a lifeguard.

### **Minecraft 4 All**

An inclusive and accessible session with opportunities to explore the creative side of MC and get involved in build competitions. Suitable for all levels of experience with a focus on creative builds.

### **Minecraft Madness**

Experienced crafters will have the opportunity to explore and contribute to the maps on our QMC Minecraft server, created and tested by our build team. It is also home to the QMCentaur, the first college Minecraft esports team. Whether you are a competitive player, a creative builder or both, there is a place for you here in our community.

### **Music Theory**

Offered to students across the college who would like to know more about the theory of music. The class will be tailored to participants and is open to complete beginners to Grade V and higher. For higher grades we will study the ABRSM syllabus supporting those who may wish to enter for exams privately.

### **Netball**

Join the netball team or play recreationally.

### **Performing Arts Audition Prep**

Get involved to give yourself the best chance in getting prepared for upcoming auditions!

### **Personal Finance**

A short course to prepare you for the world of work or university. The course looks at all aspects of personal finance relevant to young people including work and pay, income tax and National Insurance, savings and loans and budgeting. Suitable for everyone not already doing a Maths course at the College.

### **Pit Band**

Every year QMC Performing Arts students stage a musical in the spring term (no we don't know what it is yet!) for which they need a live band/orchestra. This is open to musicians across the college who play at c. Grade V standard or above and requests for the required instrumentalists will go out in September. There will then be rehearsals every week from then until the performances.

### **Playwriting Enrichment**

Students will get the chance to develop and write their own play as part of the National Theatre New Views project. You will also watch live performances and work with a playwright from the National to help shape and develop your ideas before turning them into a final play.

### **Politics and current affairs: radio/podcasting**

Our popular QMC-made A-level Politics podcast is listened to across the UK (92%) and beyond (8%). We are recruiting for presenters, debaters, researchers, social marketing leaders, and other roles besides. Get this on your CV!

### **Post Apocalypse Science**

Would you like to build practical science skills, working as part of a team, whilst improving your chances of survival when civilisation collapses!? This programme will explore how science can use natural resources to meet practical 'needs' such as water purification, dyes, glue, plastics, matches, baking powder, food preservation, ink, antibiotics, soap etc. You will work as part of a team to research, test and improve a solution to practical challenge - a fun alternative to hard-to-find work experience for those with a love of practical science.

### **Pride Youth - LGBTQAI+ society**

An inclusive space that welcomes staff and students who are members, allies and supporters of the LGBTQ+ community to come and support each other. Share your experiences and make new connections in a safe and accepting place within college.

### **Public Speaking**

Through a gentle program of skill building, practice and discussion we will help you master your confidence and move towards speaking in public without fear. Whether you want to be braver giving presentations to your class or happy on stage as a performer, we will work with you to achieve your goals. Please know you will not be asked to speak in public until you are ready to so please come along and join us for some inspiration, fun and ideas!

### **QMC Dance Company**

QMC Dance Company is aimed at students who have had some technical dance experience in either Jazz, Contemporary or Classical Ballet and want to expand their training and perform original work.

### **QMC Records**

An exciting opportunity to be involved in starting up a record label that promotes the talent of QMC. We are looking for students who have passion and skills in the following fields: Graphic Design, Journalism, Photography, Business, Marketing, Videography and any musicians/singer songwriters who would be willing to be part of project-based work.

### **Rugby**

Join the QMC Rugby team!

### **Science - Bio 4 Uni**

Increase your knowledge to prepare you for studying Biology at university.

### **Science - Chemistry 4 Uni**

A chance to go beyond the Chemistry A-level course and take a look at some of the ideas and problem-solving activities that you might encounter in a University course or at an interview for University. Runs from April to March.

### **Science - Physics 4 Uni**

Increase your knowledge to prepare you for studying Physics at university.

### **Scrabble Club**

Purely recreational: a friendly game of Scrabble played the old-fashioned way, on a board. A great opportunity to meet new people and exercise your brain in a bout of harmless fun.

### **Senior Maths Challenge**

We will test ourselves on some maths challenges from previous years, to practise and hone our skills ready for this year's competition, in pursuit of a bronze, silver or gold certificate.

### **Short Film Making**

Make A Short Film! Write, shoot and edit a short film based on the title and concept of 'Meeting Mr. Marty'! Your story will be based around one or two people visiting a house where they meet Mr. Marty. Your plot, characters, location and film genre are completely up to you. It could be horror, comedy, drama or whatever else you'd like. Mr. Marty could be a friend, a grandparent, an estate agent, or even a murderous psycho killer... The choice is yours! Let your imagination run to create a great short film!

### **Sports Massage**

Sports massage is increasingly becoming a feature of the regimes of people involved in sports and exercise activities. Sports massage is used to treat injuries but it can also be used as a part of the pre-exercise warm-up and as a recovery strategy. Sports massage practitioners will often have a clinic or room where they are based but they also travel to people's homes and are required to work at sporting venues. As a result it offers a varied and interesting career.

### **Sport Professional Qualifications**

Choose from:

**Level 2 Certificate in Instructing** (Gym based exercise)

**Level 2 Certificate in Coaching Multi-Skills Development** (17 plus)

**Level 2 Qualification in Community Sports Leadership**

### **STEP/AEA Yr 1 (Maths)**

An opportunity to push beyond the Maths specification and test yourself with some challenging problems and puzzles. Suitable for those looking to study Maths or Computer Science at university or those simply hoping to hone their problem-solving skills

### **STEP/AEA Yr 2 (Maths)**

A weekly prep session for students applying for a Mathematics or Computer Science degree, who intend to sit the Oxford MAT or Cambridge STEP university entrance papers. We will work through problems from past papers to hone our skills and identify the sorts of problems we are best able to solve. We will also look at the TMUA.

### **Studio Fitness**

Get to know the studio space and workout equipment to improve your health and fitness.

### **Swimming for relaxation and wellness**

A relaxed session for those looking to unwind through swimming in a peaceful environment.

### **Table-top Games**

#### **Tennis**

#### **Trampolining**

#### **Volleyball**

#### **Yoga**

Girls only Yoga Sessions