

# SIXTH FORM CURRICULUM GUIDE ACADEMIC ENRICHMENT

## EXTENDED PROJECT QUALIFICATION



### WHAT IS EPQ?

EPQ stands for Extended Project Qualification and is a course equivalent to half an A Level which lasts for one year in Year 12. It involves planning, researching and writing up an academic investigation or a creative project. It will sit alongside your normal A Level choices and offers an extra dimension to your programme of study. The EPQ has been devised to develop a range of skills such as independent learning skills, investigation/research skills, how to be a critical thinker, oral and written communication skills.

The above skills are highly valued by universities and employers - which is why most of the marks for the project are awarded on the planning, management and evaluation involved in the EPQ rather than the outcome (the completed essay or product). Many students receive a lower offer from universities on the basis that they have completed the EPQ to a high standard.

The topic/research question that you select is totally up to you and can either complement current studies or be based on future interests, perhaps career aspirations such as engineering, medicine or the justice system.

### ARE YOU:

- Self directed?
- Self motivated?
- Creative?
- Curious?



### PROJECT PROCESS FOR EPQ

#### What does it involve?

120 hours guided learning  
(30 taught as one time-tabled hour per week).

#### How will I be supported?

- Miss Furness and Mrs Jones support research and project management
- supervision of your EPQ throughout by a dedicated supervisor
- assessment in school

#### How is it presented?

One of:

- research based written report or
- production (charity event / fashion show / sports event etc. - plus written report) or
- an artefact (e.g. piece of art, computer game, realised design)

Record of your project progress in a production log

Final presentation



## DEVELOP YOUR SKILLS - YOU WILL:

### Manage

identify, design, plan and complete a project

### Use resources / research

obtain and select information from a range of sources, analyse data, apply it relevantly and demonstrate understanding of any appropriate connections and complexities of your topic

### Develop and realise

use a range of skills, including using new technologies, to solve problems, to take decisions critically, creatively and flexibly, and to achieve your aims

### Review

evaluate the outcome, including your learning and performance



# GERMAN FOR BUSINESS

This is an innovative Ofqual approved qualification and run by the Chartered Institute of Linguists. It will run as a one year course in Year 12.

The qualification is different to a GCSE in German because it encourages learners to use language skills for career enhancement and economic benefit. This qualification is also only offered to students at Sixth Form and in university.

*'German business is a fantastic course for, not only, widening one's knowledge of the German language itself, but the course also gives me a great bank of phrases and a better understanding of how to use it in business and professional situations.'*

### WHAT PREVIOUS KNOWLEDGE OF GERMAN WILL I NEED?

You should ideally have a sound knowledge of the language (ideally up to GCSE) and at least a basic handle of tenses and grammar in the language. Come and speak to Mr Tracey and Miss Holmes if you are unsure.

If you would like more information about the qualification please see the Chartered Institute of Linguists website  
[www.ciol.org.uk/clb](http://www.ciol.org.uk/clb)

*'As someone who was disappointed to have not chosen German A Level, this was a great chance to extend my German vocabulary at the same time as getting a qualification which will be of use in the future!'*

### WHY SHOULD I CONSIDER THIS QUALIFICATION?

This qualification promotes independent, confident and effective linguists with the language skills required to make a positive and effective contribution to international economic activity.

There are frequent reports about the need for language skills in the workplace in order to boost the UK economy and also to enhance the career prospects of our future workforce. This will be particularly important Post- Brexit.



Germany is one of Britain's biggest trade partners and has strong financial services and business ties with the UK. Speaking German will not only get students, in general, the highest-paid job, it is also the language that is in highest demand across job postings.

*'I am interested in going into business in the future so this was definitely a good qualification to get. It is also nice to have another subject to do and expand on your language skills alongside your A Levels, and the fact that it lasts just under a year makes it feel very efficient and not too time-consuming'*

# GCSE CLASSICAL GREEK

Classical Greek, like Latin, is an inflected language so once you have mastered the way the Latin language works Greek is very similar with the added challenge of a new alphabet. Like Latin the Classical Greek GCSE course involves reading and studying some literature so as well as learning the language we will read some Homer or a Greek play or some Greek history or philosophy. Greek culture lies behind many aspects of 21st century life (vocabulary, literature, democracy, ethics, Pythagoras, aeroplane engines...) so everyone should find something to appeal to them.

The course will be taught in a weekly after school session.



## PRACTICAL COOKING SKILLS

This course aims to give learners the knowledge, skills and confidence to enjoy cooking at home and how to economise when planning meals. The course is based on the chef Jamie Oliver's proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.

Learning to cook used to be passed down through the generations, but this is no longer necessarily the case. It is apparent that many people do not have the skills to cook meals from scratch and lack food knowledge, creating a reliance on pre-prepared or ready-cooked food. These have had a significant impact on the epidemic of obesity which is likely to have a profound effect on the health of the nation over the next century. In this course, learners will develop their cooking skills by exploring recipes for nutritious meals. Each recipe is underpinned with knowledge about planning and sourcing food, hygiene and food safety. How to cook different elements of a meal to serve them at the same time are considered in this course. The importance of presenting food well and how this contributes to its enjoyment is reflected on in this unit. Ways to economise when shopping for ingredients and cooking meals at home are significant aspects of this unit. Students will demonstrate their skills by selecting recipes for a nutritious two course meal and following the recipes to prepare, cook and present the meal.



*"Home Cooking Skills is a way to share a critical life skill with as many people as possible. This is a chance to arm students with sensible, practical knowledge that they can take into the world and actually use. Whether they're having a party, cooking for mates, feeding their future children or making lunch, they'll be fending for themselves, saving money and using these skills every day for the rest of their lives."*

*Jamie Oliver.*



## PERFORMING ARTS CREW

This is a multi-discipline experience which allows students to explore the world of theatre from a technical perspective and gain insight into lighting, sound, costume, props, set design and different theatrical styles. Students will gain production skills and discover more about the wide range of careers in the world of Performing Arts. They will conduct research and be involved in the technical operations in our cutting edge theatre, The Space. Students will be able to develop their planning, researching, communication and team work skills as well as their creativity in our fortnightly sessions.



# MOOCs

## 'massive open online courses'

MOOCs are designed as a new way to enable people to learn independently, and have been created by 40 partners including leading UK and international universities, the British Council, British Library and British Museum.

There are many benefits for students which have been identified by schools so far:

- Getting a view on subjects they may wish to study in future
- Getting access to new ideas, topics and resources outside of their current scope and comfort zone
- Feeling more comfortable for the transition to University, developing critical thinking and research skills.
- Improving learning techniques and styles
- Bridging gaps that currently exist between GCSE and A Level, Years 12 and 13, A Level and University
- Improving UCAS application forms and interviews (Universities are well aware of these courses; many have invested substantially in creating them)

The courses are designed to encourage independent learning and developing an interest in area that may complement or contrast their studies. They can be a short course, or be part of a longer program that runs over the course of a few months.

Some examples of courses currently available are:

- Getting a grip on mathematical symbolism (for aspiring engineers and science students); Loughborough University
- Inside cancer: how genes influence cancer development; University of Bath
- Exploring cancer medicines; University of Leeds
- Developing your research project; University of Southampton
- Forensic science and criminal justice; University of Leicester
- Genomics in Healthcare
- Good brain, bad brain; University of Birmingham
- Italian for beginners; The Open University
- Building a future with robots; University of Sheffield
- Life on the roman frontier; Newcastle University
- Preparing for university (critical thinking, developing an argument, analysing data); UEA



## FITNESS - THE SIXTH FORM SPORT OFFER

*"This NGHS Girl Can!"*

### AIMS

- To inspire, enthuse and engage girls in sport so that they can flourish and become physically fit, active and healthy adults.
- To encourage girls to instil sport and physical activity as an integral part of their everyday lives.
- To uncover new talents and interests by experiencing a variety of activities.
- To further develop talented athletes/performers and support their sporting goals.



### STRUCTURE

The Sixth Form programme will run on a Wednesday afternoon (12.30-1.30pm) throughout the academic year. Staff with a diverse range of expertise will be delivering these sessions. The staffing team will include Mrs Hall, Miss Riley, Miss Whitehead and an outside fitness instructor. There will be three groups in total and each group will consist of approximately 15 girls. Each group will take part in all of the activities on offer; rotating activities every few weeks.

## OPPORTUNITIES ON OFFER

- Archery
- Boxercise
- Climbing
- Dance Attack (a mash up of dance styles including African, Flamenco, Caribbean and Salsa)
- Inter house competitions
- Rowing
- Swimming (recreational and lifesaving skills)
- Taekwondo
- Traditional school games (an assortment of your favourite ones!)
- Yoganates (a mixture of yoga, core strength and body balance work)
- Zumba

## EXTRA-CURRICULAR OPPORTUNITIES

"Whether you want to participate for fun, to improve your overall fitness levels and/or to compete, there is something for every Sixth form girl - "This NGHS girl can!"

The **Fitness Suite** is available every day for your use (so long as it's not being used for a PE lesson). Just make sure that you have a work out buddy with you and sign in and out when you collect the key.

Senior **Netball** captain Sophie Brough will happily tell you all about the Netball here at NGHS. We train on a Thursday morning 8.00am-8.45am, focusing on fitness and our netball training takes place in the sports hall every Tuesday after school 4.00pm-5.30pm. Fixtures tend to be on Wednesday afternoons and Saturday mornings. New members welcome.

Senior **Hockey** training takes place on a Monday morning 8.00am-8.45am. Miss Abbott will be delivering some after school sessions during the early season too to prepare for the indoor league that she has entered this season. Elite Hockey training takes place on Wednesday mornings 8.00am-8.45am with the MT13 Coaching group. Watch out for notices about dates and times in September. All welcome.



## FANCY SOMETHING LESS TRADITIONAL? JUST WANT TO RELAX AND GET AWAY FROM IT ALL?

- Pop along for a knock around on the **badminton** court on a Tuesday lunchtime.
- Join Miss Whitehead for a challenge on the **climbing** wall (Tuesday and Wednesday lunchtimes). Email her anytime to grab a harness! [c.whitehead@not.gdst.net](mailto:c.whitehead@not.gdst.net)
- You don't have to be a Nottingham Forest fan (but it might help!) to come along and join their coaches for **football** training sessions taking place on the field every Wednesday lunchtime.
- Grab an oar/blade (well, a pretend one anyway!) and come along to Miss Whitehead's **rowing** sessions
- If you can catch her, Mrs Lewis would love for you to join her for a **run** in the local area on a Tuesday lunchtime, 1.45pm. All levels of runner welcome.
- Inspired by the ICC Women's World Cup that took place throughout the East Midlands this summer, come and join our Trent Bridge coaches who will be delivering **cricket** sessions every Friday 1.45pm.
- Finally, if **coaching/umpiring** is an area of interest you would like to develop, email Mrs Hall, our Director of Sport [a.hall@not.gdst.net](mailto:a.hall@not.gdst.net) to find out how you can get involved. We have a number of clubs running for our younger year groups and you are incredible role models for them!

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In order to join us in the Sixth Form, we require an average of grade 6 across eight GCSE subjects, including English and Mathematics. See individual subjects for any specific requirements for study at A Level.

For detailed course information on all of the A Level subjects please visit the AQA, Edexcel or OCR websites.

If you have any questions about any aspect of the admissions process, please call 0115 935 4444 or email [admissions@not.gdst.net](mailto:admissions@not.gdst.net)

