

Enrichment and Sports

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SIXTH *form* COLLEGE
CITY OF STOKE-ON-TRENT





Whatever course you choose to study, college life can be an exciting mix of learning and socialising. You will have more freedom than ever before to choose what you do and more opportunity to meet new people. It can be a time to branch out and try new things, like sports or hobbies.

Of course, the choice is yours - you might prefer to spend all your time studying! However you decide to spend your time, the Sixth Form College is here to help you make the most of student life. It's just up to you to get involved...



Sports and enrichment activities give you the chance to do something extra with your time at College and have FUN while you learn! A range of different opportunities are set up during the year so you have the chance to continue with your favourite sport or hobby or perhaps try something completely new.

Enrichment activities, courses and qualifications and interest groups are a great way to meet other students who are not on your course, and as well as aiding your personal development, they will help you to relax and enjoy your time at college.



Leadership Skills

Expand your mind, develop your skills and meet new friends by accessing one of the many activities available.

Volunteering

The student voice is an essential part of the success of the college and there are various roles in which you can volunteer to ensure your voice can be heard. The **Student Forum** is open to all students and provides an opportunity to share your views about your course and life as a student within the college. In addition, each tutor group elects a **Tutor Representative** to attend the forum to feedback opinions raised in tutorials.

The **Student Council** is a smaller group of students who take the views from the Student Forum, investigate the options and action accordingly.

As a **Student Governor** you will provide the vital link between the students and the college Governors by listening to and then passing on student opinions on their college experience. There are only two Governor positions available which are hotly contested and elected by the students of the college.

As a first year student you can become part of the **Hit Squad**, where you have the opportunity to go back to your school and talk about your college experiences

Another way you can involve yourself in volunteering at the college is by becoming a 'Very Important Person' or **Student VIP**. As a VIP you can take a lead on college-wide projects which may include environmental, cultural and health topics as well as acting as ambassadors for the college during local high schools visits and open days.

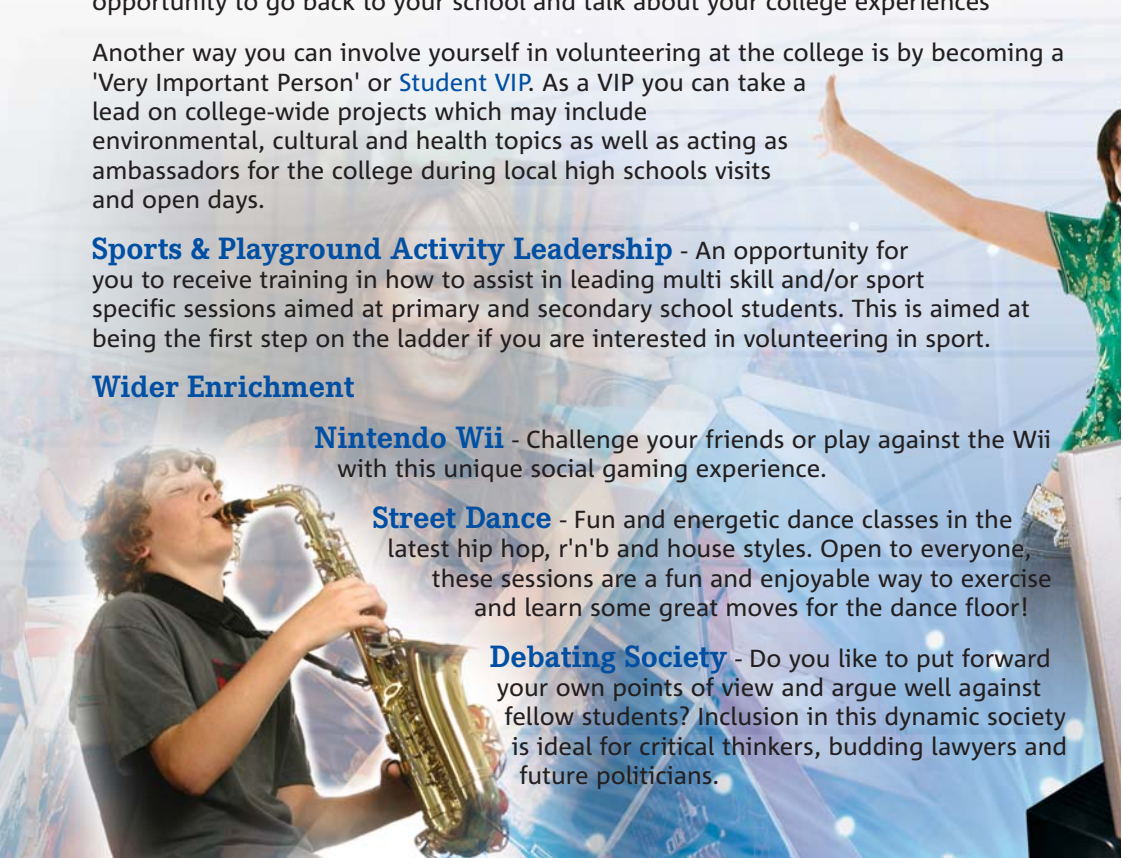
Sports & Playground Activity Leadership - An opportunity for you to receive training in how to assist in leading multi skill and/or sport specific sessions aimed at primary and secondary school students. This is aimed at being the first step on the ladder if you are interested in volunteering in sport.

Wider Enrichment

Nintendo Wii - Challenge your friends or play against the Wii with this unique social gaming experience.

Street Dance - Fun and energetic dance classes in the latest hip hop, r'n'b and house styles. Open to everyone, these sessions are a fun and enjoyable way to exercise and learn some great moves for the dance floor!

Debating Society - Do you like to put forward your own points of view and argue well against fellow students? Inclusion in this dynamic society is ideal for critical thinkers, budding lawyers and future politicians.



& Wider Enrichment

Creative Writing - These light hearted workshops give you the opportunity to express yourself through writing poetry, stories or plays as well as listening to fellow students' stories. You'll have a chance to develop your own writing in response to creative exercises and develop an original style which may get you noticed by employers and universities.

Sign Language - Learn to have a basic conversation using sign language by taking part in this enjoyable workshop which is of great value to you both socially and professionally.

College Radio - The students have set up their own radio station that broadcasts music and news to the student social area. Get involved.....you could be the next Scott Mills!

College Magazine - Are you a budding journalist? The student magazine is published at regular intervals throughout the year. Students are involved at every stage of its production including: research, interviews, writing, editing, photography, proof reading and design.

Jamming Sessions - Play an instrument? Have a great voice? Why not show your talents off to the college community with a jamming session?

Street Wise - This is a great opportunity for you to get fit and develop your self confidence. This activity combines self defence and martial arts techniques to help you to conduct yourself in a confident and street wise manner.

BSM Signal Driving - Ready to hit the highway? These workshops are aimed at introducing you to safe driving habits, preparing you for your theory test. The sessions are also designed to assist you on the important aspects of owning a car.

First Aid - The 'Emergency Aid for Appointed Persons' workshop gives training in first aid and covers topics such as bleeding, choking, shock, resuscitation and communication and care of the casualty.

Multi Faith Prayer Room - The college prayer room is a space available to you to practice your chosen religion.

Work Experience - The college can help you find suitable placements that can build on your experience of life in the work place and can help you decide on a career as well as showing employers and universities how you've applied your studies to the world of work.



Sports & Phys

Maintaining a healthy active lifestyle doesn't mean you have to be a committed sports team member or slog it out in the gym. By increasing your levels of general daily activity you will bring about improvements in your health and liveliness.

Sport and physical activity is a core element of life at Sixth Form College. Over a quarter of students at the college are studying for a sports related course and ALL of our students have access to the excellent facilities within Fenton Manor Sports Complex.

There are opportunities available at the college for Sixth Form students to be active, whether you are an elite athlete who wants to compete at a national level or you just want to keep fit with a game of badminton with your mates or a leisurely swim in the pool.

No Excuses.....Try it!

Fancy trying a new sport or activity or have a go at something you've not done for a while?

You can have a go at a range of different activities throughout the year delivered by qualified coaches and instructors. These range from dance classes to archery, martial arts to ultimate frisbee and no experience is required! The college also has a Nintendo Wii console for those who prefer to have a go at some Wii sports before trying the real thing.

Also at certain times during the week Sixth Form College students have access to some of the facilities at Fenton Manor Sports Complex to take part in physical activity for a discounted rate and for some activities for FREE!* These include 5 a side football, badminton, basketball, boxercise, gym/fitness suite, squash, swimming and table tennis.

There's something for everyone, so go on, there's no excuses, try it!

*equipment hire not included



Sports Activity

British Colleges Sports (BCS)

Sixth Form College Students competes at a regional and national level in a range of sports offered through BCS leagues and one off competitions, and every year the college teams are given a chance to compete in the national championships at Loughborough University.



Talented Athlete Programme (TAP)

TAP is targeted at those students who are formally recognised and excel in particular sports and who are likely to have represented the county or country in their chosen sport. This programme provides an opportunity for those involved to continue to improve their sporting ambitions alongside their full time studies.



Students are selected for the programme on a competitive basis and are judged on their skill, motivation and commitment to their chosen sport.

Benefits of the TAP programme include:

- Timetabled practical training sessions
- Coaching delivered by experienced and qualified coaches
- Regular reviews and planning to improve personal performances
- Compete at a regional and national level
- Advice and support from a range of sports science experts

For a list of current BCS and TAP sports please see www.stokesfc.ac.uk

Varsity

Sixth Form College competes against its fiercest rivals Newcastle - Under - Lyme College in various sports to see who will be crowned the annual Varsity champions.



**“The Sixth Form College
has high quality teaching
in a wide range of courses
and offers amazing sporting
opportunities for all abilities”**



**“Being a student VIP
can make a real
difference to the
college community”**



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