



Brentwood School

Sixth Form

Timetabled Co-curricular

Introduction

Welcome to the Sixth Form Co-Curricular programme, which will run on a Tuesday, p4&5 and Michaelmas and Trinity Field Days.

At the start of the year, all L6 and U6 students will be asked to rank their preferences for activity options for the year and provide reasons for these preferences. Students cannot switch options during the year, however, they may choose a different option in U6 from that which they did in L6.

We have provided a varied range of options; however, due to limited facilities and resources, some options have a restricted group size. As such, students will be asked to rank three preferences. Students may not choose the same option for all three preferences. Additionally, please note:

- Students who are currently in the CCF or VSA are encouraged to continue with that activity, but all students will be able to select a preference for any option
- Please note that entry into the CCF in the Sixth Form (both L6 & U6) is limited and not an automatic progression from your previous year. Places will be allocated based on your performance in Year 11 or L6
- Students who have been in the CCF previously, but have left in year 10, 11 or L6 may not rejoin, unless there are exceptional circumstances
- New students have all options open; if they choose CCF, they will join a fast-track programme.

In the event of oversubscription of an activity, the Director of Co-Curricular, in conjunction with the Sixth Form Team, will allocate places.

Activity options are outlined below. Information on the options process is provided by the Sixth Form Team at the start of the Michaelmas Term. The first session for the Tuesday Co-Curricular activity will take place on Tuesday 9th September.









Voluntary Service Activity

The VSA, Voluntary Service Activity, is Brentwood School's largest group of organised volunteering. Truly embodying the attributes of 'Virtue' and 'Manners', our VSA students have copious opportunities to help not only the school community but also the wider Brentwood and Billericay areas.

We offer our 'core' volunteering opportunities, such as receiving an accredited British Sign Language Level 1 certificate, and are always continuing to develop our community garden work around the school site and through our connections with Brentwood Theatre. Furthermore, we also have weekly visits to Hutton View care home. In addition, we have volunteered at Remus horse sanctuary and with Manna Meals, as well as volunteering in two local primary schools. As we are expanding our outreach, we aim to rotate the selection of activities every year, so that students have ample opportunity to try multiple different forms of volunteering each term. Finally, we can accredit students with the St John's Ambulance NHS Cadet award, which is a fully comprehensive 31-week first aid training course. Following certification from the course, students will be able to volunteer with their local NHS trust and go on to partake in the further certification opportunities the charity offers.

The VSA field days are another opportunity for us to provide outreach as a group. Recent activities that the VSA have done are visits to Hopefield Animal Sanctuary, Barrow Farm Riding for the Disabled, Billericay Community Garden, The Lambourne End Outdoor Centre, The Museum of Brands in London, and beach cleans on the Suffolk coast.

In essence, the VSA is a prime opportunity for students to establish themselves as empathetic, open-minded individuals. Volunteering is an excellent asset for any university or job application, but more than that, it allows our young people to truly become 'well-rounded' and a credit to those they interact with.

CCF Royal Navy/Army/Royal Air Force (Current Students)

Only open to students currently in Brentwood School CCF. After completing the syllabus in Year 9/10 and learning how to teach in Year 11, L6th cadets are now ready to put the theory into practice by teaching the younger cadets. The leadership shown in the L6th will determine which Senior NCO positions are awarded for the U6th. L6th cadets will also have the opportunity to lead activities on field days, and go away on camps and courses such as Adventurous Training and Summer Camp to continue to develop their leadership skills. In addition, they will hold leading roles in competitions such as Combat Cadet or Air Squadron Trophy, as well as those taking on prominent roles in ceremonial events such as Remembrance Day or Inspection Days. Spaces in the CCF are limited by the MOD based on safe ratios of qualified staff, no. of weapons/ammunition/equipment available and flying/sailing spaces, etc. If we are over-subscribed, there will be an entrance test based on basic knowledge learnt over the previous years to determine which students are allocated to the CCF.

CCF Fast Track (New Students)

The CCF fast-track programme is only open to new joiners to Brentwood School Sixth Form. It is an opportunity for students to have a "fast track" to becoming a Sixth Form NCO (leader). In the first Michaelmas half term, they will receive an overview of the syllabus subjects taught to the other cadets in Years 9 and 10. They will then spend the second half term with the Year 11 cadets learning methods of instruction (MOI), which involves learning how to teach the cadet syllabus subjects to the junior cadets. Fast Track cadets will join their L6th peers around February half-term, where they will step into the role as a leader. It is a steep learning curve, but for committed cadets, it will be a really enjoyable and developmental experience.





Artists in Residence

Students must be enthusiastic, design-minded, skilled and should have taken Art for GCSE. We will continue to extend and enhance our presence around the school site, and ideas for projects include new murals, some sculptural work for the grounds, inspirational quotes/words of encouragement and the creation of new work for staff/department offices. All artwork produced needs to be of good quality, or we cannot use it, resulting in the planning becoming wasted.

University Skills: Baking Bad & Budget Bites

This activity comprises a rotation of two activities.

Rotation 1 – Budget Bites

Get ready for an amazing culinary adventure! Join our activities session to learn 8 delicious, budget-friendly recipes that will prepare you for university life. From quick breakfasts to satisfying dinners, we'll teach you easy cooking techniques, budgeting tips, and nutritional balance to make life at uni a breeze! (Please note, you will need to bring your own ingredients for this activity and a container to take home your dishes).

Rotation 2 – Baking Bad!

Whether you want to make a birthday cake for your mum, impress your friends with treats or find out neat tricks to take your baking to the next level, this is the place for you! Join me in the world of tasty experiments – both savoury and sweet. (Please note, you will need to bring your own ingredients for this activity and a container to take home your baked products).

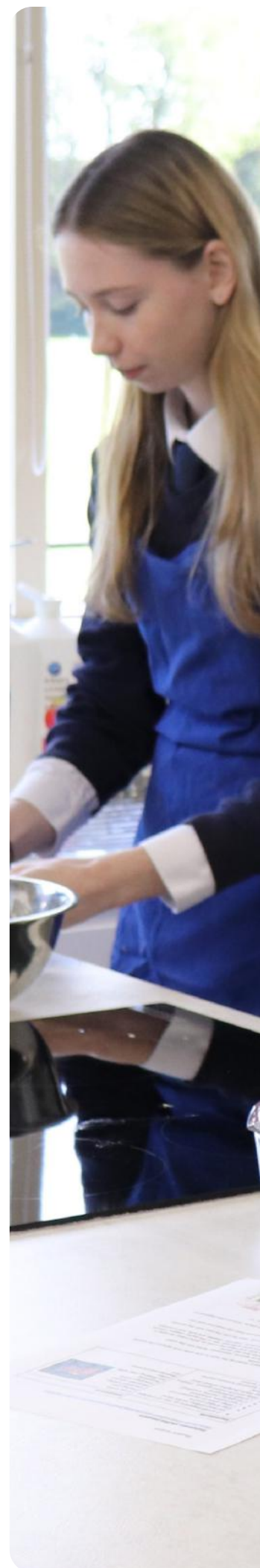
Textiles

Unleash your inner designer and sew your style at the Textiles activity. This fun and friendly club is perfect for both beginners and budding fashionistas. Learn essential skills like threading a needle, conquering buttons, and mastering the perfect hem. But that's not all! We'll also dive into creative projects, letting you design and craft unique textile pieces to take home and show off. Some projects may require you to purchase specific fabrics, but we'll guide you through the process to find the perfect materials for your vision. This session is aimed at students who have an interest in using fabric to create art or other products.

Craft Club

Hooked on creativity? Y(e)arn-ing to learn a new skill? Come get tangled up in fun at the brand-new Sixth Form activity – Craft Club – where you'll be taught how to crochet your way through the seasons!

From Christmas decorations and cosy scarves, to Easter animals and stylish summer bags, you'll be stitching up joy all year long. Whether you're a total beginner or already a yarn wizard, there's a place for you in Craft Club!







The Brentwood Pottery Throw Down

This is a chance for a select group of students to learn how to throw clay on a pottery wheel, to build with clay coils and to use slip casting to produce a series of artworks.

Students can be complete beginners or have done ceramics before, but a willingness to try and not mind when things go wrong is essential! The students will have the opportunity to work with specialist ceramicists throughout the course and will learn how to build, glaze and fire their own collection of work by the end of the year.

ESports & Strategy Games

Students will have the opportunity to learn more about esports (competitive gaming), improve their gaming skills with focused training sessions and gain valuable experience in strategy and board games. Students will have the opportunity to compete against other schools in the British Esports Student Championships in either Rocket League, Overwatch 2, Valorant or League of Legends, with fixtures taking place on Wednesdays after school. Experience is desired in any of these games, as well as a willingness to improve their skills. For the board and strategy games, students should have an interest in board games already, or have a willingness to learn and participate in a variety of different games. There is a rolling rotation between the Esports and strategy games, so students should have some interest in both.

Chess Outreach

Students will visit Brentwood Prep or local schools to teach students there how to play and improve their chess, and to play with kindness against them. Students will develop their own skills as well as those of the younger students.

It is helpful if students already know the rules of chess, but if they don't, they will be taught them in the first half-term induction period, in which they will be coached in how to coach. We will also be playing plenty of chess among ourselves across the board and online throughout the year.

Refunk your Junk

Ever wanted to flex your creativity, make money, and help the planet at the same time? Welcome to Re-Funk the Junk, where you take something old, forgotten, or just plain ugly... and turn it into something EPIC.

How it works:

- Get inspired by past upcycling legends—see how everyday junk can become jaw-dropping furniture.
- Hunt down your own pre-loved piece from thrift stores, Facebook Marketplace, or donations.
- Learn real renovation skills to transform it—paint it, decorate it, restore it, or completely reinvent it!
- Sell your masterpiece at auction and watch the bids roll in.
- Use the profits to fund the next project or donate to charity!

It's your chance to unleash your inner designer, entrepreneur, and eco-warrior all at once. Who knows? Your first flip could spark a future career in design or business! So, are you ready to turn yesterday's trash into tomorrow's must-have statement piece? Let's get creative and Re-Funk the Junk!

The Brentwood Dance Company

Students must have a desire to extend their leadership skills in Dance. The Brentwood Dance Company will go out to local preschools and primary schools in the area as part of the Schools Outreach programme. They will have the opportunity to lead a range of workshops in Street Dance, Contemporary, Ballet, Ballroom, Jazz and Musical Theatre.

Working with Mrs M Carabache, our Head of Dance, there will be a chance for students to 'take the reins' over the content and delivery style, and develop their leadership skills. A new leader will be appointed weekly to plan and facilitate each session.

The Brentwood Theatre Company

Students must have a desire to extend their skills and opportunities in Drama and Theatre. The Company will go out to Primary Schools in the area as part of the school's Outreach programme to do performances and drama workshops. They will also have the opportunity to form a theatre company and will be required to perform, possibly in assemblies or at various school events throughout the year. There may well be opportunities to perform outside of school as well, depending on what is available to us.

The Plot Thickens... Sixth Form Book Club

Are you a keen reader of fiction and non-fiction? Do you always finish a book wishing you could sit and chat with someone about it? If so, join The Plot Thickens... Sixth Form Book Club! We will be choosing novels and non-fiction books to read and discuss in a seminar-type style, perhaps with some tea and biscuits to keep us company!

This activity is suitable for avid readers (I'd suggest you should be able to read a book in 2-3 weeks) who want to discuss the highs and lows of our favourite books. Please also note that you will have to purchase your own book at least once per half term as part of this activity.

The Sixth Form Wellbeing Team

Students must have a desire to extend their understanding of holistic Wellbeing. With termly changes in activities, you can dial down stressors with Mindfulness & Meditation to foster a sense of gratitude, curiosity and calm, unleash your care for the planet with an environmentalism campaign that connects people, and boost your mood on refreshing and immersive Wellbeing Walks! These programmes offer a fantastic way to alleviate stress, shift focus, and connect with others – all while learning lifelong skills in personal Wellbeing. Students must be willing to take an active role in all sessions and be comfortable trying, and at times leading, new and varied activities in the pursuit of their favourite Wellbeing activity.



Survival Skills: Self Defence & Outdoor Survival

This activity comprises a rotation of two activities. You will spend approximately 10 weeks on each activity before rotating to the next activity. After Easter L6 will get the option to spend a further period of time on their preferred activity within the rotation to further develop their skills in this area.

Activity 1 – Self Defence

Students will have the unique opportunity to learn the traditional Martial Art of Wing Chun Kung Fu from an experienced, local, full-time Sifu (Instructor). These sessions will not only include instruction in this highly effective Martial Art, but will also include basic self-defence tuition for various real-world scenarios; these will include dealing with multiple attackers, an attack from a weapon (such as a knife or bat) & ground fighting.

No previous Martial Arts experience is necessary, and though the sessions will be quite physical, any level of fitness is welcome. In addition to the physical skills which will be learned, students who enrol in this course can expect to see an improvement in their confidence, discipline and self-esteem.

Activity 2 – Archery

students will learn an array of archery skills, including but not limited to setting up an archery range, range safety, assembling a bow, checking and maintaining archery equipment, proper shooting technique and etiquette.

In the outdoor survival programme, students will learn about using their surroundings as resources to survive in nature. Topics include the basics, which are fire, water, food, and shelter. students will have the opportunity to explore different techniques to master the basics of survival and use various techniques to make the different tools needed to thrive outdoors. In both parts of this section, students will learn how to communicate effectively in team settings.





Canoeing

Get ready for an unforgettable experience on the water as you explore a variety of exciting crafts – from fun boats to sleek race kayaks and canoes. You'll develop impressive paddling skills, mastering a range of strokes and techniques. Learn how to safely portage your boat, rescue yourself in tricky situations, and even help others if they capsize. Along the way, we'll build confidence, teamwork, and have loads of fun! There may even be opportunities to take part in fun races and proudly represent the school – if you're up for the challenge!

Brentwood Bullseyes

Are you the next Luke Littler?! Test your tungsten magic against other students in our Darts club. This will provide students with the chance to develop concentration, coordination, and strategic thinking in a supportive and competitive setting. Whether you're aiming for the bullseye or mastering the treble 20, darts encourages patience and resilience, a sport of skill and calculations – perfect for students looking to challenge themselves and enjoy a new kind of focus. Step up to the oche and discover what you're capable of, one throw at a time. Game On!

Mountain Biking Skills Club (MTBSC)

From beginner moving up to advanced MTB skills like our own British World Champ Tom Piddcock. The course will take you through the required skills and techniques to be able to manage a ride on MTB Red Run Routes as seen in events like the Olympic and World Mountain Bike competitions.

The club will take place on our newly developed and bespoke Brentwood School Mountain Bike Run with its jumps and jumps. You will also learn about bike parts and essential maintenance through the M check part of the course.

We aim for you to gain all the skills required to complete the BSMTB Course with speed and style by the end of this course.

You can bring your own MTB, as long as it is in a fully serviceable condition, which will be checked before starting the course. You will be required to have a suitable helmet and cycle gloves. We have some bikes, helmets and gloves available, but currently stock is limited. Your bikes can be brought to school and stored in the lockable bike store by School House, along with your helmets and gloves.

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VLM

Virtue Learning Manners