

Shrewsbury School Activities Programme 2021-2022

Activities are an important part of life at Shrewsbury. In the 4th form the programme builds on the BASE theme of teams, fun, personal development, skills and service. Pupils will choose one of four main choices: Combined Cadet Force, Rovers, Volunteering and Dance. As you move up through the school the choice widens, and we offer a broad range beyond this: mountain biking, sub aqua, judo, horse riding and 'individual projects', where pupils can devise their own activity programme, just so long as it is in the spirit of what we are trying to achieve.

You will stick with your choice for your 4th form year and can continue this choice beyond if you wish, or choose again in the 5th form.

Lt Col Nick David

THURSDAY ACTIVITIES FOURTH FORM 2021 – 2022

All are **YEAR-LONG** options

ROVERS

The Rovers is the school mountaineering and adventure club and has a long history of organizing UK and overseas adventures. With our newly appointed Head of Adventure we expect outdoor pursuits to grow significantly with the aim of encouraging pupils to experience the 'great outdoors' and developing the skills to allow them to have memorable experiences both at school and beyond. Our focus is on developing the necessary skills to improve and enjoy the hills, mountains and lakes of Britain. Pupils will need to be interested in the physical nature of outward bound activity and being part of a team of enthusiasts seeking adventure. Activity modules will focus on a skill, biking (road and off road), climbing, advanced navigation and canoeing (kayak and canoe.)

DANCE

Shrewsbury is well known for its musical productions and for developing talented singers, actors and dancers. This activity focuses on dance and whether you are experienced or not these sessions should be a great way to learn and enjoy lots of different styles of dance in our new studio.

VOLUNTEERING

VOLUNTEERING This is a great opportunity for enhancing your CV and of course for those doing Duke of Edinburgh's Award at any level. It is also relevant to those interested in careers in medicine or those simply wanting to become more involved in the local community and help to make a difference. Volunteering is also well known to be beneficial for mental health.

The volunteering programme will consist of two parts:

- Firstly, you will become part of a committee that organises charity initiatives and events that you will put on in house or in school as a whole. Within the committee, you might also be allocated a specific role, and together you will work on fundraising for charities that you have chosen to support. This will involve developing skills in event management, communication, planning, marketing and budgeting.

- Secondly, you will help lonely and/or elderly people in the local area through a letter-writing pen pal scheme. This social contact is vital for vulnerable or elderly people. By providing this contact, you can help stop seniors from becoming isolated and prevent depression and mental illness. It can also improve their cognitive function, helping to prevent the onset of dementia, and leading to a longer, healthier life.

COMBINED CADET FORCE

What would I do in CCF? The cadet force uses military training to develop character as well as teach self-reliance, leadership and other skills. External leadership, instructor and adventurous training camps are available for motivated individuals at almost nil cost. The general focus is very much on skills development and fun; after learning the basics such as weapon safety, military knowledge and other military skills you will choose one of four very different options:

CCF Royal Navy - The focus will be on 'afloat' activities and leadership. All the key strands of the CCF RN course will be followed with particular emphasis on both theoretical and practical sailing skills. When the weather permits we will be sailing at Whitemere Sailing Club. In addition we will develop seamanship and navigation skills and experience other water borne activities such as canoeing and raft building, as well as some land based activities such as chartwork. The section will have access to various school and Navy craft to allow you to develop these skills and in addition you may be able to take certified Royal Yachting Association (RYA) sailing and Powerboat courses.

CCF Royal Marines -The RM Section at Shrewsbury has been one of the top UK Royal Marine sections for some years now. The emphasis is on developing character through fieldcraft training and the RM section develops excellent leaders via a devolved responsibility training method that seeks a lot of input from the senior cadets in the section. The best cadets enter the Pringle Trophy held each October at the Commando Training Centre in Devon. You should expect to develop infantry tactics, to problem solve, to learn fieldcraft and command skills, as well as shoot, camouflage yourself and work as a team. A good level of general fitness and resilience is expected.

CCF Army – The Army section aims to develop leadership and life skills by undertaking shooting, overnight exercises, fieldcraft and tactics, first aid, adventure training, leadership development and bushcraft. The section is organised around a British Army Infantry Platoon and like other sections adopts a devolved method that gives lots of responsibility to senior cadets. You should expect to use paintball guns, shoot live and blank weapons, deliver briefings to younger cadets and hone your fieldcraft and tactics skills.

CCF Royal Air Force The RAF section is about teamwork, leadership and flying. You will learn about Airmanship, Navigation and the Principles of Flight, and there are some professional exams to take, all of which earn promotion opportunities. Other practical military skills training is also undertaken, culminating in an inter-flight competition each year. Gliding is usually rare in Fourth Form but becomes much more common for those who wish to pursue aviation study into Fifth and Sixth Forms, alongside the increased responsibility and opportunities to lead and train younger cadets. Via our membership of a local gliding club many RAF cadets have built up significant flying hours, and some have obtained their solo gliding wings whilst still at school, which also involves a good theoretical knowledge. RAF Cadets may also have the opportunity to fly aerobatics in a single-engine Tutor aircraft (typically once a year) as well as ride in helicopters based at a local RAF Station, while the annual Gliding Camp is reserved for cadets continuing in the Section.