

Fowey River Academy

Autumn 2019

Mixx
Programme

What is the MixX Project at Fowey River Academy?



The MixX Project is the alternative sessions that students can access outside of the curriculum. These happen before school, at lunchtime and after school.

This booklet highlights all of the Mixx Project sessions available to students this semester.

How do I attend a session?

Just turn up!! Sessions will begin immediately during week 1 so get involved as soon as you can.

However, if you decide mid-way through the semester you would like to try a certain Mixx activity, just turn up or go speak to the specific teacher beforehand. You can even speak to your tutor if you are not sure about any sessions.

There is a wide variety of activities on offer and the expectation is that everyone will participate in some of these opportunities.

Attending these activities will also count towards, or help you prepare for, the Duke of Edinburgh award. The activities in this booklet have been colour coded to help you identify which criteria of the DofE award the activity will count towards.

The following highlights are used –

Physical

Skills

Volunteering

Any activity can count as volunteering where you help the member of staff to lead and deliver the session. Interested? Speak to the specific member of staff identified for that activity.

Mandatory DofE Session

MONDAY

Staff	Club	DofE Code	Yr Group	Location	Lunchtime/ After School	Information
Mrs Miller	Board Games Club		All	M1	LT	A chance to beat your friends or challenge the teachers to a board game of your choice
Mr White	DS Club		All	M1	LT	Play on the Nintendo D.S's – against another student or even challenge the teachers!
Miss Lucas	Spanish		All Years	L1	LT	¡Bienvenido al club de español! Learn some lingo, taste some tapas and experience some Spanish culture!
Miss Quigley	Year 8 Band		Year 8	Practice Room	LT	A chance for the Year 8 Band to get together, learn new songs and perfect current ones!
Miss Quigley	Year 9 Band		Year 9	Practice Room	LT	A chance for the Year 9 Band to get together, learn new songs and perfect current ones!
Miss Martin	Fitness Suite		All Years	Sports Hub	LT	A chance to let off some steam, use the equipment and get your physical activity log for the week
Mr Horton	6-a-side football		Years 7,8,9	Sports Hub	LT	A chance to take part in friendly 6-a-side matches and enjoy a kick-around indoors. Bring trainers and a smile! With enough regular players we could start a soccer sixes league in school!!!!??
Mrs Miller	Maths Support		11	M1	AS	Support for all students in Year 11. Exam practice, support and help (and biscuits!!!)
Mrs Moorcroft and Miss Stanton	Art Extra		All Years	A1	AS	It is an opportunity to improve your art coursework, add to your own personal art portfolio, learn new creative skills and push your creative ability even further
Mr Doyle	3D Design GCSE Extra		Year 11	T1	AS	A chance to get focused support for your GCSE 3D design
Ms. Mottart	Drama Studio		Years 7,8,9	Drama Studio	AS	Learn drama skills, meet new friends and take part in events and productions
Mr White	Volleyball		All Years	Sports Hub	AS	This session is for students that wish to develop their volleyball skills and have the chance to represent the school
Miss Martin	Girls Football Academy		All Years	Sports Hub	AS	Be a part of our growing football academy for Girls in all years. For those that want to develop skills, build confidence on the pitch (and off!!) and have the chance to play competitive games

TUESDAY

Staff	Club	DofE Code	Yr Group	Location	Lunchtime/ After School	
Mr Doyle	eDofE training/ meetings		9	ITC	LT	Students who have registered for DofE Bronze will use this time to plan expeditions, their activities and their volunteering. Or be trained ready to take part in DofE expeditions
English Faculty	Book Club		All Years	E1	LT	Come along and read and review books written by a range of authors and from a range of genres
Miss Quigley	Year 8 Band		Year 8	Practice Room	LT	A chance for the Year 8 Band to get together, learn new songs and perfect current ones!
Miss Quigley	Year 9 Band		Year 9	Practice Room	LT	A chance for the Year 9 Band to get together, learn new songs and perfect current ones!
Mr Paul Smith	Fitness Suite		All Years	Sports Hub	LT	A chance to let off some steam, use the equipment and get your physical activity log for the week
Mrs Smith	Sports Science Portfolio Development		Years 10, 11	Library	LT	An opportunity to work on your Sports Science coursework: research, re-draft, improve!
Miss Martin	GIRLS ACTIVE: Football		All Years	Sports Hub	LT	Develop skills and confidence in a friendly environment. Come for a kick-around, meet new friends and get active!

WEDNESDAY

Staff	Club	DofE Code	Yr Group	Location	Lunchtime/ After School	
Miss Hatfull	Sustainability Council		All Years	H7	LT	Be a part of the sustainability council and make a difference to YOUR environment, school and wider community!
English Faculty	Creative Writing		All Years	E1	LT	An opportunity to develop your creative writing. Talk to like-minded people, gain extra tips from the English Faculty and share your stories
Miss Quigley	Year 8 Band		Year 8	Practice Room	LT	A chance for the Year 8 Band to get together, learn new songs and perfect current ones!
Miss Quigley	Year 9 Band		Year 9	Practice Room	LT	A chance for the Year 9 Band to get together, learn new songs and perfect current ones!
Mrs Smith	PERSONAL TRAINING - Fitness Suite		All Years	Sports Hub	LT	An opportunity for Year 10 and 11's to work through their personal training programs.
Mr White	Basketball		All Years	Sports Hub	LT	Shoot some hoops, develop skills, play games, have fun! Just bring trainers!
Gabriel Freeman / Mr Walmsley	Coding Club		All Years	ITL	LT	A coding club for beginners and experts alike, come along and learn how to code a computer!
Mrs Osborne	Triple Science Revision		Year 11	S3	AS	Crammer revision sessions to build knowledge, understanding and confidence. Revise and review topics for Paper 1 Mock Exams.
Mr Bidder	Trilogy Science Revision		Year 11	S5	AS	Review historic content, semester 1 will be paper 1 Biology and Chemistry
Miss Bennet	Film Club		All Years	L1	AS	Watch, review and enjoy a range of films from different genres and different years!
Mr Horton Mr Randall Mr Waters	Rugby Club		All Years	Front Field	AS	This session is for students who wish to develop their skills and have the chance to represent the school
Mrs Smith Miss Martin Miss Renfree	Netball Club		All Years	Sports Hub	AS	This session is for students who wish to develop their skills and have the chance to represent the school

THURSDAY

Staff	Club	DofE Code	Yr Group	Location	Lunchtime/ After School	
Mr Doyle	eDofE training/ meetings		10	ITC	LT	Students who have registered for DofE Silver will use this time to plan expeditions, their activities and their volunteering. Or be trained ready to take part in DofE expeditions
English Faculty	Debate Club		All Years	E1	LT	Develop those skills that will help you voice your opinion on a range of topics and formats.
Mr Horton Miss Martin	Year 11 Sports Studies – Practical Development Session		Year 11	Sports Hub	LT	An opportunity for Year 11 Sports Studies students to continue to improve their Individual and Team scores and keep practicing those sports.
Mr White	Fitness Suite		All Years	Sports Hub	LT	A chance to let off some steam, use the equipment and get your physical activity log for the week
Mrs Moorcroft and Miss Stanton	Arts Extra		All Years	A1	AS	It is an opportunity to improve your art coursework, add to your own personal art portfolio, learn new creative skills and push your creative ability even further
Mr Rolls	Indoor Rowing		All Years	Sports Hub	AS	Keep fit, challenge yourself, develop technique and have an opportunity to compete in local and national competitions if that's where your rowing takes you!
Mr Randall Mr Waters	Rugby Fixtures		All Years	Front Field	AS	This space will be reserved to allow for home and away rugby fixtures depending on success in local and national cups. See the PE notice board for an up-to-date fixture list.
Miss Lefley Mr Horton Miss Lucas Miss Hatfull Mrs Osborne	Year 7 Takeover		All Years	V Block	AS	All year 7 students are invited to stay and take part in a range of activities such as ICT and gaming, sports activities, arts and crafts. Its your takeover, YOU DECIDE!
Mrs Smith	Sports Science Portfolio Development		Years 10, 11	Library	AS	An opportunity to work on your Sports Science coursework: research, re-draft, improve!

FRIDAY

Staff	Club	DofE Code	Yr Group	Location	Lunchtime/ After School	
English Faculty	Book Club		All Years	E1	LT	Come along and read and review books written by a range of authors and from a range of genres
Miss Martin	Fitness Suite		All Years	Sports Hub	LT	A chance to let off some steam, use the equipment and get your physical activity log for the week
Mr Horton	6-a-side football		Years 10, 11	Sports Hub	LT	A chance to take part in friendly 6-a-side matches and enjoy a kick-around indoors. Bring trainers and a smile! With enough regular players we could start a soccer sixes league in school!!!!??
Mrs Smith	Fun Fit – Dance, Gym, Racket Sports		All Years	Sports Hub	AS	Turn-up, de-stress and end the week with an enjoyable bout of physical exercise. Choose a different activity each week or work on developing skills for one activity – this is an opportunity for you to take charge of your physical activity levels and enjoyment!
Mr Horton	Fun Fit – Team Games		All Years	Sports Hub	AS	

