



Enrichment Guide

Contents

Introduction

Pages 3-5

Clubs
& Societies

Pages 6-7

Creative Clubs

Pages 8-13

Awards &
Certificates

Pages 14-17

Gaming

Pages 18-19

Life Skills

Pages 20-22

Sport

Pages 23-15

S.T.R.E.T.C.H
Passport
Explained

Page 26

The
Bilborough
Xtra App

Pages 27



What is Bilborough Xtra?

“A high-quality programme of activities, ‘Bilborough Xtra’ offers useful additional learning opportunities that help students to become well-rounded individuals.” Ofsted 2019

Bilborough Xtra offers an opportunity for all students to join in a wide variety of exciting courses and activities. The programme has been carefully developed to allow students to further their learning, increase their employability skills and gain access to Higher Education and employment, whilst having fun and making new friends. There are opportunities to explore different cultures and religions, promote healthy living and learn new life skills. Additional qualifications and awards can also be achieved.


All students are required to take part in at least 2 enrichment activities per year. There are a minimum of 60 different enrichment activities to choose from every term ranging from clubs and societies, workshops, sports, and unique one-off events.

The programme is refreshed every term to bring you new and exciting opportunities to take part in.

A large number of the enrichment activities we offer are ‘Super Curricular’. These enable students to widen their academic understanding of topics taught in lessons and expand beyond their knowledge in the classroom.

S.T.R.E.T.C.H Passport Reward Scheme

The S.T.R.E.T.C.H Passport reward scheme has been designed so you receive recognition for taking part in extracurricular activities and acknowledging the vital skills for employment you develop. Stamps are received by attending enrichment activities, careers events and work experience. There are a total of 7 stamps to collect recognising different skills achieved. Incentives are awarded as you progress through your stamps. Once you have received 5 stamps you will be entered into a prize draw and be in with a chance to win cash rewards and prizes. See page 27 for more details on how to take part.



Our Groups and Societies

What is involved?

Billborough Xtra has a range of different clubs and societies that are open to all students across the college. These take place throughout the week and are held at lunchtimes. Typically, in sessions, you will have the opportunity to take part in debates and discussions and they are also a fantastic way to meet other students who share the same interests. By joining the clubs and societies you will be given an opportunity to celebrate events that are linked to your group and celebrate diversity across the college.

Skills gained

By attending the sessions, you are developing key skills in communication and resilience. This can be from taking part in debates, respecting other students' opinions and presenting topics. You will also be developing your own knowledge on subjects linked to the group. By hosting events, you are developing organisational and leadership skills. Many of the societies and clubs are student-led and every year new leaders and deputies are assigned. Next year this could be you!

Links to careers

The skill set developed from taking part in clubs and societies looks great on UCAS applications and CVs. It's a fantastic way to demonstrate your interests for a topic and show that you are willing to go beyond your core timetable support your passions and develop your knowledge further. Some of the groups cover specific subject areas that link directly to career pathways and expand beyond topics covered in subject lessons, these are known as 'super-curricular' enrichments.

S.T.R.E.T.C.H Passport Stamps

- Communication
- Self-Development
- Resilience
- Team Work



Afro-Caribbean Society

ACS is not just an enrichment, but a family. A family where we all open up about our values, our opinions, our differences and our similarities. At ACS, we are all given an opportunity to meet, discuss and participate in activities together. These activities include weekly debates, quizzes, games, discussions, events with guest speakers and more. ACS is a meeting that students look forward to joining every Tuesday and leave excited about the next session. Everyone is welcome.

Christian Union (C.U)

The group meets once a week to pray and to discuss verses from the bible. Other topics that are also discussed include mental health and how to support one another. Guest speaker lectures and fund raising for charities.

Events Celebrated: Easter, Diversity & Culture day

Don't Dis Our Ability

The group meets on a weekly basis and gives anyone an opportunity who has or is affected by a disability to talk about issues affecting the disabled community. Guest speaker lectures and help to raise awareness across the college.

Events Celebrated: Disability History Month, Diversity & Culture day

Environmental & Sustainability

The society meets once a week to discuss environmental concerns around the world and changes that can be made. It helps to raise awareness and works with the college to make it more environmentally friendly.

Events Celebrated: Earth Day

Feminist Society

A weekly meeting is held to discuss historical and current topics on women's rights and to support one another. Guest speaker lectures and debates with other societies on popular topics.

Events Celebrated: Where it Pink, Woman's History Month

Islamic Society

The group meets every Friday to take part in Friday Prayer and learn more about the religion and discuss issues. Guest speaker lectures and support the college Equality, Diversity & Inclusion group.

Events Celebrated: Ramadan, Diversity & Culture day

LGBTQIA+

Many Lesbian, Gay, Bisexual and Transgender and Querying (LGBTQ+) young people are strong, determined and happy with themselves, but everyone finds it tough sometimes, and it's important to get the right kind of support when you need it. LGBTQIA+ young people can be affected by all the same problems as other young people.

Our mission aims at LGBTQIA+ Bilborough is

1. Bring together people who have common interests or issues
2. Provide a support mechanism for people who need advice
3. Become educated about rights, historic events, relationships, coming out
4. Create a social network and make friends

We are an inclusive group and any heterosexual students, who would like to show support are welcome!

Events Celebrated: Pride Month, Diversity & Culture Day



Super Curricular Clubs and Societies

S.T.R.E.T.C.H Passport Stamps

- Communication
- Self-Development
- Technology



Book Club (SC)

Passionate about the world of books. Book club meets once a week to review and discuss popular novels from personal choice or texts from lessons. Open to all students across the college who enjoy a good read.

Events Celebrated: World Book

Debating Society (SC)

Take part in weekly debate on current issues. Students are given the opportunity to debate their own areas of interest and experience running a session. Debates run in a controlled and professional manner showing respect for one another's opinions on potentially controversial topics.

Film Club (SC)

The group meets once a week to discuss and evaluate work set in lesson, cinema releases and TV shows from past and present. During the session they look at filming techniques, cast, directors, and producers. Ideal for Media and Film Studies students or anyone who has a passion for the big screen and digital media.

Medical Debate (SC)

Exploring break throughs in medical cures and health relate issues, the group meets weekly to share opinions and increase their knowledge. Ideal for students who want to study health care at university and a career linked to medicine.

Philosophy Challenge (SC)

The course is taught by Doctor Isabel Gois and is sponsored by the Royal Institute of Philosophy. The Philosophy Challenge is a 10-week course where you will have an opportunity to discuss important issues and questions relating to the human condition. It is purely discussion based and everyone is welcome to contribute and voice their opinion.

Philosophy Society (SC)

The group meets every week to extend beyond topics taught in lessons and explore different theories and ideas. A popular choice for students wanting to study Philosophy-related courses at H.E and for those who want to expand on their subject knowledge.

Politics Society (SC)

Meet on a weekly basis to discuss and debate political events from around the world. An extension beyond the classroom, popular topics from lessons are developed further and future units discussed. Popular for students that want a career in politics or have an interest in current affairs.

Events: Mock Elections



Creative Clubs & Groups

S.T.R.E.T.C.H Passport Stamps

- Communication
- Self-development
- Technology

The creative clubs and groups are open to all students across the college, regardless of course. It's a great way to further develop your skills in a creative subject you are already taking or use it as some timeout to try something new that you aren't studying at the college or pursue a hobby.

For many of the activities you will have access to industry standard equipment, with the sessions run by professionals that have worked or are still working in industry. There is also an opportunity to take part in national competitions and have your work regularly published to show your friends and family.



Art & Mind

Art and Mind is a friendly group run by Base51 on a Wednesday afternoon. Here students get to express their feelings through crafts and pieces of artwork. It's a great way to release any stress or anxiety that may be built up from everyday life as well as getting creative with glue sticks and pens! The group is open to all students across the college so why not come along and see what hidden creative talents you have while relaxing and having a chat with friends!

Beginners Acoustic Guitar

A casual look into starting out with guitar, having a go at some chord shapes which will enable you to learn whatever songs you want to play, more experienced players also welcome to come along and practice as well! Guitars are provided or you are welcome to bring your own.

Ideal for students that are interested in music related careers and want to expand their knowledge further on different instruments. This group is also a great way to demonstrate self-development by learning a musical instrument.

Drum with Rockin' Robin

Ever wanted to learn how to play the drums? Drum with Rockin' Robin takes place once a week and run by a professional drum teacher. All equipment is provided for you to take part and all abilities are welcome.

You will learn how to develop your rhythm and timing which will help you to work towards grades should you decide to take things further. Open to all students across the college regardless of courses studies.

Knit & Natter

The name says it all! This relaxed, friendly group lets you have a good old chin wag while knitting away and making a scarf, hat or a cushion for your gran! Don't worry if you've never knitted before you'll soon pick it up. Knitting needles and wool are provided so why not come along, make some new friends and make that loud Christmas jumper that you've always wanted or some gloves for when it gets cold.

Keyboard Skills

Ever wanted to learn how to play the keyboard, here is your opportunity! This enrichment is open to all students regardless of experience so whether you are a complete beginner or working towards your grades you are welcome to come along. Keyboard Skills is a friendly, welcoming group that takes place on Wednesday afternoons and is run by a professional piano teacher. All the equipment is provided and there is a wide variety of song books to access. Best of all its completely free!

Ideal for students that are interested in music related carers and want to expand their knowledge further on different instruments. This group is also a great way to demonstrate self-development by learning a musical instrument.

Henna Art

What is not to love about henna artwork! Here is your chance to learn the skill of henna art and get to decorate yours and your friends' hands on a weekly basis. The group takes place once a week during lunchtime. All the materials needed to create your intricate designs are included so come along and learn a new form of artwork.

Learn to Solder / Make a handheld Game

Being able to solder is a useful skill for many industries. This enrichment teaches you how to use soldering equipment and as a result make your own handheld game or Bluetooth speaker. A small charge is applicable which ranges between £5 and £10 depending on the item you are making.

A fantastic skill to learn if you plan to have a career in technology-based industries including electronics and IT. If you are a musician, you will even be able to repair or make your own leads!



Super Curricular Creative Clubs & Groups

Branding & Graphic Design

This fantastic industry-led enrichment is run by a professional graphic designer who works in industry. Receive current industry advice and tips with free access to industry standard software. Each month you will get the chance to take part in the Adobe Creative Challenge, as well as work on your own projects and interests.

You will learn vital skills needed to become a successful graphic designer, whilst also having the chance to take part and win in a nationwide competition. Start to build your own portfolio to help you access H.E and professional careers as a Graphic Designer, Illustrator, Artworker and Marketing.

College Production

The college production is a student ran production. You need to be committed and attend rehearsals every Wednesday from 1pm until the Christmas break. There are a variety of roles to be involved with such as: performing (acting, singing and dancing) as well as marketing and design.

You will develop your creative passions whilst learning how to organise and produce a musical theatre production within a particular role, collaboration, stamina and language and communication skills to name but a few. This will allow students the knowledge and skills to pursue a career in the theatre, entertainment industry and live events.

Creative Writing Club

Members of Bilborough College's creative writing group dedicate their Wednesday afternoons to channelling the muse and turning mind into matter. Each week, the writers are given a stimulus or theme, which they use as creative impetus before furiously committing pen to paper for the duration of their allocated writing time. We are lucky enough to have an in-house literary magazine, Writ In Water, which is designed to celebrate the wealth of creative talent that is an intrinsic feature of Bilborough's identity; students attending the group will have the opportunity to see their works in print, but those who want to attend just for fun are equally welcome! These sessions nurture transferable literacy and communication skills, which, in turn, build confidence, and the pieces produced in our workshops add to students' creative portfolios, as well as augmenting CVs and personal statements beautifully.

Events Celebrated: Poetry Day

Digital Art Club

Interest in Manga or comic book drawing? Digital Art Club gives you an opportunity to explore your interests further or try something completely new. The sessions are run over Teams on Wednesday afternoons by an expert who works in industry. You will have free access to industry software and be able to produce work that will be published in the college magazine and entered for competitions.

By taking part you will learn key skills to help you access the industry and build your portfolio using Adobe Creative Suite software. Ideal for any students who want careers in marketing, animation and graphic design.

Electronic Music Workshop

Music Studio Skills is an opportunity to learn how to record and produce music! Using industry standard software and facilities you can have a go at being your very own music producer, utilising modern music production software and equipment to create the music you've always wanted to!

You will develop skills in how to use Apple Macintosh computers and professional recording studio technology. Perfect for students who plan to pursue a career in music, media and drama, or who have always wanted to have a go at producing electronic music. Open to all levels of experience and ability!



Journalism & College Magazine

College magazine enrichment is perfect if you are interested in writing, editing or designing articles for a half-termly publication. Anyone can take part and everyone is welcome! In terms of content, you can choose to write about whatever interests you - something topical, something historical, something happening in college, or something totally random!

Our magazine is titled 'Folio' and is exclusively designed and written by Bilborough College students in both year 12 and 13. We meet every Wednesday lunchtime to discuss what we will include in the next issue and then spend time writing articles to put into the final magazine.

Skills you will develop through the college magazine enrichment include working to deadlines, editing and proofreading your work and the work of others, organising interviews and recording the responses. You will also learn to use different software to design your article and will be part of the editorial team to decide which topics will be included in future issues. This will develop your ability to work closely with others and work together to achieve a common goal.

In terms of careers, taking part in the college magazine enrichment will be perfect if you are looking to enter the field of journalism or any form of media industry. Your skill as either a writer or designer will be invaluable for companies who need writers and creative thinkers to promote their product or service to customers. Come along and give it a try!

Polaroid Photography & Digital Editing

This 5-week workshop is great for anyone who wants to dip their toes into the world of photography. During this 5-week workshop, you will learn basic manual camera controls and composition. Then move on to polaroid photography, where you will learn how to load and use the camera and develop modern polaroid film. Giving you the experience and excitement of waiting for films to develop and making each shot count.

Followed by a crash course in Photoshop where you will learn how to restore damaged photos, colour correction and more to help your images stand out. All equipment is provided.

Technical Theatre

As part of the college production, Technical Theatre combines the fields of lighting, sound, visual technology, theatre design and stage management, while developing technical and creative skills with hands on experience of working with industry standard equipment.

The enrichment is designed to equip students with the knowledge and skills to pursue a career in the live arts, entertainment, and events industry, and they will work to gain a 'Performance Support Award' qualification recognised by universities.





Awards & Certificates

Bilborough Xtra also offers a range of recognised awards and qualifications. These range in length from just a few weeks to complete and with others requiring you to commit for a year or more to receive certification. Our awards have been especially selected to help you stand out from the crowd and up skill students for employment and higher education.

Some of the awards and certificates do come with a fee to participate and these have been marked with a *. In some cases, students that are entitled to bursary may be able to have these costs covered depending on the subjects they are taking and the award / certificate applied for..

Arts Award – Gold Level*

Open to all students across the college the Gold Award is Trinity School of Acting's highest level Arts Award course. This is delivered in house at the college by certified Gold Arts Award teachers and is a fantastic way to discover different art forms. The course allows students to explore 2 different art forms and this can be anything where there is a creative process from acting, music, photography, art, coding, graphic design and the list goes on!

The Arts Award takes place weekly on Wednesday afternoons and runs from September to May. On completion the course is worth 16 UCAS points. Ideal for any student taking who wants to pursue a career in the creative industries but also the wide variety of transferable skills that are developed will support students in all subject areas, HE and employment.

S.T.R.E.T.C.H Passport Stamps

- Communication
- Self-development
- Technology

British Sign Language*

The British Sign Language course is a fantastic way for students to develop the skill of signing. The course is run by the Signature exam board and students complete the BSL101 at the college. Lessons are delivered by an external teacher who is brought in to teach the classes. There is a £30 charge for students to take part in the course, but this does cover all course materials and entry with the exam board. In total the course runs for 6 weeks for an hour per week. For the first 5 sessions students are taught how to sign and then in week 6 an assessment takes place. On completing the course students receive a recognised qualification in sign language.

S.T.R.E.T.C.H Passport Stamps

- Communication
- Self-development



Duke of Edinburgh's Gold Award*

The Gold Award is the highest level that Duke of Edinburgh Award Scheme offers. Students are not required to have completed D of E before but if they have it will reduce the time needed to complete some of the sections. The Gold Award requires students to take part in a practice and final expedition for 3 nights and 4 days. Due to the complex nature of offering this an external provider is used to run the expeditions, however, this does create other opportunities where students can choose to complete this by either walking, canoeing or mountain biking. Other sections to the award also include a 4 night and 5 day residential, learning a new skill and physical activity, and volunteering. Students have until the age of 25 to complete the full award and we offer complete support as a centre until this point. A parents evening is held in the autumn term to discuss the Gold Award in more detail and cost.

S.T.R.E.T.C.H Passport stamps

- Communication
- Resilience
- Self-development
- Technology

Dr Bike Servicing Course*

The Dr Bike course is run by a professional bike maintenance company. Students learn how to service and repair key components of a bike to ensure they remain safe to use and maintained to a high standard. Components that are covered include brakes, gearing, crank, wheels and steering. All tools are provided, students just need to bring along their own bikes that can be locked in the bike sheds. The course is 5 weeks long for 1 hour per week and costs £25. On completing the course students receive a certificate.

S.T.R.E.T.C.H Passport Stamps

- Self-development
- Technology

First Aid

The first aid course run at the college is delivered by the Red Cross. This is completely free and takes place on Wednesday afternoons. The course covers basic first aid and CPR and is a great way for students to learn an important skill that could be lifesaving one day. On completing the course students receive a certificate and can gain access to first aid materials.

S.T.R.E.T.C.H Passport Stamps

- Communication
- Health & Wellbeing
- Self-development



Food Safety & Hygiene Level 2*

The food safety and hygiene course is an excellent way for students to achieve a recognised qualification to help access the food industry. By taking part on the course students will learn about food hygiene and safety that looks great on CVs for anyone applying for part-time work in related industries. The course takes place online in college and you are guided every step of the way by a member of staff in the classroom. Total cost for the is £25 and on completion students receive a certificate in food safety and hygiene at level 2.

S.T.R.E.T.C.H Passport Stamps

- Communication
- Self-development

National Citizen Service (NCS)*

The NCS course delivered at the college is a bespoke programme that has been especially designed to up skill Bilborough College students and prepare them for the world of work. The programme consists of 3 key stages which are:

Phase 1 – 3 day residential at an outward bound centre.

Phase 2 – Skills building and guest speakers.

Phase 3 – Charity campaign.

The NCS programme is recognised on UCAS applications and run over a 6-week period. Costs vary slightly from year to year but on average are about £30 to take part.

Bursary is available.

S.T.R.E.T.C.H Passport Stamps

- Communication
- Resilience
- Self-development
- Teamwork



Young Enterprise *

The Young Enterprise Company Programme allows students to create their own business selling a product of their choice. This can be designed and created, recycled and reused or even just up-sold! With the help of a Business Advisor, their company is fully insured to take part in sales events, promoting their products to the public in an aim to sell and make a profit! All the profits are distributed to those who set up the business, along with their other investors. The students become company directors and will present back to the Young Enterprise board their experience in developing marketing, finance and accounting, human resource and supply chain skills. Young Enterprise is on Wednesday afternoons and costs £25 to take part. It is ideal for budding entrepreneurs and business students!

S.T.R.E.T.C.H Passport Stamps

- Communication
- Self-development
- Technology



Gaming

S.T.R.E.T.C.H Passport Stamps

- Communication
- Teamwork
- Health and Wellbeing

It is not all about hard work at the college and that is why there is a range of different gaming enrichment clubs you can join. These take place throughout the week and on Wednesday afternoons. This is a fantastic way to have fun with your friends and help look after your well-being with a bit of downtime.

We provide all the games at the college so there is no need to bring your own in unless you want to. Like all enrichment activities if you do not see a gaming club you would like to join but there is one you would like to run, let us know and we will help you do this.

Chess Club

Chess club takes place every week where you can come along and have a one-off game or stay longer and play other members of the club. We provide all the chess sets and there is even an option to play remotely online.

Nintendo Switch Club

Always a popular choice and great to have some fun with your friends. Nintendo Switch Club on Wednesday afternoons where you can play a range of different games including Mario Kart, Mario Tennis, Smash Brothers and more. With 4 controllers at the ready come along have some Mario Kart action!

Dungeons & Dragons Club

A really popular choice for students, Dungeons & Dragons Club meets weekly on Wednesday afternoons to play this fantasy role playing game. Learn how to create your own characters or become the Dungeon Master! This game is great fun and a fantastic way to meet up with your friends and make new ones. Together you build a shared narrative, as you guide your heroes through quests for treasure, battle with deadly foes, engage in courtly intrigue, enact daring rescues and much more. Everyone is welcome, regardless of experience.

Tabletop Games

We have a wide range of tabletop games for you to wind down and have some fun with your friends with. These are available to use throughout the week and there is a dedicated club on Wednesday afternoons as well. Some of the games you can battle against your friends on include Game of Thrones, Risk, Uno, Guess Who, Exploding Kittens, Battle Ships, Disney the Muppets, Jenga and many more!

Magic the Gathering

This friendly group meets once a week to play this popular game. Learn the world's greatest trading card game and learn how to build unique card decks to compete against other students! Have fun while bringing people together and make new friends.



YU-GI-OH

Yu-Gi-Oh! This group meets once a week to take part in the trading card game where players draw cards from separate decks and take turns playing cards. Duel against other students and learn how to build the winning card deck. This popular card game is a great way to relax from a busy morning of lessons and have some fun.

Life Skills



It is important for students not only to leave the college with qualifications but to develop key life skills to prepare you as independent adults. The life skills we offer through Bilborough Xtra help to complement the tutor programme as well as developing broader skills to get you ready for the next stage.

The range of workshops we offer will help give you the tools to make an educated decision when it comes to managing your money as well as developing other key life skills to help look after your health and wellbeing. There are also opportunities to work with different local charities to help you appreciate the world around and support others that are less fortunate. Below are some of the workshops we offer on a yearly basis that you can sign up for.

Independent Living Workshop

Run by the Money Charity this is the first workshop in a series of 3 interactive sessions held over Teams giving you a wealth of knowledge on what to expect when living independently. Ideal to prepare you for that big step of living independently you learn about all the additional costs that come with living on your own and how to budget with the money you have. Perfect for those of you who plan to leave home to study at university. On completion of the workshop students receive a certificate.

S.T.R.E.T.C.H Passport Stamps

- Communication
- Self-development
- Technology

Understanding Tax / Pensions / Pay slips

Second in the series by the Money Charity this remote interactive workshop gives you a transparent look at why and how much tax we pay. Pensions and why we need them is also explored to gain a good understanding as to how this can make a difference to your later years in life. The final part of this workshop is that piece of paper you get at the end of the month where this is all printed, pay slips. It is important you understand your payslip so you can make sure you get paid for all your hard work but also not pay too much in Tax! On completion of the workshop students receive a certificate.

S.T.R.E.T.C.H Passport Stamps

- Communication
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- Technology

Interest Rates & Savings

The third and final workshop in the series from the Money Charity looks at how interest rates affect the money we have and the best way to save for the future. This interactive workshop is related to everyday items including mobile phones, bank accounts and different forms of credit applications. Ideal for all students to ensure they can afford what they are buying and make the most of the money they have. On completion of the workshop students receive a certificate.

S.T.R.E.T.C.H Passport Stamps

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Shareware Clothing Charity

A registered supporter of the Shareware Clothing Charity Bilborough College hosts charity events at different times of the year to support this worthwhile cause. Run by students at the college they organise campaigns to collect items of clothing that can be donated to this worthwhile clothing bank for young people. You'll be responsible for marketing the event around the college and setting up collection points. Once the campaign is complete you will present the collection to Shareware Clothing. Students that take part receive a certificate and a great addition to UCAS applications.

S.T.R.E.T.C.H Passport Stamps

- Communication
- Health & Wellbeing
- Self-development
- Teamwork
- Technology



Wellbeing Peer Focus Group

The Wellbeing peer focus group allows students to contribute their ideas and have their say on how we can promote wellbeing as a whole college approach by introducing new ideas or improving what we already have. Students can do this by reflecting on their own experiences of mental health and it is an all-inclusive group. The group meets on a weekly basis and is run by members of the wellbeing team.

S.T.R.E.T.C.H Passport Stamps

- Health & Wellbeing
- Self-development
- Teamwork

Vegan Cooking Workshop

Cooking is a life skill everyone should be able to do and this fantastic cooking workshop is 'live' online. You will be prepped in advance on the ingredients you need and then taken through a vegan recipe step by step to create a delicious meal. A great way to develop skills for living independently or share the cooking workload at home. This workshop takes place as one offs throughout the year on Wednesday afternoons.

S.T.R.E.T.C.H Passport Stamps

- Health & Wellbeing
- Self-development



Sport Enrichments

S.T.R.E.T.C.H Passport Stamps

- Heath & Wellbeing
- Resilience
- Self-development
- Teamwork

There are a wide range of sporting activities you can take part in at the college whether you are a P.E student or not. It is important to look after your health and wellbeing and we feel it is important for all students to take part in a sports enrichment. All activities we offer are free of charge and take place throughout the week during lunchtimes and on Wednesday afternoons.

By getting involved it is a fantastic way to relax from a busy college life and learn a new skill Most of our sessions are run by external providers and coaches that come into the college so we can offer you a diverse programme of sporting activities. During the summer months additional sports are also on offer and we also do one off special events that include Go Ape, trampoline centres, go carting, rock climbing and more. Some of these do however come with a charge.



Archery Club

Archery Club takes place weekly and is run by a qualified archery instructor. Open to all abilities from complete beginner to advanced, all students are welcome. Come along and work on your shot using professional bows and arrows in a controlled and safe environment.

Badminton

Badminton is a popular choice for students and takes place every week in the main sports hall. All equipment is provided for you to play and there are multiple nets, so everyone gets to play. Attend as a regular or just show up for a one-off game, it is up to you. It is a fantastic way to disperse some built up energy from a busy morning at college.

Boxing

The boxing lessons we offer at the college are completely free of charge and run by Marcelius Baz Nottingham School of Boxing. These take place during lunchtime in the small sports hall. All the equipment needed is provided, you just need to wear some loose suitable clothing. The sessions are non-contact and open to all levels of experience.

Cheerleading

Open to all students across the college cheerleading is a mixed group where you can learn how to cheerlead and choreograph the moves. Run by a professional cheerleader you will work on routines and have the potential to support the college sports teams and take part in competitions. Come along and get practicing – Go Bilborough!

Fitness Suite – Personal Trainer

The college has a modern fully equipped fitness suite, with a range of machines and free weights for you to use. The fitness suite sessions are run at dedicated times during the day and to meet all your fitness needs you also receive free support by a personal trainer! Individual plans with nutritional advice can be made so you can train to meet your own personal goals. Most sessions are mixed but female only sessions are also run. Come down to the fitness suite and have a go to help look after your health and wellbeing.

Pick up and Play – Sports

We offer a range of pick up and play sports where you can loan equipment from the sports department to use during free periods and lunchtimes. Simply call down with your lanyard to book out equipment for the following sports:

- Netball
- Basketball
- Football
- Rugby
- Volleyball

Hula Hooping

Hula Hooping enrichment is a great way to spend your lunch! Run by a professional hula hoop instructor who performs at festivals, circuses, and all kinds of events. You will learn just how much fun it is to stay fit through hula hooping as well as working on your rhythm whilst listening to some great tunes. Open to all levels, with hoops provided. Come along and give it a spin!

Table Tennis

What is not to love about a game of ping pong! This friendly group meets on Wednesday afternoons in the small sports hall. Multiple tables are available, and paddles and balls are provided. Have a game of singles or play doubles with a group of friends, it is a fantastic way to make new friends and kick back from your studies.



Volleyball

Volleyball takes place in the main sports hall during the winter months and then moves outside when the weather improves. It is open to all students across the college regardless of experience with the potential to compete in competitions.

Women's self-defence

Run by Marcellius Baz Nottingham School of Boxing this female only group gives students the opportunity to learn self-defence techniques while making new friends. All equipment is provided and students just need to wear loose flexible clothing. This weekly enrichment takes place in the small sports hall and is a fantastic way to boost self-confidence and keep fit.



S.T.R.E.T.C.H

Passport



Our Passport Explained

The passport scheme works by you receiving stamps for attending enrichment activities, careers talks / trips and completing work experience. You will also need to download the 6Xtra app.

Depending on the activity you take part in you will be awarded a stamp that links to a skill set. Information on what stamps you receive for the activities can be found on the 6Xtra app, the enrichment brochure, posters around the college or just come down to the enrichment office room B0.07.

Once you have completed an activity that links to a stamp you then log this on Cedar in the 'My ILP' section. You then add a brief statement describing what you took part in alongside the relevant skill in 'Activities'. The skills that are on the passport have been identified by employers as key skills they are looking for in an employee.

The comments you add to Cedar can then be used to help build your UCAS statements or job applications to highlight your skill set.

Following this during your next tutor review or by heading down to the enrichment office you can then have the stamp verified and added to the Bilborough Xtra app. Collect 5 stamps and you will be entered into £100 prize draw, with runner up prizes. There are also lots of incentives along the way as you collect your stamps.

Collect 5 Stamps
For a chance to



Win £100



In our Prize Draw
Plus 5 lucky runner up prizes of £20



THE BILBOROUGH XTRA APP

APP FEATURES

- The enrichment timetable
 - All of our latest news
 - The college calendar
 - Wisepay
 - College bus routes
 - Absence reporting

Scan our Q.R Codes to
get started

**DOWNLOAD TODAY TO
TAKE PART IN OUR PASSPORT
REWARD SCHEME TO WIN
GREAT PRIZES AND
GIVEAWAYS!**



