

Enrichment 2021-22



Choosing the right course for you...

Enrichment at WQE gives you the opportunity to enjoy learning something new, meet new people and do something just for fun. It's a session a week in addition to your main programme.

Enrichment has been designed to meet the needs of students. The programme allows you to choose a 'theme' for your enrichment that may be closely linked to your academic programme, progression plans or personal interests.

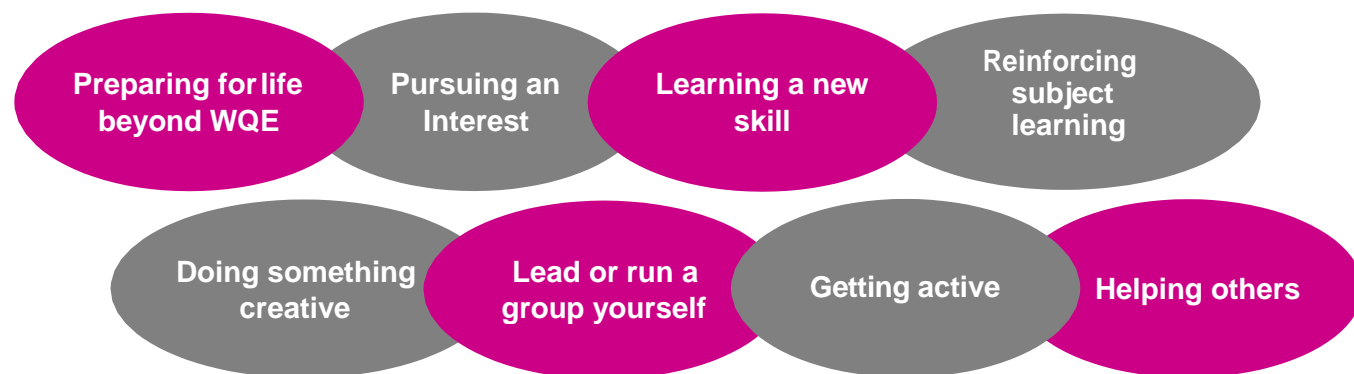
As you will see the programme has been grouped into strands or themes of activity which may help decide what you want or need to do.



This booklet contains a detailed description for each course; including course content, delivery and the target audience. Discussions with subject staff will also help to advise you.

You will be asked to make a first, second and third choice so we can ensure your choice fits with your academic programme. We aim to ensure you are successful in gaining a place on your preferred choice of course but cannot always promise this - choose carefully and wisely.

Consider what you might be choosing and why. How might what you do enhance your CV and/or prepare you for your next step and the future as you firm up progression plans? Whatever your motivation there should be something that appeals. So... have a look ...have a think...and consider your choices.



Your options...

Supporting your learning

A list of subject specific or skill development activities aimed at improving your literacy, numeracy, subject knowledge etc and also challenging you to achieve top grades.

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Making a contribution

A chance to help others in a number of ways, whilst developing skills that will help make you employable in a competitive market.

Pages 4 - 5



Understanding the wider world

Getting you ready for life in general after WQE. These courses provide the opportunity for you to improve your employability and life skills.

Pages 5 - 8

Pursuing an interest

An opportunity to try something you have wanted to do or continue to a higher level something that you currently do.

Pages 8 - 9

Creativity

Includes many visual, performing and expressive arts courses and much more.

Pages 10 - 12

Getting active

A variety of options including competitive and recreational sport and physical activities.

Pages 13 - 17

Supporting your learning

Visual Arts portfolio building

This course provides the opportunity to develop and broaden your interview portfolio.

As part of course we will practically explore and learn about art history, practice life drawing and develop your observational and expressive drawing skills. There will also be talks by visiting university tutors about putting together a good portfolio. All aspects of this course will help you with your interview preparation.

Target Audience: All students wishing to develop a visual arts portfolio.



Making a contribution

Mentoring

The opportunity to support fellow students to be a subject mentor or in a one-to-one capacity with students working within our Welfare & Skills team or those students who require some academic support in specific subjects.

In the early weeks there will be training in communication, planning, development of resources, organisation and an opportunity to work closely with relevant staff to ensure subject knowledge is up to speed before imparted to others. The one session per week once training is complete, will be spent undertaking one-to-one or small group work with fellow students.

This enrichment option will equip you with a range of interpersonal skills aiding your personal development and employability. These will be highlighted throughout the course and you will be reminded to record these for future use.

Target Audience: This course is offered to Year 2 students only - those identified by subject teams as suitable mentors. This may be of specific interest to students who wish to work closely with people, train as teachers, or simply those who wish to help fellow students with their learning. This course requires complete commitment but is a great thing to have on your CV!

Student Ambassador

As a WQE Student Ambassador, you will be given the opportunity to widen your life skills and develop some fantastic employability skills. You will:

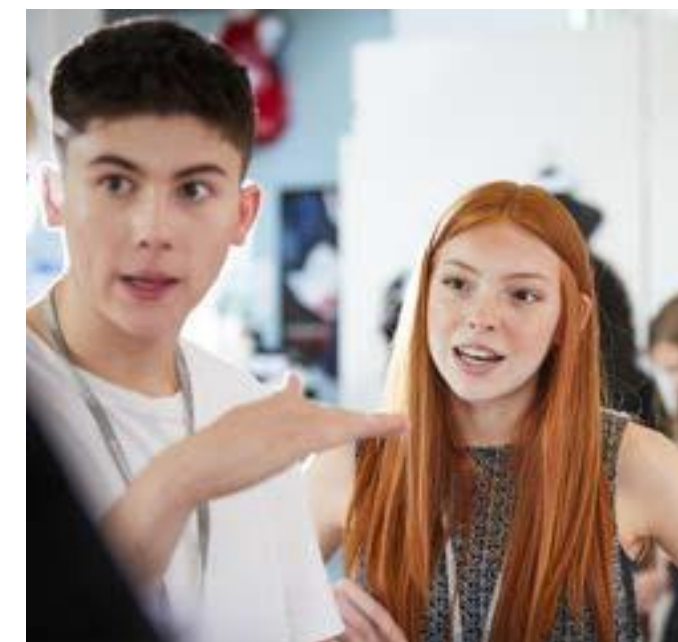
- Help to promote WQE to prospective students and their parents/carers through activities such as Open Day which may run as a virtual event, Post-16 Events with partner schools and Interview Days.

- Have the opportunity to be involved in creating promotional materials.
- Work alongside the Careers team and get involved in promoting careers events, having your say in focus groups and updating careers resources.

You will develop social and interpersonal skills and improve your communication skills and self-confidence. Your personal and professional skills will be developed which may be beneficial to students considering a career in Business, Event Management, Retail or Marketing. Whether you are considering university of the world of work after WQE, this enrichment will help you enhance your application.

Please be aware that this enrichment occasionally involves students working outside of their usual college hours.

Target Audience: Year 2 students



Understanding the wider world

Law for daily life

Whoever you are, the law will affect you! Law dictates who you could marry, what house you can buy, where you can travel, what you can get arrested for....This enrichment is an opportunity to learn about some of the key areas that will be important in your adult life and the ways in which the Law works.

Target Audience: All students.

Criminology (A beginner's guide)

This enrichment course provides a good introduction to the basic principles associated with this social science and is ideal for students wishing to study criminology, law, politics, social policy or sociology at university. It would also be relevant for students interested in any role within the criminal justice system, such as in the police force, prison officer, probation officer or crime scene investigator.

You will learn about different types of crimes, explanations for why people commit crime and how we deal with criminals. In doing so we will look at real life examples of high-profile crimes and learn about the media campaigns that can arise from them, which the aim of changing the law.

For more information about this enrichment, [click here](#).

Target Audience: Second year students – **this course is now FULL.**

Financial skills for the future

In this course you will undertake activities which will give you a better understanding of your personal finance and the global market. You will have the opportunity to enter the WQE apprentice competition as well as competing in a National Investment competition which involves the buying and selling of shares. What you learn through this course will greatly improve your employability and life skills.

Target Audience: All students.

Debating

Develop skills in putting forward views in an environment where they get tested. This is an opportunity for you to discuss current affairs and have formal debates in which you are asked to defend or attack a point of view. So whatever your views on Brexit, the Trump phenomenon, fake news, student loans or the fate of the Labour Party there will be something relevant and current to think about and discuss. This is excellent practice for many subjects and something employers like to see on CVs.

Target Audience: All students.

Engineering

This course will introduce you to a range of engineering disciplines including electronic engineering, mechanical engineering and through civil engineering the built environment. This course will include practical activities of interest to students considering a career in engineering.

Target audience: All students. Also recommended to students studying Electronics A level.

Practical Psychology research skills for everyone

An opportunity to carry out your own independent research studies (e.g. experiment, correlation, self-report, observation) into psychology topics of your choice. You will learn how to formulate a research proposal, plan a well-designed scientific investigation, collect data from participants, analyse your data using appropriate statistical techniques, and draw conclusions. You will gain experience in writing a scientific report on your research, and presenting your research to your peers. You will conduct research investigations, including experimental and non-experimental, and write up a report, which will be assessed. Conducting psychology research and having 'hands-on' experience will strengthen your skills and interests which are transferable. You will also develop a greater understanding and confidence in research methods generally. Open to all students, not just those studying Psychology.

Target Audience: Any student with an interest in practical research. Particularly recommended for those who are applying to study Psychology at university.

Physics and the world around you

This course will give you the opportunity to re-examine Physics and its connection to the world around you. By using core Physics principles we will be looking at the theory and application of these to everyday situations.

Target audience: All students however those studying A-level Physics will find this a useful reinforcement of their studies.

Thinking and reasoning

An opportunity to develop thinking and reasoning skills that will not only support your learning in any and all subjects, but also prepare you for life beyond WQE. You will learn techniques for analysing and evaluating the reasoning in arguments, and how to construct your own arguments in a logically persuasive way. You will discover some of the common errors people make when they reason and how to avoid them. You will also learn techniques for assessing information and sources of information, to determine how credible or believable it is. This is particularly important in an era of 'fake news'. Many employers test such skills as part of job selection and doing this course may give you a competitive advantage.

Target audience: All students

Sociological issues explored through film

Films often depict and address many sociological issues. We will watch a number of films, across genres, and explore how the issues within them relate to sociological theories. Expect to engage in some interesting and critical discussion of the films that we watch. Afterwards, you should not only understand the films better, but also the society in which you live! You can even suggest films that you think might be relevant. You don't have to be taking Sociology to enjoy this enrichment, it would be of interest to all.

Target audience: All students

Classical world

The Greek and Roman Civilisations continue to shape the world we live in – from the language we use and the ideas we discuss to the films we watch and books we read. This enrichment is an introduction to that world, covering the good the bad and the ugly about Ancient Rome and Greece.

| Topic | Content |
|---------------------------------|---|
| Architecture | The Colosseum, Pantheon and beyond |
| Gods, Goddesses and Myths | Neptune vs Poseidon, Venus, Zeus and everyone in between |
| Politics | What the Romans and Greeks had to say about political structure and ideas, republics, democracy and dictatorships |
| Life in Ancient Rome and Greece | Food, lifestyle and slavery |
| Language | Latin and Greek |
| Literature | The Iliad & Odyssey and much more |

Target Audience: All students.

Global issues and Geographical skills

Exploring and discussing the key issues facing the planet today including climate change, sustainability, global politics, poverty and development and responses to hazards allowing you to be more informed as a global citizen. Also developing your transferable skills of data collection and analysis, which in today's world of analysing patterns of people's behaviour will be extremely useful.

Target Audience: All students

| Topic | Content |
|----------------------|---|
| Environmental issues | Plastics, pollution, global warming reality - via discussion, debate, YouTube clips |
| Skills | Collecting, analysing and mapping data - local fieldwork OS map skills – orienteering and spatial maps |
| Global issues | Population increase, poverty, geopolitics - via discussion, debate, YouTube clips |
| Hazards | Hurricanes, volcanoes, earthquakes, flooding and management of these |
| Global citizen | What do you do? Recycling, electric cars, solar panels |

Pursuing an interest

Creative writing

This enrichment is primarily to give students some time in your week to write. There will be prompts of varying sorts to fire up your creativity as well as to give experience of different sorts of writing. In addition to these there will be some basic discussion of different types and genres of creative writing; of story structure; of constructive critiquing; and of the process of trying to get published. The group will also operate as a critique group for those who feel confident enough to make use of it.

Target Audience: Anyone with an interest in writing, whether curious to have a go or halfway through their own masterpieces.

European film

If you enjoy watching films and are interested in widening your experience of films in a different language you would enjoy this course.

We will be watching a number of films, from many different eras, in French, German, Spanish and other (mainly!) European languages and learning more about the context, history and culture of the countries these films are set in.

Target Audience: Anyone who wants to gain a wider appreciation of the world of film and increase their ability to think critically.

Cinema appreciation

The purpose of this course is simple; it is designed to broaden your knowledge and understanding of cinema by watching and commenting on a carefully curated selection of films. Last year the focus was on modern global cinema but this year there will be a shift to English language films.

The intention is that there will be screenings of a number of films from different eras of American and British Cinema. These will be looked at and discussed in lessons. These will range from Film Noir through to the British New Wave and also a focus on New Hollywood and independent cinema.

If any current students have taken this option in the first year you can sign up for this year's course as there will be a wholly different approach taken. It is hoped that some Film/Media Studies students may see this as a useful addition to their work in those subjects.

Target Audience: Any student with an interest in American/British Cinema who wants to expand their cultural capital.

It's magic!

This is a fun based course for those who like a bit of magic. There will be demonstrations as well as opportunities to develop some magician skills yourself. During this course you will also develop your own performance presence thereby your personal presentation skills.

Target audience: All students but may also be of interest to prospective dentist or others requiring fine motor skills.

Spanish

Hola!

Spanish for beginners: a chance to brush up on a popular language for holiday destinations or a chance to improve your careers employability abroad in business, law or medicine.

Spanish for Intermediate: those who already speak Spanish with confidence and would like to further improve their language skills.

Target Audience: All students - two classes, beginners and intermediate for those who would like to learn Spanish, and those who would like to improve their language skills.

Student newspaper

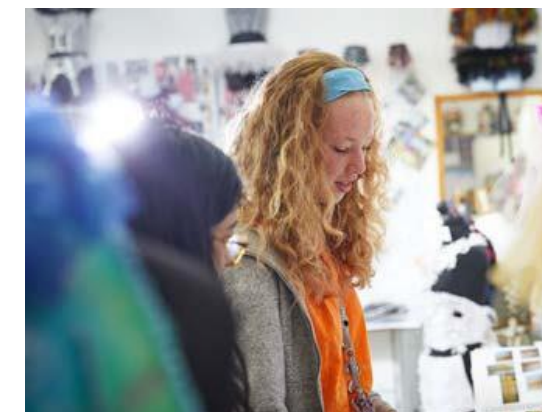
This course is for those students who love to write and are interested in current affairs, popular culture and/or sport. You will spend most sessions researching topics of your choice in preparation to write your own articles. You will be expected to write two articles a month which will be published on WQE online. The aim of this course is for you to practice writing in your own style, writing in an unbiased fashion, learning about your environment and having your work published.

Target Audience: Any student with an interest in writing.

Design and sew your own Summer outfit for beginners

Under the guidance of an experienced designer you will learn a basic skill in creating your very own pattern and techniques in sewing your very own outfit for the Summer. As this is an enrichment for beginners, the outfits are basic cuts and sewing. In the past years, the popular outfits have been maxi/midi/mini kaftan, maxi/midi/mini dress, Abayas (Islamic female dress), basic elasticated maxi/midi/mini skirts, basic elasticated shorts/culottes and kimono/vest tops. You will also have the opportunity to make cushion covers with trimmings around the edges.

Target Audience: Beginners level.



Creativity

CAD for Design and Architecture

If you are interested in design, building and construction this is an opportunity to gain valuable experience potentially leading to a career in the creative industry. You will learn design CAD skills, explore drawing plans, elevations and architectural modelling. Visiting guest lecturers who are professionals in this field will give talks about working in the creative industries such as architecture. As part of the course you will explore historical and contemporary design and architecture to help give you the edge at interviews.

Target Audience: All students – particularly those with an interest in architecture, engineering or product design.



Spark your creativity

This course provides you the opportunity to take a short relaxing breather from your day to colour in calming images to soothe all the stress. As part of course you will learn about colour theory and practice different colour combinations on your designs in both pencil and paint. This course offers lots of other options too, such as digital art, origami, and printmaking.

Target Audience: All students

Creative crafts

If you love making decorative items, this is the course for you. This crafts skills course will include working with fabrics, origami & cut paper; for example we will be using recycled maps/papers to make jewellery & constructing our own handmade books.

Target Audience: This course is suitable for students already with stitch based skills and also students already following a creative pathway who wish to develop stitch based skills and techniques.

Ceramics

You will be using clay to make pots, model figures and create decorative products through a range of mini projects. You will be encouraged to add your own unique twist to each project. This course will cover a range of making processes, including decorative paint and glaze applications.

Target Audience: All students – no previous experience required.

Digital Arts

This fun photography based **course** is aimed at students with creative talents seeking to develop their photography skills using a mobile phone. Each week we will work to a different theme and showcase the work produced at the end of the session. Some of the pieces that you produce will also be taken into Photoshop or Illustrator to enable you to produce other types of digital art and design pieces, such as comic posters, animated gifs and your own meme sensations.

Target Audience: All students.



WQE Musical Cabaret enrichment

Do you like performing? Acting, Singing, Dancing, Playing an instrument or maybe you like to do all of these things? This year at WQE we are offering a Cabaret-style Performance Enrichment.

There will be an end of **Autumn term performance** for 2 nights in the Drama Studio open to Friends & Family to kick off the Christmas festivities in style. We will present an evening of extracts from plays, musicals, dances, and songs to entertain and delight our audiences. You provide the energy and creativity and Sharron and Beth (Drama & Music) will suggest, guide, choreograph and direct you all – shaping the show as we go. You can work in groups, solo, dance ensembles or bands...it may take some working out, but Sharron and Beth are willing to mould this into shape with a lot of help from you! In the Spring and Summer terms the course continues with regular lunch hour performances in the J Café.

Target Audience: Anyone with enthusiasm for performance, no previous skill necessary – just a willingness to have a go and join the show. There will be a big element of choice and variety- and we will be looking for students to help make suggestions for the performance.

We would like to reflect the whole College – so from Bollywood Musicals to Hollywood Classics please, as long as we can find the music and or play for you, we will put it on.

Music - Open mic and bands

Do you sing or play an instrument? Looking for others to perform with or opportunities to perform? Interested in composing or song writing? Or want to join the WQE Jazz Band?

This course will link you with other musicians to work towards performing at open mic sessions and end of term concerts. We will help you find music, or write your own, and offer tips on improving your rehearsing and performing skills. If you play trumpet, sax, trombone, flute, clarinet, piano, drums, guitar, bass or drum kit to around grade 5 standard and can read music, sign up to this course or join the WQE Jazz Band. For more information, contact beth.williams@wqe.ac.uk.

Target Audience: All students – all styles and abilities welcome.

Choir

Singing is proven to be good for your mind, body and soul. Joining choir is a great way to complement and enhance your A-level studies while learning new skills, having fun and making friends. We rehearse in an informal, friendly environment, and perform regularly throughout the year, singing in a variety of styles, from pop to classical, folk, gospel and music theatre. Song requests are welcome and no experience is necessary. The choir will perform in concerts at the end of each term, so you will be required to attend a few extra rehearsals.

Target Audience: All students

Community theatre

In the first half of the course you will be involved in Drama workshops introducing you to a variety of skills and conventions used in performance, we will look at current theatre practise and investigate how theatre can work within the community. The group will collectively decide upon

a project for performance selecting a specific target audience. In the second half of the course, over a series of weeks we will write, devise and rehearse a performance piece which will be either taken out into the community, or a group will be invited into WQE Drama Studio to watch. In the past we have targeted a local primary school and created performances ranging from 'The BFG' to 'Life in the Amazonian Rainforest'.

This year we are hoping to develop the course to make it more relevant to our students who want to work in the community whether in health, social care or education. This may mean that we choose to perform to people with disabilities, older people, school children or whatever the group will decide.

Target Audience: You should have an interest in performance, a good sense of humour and be prepared to work in groups practically. This is a good course to help build drama skills, confidence and a sense of social responsibility. No previous skill in performance needed.



Getting Active

Within the sports enrichment programmes there is a way for every student to stay active. Whether this be through traditional competitive sport teams, recreational sport, fitness activities, non-traditional activities, leadership, volunteering, or health for life. Make the most of these unique opportunities at WQE and opt for Sport, Physical Activity and Health enrichment activities. Each individual sports enrichment course has its own target audience. Look under the heading to find out what suits you best.

Competitive Sports teams

Recreational Sport with competitive opportunities

Recreational Sport

Sports development opportunities

Fitness

Competitive Sports teams

WQE Competitive Sport involves a commitment to training and performance. College teams play in local, regional and national competitions. They are a great opportunity to develop skills and learn new ones and are also great for meeting new people and developing confidence.

Competitive sport provides lots of experiences that are valued by universities and employers. Training and matches take place within the college timetable. Some popular competitive sports will have a selection process which students would be required to attend.

- Men's Football
- Men's Basketball
- Men's Rugby
- Cricket
- Netball
- Men's & Women's Badminton

Recreational Sport with competitive opportunities

These sports are a great opportunity to develop skills, learn new ones, and still have the opportunity to indulge your competitive side. You will need to wear sports kit and appropriate footwear for each of these sports, further guidance will be given on signing up.

Women's Football

This enrichment welcomes all abilities, we just ask you have lots of enthusiasm and are prepared to train outside in all weathers. You will have the opportunity to improve on existing skills, develop new skills and work on fitness, and if you have the desire to, develop your coaching skills. You will be required to have appropriate football boots and shin pads for every session. You will also have the opportunity to experience the variety of football games that exist including outdoor grass Futsal and 5-a-side. As a minimum, you will have the opportunity to compete in the Association of Colleges Regional tournament, the National Cup and local friendly fixtures.

Women's Basketball

This enrichment welcomes all abilities, and is a great way to improve your fitness and develop teamwork skills. If you have played basketball before, an experienced basketball coach will give the team the opportunity to be competitive in the regional tournament. However, you don't need to have any previous experience playing basketball, just sign up being prepared to turn up each week, work hard and you will find your skills develop quickly. As a minimum, you will have the opportunity to compete in the Association of Colleges Regional tournament, the National Cup and local friendly fixtures.

Women's Cricket

Following on from the success of our national team, women's cricket is growing in popularity and you have the chance to develop a range of skills in batting, bowling and fielding. A keenness to learn, work with others of differing abilities and get stuck in are essential requirements but you will have fun along the way! Pads, helmets and bats are provided.

Volleyball

One of our most sociable sports, this mixed ability, mixed gender enrichment requires no previous experience but you must be keen to learn, prepared to throw yourself around and enjoy the team aspect of sport. You will be taught the core skills of volleyball in the first few weeks and then as these progress, more match experience will really allow you to enjoy this exciting game to the fullest. We will be aspiring to compete in the Association of Colleges Regional tournament and the National Cup, plus other local friendly fixtures.

Recreational Sport

These sports are a great opportunity to try something new or develop existing skills while meeting new people and developing teamwork and social skills. There is still opportunity for some internal competition within sessions. You will need to wear sports kit and appropriate footwear for each of these sports, further guidance will be given on signing up.

Badminton

Recreational badminton is a mixed ability session and you will be expected to participate with both male and female students. Mixed badminton will allow you to develop your singles and doubles skills both in practice and competition. All abilities are welcome as long as you have a positive and enthusiastic attitude. You will need a full change of kit and suitable footwear. Rackets and shuttles will be provided.

Football

This activity is for less experienced players who are looking to develop their attacking and defensive skills both through drills and match play. There may also be the opportunity for internal competition. Players will need a positive and committed attitude and should be aware that this course runs through the autumn and winter and that full outdoor kit (including boots and shin pads) will be required.

Futsal

An exciting, fast-paced indoor alternative to football that is widely played across the world and is officially recognised by both UEFA and FIFA. The sessions will focus on this 5-a-side game with skills development and match play and will undoubtedly also improve your fitness. You will need appropriate football kit including shin pads and trainers.

Multisport

A mixed ability and gender course. Multisport groups will experience different activities every week. This course offers you a variety of sporting activities, including ball sports, racquet sports, fitness activities, and outdoor activities etc. This should appeal to any of you who enjoy more than one sport.

Short Tennis (Cardio Tennis)

Another mixed ability and mixed gender opportunity. Maybe you tried tennis in your core P.E at school and would like the chance to develop your skills further, or this might be a completely new sport to you. Whatever your experience, all are welcome to improve their skills in this energetic, fun, sociable and fitness based enrichment. Rackets and balls will be provided.

Tennis for beginners

Open to students with little or no tennis experience who would like to try something new. This course will offer skills and fitness in a fun and relaxed environment. Rackets and balls will be provided.

Table Tennis

Open to all students keen on this sport no matter what ability level or experience. You will have the opportunity to develop your skills through singles and doubles play. More experienced players will have the chance to represent WQE in external competitions.

Squash

For many, this will be an exciting opportunity to learn a new indoor sport, one which is as technical as it is energetic. For those who have played before, you will benefit from a highly experienced player/coach who will bring your game on and allow you access to internal and possibly external competitive opportunities. Sessions will be off site so you must be committed to travel a short distance each week. Rackets and balls will be provided. More experienced players will have the chance to represent WQE in external competitions.

Back to Netball

Maybe you played a bit of netball at school, enjoyed it and want to keep playing, maybe you've never played netball before? This is a female recreational opportunity open to all levels. Have fun, meet people, develop your skills and keep fit.

Women's Rugby

Whether you have played a bit before or just fancy giving it a go this is a chance to have fun, meet new people and learn new skills. You will have the opportunity to keep fit whilst learning the basics of rugby whilst experiencing the different rugby games on offer including, Tag, Touch, 7's and Rugby X. Appropriate footwear will be required as you will be outdoors.

Fitness

If you would like the opportunity to attend weekly gym sessions without having to pay, consider one of the WQE Fitness enrichments. These options are available regardless of your previous experience in gym and fitness environments. Full inductions are given to ensure safe use of equipment and lifting techniques where appropriate. There will be a mixture of instructor led and independent work. Comfortable and appropriate kit and footwear is required.

Couch to 5k

Fancy taking on a challenge or raising money for charity? Join a sociable group with a common goal. Help each other complete training every week and take part in an event at the end of the first term and again in the summer term.

Boxing Fitness

Want to keep fit but a bit bored of the gym? Boxing fitness is an excellent way to become fitter and stronger. This will be a mixed gender group of a variety of abilities. You will get involved with shadow boxing drills, working with pads, skipping and cardio and strength work. Come prepared to get a sweat on!!

Bootcamp Fitness

Struggle to get motivated in the gym or bored of the same old fitness routine? Try Bootcamp Fitness! This is an ideal activity for those of you that need some extra motivation or simply want a bit of variety. This activity will involve outdoor fitness using simple equipment, body weight and each other! This is an ideal fitness activity for anyone interested in working in public sector careers such as the Fire service, Police service, Armed forces etc For those of you that complete the course there will be the opportunity to complete an adventure run in the summer term.

Strength & Conditioning

This course is for male or female students wishing to develop body strength and specific fitness. No formal experience is necessary as you will be taught how to use equipment appropriately, which exercises are most appropriate for your fitness goals, and how to plan and develop your own personal programme. To take part in this course you will be expected to be enthusiastic and committed. This course will take place in the college gym and you will need a full change of kit and suitable footwear.

Conditioning and Toning

This female only course is designed for those of you wishing to participate in some physical fitness based activity in an all-female environment. This course works on similar principles to the above Strength & Conditioning course but will also incorporate some opportunities for class based exercises such as Step Aerobics and Yoga. There will be whole class sessions as well as times to work on your individual fitness goals, which you will be supported in by your class coach. To take part in this course you must be enthusiastic and committed as well as willing to try new things.

Studio Exercise

A mixture of class based exercises which could include aerobics, step aerobics, conditioning, dance and yoga. These sessions will improve your co-ordination, general fitness and give you a well-deserved break from your academic sessions. No previous experience or sense of rhythm required but you must be committed and turn up each week prepared to throw yourself into the session and have fun!

Sports development opportunities

These opportunities are in addition to the Enrichment courses you will sign up for at the start of the year and will not be part of your timetable.

Offered as short term, physical activity opportunities, a whole range of different sports and activities will be on offer and you sign up as they become available throughout the year. These are a great way to learn and develop new sporting, coaching, teamwork, leadership and social skills. In turn these skills are often sought after by universities and employers, so can be used as good selling points on personal statements or CVs. Signposting to external clubs may follow where you would like to pursue any of these opportunities further.

Examples of potential opportunities:

- Women's Cricket
- Cheerleading
- Outdoor pursuits
- Handball
- Squash
- This Girl Can
- Leadership/Volunteering
- Charity events

Other competitive sport opportunities

If you participate in any other sports competitively please let us know via email zoe.bailey@wqe.ac.uk as we may be able to provide opportunities to represent the college e.g. Athletics, Golf, Trampolining, Women's Rugby, Tennis, Swimming, Squash, Cross Country.

Follow @WQESport

All students, irrespective of whether you enrol for a sport or physical activity enrichment, should follow [@WQESport](https://twitter.com/WQESport) on Twitter.

Here, you will find all the latest information about sport and physical activity, and access free online activities from a number of providers.



Register your interest

For further information on available enrichment courses or to apply, please contact the Admissions team.

0116 247 1147

admissions@wqe.ac.uk

www.wqe.ac.uk

