

Stowe

**Sport and
Co-Curricular
Programme**

Lent Term 2021



Lockdown III

Sport and Co-Curricular Programme

In this period of lockdown we would like our Sport and Co-curricular offer to build upon the experience we gained during the Summer Term and also the momentum we have gained through the introduction of 'The Award' to the Third, Fourth and Lower Sixth Forms last term. We are aware that the timings of everyone's days are different and that most Stoics would like to take a more flexible approach to their time outside the virtual classroom. Our Sport and Co-curricular offer this term, therefore, takes a more self-directed approach and we would like to encourage Stoics to plan their personal programme carefully and keep a record of what they are achieving. Some elements of the programme will be scheduled at specific times, whilst other elements are ideas that Stoics can explore and develop in their own time at their own pace. Once again, this programme is neither prescriptive nor exhaustive, and Stoics should feel free to explore and pursue other ideas as they wish, but please do let us know how you are using your time. Tutors and Houseparents will continue to discuss progress and engagement with Stoics during their usual meetings. Further details of the activities on offer can also be [found here](#).

For those Stoics in the Third, Fourth and Lower Sixth Forms who wish their achievements to count towards 'The Award', they should keep a record of their achievements using [this format](#) and we will assess this once School re-opens. For a reminder of The Award, please follow this [link](#).

If you have any personal ambitions you would like support or guidance to achieve, please feel free to contact [Mr Jones](#) or [Mr Sutton](#).



Duke of Edinburgh Award (DofE)

For those Stoics who started the DofE Award programmes this year, it is important that they continue to contribute towards their Physical, Skill and Volunteering sections during this period of lockdown. DofE regulations allow a change of activities to enable participants to adapt their programme as required. For further guidance please see the DofE website for [FAQs](#) and [Activity Ideas](#). You can also email [Mr Rose](#) or [Mr Stanworth](#) for further information.

SPORT AND PHYSICAL ACTIVITY

OK so this time it is winter... it is cold, it gets dark early and the sofa is calling you after a long day in front of the screen...

But, Stoics, we need to help ourselves by creating good habits and add some form of exercise to our daily routine to help us through this period.



Stowe ACTIVE

We are offering 'StoweActive' home workout sessions that you can join each afternoon for 30 minutes. Mr Coote, our Head of Strength and Conditioning, will lead you through an accessible exercise routine designed to:

- raise your heartrate
- work the whole muscular system
- improve your physical and mental wellbeing by helping you produce those feel good hormones called endorphins which will reduce stress and make you feel better

Ideally these will be done at 3.30pm, but alternatively you can find recorded sessions on Stream and YouTube and do them in your own time. No equipment will be required, you just need a bit of space.

Mr Coote will vary the sessions so that there are sessions for all abilities.

Yoga

Miss Owen, the Stowe Yoga Instructor will be running yoga classes online. This is a fantastic way to de-stress, improve your flexibility and have a bit of 'me time'. New classes will be available on Tuesdays, Thursdays and Saturdays.





Your weekly sport programme

The expectation is that ALL Stoics will engage in between 3-6 sessions per week. They can take any of the forms below, perhaps a mix between cardio, yoga and 'StoweActive' sessions would suit you best. Set yourself the target of following one of the following activity levels:

Bronze - 3 sessions per week

Silver - 4 sessions per week

Gold - 5 sessions per week

Platinum - 6 sessions per week

It will also be a good idea to create short and long term goals, examples could be:

- Run a half marathon (21k) or a marathon (42k) in a week
- Complete a Platinum/Gold/Silver week
- Get into the top three pupils in your year group for exercise time on Strava make the overall Stowe Strava leaderboard

And finally, keeping an **exercise diary** is a great way of keeping motivated.

Enjoy your exercising!

Mr Sutton

STAYING ACTIVE - STOIC PROGRAMMES

(1) BRONZE

Staying Healthy

4 x 40+ minute walk

(3) GOLD

Building Fitness 2

3 x cardio sessions

Longer run 5K+

45 minutes bike ride

(2) SILVER

Building Fitness 1

2 x cardio sessions

Gentle runs or walk/runs, aim for 5K

30 minutes bike ride

(4) PLATINUM

Training for Performance

4 x cardio sessions to include

1 interval session 40 mins

2 medium runs 5-10K or rides 20k+

1 long run 10k+ or ride 30k+

IN THE COMMUNITY

Service@Stowe

Our Volunteering programme will continue to run and we will be encouraging Stoics to look at the world around them, both locally and globally, and consider how they can make a difference to both others and the environment. This may be by engaging with one of the Conservation or Community projects being run by Stowe Staff, or by Stoics researching and starting initiatives of their own. There will, of course, be Stoics who are already supporting their local communities and we would love to hear more about that. Each week we will be producing a Service@Stowe newsletter, which will highlight both volunteering opportunities and also Stoic achievements and engagement in projects. For further details or to offer ideas and support, please contact **Ms Westmoreland** who runs Service@Stowe or have a look at the **Service@Stowe VLE Page**.

THE ARTS

Reading Colours

This term, the Library and the English Department are launching **Reading Colours for the Lower School**. There are three levels (Bronze, Silver and Gold) and the aim is to work your way through the levels as you progress through the School. To start with Bronze, you need to read five works of fiction and complete a series of tasks to demonstrate your understanding of your reading. There are various criteria you need to fulfil, so please read this carefully and make sure you notify Mrs Foden in advance of the **new titles** you intend to read.

This period of lockdown is the ideal opportunity to start engaging with this new initiative; Sixth Formers may well also take some inspiration from the challenge and further their reading too, if they are keen to join in then there are Upper School reading lists on the **Library VLE** pages for those who want to rise to the challenge.

An Online Musical

Mr Munday-Webb, Mr Kingston and Miss Potts are taking the Community Projects Musical Production planned for this term online. They will be meeting on a Thursday afternoon and need plenty of participants to act, sing, dance and also form the production crew. To get involved with this exciting project, please contact **Mr Munday-Webb** and watch out for further details to be emailed shortly.

The Music Department

The Music Department will be running a series of performance projects and it is hoped that many pupils will want to contribute! Ensemble recordings are very challenging virtually, but we will be selecting pupils to be involved in creating such performances throughout the term. Any Stoic who wants to be involved as a soloist, or ensemble member, is very welcome to put themselves forward, or make any suggestions of activities by contacting **Mr Greene**. The following will be happening across the term:



INSTRUMENTAL & SINGING LESSONS

All instrumental and singing lessons will continue virtually throughout the term on MS Teams. Teachers will be contacting pupils directly with lesson times but please contact **Mrs Horwood** if any issues arise.

ENSEMBLES

We will be arranging a programme of instrumental and choral ensembles this term. Many of these will be by invitation but please contact **Mr Greene** if you would like to be involved.

PIANO DUETS

Any pianist wanting to participate in piano duets or keyboard-based ensembles should contact **Mr Andrew** to discuss.

SOLO PERFORMANCES

Any Stoic who wants to record themselves performing solo at home should upload a video performance to their School OneDrive account and send the link to **Mr Greene** who will then work with members of the Music Department to prepare it for release. Any pupil who requires accompanying should contact **Mr Andrew** who will endeavour to assist.

INSTRUMENTAL ENSEMBLE COACHING

- MONDAY & FRIDAY 15:30-17:00

Miss Potts will be available on Monday and Friday afternoons to help Stoics prepare their individual ensemble parts through coaching sessions.

VOCAL ENSEMBLE COACHING

- TUESDAY 15:30-17:00

Mr Kingston will be available on Tuesday afternoons to help Stoics prepare their individual ensemble parts through coaching sessions.

THINKING DIFFERENTLY

Cookery

This is one of the easiest ways to develop an essential life skill during a period of Lockdown and simultaneously keep people happy! Try learning a new cookery skill each week, you can base it on a technique, a specific chef, a style of dish or an area of the world. Use the online resources on the VLE or YouTube for inspiration or spend some time flicking through the cookbooks in the kitchen – maybe choose a cookbook a week to work from. Keep a record of the recipes you have achieved and upload them to the VLE to share with others. For other guidance or ideas contact **Mr Jones** or **Dr West**.

You may wish to take advantage of the inspiration offered by the original Stowe Lockdown Cook book, produced during 'Lockdown I', which contains a collection of recipes produced by Staff, Stoics and their families. If you would still like to order a copy of the Cookbook to sharpen your culinary skills during the January lockdown evenings, it can be purchased via the link below. It will of course not be possible to deliver a hard copy until the Lockdown is over, but if you do place an order during lockdown, a PDF version can be emailed to you to use until the hard copy can be sent (although we would ask that this is not shared as we would like to maintain sales of the hard copy!). All profits from the sale of the Cookbook will go to Rainbows Hospice for Children and Young People in Northampton.

Once your order is placed, the PDF version will be emailed to the email address given on your order. To order click [here](#).

Art, Design and Fashion and Textiles

Painting, sketching, arts and crafts or up-cycling some old clothes - all provide good opportunities to get away from the screens (once you have found some inspiration) and find a creative outlet in the afternoons. There are plenty of videos and ideas on the VLE to start you off, but please get in touch with **Miss Trelawny-Vernon** or **Ms Westmoreland** if you want help developing your ideas for a Lockdown Project.



Public Speaking

This is an excellent opportunity for all Stoics to continue to develop their Public Speaking skills and build on the lessons they have learnt from the Model United Nations sessions and the Inter House Debating Competitions. There will be a new topic to work on each week and contributions can be uploaded directly to an online platform. Get in touch with **Miss Stafford-Smith** and see the VLE for further information and to get involved.

Chess

Lockdown offers a perfect opportunity to learn the game or develop existing skills and strategies. There are plenty of ideas on the VLE to get you started, but please get in touch with **Mr Parnaby** for further direction or to join the Stowe Club on www.chess.com

Coding

A fun opportunity to learn new programming skills with Mr Gupta. Previous projects have included building Apps for Departments and looking at finding other solutions for School projects. Ideal for those who wish to learn the basics of a pretty useful 21st Century skill. To join the group, please get in touch with **Mr Gupta**.



Robotics

The Robotics Team has been working hard over the course of this year to prepare for future competitions, Mr Thompson will continue to work with the team to continue to develop designs and strategy. Please get in touch with **Mr Thompson** to join the team and start work on the next winning design.

Warhammer

Warhammer provides another great opportunity to lose yourself in another world of both creativity and strategy. Get in touch with **Mr Matthews** for help to get started or for those wishing to develop their game. He is always keen to bring groups together for discussion, painting and a game.

Prayer and Discussion Groups

Once again, Revd Mullins, Mr Austen and Mr Griffin will be catering for our spiritual needs. Please do take the opportunity to join them for prayer and discussion groups as detailed below. Unfortunately, as we return to the virtual platform, you will need to provide your own refreshments!

Crossfire

Friday at 5pm - please contact **Mr Austen** to be added to the Team.

Bibles and Brownies - Junior School Bible Study

Thursday at 12.05pm - please contact **Mr Griffin** to be added to the Team.

Irn Bru - Sixth Form Bible Study

Tuesday at 5pm - please contact **Revd Mullins** to be added to the Team.

Photography

The easy availability of high-quality cameras and editing software makes exploring the world of photography a great creative outlet during Lockdown. There is plenty of guidance available online for those wishing to research the perfect composition. **Ms Eisenhut** is always available to offer further guidance and she will be releasing details of further Photography Competitions in due course.



LSAS

The Lower School Academic Scholars' Programme will continue to run during the period of lockdown and will be led by **Dr Potter**. Sessions will run on a Wednesday afternoon from 4-5pm and Dr Potter will be in touch with members of this group directly with details. We will continue to run LSAS activities regularly during the lockdown, as well as providing individualised support and advice on extension for all of our Academic scholars. The Fifth Form LSAS pupil will continue to meet with Mrs Murnane and the Heads of Department in their areas of interest, and the Third and Fourth Form LSAS pupils will be divided into three groups of 8-10 pupils, with each group assigned an LSAS Tutor who will meet with them regularly to enable small group discussion and individualised advice. In addition, all Third and Fourth Form LSAS pupils will be expected to attend the Wednesday visiting speaker seminars from 4-5pm being run through Open Minds (Fifth Form LSAS members are also encouraged to attend).



OPEN MINDS

Open Minds is a programme designed to provide academic extension opportunities for all Stoics in the Third, Fourth and Fifth Form, regardless of ability or level of attainment. Over the lockdown period we hope to run a series of live online seminars where visiting speakers will present to the group and then lead a discussion. These are planned for Wednesday afternoons, between 4-5pm, and a schedule will be circulated shortly. There will also be guidance posted on the VLE as to other extension opportunities such as optional online lectures, courses and open competitions, as well as links to places to find interesting and accessible extension reading and podcasts.

If you would like to receive regular updates about Open Minds, please email **Dr Potter**.



Lower Sixth History Society

This term the History Society will be aimed at supporting Lower Sixth pupils who wish to enter this Essay Writing **Competition**. Please contact **Mr Griffin** directly to discuss your ideas and how you can develop your entry.

International Society

The International Society is a Stoic-led group which aims to promote an awareness and understanding of different cultures and lifestyles. We hope to encourage people to celebrate the huge diversity we have within the Stowe community. The group is open to all Stoics, not only those who come from outside the UK. We will be organising and running events which help us learn more about the similarities and differences between different communities within the School. Please contact **Miss Shah** or see the **VLE** if you would like to be involved in this initiative.



Online Courses

There is obviously a wealth of courses and qualifications available online for those Stoics who feel that this is the ideal time to develop their experience and their CV. This can be anything from basic photography to courses to prepare for study at university. The following page on the VLE is a good place to start researching what is available **General Online Courses**. If you have any questions or would like a bit of further guidance in this area, please contact **Mr Floyd**.