

PETER SYMONDS COLLEGE
SPORTS AND ACTIVITIES MAGAZINE
FOR 2023 ENTRY

ENRICHMENT

SPORTS AND ACTIVITIES

From health and wellbeing to debating and sports team trials, find everything you need to know in this guide.

OUTSIDE THE CLASSROOM

With competition for university places, apprenticeships and good jobs so strong, we focus on helping you develop outside the classroom, as well as within.

WELCOME

TO THE SPORTS AND ACTIVITIES PROGRAMME

At Peter Symonds we have an outstanding range of opportunities outside the classroom, with over 170 different activities on offer. We are confident you'll find something you enjoy, along with the chance to meet new friends. Seize this opportunity to perform, volunteer or get involved with sport, exercise or music – it's our College way of life.



Luca Reid
Karting

George and Paris
Dance Team

Neave O'Sullivan
Fencing



SPORTS TEAM TRIALS

If you are a skilled and dedicated sports performer, please try out for one of our many College teams. Team trials are held every year before the start of the Autumn term and are your only opportunity to be considered for any team. Trial dates are published a year in advance, so make sure you save the date: we can't wait to see you there!



FRESHERS' FAIR

Our Enrichment Programme starts even before you join the College. On Welcome Day in June we hold the Freshers' Fair in the Mercers Sports Hall. This is a great opportunity to find out about the range of enrichment activities we offer, speak to students who are promoting their activities and find out how you can become involved.

OUR ENRICHMENT PROGRAMME

With competition for university places, apprenticeships and desirable jobs as strong as ever, we place great importance on developing you outside the classroom as well as within.

Most university admissions staff believe that involvement in extra-curricular activities and enrichment programmes play an increasing role in their decision-making, when students compete with similarly-qualified students for a course.

Your commitment is to be involved in at least **one enrichment activity each term** which will make up part of your timetable. Your participation in the programme will be included in your overall attendance at College. You will have the opportunity to change your choice of enrichment activity every term.

This could mean anything from participating in the Duke of Edinburgh's Awards, playing in an orchestra or representing the College in a sport, to volunteering in the local community.

At Peter Symonds we aim to offer the broadest range of activities where you will have the opportunity to:

Participate in different enrichment activities throughout the year.

Learn new skills.

Be involved in, and connect with, college life.

Meet new friends.

Explore new interests.



Subina and Chelsie
Singing

Leon Chappell
Skateboarding

Lily Beck
Rec Basketball

“We want a balanced student, not just a student who is academically good, but one who has a wider experience of life in general.”

University admissions,
Sheffield Hallam University

ENRICHMENT AND RECREATIONAL ACTIVITIES

You do not need to be studying a related subject to join the majority of our enrichment activities. However, for most subject-specific courses (including some music and language activities) you do, and this will be specified when you sign up.

In 2022 we offered the following activities as part of the Enrichment Programme. Visit Freshers' Fair on Welcome Day to find out more!

Daisy Fisher
Sustainability and Climate Change



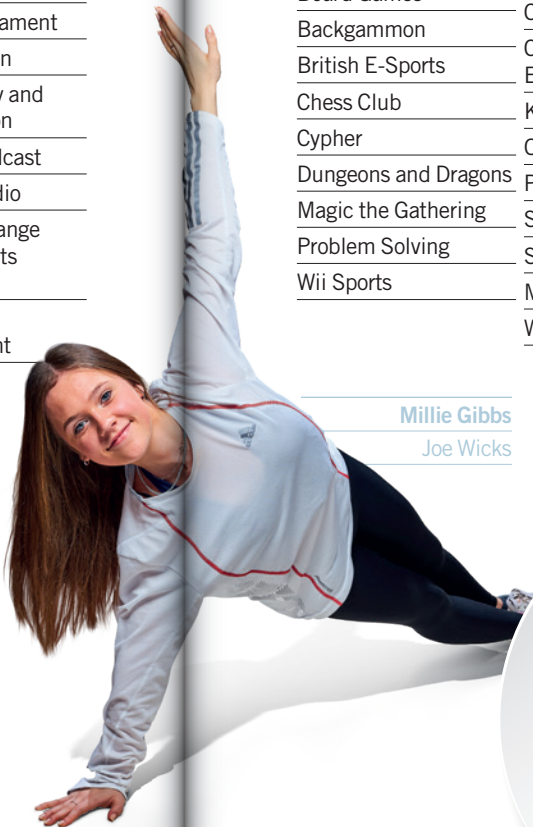
Jakub Kowalski
Architecture and Spatial Design

ACCREDITED COURSES AND EXTERNAL QUALIFICATIONS	ART AND LITERATURE	CONNECT
Level 3 Higher Sports Leaders	Hand Lettering and Calligraphy	Afro Caribbean Society
Dance Leaders Level 2	Creative Writing/Poetry Discussion	Amnesty International
Duke of Edinburgh Silver	English ETC	Christian Union
Duke of Edinburgh Gold	Life Drawing	Debating Society
First Aid	Dance Team Hair and Make Up	Gender & Sexuality Alliance
LAMDA	Dance Team Technical Team	Global Awareness
Level 2 Supporting Teaching and Learning	Sensibility Magazine	Hong Kong Society
Level 3 Supporting Teaching and Learning	Symonds News	Islamic Society
ICM Level 2 in Psychology	CHARITY AND FUNDRAISING	Jewish Society
	PSC Volunteers	Model UN
	PSC Homeless	NFL Club
		Practical Archaeology
		Student Parliament
		Student Union
		Sustainability and Climate Action
		Symonds Podcast
		Symonds Radio
		Voices for Change (Human Rights Initiative)
		Women's Empowerment

FILM AND TV	LANGUAGES	PERFORMANCE	Gym	SPORTS TEAMS	INTRODUCTION TO PROGRAMMING
Classics on Film	French Conversation Year 1	A Company of Fools	Gym for Boarders Only	See p6	Medical Ethics
Economics TV and Film Club	French Conversation Year 2	Drama Production	HIIT Workout		Debate Society
True Stories – Film and TV Representations of Real Events	German Grammar and Conversation	Audition Preparation	High Intensity Conditioning		Natural History
Health and Social Care Issues in Films	Italian Conversation	Dance Team	Indoor Cricket		Personal Finance
International Films	Spanish Conversation		Joe Wicks Full Body Workout		Physics Extension
Psychology Film Club			Lower Body Blast		PPE
Sociology Documentaries			Rec Lacrosse		Vets Society
			Rec Netball		Year 1 Extension Maths
			Pilates		Year 2 Extension Maths
			Rec Rugby		
			Run Club		
			Sailing Club		
			Self Defence		
			Rec Squash		
			Skateboarding and BMXing		
			Talented Athlete Sports Hub		
			Team 19 5-a-side Football League		
			Tennis Development Squad		
			Table Tennis		
			Rec Tennis		
			Rec Volleyball		
			Yoga		
			Zumba		

GAMES
Board Games
Backgammon
British E-Sports
Chess Club
Cypher
Dungeons and Dragons
Magic the Gathering
Problem Solving
Wii Sports

Millie Gibbs
Joe Wicks



The Enrichment Department welcomes ideas from students, so if there is an activity we do not offer and that you would like to organise, please email enrichment@psc.ac.uk

Dom Clifford
Wii Sports



“The majority of employers felt that leadership positions, organisational roles and other positions of responsibility within sports clubs and societies were particularly beneficial in providing ‘added’ value for graduate employability.”
Association of Colleges, Sports Industry Research Centre, Sheffield Hallam University

SPORTS TEAMS

We can't be beaten for competitive sport opportunities. Our coaching staff include professional athletes and trainers who ensure our sports teams and individuals achieve their very best representing the College at both regional and national level.

SPORTS
TEAM TRIALS:
29 AUG TO 1 SEPT
2023

TEAM TRIALS

Selection for our teams is determined by sports team trials only. Dates of trials are published a year in advance and are available at Open Evenings, on the College website, on our Facebook, Twitter and Instagram accounts.

Team Trials are the only chance you have to apply for a team place. Therefore, please do not book holidays for these dates. If you have any queries please email the Sports Teams Co-ordinator: sjones@psc.ac.uk

You may trial for more than one sport if the Team Trials schedule allows. However, if selected for more than one team, you will have to decide which College team you wish to represent.

Tom Crowley
Cricket

Daisy MacLeod
Football



SELECTION CRITERIA

The selection criteria for most of our sports teams is very high, with the majority of our team members playing at club and often county levels. If in a 'ranked' sport, the team coach may well include this as part of the selection process. However, some of our teams are keen to introduce more players to their sport; further details of these squads are available at Open Evenings and on our social media. If you have any queries please email the Sports Teams Coordinator: sjones@psc.ac.uk

TEAM COSTS

Sports Team players pay an annual subscription fee and also buy their own kit. The costs of participating vary depending on the sport. Annual costs will be confirmed upon selection.

TALENTED ATHLETE SUPPORT HUB

The Talented Sports Performer Scheme is open to all students who compete at national level or above in their sport. It offers a mentoring programme to help our talented athletes balance the demands of their academic studies and training. We have links with Southampton Solent University's High Performance Academy.

Ted Dines
Volleyball



Athletics and Cross Country	Football: Men's and Women's	Rugby: Men's and Women's
Badminton	Futsal	Skiing
Basketball: Men's and Women's	Golf	Squash
Cheerleading	Hockey: Men's, Women's and Mixed	Swimming
Cricket	Karting	Table Tennis
Dance Team	Netball	Tennis
		Volleyball: Men's, Women's and Mixed

TEAM ACHIEVEMENTS

With 41 sports teams covering 19 different sports, we have a phenomenal list of sporting achievements. Our successes, whether local, national or international, are regularly featured in the local media. Here are some of the highlights from our most recent season.

RESULTS IN 2021/22

Athletics/Cross Country

8 Cross Country runners qualified for the AoC National Championships, winning Gold in the Men's and Women's events

Four female students represented Hampshire Schools at the English Schools Cross Country Championships: Lily Neate (28th), Amelia Moore (72nd), Charlotte Despard (135th), Natalya Smith (168th)

Badminton

Winners of the AoC National Cup
7 students qualified for the AoC National Championships – Gold medal winners
Winners of the South East AoC League

Cheer

Winners of the BCA Cheer Summer Showdown Senior Prep Level 1

Dance

Winners of the Concept and Technical Awards at the Dance Live Heats

Golf

Runners up in the AoC South East League
Ewan MacBride second in the Net Competition of the AoC South East League
Ellie Mans winner of the Girls Under 18 Hampshire Golf Championship

Karting

National BSKC Finalists

Men's Football

3rd Team: Runners up in the Hampshire Cup
1st Team: 4th in the Hampshire Premier League
3rd Team: 3rd in Hampshire League 1

Men's Hockey

National Indoor Super 6s Championships finalists
EH Tier 1 quarter finalists
AoC National Men and Mixed Cup winners

Men's Rugby

Winners of the Hampshire Cup
4th place in the AoC National Championships
2nd in AoC South East League A

Netball 1st

Winners of Hampshire League 1

Netball 2nd

Winners of Hampshire League 2

Netball 3rd

3rd place in Hampshire League 2
Winners of the 2nd Team Versatility Tournament

Netball 4th

Winners of Hampshire League 3

Tennis

5 players qualified for the AoC National Championships, where the team won Bronze medals

Volleyball

Women's Volleyball qualified for the AoC National Championships
Finalists in the AoC Women's National Cup, silver medal winners

Please note these team achievements are not fully complete and only cover the season up to the time of publishing.

Women's Basketball

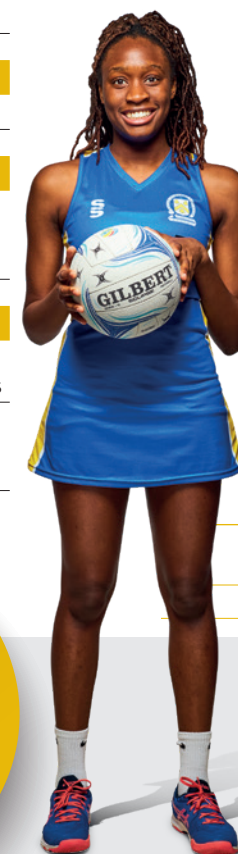
Qualified for the AoC National Championships, winning Silver medals

Women's Hockey

AoC National Mixed Cup winners

Women's Rugby

Winners of the Plate Competition at the Rosslyn Park 7s tournament
Winners of the Hampshire Cup



Zahra Kateregga
Netball

Check out what our sportsmen and women have achieved on the Sports Teams social media pages.



Peter Symonds
College Sports Teams



@PSC_SportsTeams



@psc_sportsteam

ADDITIONAL QUALIFICATIONS

AND NATIONALLY RECOGNISED COURSES/AWARDS

You can express your interest in enrolling on these courses either on your student account after the Welcome Day, during academic enrolment in August, or by emailing the Enrichment Team on enrichment@psc.ac.uk. Courses are available subject to the number of enrolments.



“Managers and teachers provide students with a wide range of enrichment activities that broaden the knowledge and skills they acquire in the classroom.” Ofsted

“While attending clubs you’re interested in, it’s nice to meet like minded people. I’ve made friends I wouldn’t have done otherwise if I hadn’t done any enrichment. I think of First Aid as a sort of ‘break’ from my academic studies. Something to look forward to and to also gain skills for my future.”

Aditi Keralapura Yoganarasimha

DUKE OF EDINBURGH’S AWARDS: SILVER AND GOLD

Are you ready for a challenge that will stretch your mental and physical capabilities? Duke of Edinburgh’s Awards are a fantastic personal development opportunity and look amazing on your UCAS application or CV. We run the Silver and Gold Awards in conjunction with Hampshire DofE. One session per week in college, plus training days and weekends and a final expedition of four to six days.

Both of the DofE Awards require a very high level of personal commitment. Before enrolling you should carefully consider whether you can be organised and committed enough to balance the demands of the DofE Award alongside the high requirements of A Level academic study.

LEVEL 2 AND LEVEL 3 CERTIFICATES IN SUPPORTING TEACHING AND LEARNING

These courses are one session per week. Designed to provide you with the knowledge and skills needed when working directly with children and young people in school or college environments. The Level 2 course includes practical work experience within a school environment.

The courses are aimed at learners whose career goal is to support pupils’ learning in primary, secondary or special schools, as well as colleges. The Level 2 course needs no previous experience.

The Level 3 course requires you to have the Level 2 Certificate, or have had extensive work experience within an educational setting. The award further explores the development of the learner, safeguarding, supporting bilingual learners and children and young people with special educational needs and disabilities.

DANCE LEADERS LEVEL 2

Dance Leaders Level 2 involves a lesson of two hours per week of learning how to deliver safe and inclusive dance activity sessions. Units include building leadership skills, planning, leading and evaluating dance activity sessions, assisting in the planning and leading of a dance event and dance choreography. Leaders are required to deliver five hours of dance to their peers to complete the course.

MUSIC THEORY: GRADE 5

Grade 5 Theory from the Associated Board of the Royal School of Music, covering the study of musical notation and all the basic keys and chords. Aimed at students who want to take an instrumental exam beyond grade 5, who need a Grade 5 Theory certificate as an entry requirement, and for any music students who have yet to take their Grade 5 Theory exam. The course involves two classes per week with the fee paid by the College.

LAMDA SPEAKING IN PUBLIC

One session per week. LAMDA is a Level 3 accredited exam. The Speaking in Public pathway is an excellent opportunity to increase your chances at interviews and develop confidence in communication skills. The exam consists of preparing two contrasting speeches on topics of your own choice that can be linked to any area of study or a personal passion. This course attracts UCAS points.

ICM LEVEL 2 AWARD IN PSYCHOLOGY (RQF)

This qualification is designed for students aged 16–18 years as an introduction to psychology. The topics that have been chosen are highly relevant to young people and have been developed with input from teachers nationwide and include the study of: Prejudice, Discrimination, Stereotyping, Coping with sleep disruption, Sleep hygiene, and Dreaming. Students enrolling on this qualification are not required to be studying psychology or allied subjects. The aims of the qualifications are to: Gain an insight into the application of psychology in the everyday world; Encourage debate on ethical and practical issues; Build confidence in critical thinking; Develop research skills that can be used in the workplace and/or in further academic studies. The qualification is assessed by a summative single one hour examination; sample assessment materials will be provided. Learners will receive an ICM Certificate entitled ICM Level 2 Award in Psychology (RQF) which is endorsed by Ofqual and an additional qualification as well as enrichment.

EMERGENCY FIRST AID QUALIFICATION

One session per week for a term. A basic first aid course covering incident management, legislation and recognising injuries and illnesses. You will also learn practical skills including CPR, recovery position, primary and secondary survey and bandaging. An excellent qualification for your CV and UCAS application.

SPORTS LEADERS AWARD: LEVEL 3

Two sessions per week. This is a highly practical course that builds leadership skills through sport – working with children, the community and participants with disabilities. Included within the course are First Aid, Safeguarding and various National Governing Bodies (NGB) leadership qualifications. You will be required to volunteer with a range of agencies, such as Active Nation, Active Ability and District Sports, Winchester. This course attracts UCAS points and opens doors both within higher education and the leisure industry.

“Accredited courses help improve your personal profile – it helped my employer see that I had applicable skills despite little previous employment experience.”
Isabel Garling

Isabel Garling
Level 2 Supporting Teaching and Learning



George Cowley
Grade 5 Music Theory



Nate Barker
LAMDA Public Speaking



Aditi Keralapura Yoganarasimha
Emergency First Aid



MUSIC ACTIVITIES

COLLEGE CHOIR

Everyone is welcome to join this choir – you don't need to read music and there are no auditions. Our repertoire is varied across the year, including traditional carols, classical music, jazz and gospel.

WIND ENSEMBLE

You are welcome to play in this ensemble if you play to grade 5 standard or above.

CONCERTO ENSEMBLE

String players at grade 7 or above are welcome to join this group, which performs string ensembles and concertos from the Baroque era to the present day.

Bea Mesley
Symonds Orchestra
Kelso Choir



Daniel Ginn
Brass Ensemble

BIG BAND

The Big Band is an opportunity for players of trumpet, trombone, saxophones, percussion and rhythm-section instruments (guitar, drums, bass, piano) to take part in the performance of a range of exciting jazz arrangements. Players should be of at least grade 6 standard.

SYMONDS ORCHESTRA

The symphony orchestra prepares for two big concerts each year. The orchestra is open to all string players of grade 5 and above; auditions may be held for woodwind and brass.

CONTEMPORARY MUSIC ENSEMBLES

Open to students who wish to further their performance skills on guitar, bass, drums, keyboards and vocals. Students perform regularly in the Contemporary Lunchtime Concerts. Styles include Rock, Pop, Funk, Soul Reggae and Jazz.

PIANO CLUB

This is a performance workshop for all pianists, covering a variety of topics, with performance opportunities for A Level Music students.



The Music Department is keen to welcome as many of you as possible to our activities. Lots of the music activities are open to all, some may hold auditions, depending on the instrument and the number of students interested.

We perform in some exciting venues, including The Winchester Guildhall, Winchester Cathedral, and The 1865 Club.

All A Level Music students are timetabled for at least one music activity. Please visit the Music staff at enrolment to discuss your interest, whether you are a musician or a singer.

LUNCHTIME CONCERTS

Weekly Classical and Contemporary Lunchtime Concerts are held in the Recital Room, College Centre. These are to help A Level Music students and students preparing for assessments and public performances improve their performance skills. Everyone is welcome to come. If you want to perform, please speak to staff in the Music Office.

COLLEGE BRASS

Open to all brass players. We participate in the College Carol Service and in one or two other events during the year. To enjoy playing with this group you should be grade 5 standard or above.

SOUL BAND

Soul band is a medium-sized ensemble that performs soul, R&B and funk music from the past and present. The band is open to horn players and vocalists plus a rhythm section of drums, bass guitar and keyboards. Players should be of a high performing standard; music reading is preferred but not required.



CONNECT

Be part of Symonds' movement towards better student mental health and wellbeing! Connect with our action groups and make a difference; volunteer and give something back, or sign up for our health and wellbeing initiatives and feel good about yourself!



Students involved in the AoC Sport 'Improving mental wellbeing in colleges through physical activity' project recognised the impact of physical activity on their lives. They felt more in control of their stress levels and mental health and more engaged in college life, and their attendance improved.

Lucy Hands
Hub Mentors



Paige Hall
Global Awareness

STUDENT UNION

Student Parliament
Fundraising
Fun events

CHARITABLE FUNDRAISING

PSC Homeless Initiative
Christian Union
Voices for Change
PSC Charities Organisation:
Sports Relief, Comic Relief,
Water Relief

THE HUB

Hub Blog
Hub Mentors
Wellbeing Ambassadors

GLOBAL AWARENESS

Care for your college environment
Re-cycle and re-use
Promote college eco-sustainability

SPORTS DEVELOPMENT TEAM

Provide sport in college
Volunteer to help with sport in the community
Develop your sports coaching skills

HEALTH AND WELLBEING INITIATIVES

Colour Therapy
Yoga and Pilates
Health and Wellbeing Week
Relaxation and Meditation
Mindful Meditation

GYM MENTORS

Assist others in the gym
Be a workout buddy
Develop your fitness
Develop your coaching skills

UGANDA EXPEDITION

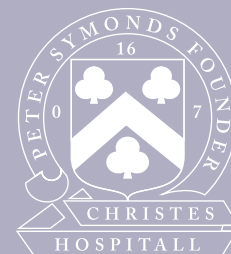
Charitable purposes:
Fundraise and implement sustainable community projects.
Personal Skills Development:
Design, plan, budget and fundraise for this student-led expedition over nine months before departure. Live and work with a local community during your stay.
Gain an understanding of sustainable development, agriculture, water resources, subsistence energy, wildlife conservation and primary healthcare.

SYMONDS NEWS

Write for the College student newspaper, develop journalistic skills and publish articles College-wide.



Details of all groups are available at Open Evenings, Freshers' Fair on Welcome Days, at enrolment in August and via the Peter Symonds College Activities Facebook page.



Amaan Khan

Rugby



Alice Little

Netball and Basketball

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EQUAL OPPORTUNITIES

The College is fully committed, in all of its functions and activities, to eliminating unfair discrimination, to promoting equality of opportunity and fostering good relations between people of different groups, including groups characterised by age, disability (physical and mental health), gender re-assignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

We take active steps to promote equality of opportunity and celebrate diversity and will take action to prevent racial or sexual harassment, sexist or racist jokes and insults, bullying and any other form of intimidation or discrimination. We are committed to ensuring that disabled people (including those with medical conditions) are treated fairly. We will make reasonable adjustments to provision to ensure that anyone with a disability is not disadvantaged.

The College expects all students to show consideration and respect for others, in keeping with fundamental British values: democracy, the rule of law, individual liberty and mutual respect, and tolerance of those with different faiths and beliefs. These are also values shared by many throughout the world.

“Playing rugby at Symonds had an amazing impact inside and outside of college. On the pitch, I was able to de-stress from any upcoming tests and enjoy playing the sport I love. If I weren't playing rugby, I'd probably have felt a lot more stressed about my A Levels, so I'm glad I got this opportunity.”

“Playing both netball and basketball at college enabled me to make new friends whilst playing at a competitive level. The amazing coaches and regular fixtures gave me a release from my studies. Representing the South East at the AOC National Championships for Symonds was a great accomplishment and I made endless memories with everyone involved.”

For more information,
find us on social
media, or contact us:

01962 857576
enrichment@psc.ac.uk
www.psc.ac.uk



Peter Symonds
College Enrichment



Peter Symonds
College Sports Teams



@PSC_SportsTeams



@psc_sportsteam



Peter Symonds College
Owens Road, Winchester,
Hampshire. SO22 6RX.

01962 857555
admissions@psc.ac.uk
www.psc.ac.uk