

INSPIRE

What is Inspire?

A school isn't just a place to learn a specialist subject. Of course, learning any subject is valuable, but likewise so is being exposed to numerous opportunities to take part in activities you wouldn't normally have the opportunity to do during a "normal" school day. Well, here at Baysgarth School we are committed to giving our students the chance to experience a range of projects which will truly inspire students and teach them skills in responsibility, respect and resilience they maybe wouldn't get in a normal classroom setting.

What next?

You now need to choose which Inspire projects you would like to complete. This booklet will give you more information about the projects we are running and what you would be doing in these sessions. Make sure you read the booklet carefully. The more informed you are, the higher the likelihood will be that you will pick a project that is enjoyable, challenging and most importantly, inspiring.

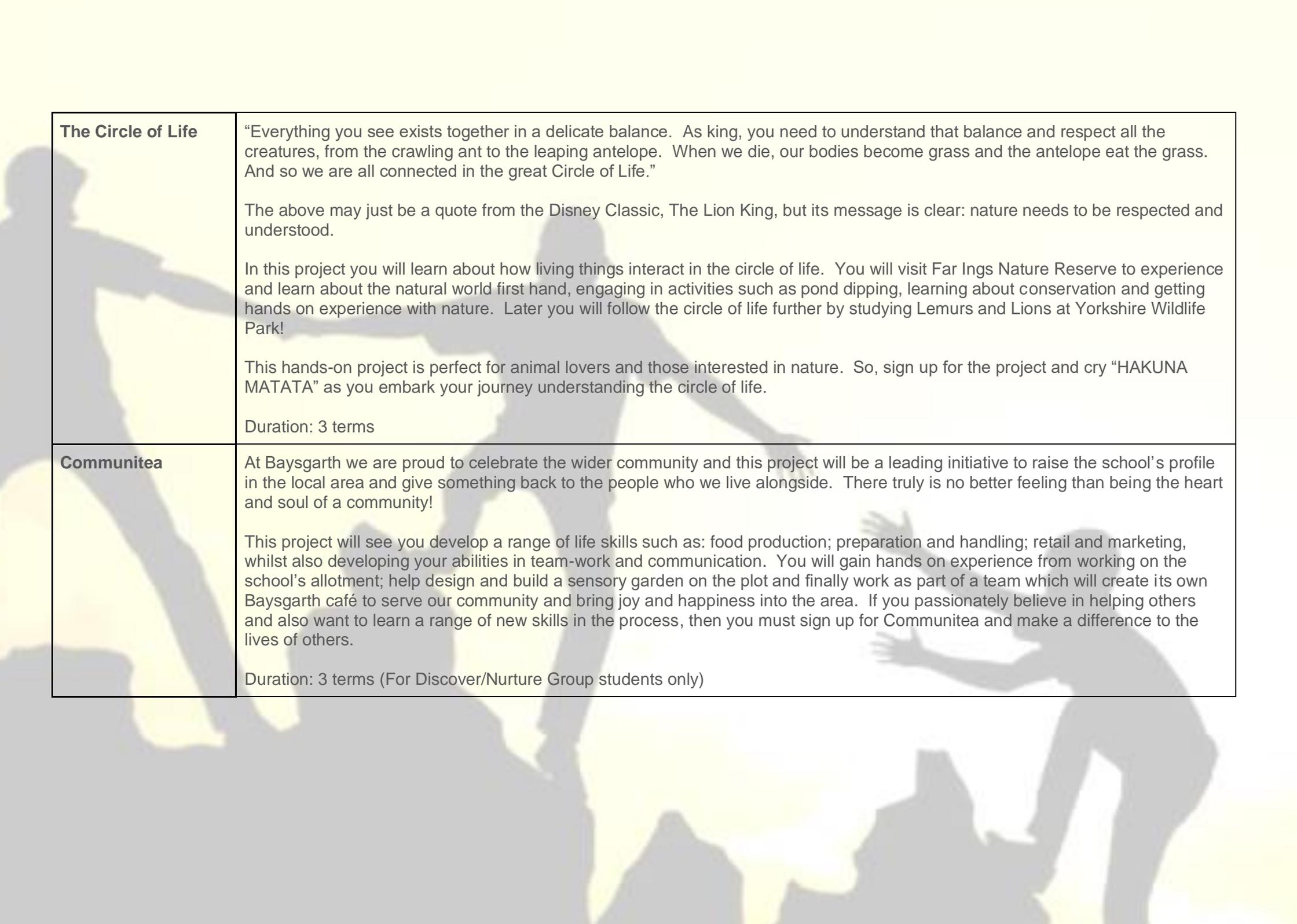
INSPIRE PROJECT LIST

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| Archaeology Adventurers | The Baysgarth Ensemble |
| The Book Buzz Club | Cake Decorating |
| Card Making | Chess Club – The Battle of Minds |
| The Circle of Life | Communithea |
| Couch to 10k | Digital Animator |
| Digital Games Developer | Escape Room |
| Fashion and Textile Design | Football Coaching |
| Future Chef | Green Power Racing |
| Gym Fitness Club | Heroes and Villains |
| Italian Club | Jewellery Making |
| Language Leaders | Military Model Building Club |
| Mock Trial | Pop-up Craft Fair |
| Psychology – What Makes Us Tick? | SAS Expedition |
| Silk Painting | Sports Leaders |
| Street Golf | Stress Management and Mindfulness |
| Rookie Lifeguard | Tapathon |
| ‘The Oscars’ Movie Making Project | Zumba, HIIT and Boxercise |

PLEASE CHOOSE SIX PROJECTS IN ORDER OF PREFERENCE.

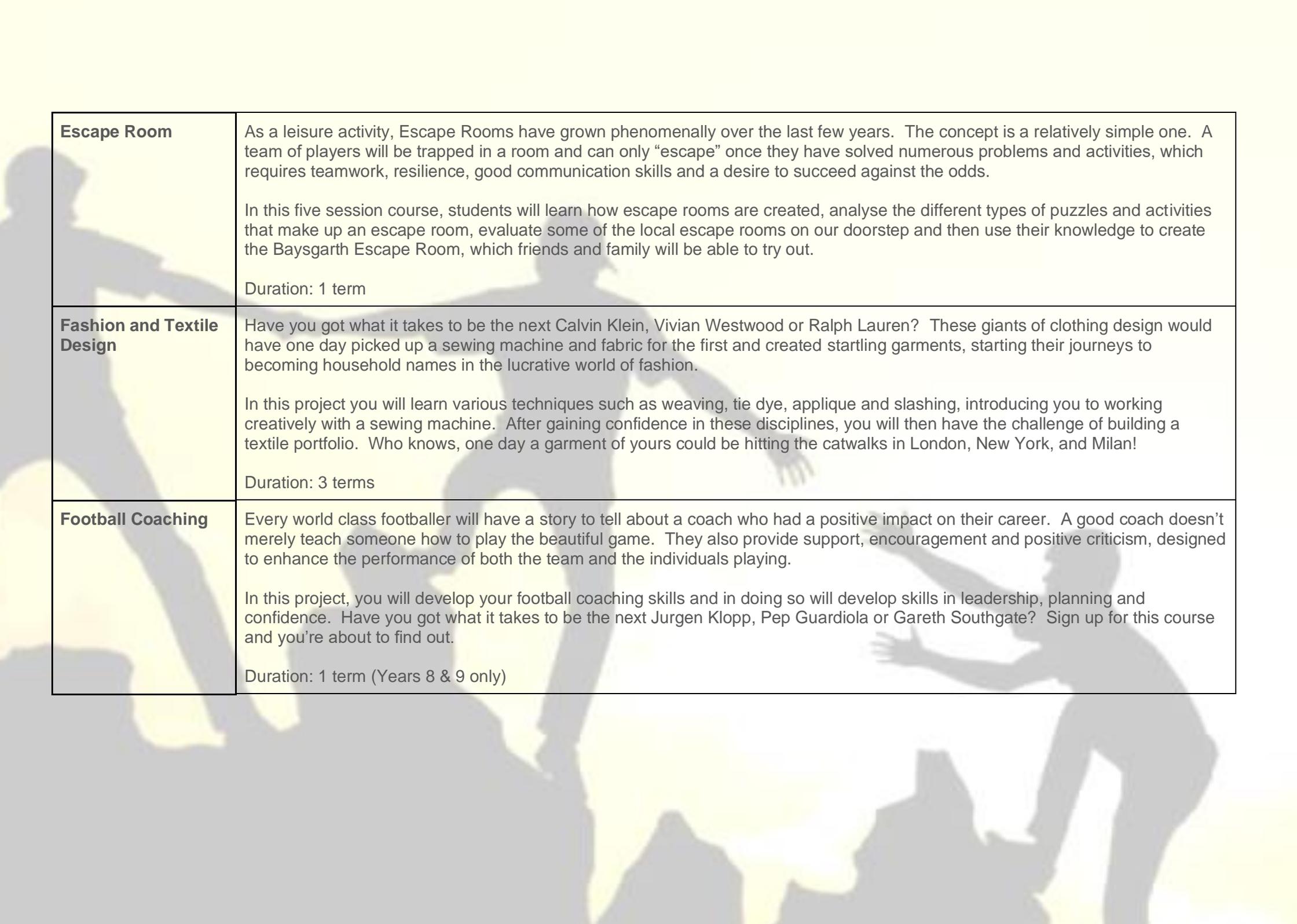
| Inspire Title | Overview |
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| Archaeology Adventurers | <p>Indiana Jones may well be an all-action fearless hero, but behind it all he has a burning passion to discover the past through archaeology. He knew that under the ground numerous treasures remained undiscovered which would allow us to make more sense of the world and humanity.</p> <p>In this project you will go on an archaeological journey where you will learn about artefacts from the past, processes such as mummification and make your own ancient coins. You may even stumble across some Aztec poo!</p> <p>Duration: 1 term</p> |
| The Baysgarth Ensemble | <p>The impact music has had on humanity is huge. Bands such as The Beatles triggered huge social change in the 1960s, whilst artists such as Marvin Gaye continue to inspire generations. In short, music really does make the world go round.</p> <p>Do you fancy yourself to be the next Ed Sheeran, Mark Ronson or Billie Eilish by creating, performing and recording your own music? This project will give you the opportunity to produce your own music - who knows, it could be the start of a wonderful journey. "From Baysgarth to the Brit Awards", sounds exciting doesn't it?!</p> <p>Duration: 3 terms</p> |
| The Book Buzz Club | <p>The American novelist George R.R Martin once stated that, "A reader lives a thousand lives before he dies...The man who never reads lives only one," and he was absolutely correct. Reading opens so many avenues to young people. It allows one to lose themselves in other worlds, immerse themselves in different cultures and experience a number of different human emotions, all due to the crafting of language. It is a proven fact that reading is also great for mental wellbeing.</p> <p>The key principle of The Book Buzz Club is to provide a place where readers can get together and share their passion for reading. This project aims to inspire you to read different types of books, develop confidence when discussing a book's merits with your classmates and create a buzz of excitement every time we pick up a book which YOU choose to read. If you love reading, then look no further. The Book Buzz Club is definitely for you!</p> <p>Duration: 1 term</p> |

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| Cake Decorating | <p><i>The Great British Bake Off</i> has become a national television treasure, at one time drawing an average audience of more than 13 million. The British love their cake, but one area that often gets neglected in kitchens across the country is the decoration and presentation of a cake. This creative part of cake-making is crucial as it is the eye that draws someone to purchasing a Victorian Sponge, Cherry Bakewell or Almond Tart.</p> <p>If you have an eye for detail and would love the chance to design and decorate your own cake, then you seriously need to sign up for this project. Throughout the course you will look at making different types of icing and using them to pipe letters and basic decorating shapes. From there you will look at how to successfully cover a cake in icing so that it is smooth and professional. You won't be expected to bake a cake as you will be working with polystyrene. So don't worry about any soggy-bottoms. If you're creative and want to try something completely new, then sign up for this project!</p> <p>Duration: 1 term</p> |
| Card Making | <p>Every single one of us has at one time or another received or given a card to somebody. Whether to wish happy birthday, say thanks, give sympathy or just to tell someone you are thinking of them, cards are a huge part of our culture. The sale figures back this up. Did you know that last year the UK spent £1.7 billion on greeting cards?! This huge sum proves that the making of cards is a lucrative business.</p> <p>However, nobody wants to purchase a card that lacks a certain "wow" quality. The most popular cards are carefully designed with love and care. In this project you will get the chance to research, design and create your own cards, developing skills in creativity, design and communication along the way. Who knows, maybe one day you'll see your own work in card shops across the world. How rewarding would that be?</p> <p>Duration: 1 term</p> |
| Chess Club – The Battle of Minds | <p>The famous French mathematician Blaise Pascal stated that, "chess is the gymnasium of the mind" and you can see why. Dating back to the 6th century, the game of chess is widely recognised as the most competitive sport of concentration and strategy played by mankind.</p> <p>In this project, you will learn to play chess, developing both strategic and logical thinking whilst building resilience. Chess Master, Garry Kasparov claimed that, "Few things are as psychologically brutal as chess." Have you got the ability to take on this challenge? If so, make your move!</p> <p>Duration: 1 term</p> |



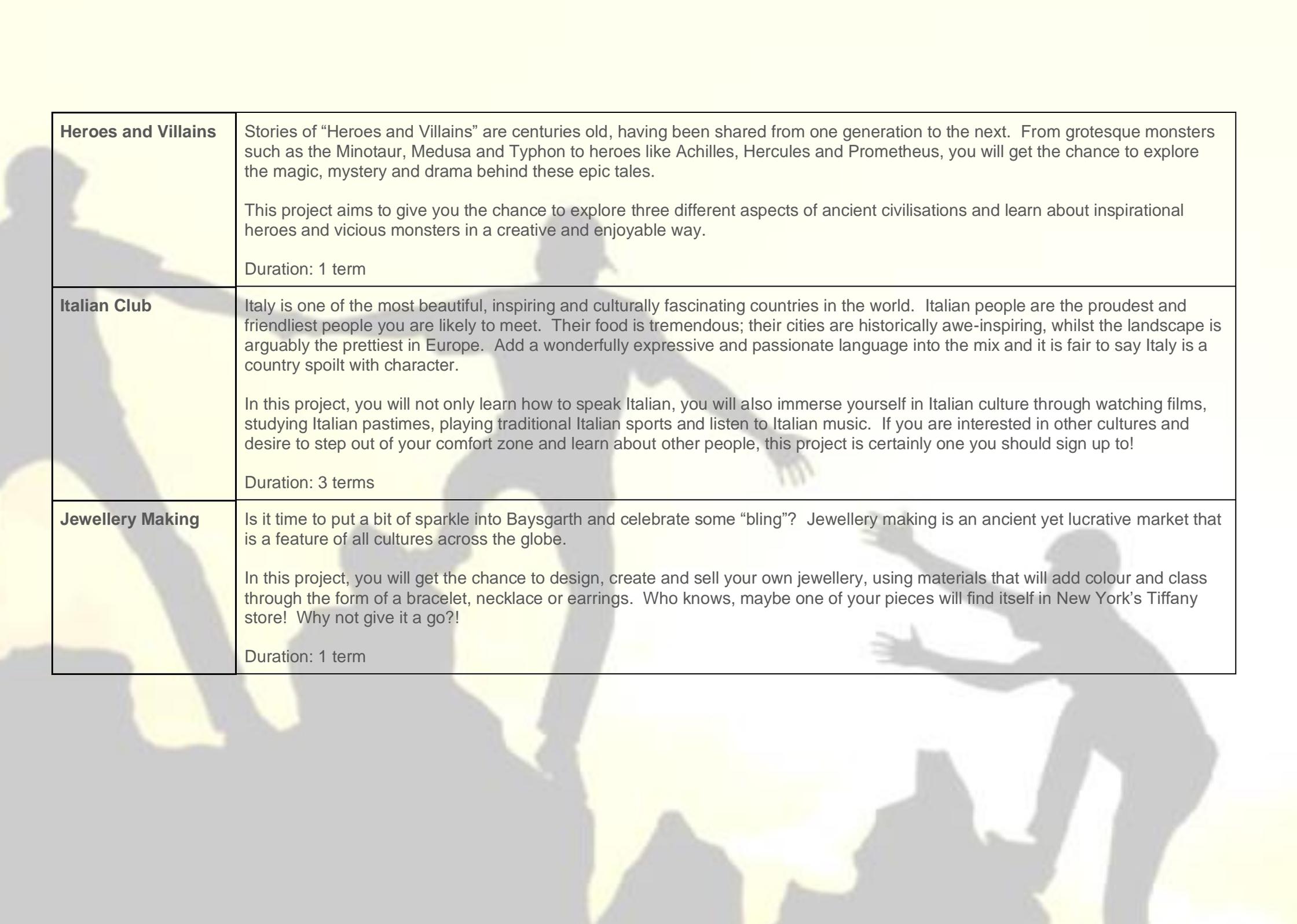
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| The Circle of Life | <p>“Everything you see exists together in a delicate balance. As king, you need to understand that balance and respect all the creatures, from the crawling ant to the leaping antelope. When we die, our bodies become grass and the antelope eat the grass. And so we are all connected in the great Circle of Life.”</p> <p>The above may just be a quote from the Disney Classic, The Lion King, but its message is clear: nature needs to be respected and understood.</p> <p>In this project you will learn about how living things interact in the circle of life. You will visit Far Ings Nature Reserve to experience and learn about the natural world first hand, engaging in activities such as pond dipping, learning about conservation and getting hands on experience with nature. Later you will follow the circle of life further by studying Lemurs and Lions at Yorkshire Wildlife Park!</p> <p>This hands-on project is perfect for animal lovers and those interested in nature. So, sign up for the project and cry “HAKUNA MATATA” as you embark your journey understanding the circle of life.</p> <p>Duration: 3 terms</p> |
| Communithea | <p>At Baysgarth we are proud to celebrate the wider community and this project will be a leading initiative to raise the school’s profile in the local area and give something back to the people who we live alongside. There truly is no better feeling than being the heart and soul of a community!</p> <p>This project will see you develop a range of life skills such as: food production; preparation and handling; retail and marketing, whilst also developing your abilities in team-work and communication. You will gain hands on experience from working on the school’s allotment; help design and build a sensory garden on the plot and finally work as part of a team which will create its own Baysgarth café to serve our community and bring joy and happiness into the area. If you passionately believe in helping others and also want to learn a range of new skills in the process, then you must sign up for Communithea and make a difference to the lives of others.</p> <p>Duration: 3 terms (For Discover/Nurture Group students only)</p> |

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| Couch to 10k | <p>Do you fancy getting fit and challenging yourself to see how much your body can endure? Do you want to start getting into positive routines and educate yourself about choosing a healthy lifestyle? If the answer is yes, then make sure you put your name down for “Couch to 10k”.</p> <p>This project aims to get students out into the great outdoors and eventually run up to 10k. You’ll also learn crucial information about diet and nutrition, both of which are vital if you are to remain fit and healthy. Don’t worry if you think running 10k is too much for you at this stage; this project takes into account everyone’s starting points. Who knows, you could be the next Mo Farah. Why not gun for gold and give it a go!</p> <p>Duration: 1 term</p> |
| Digital Animator | <p>Nearly everything we see on television has some aspect of digital animation. In a world where digital technology is becoming more sophisticated, this project will allow you to learn the basics of animation through programs such as Pivot and expose you to industry techniques such as stop motion graphics. By the end of the project you will have developed the skills you would need to develop your own animations.</p> <p>If the digital world interests you and you’re keen to explore your creativity in a field where you wouldn’t normally get the chance to in mainstream lessons, then this project has been designed for you!</p> <p>Duration: 1 term</p> |
| Digital Games Developer | <p>Games development is one of the fastest growing and most lucrative industries in the world. This is your chance to be develop your knowledge of the industry and start a journey towards making your own computer games. Do you want to be the person who designs the next COD? Fancy creating the graphics for future FIFA games? Well you have to start somewhere! Log-in to this Inspire project for a truly inspirational insight into the world of digital games development.</p> <p>Duration: 1 term</p> |



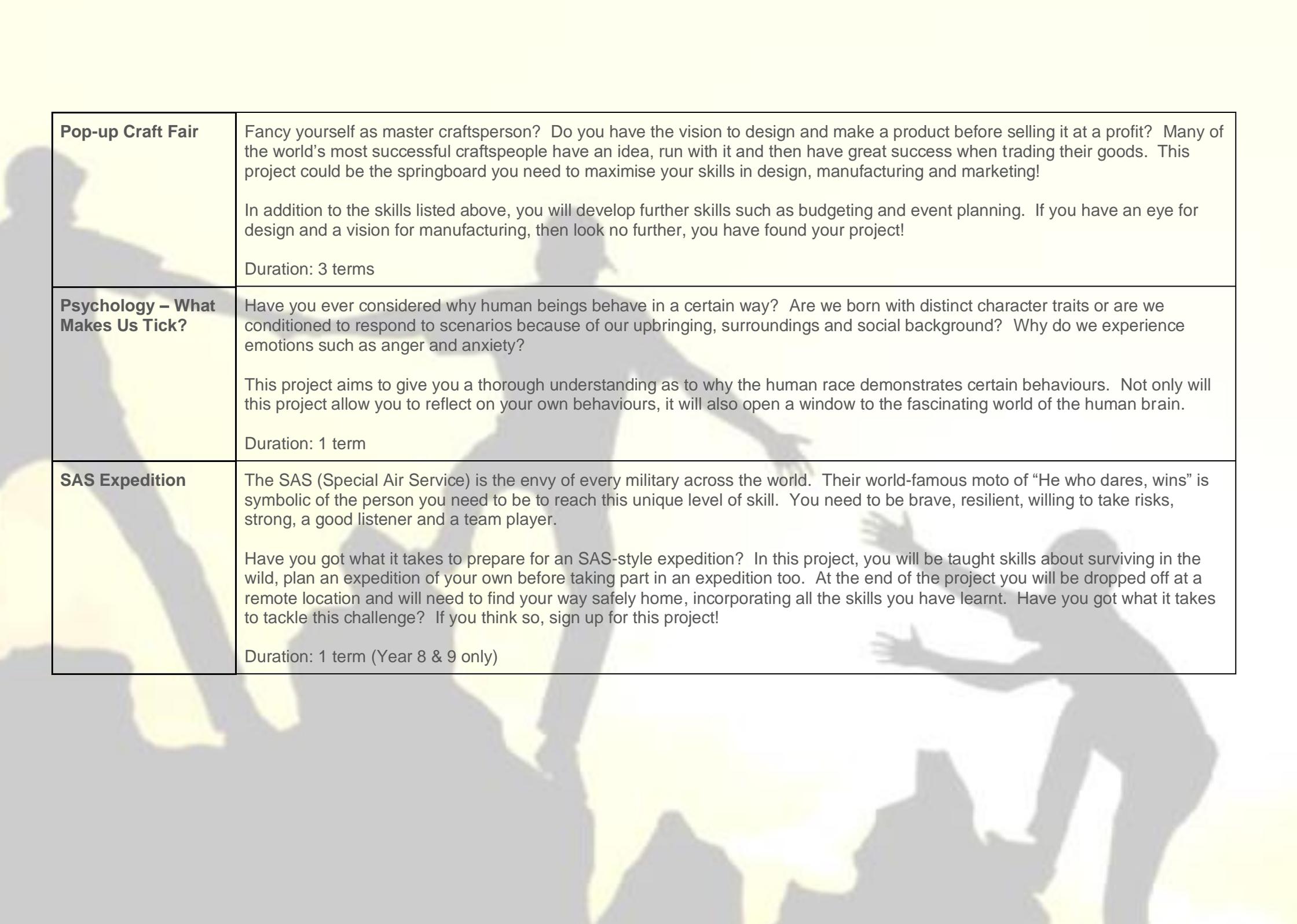
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| Escape Room | <p>As a leisure activity, Escape Rooms have grown phenomenally over the last few years. The concept is a relatively simple one. A team of players will be trapped in a room and can only “escape” once they have solved numerous problems and activities, which requires teamwork, resilience, good communication skills and a desire to succeed against the odds.</p> <p>In this five session course, students will learn how escape rooms are created, analyse the different types of puzzles and activities that make up an escape room, evaluate some of the local escape rooms on our doorstep and then use their knowledge to create the Baysgarth Escape Room, which friends and family will be able to try out.</p> <p>Duration: 1 term</p> |
| Fashion and Textile Design | <p>Have you got what it takes to be the next Calvin Klein, Vivian Westwood or Ralph Lauren? These giants of clothing design would have one day picked up a sewing machine and fabric for the first and created startling garments, starting their journeys to becoming household names in the lucrative world of fashion.</p> <p>In this project you will learn various techniques such as weaving, tie dye, applique and slashing, introducing you to working creatively with a sewing machine. After gaining confidence in these disciplines, you will then have the challenge of building a textile portfolio. Who knows, one day a garment of yours could be hitting the catwalks in London, New York, and Milan!</p> <p>Duration: 3 terms</p> |
| Football Coaching | <p>Every world class footballer will have a story to tell about a coach who had a positive impact on their career. A good coach doesn't merely teach someone how to play the beautiful game. They also provide support, encouragement and positive criticism, designed to enhance the performance of both the team and the individuals playing.</p> <p>In this project, you will develop your football coaching skills and in doing so will develop skills in leadership, planning and confidence. Have you got what it takes to be the next Jurgen Klopp, Pep Guardiola or Gareth Southgate? Sign up for this course and you're about to find out.</p> <p>Duration: 1 term (Years 8 & 9 only)</p> |

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| <p>Future Chef</p> | <p>Fancy yourself as the next top celebrity chef? Do you believe you have the ability to rub shoulders with the likes of Jamie Oliver, Nigella Lawson and Gordon Ramsey? If so, look no further, this project has been cooked up for you and served on a plate!</p> <p>Once you have mastered your skills in the kitchen, you will have the opportunity to enter a nationwide competition where you will prepare, cook and serve two dishes within a set budget. This project will teach you how to prepare and cook food; create a menu; learn about organoleptic and nutritional properties of certain foods and how to be strict with budgeting. You will also be given a window into the world of the hospitality sector.</p> <p>Duration: 3 terms</p> |
| <p>Green Power Racing</p> | <p>Can you combine a love for motor-racing with a determination to be kind to the environment? With the demand for electric cars increasing and the popularity of Formula 1 motor-racing growing, this project is where racing dreams come true.</p> <p>During the duration of this project, you will experience what it is like as a member of The Baysgarth Greenpower Team; discover how electric cars work and become aware of how such vehicles are only years away from playing a major role in global transport. You will also get the chance to get out on the Test Track and take the Greenpower Car for a spin. See you at the chequered flag!</p> <p>Duration: 1 term</p> |
| <p>Gym Fitness Club</p> | <p>Working out in the gym is a fun and effective way of getting fit. Across the world, memberships in gyms continues to rise as people of all ages are far more aware about the benefits of staying physically healthy.</p> <p>In this project, you will be encouraged to take a more proactive approach to developing your health and fitness through accessing a variety of different training methods. Some of the sessions will be led by a teacher or an outside instructor, before you begin to deliver your own fitness schedules to small groups.</p> <p>If you have aspirations to one day be a personal trainer, or a conditioning coach at a major sporting institution, or maybe just want to get fit in the gym every week, then you cannot ignore this project! Sessions will take place at Baysgarth Leisure Centre.</p> <p>(Please note that this there will be a cost of £2 per session for this project)</p> <p>Duration: 1 term (Years 8 & 9 only)</p> |



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| Heroes and Villains | <p>Stories of “Heroes and Villains” are centuries old, having been shared from one generation to the next. From grotesque monsters such as the Minotaur, Medusa and Typhon to heroes like Achilles, Hercules and Prometheus, you will get the chance to explore the magic, mystery and drama behind these epic tales.</p> <p>This project aims to give you the chance to explore three different aspects of ancient civilisations and learn about inspirational heroes and vicious monsters in a creative and enjoyable way.</p> <p>Duration: 1 term</p> |
| Italian Club | <p>Italy is one of the most beautiful, inspiring and culturally fascinating countries in the world. Italian people are the proudest and friendliest people you are likely to meet. Their food is tremendous; their cities are historically awe-inspiring, whilst the landscape is arguably the prettiest in Europe. Add a wonderfully expressive and passionate language into the mix and it is fair to say Italy is a country spoilt with character.</p> <p>In this project, you will not only learn how to speak Italian, you will also immerse yourself in Italian culture through watching films, studying Italian pastimes, playing traditional Italian sports and listen to Italian music. If you are interested in other cultures and desire to step out of your comfort zone and learn about other people, this project is certainly one you should sign up to!</p> <p>Duration: 3 terms</p> |
| Jewellery Making | <p>Is it time to put a bit of sparkle into Baysgarth and celebrate some “bling”? Jewellery making is an ancient yet lucrative market that is a feature of all cultures across the globe.</p> <p>In this project, you will get the chance to design, create and sell your own jewellery, using materials that will add colour and class through the form of a bracelet, necklace or earrings. Who knows, maybe one of your pieces will find itself in New York’s Tiffany store! Why not give it a go?!</p> <p>Duration: 1 term</p> |

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| Language Leaders | <p>Being able to communicate in another language is a skill that literally opens up a world of opportunities. The earth is a huge place. Having the confidence and ability to connect with as many people in it as possible will not only broaden your horizons, it will expose you to cultures and experiences you never thought possible, leaving you enriched!</p> <p>They say the best way to learn is through teaching. In this project, you will design a number of French or German lessons aimed at KS2 students, before delivering your lessons in front of primary school children. Have you got what it takes to inspire young children to learn a language, whilst developing your own MFL skills? Why not give it a try?!</p> <p>Duration: 3 terms (Year 8 & 9 only)</p> |
| Military Model Building Club | <p>Have you ever wanted to have the time to plan, design and build a model of a military machine? Do you have the patience, a close eye for detail and the resilience to create a masterpiece from scratch? If so, then this is the project for you!</p> <p>Model building is a terrific way to explore skills you never thought you had in a calm setting where you can get lost in your own creativity. By the end of the project you will have a finished product you can proudly show off to friends and family.</p> <p>Duration: 1 term</p> |
| Mock Trial | <p>Ever wondered how the law works in the UK? Are you one day hoping to be a lawyer or judge, sitting in the highest court in the land? If so, you must sign up for the Mock Trial project!</p> <p>Run by The Citizenship Foundation, this project gives schools access to resources, including a specially written criminal case, to help teams prepare legal arguments. After preparation, your team will take part in a local heat and go head-to-head with other schools to prosecute and defend the case in an actual Magistrates' Court! The first-round winners will then compete in a regional heat with a new case. Winning teams from regional heats will battle both cases out at a National Final!</p> <p>Have you got what it takes to find a rogue guilty? Have you got the skill in persuasion to ensure an innocent man can go free? If so, get involved in the Mock Trial project. It truly is a fascinating insight into how our courts enforce the laws of the land.</p> <p>Duration: 3 terms</p> |



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| Pop-up Craft Fair | <p>Fancy yourself as master craftspeople? Do you have the vision to design and make a product before selling it at a profit? Many of the world's most successful craftspeople have an idea, run with it and then have great success when trading their goods. This project could be the springboard you need to maximise your skills in design, manufacturing and marketing!</p> <p>In addition to the skills listed above, you will develop further skills such as budgeting and event planning. If you have an eye for design and a vision for manufacturing, then look no further, you have found your project!</p> <p>Duration: 3 terms</p> |
| Psychology – What Makes Us Tick? | <p>Have you ever considered why human beings behave in a certain way? Are we born with distinct character traits or are we conditioned to respond to scenarios because of our upbringing, surroundings and social background? Why do we experience emotions such as anger and anxiety?</p> <p>This project aims to give you a thorough understanding as to why the human race demonstrates certain behaviours. Not only will this project allow you to reflect on your own behaviours, it will also open a window to the fascinating world of the human brain.</p> <p>Duration: 1 term</p> |
| SAS Expedition | <p>The SAS (Special Air Service) is the envy of every military across the world. Their world-famous motto of “He who dares, wins” is symbolic of the person you need to be to reach this unique level of skill. You need to be brave, resilient, willing to take risks, strong, a good listener and a team player.</p> <p>Have you got what it takes to prepare for an SAS-style expedition? In this project, you will be taught skills about surviving in the wild, plan an expedition of your own before taking part in an expedition too. At the end of the project you will be dropped off at a remote location and will need to find your way safely home, incorporating all the skills you have learnt. Have you got what it takes to tackle this challenge? If you think so, sign up for this project!</p> <p>Duration: 1 term (Year 8 & 9 only)</p> |

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| Silk Painting | <p>Do you adore being creative with colours? Would you love to have the opportunity to learn a new painting skill? If so, then Silk Painting is the project for you!</p> <p>Lose yourself in the wonder of painting onto silk, a creative method used all over the world, bringing beauty and joy to millions. In this project you will get the chance to design your own creation before bringing it to life by applying paint to a luxurious surface. If you love art and are fascinated at exploring a discipline in artistry no other student in the UK will have access to, then you would be mad to miss this opportunity!</p> <p>Duration: 1 term</p> |
| Sports Leaders | <p>Fancy being a leader at Baysgarth School and in the wider community, advocating the delivery and running of sporting activities? Baysgarth has a proud record of students becoming Sports Leaders, where individuals will be advocacies in encouraging generations in the community to participate in sport. In doing so, you will develop skills in communication, organisation and working with people.</p> <p>If you love sport, believe passionately that activities should be led by inspiring leaders and that sport should be open to everyone, then you must sign up for this project. There is even an official qualification to be gained if you're successful at completing the project!</p> <p>Duration: 1 term (Year 8 & 9 only)</p> |
| Street Golf | <p>Most people have heard of Street Football, but what about Street Golf; Golf's more exciting cousin?! Street Golf allows you to perfect shots you would traditionally play on a golfing green and apply them to an environment you want. Fancy swinging a club indoors? No problem. Want to chip a golf ball around school? Easy. Fancy letting a golf ball fly on a football pitch? Perfect. You can compete in Street Golf anywhere!</p> <p>This project aims to teach you unique skills; learn about designing activities through problem solving; introduce you to a new way of playing a great game and give you experiences you can treasure for years. If you love Golf or sport in general and thrive in experiencing something that is new, then you must sign up to this course!</p> <p>Duration: 1 term</p> |

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| <p>Stress Management and Mindfulness</p> | <p>Being a young person of secondary school age is hard work. You have so much to worry about. School work; family and friendships; emotional and physical changes; the pros and cons of social media; identity...the list can go on. In such a complex world, young people need to make their mental health a priority. Just like our physical health, we all need to look after our mental wellbeing too!</p> <p>Throughout this project you will be looking at different types of mental health issues, such as coping with stress; building confidence and self-esteem; ways to take care of yourselves and discovering calm zones. This will be achieved through various methods such as exercise, yoga, breathing exercises and craft activities. It is time to take care of yourself. Make YOU the key priority!</p> <p>Duration: 1 term</p> |
| <p>Rookie Lifeguard</p> | <p>Swimming is not only a vital life-skill which can literally mean the difference between life or death. This Royal Lifesaving Society (RLSS) course is designed for teens and adults to gain valuable qualifications at Bronze, Silver & Gold level. The qualification will be delivered by qualified instructors with elements delivered at school and pool work at Baysgarth Leisure Centre. You can find out more using this link https://youtu.be/KZNDBRDkXhk</p> <p>(Please note: sessions will finish after normal school finishing time and cost £2 per session. Students must be able to swim 50m and be aged 12+)</p> <p>Duration: 3 terms (Year 8 & 9 only)</p> |
| <p>Tapathon</p> | <p>Between the months of September until Christmas, the entire nation of Great Britain is gripped with Strictly Come Dancing fever. Not a series will go by without a reference being made to the ballroom giants of Ginger Rogers and Fred Astaire, who were pioneers of the ballroom scene. Astaire's versatility in ballroom came from his ability to tap dance. This form of dance is arguably the most difficult discipline to perfect, but once nailed is an art-form that looks and sounds terrific!</p> <p>Have you got what it takes to tap into your inner Fred Astaire and rise to the top of a tapathon? In this project, you will learn to tap dance, gaining fitness and resilience all at once. Can you make music with your feet? Have you got what it takes to be a tip top tapper? If so, this is the project for you!</p> <p>Duration: 3 terms</p> |

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| 'The Oscars' Movie Making Project | <p>Ever wanted the chance to direct, act and produce your own film? Well here it is. This terrific opportunity will allow you to take a glimpse into the multi-billion-pound film industry, which entertains and informs millions of people worldwide.</p> <p>This project will see you take full control of the writing, directing, performing and editing of your film. If being in front of a camera isn't your thing, don't worry, there will be plenty of roles for you to get your teeth into. Who knows, this project could be the start of a journey that ends on the red carpet of Hollywood!</p> <p>Duration: 1 term</p> |
| Zumba, HIIT and Boxercise | <p>Fitness is the key to living a healthy lifestyle. If you have a healthy body, then you'll have a healthy mind. However, staying fit whilst finding fun and enjoyable ways to exercise can often be a challenge. Well not anymore! Zumba, HIIT and Boxercise makes exercise challenging, fun and exciting!</p> <p>Under the supervision of local fitness instructor, Katie Brooks, this project allows participants to complete high-intensity work-outs, which will vary between Zumba, HIIT and Boxercise. The activities will build fitness, strength, coordination and timing. If you have a desire to get fit and become a supreme athlete, then don't miss out on signing up for this project!</p> <p>Duration: 1 term</p> |

Don't forget, the deadline for submitting your six choices is Friday 26th June. You can do this using the link below:

<https://forms.gle/J13nyf5zC6WxXctw6>