



## Case study: Year 7 Transition and Sixth-Form Leadership Programme: Fort Pitt Grammar School for Girls, Chatham, Kent

### Aim

This course is specifically designed to teach the practical leadership skills necessary to enable sixth-formers to successfully run a day of activities as part of their school's Year 7 transition programme.

### Client's objectives

Year 7 at Fort Pitt comprises a large group of leavers from a number of different primary schools. An activity day was booked with the intention of bringing this year group together, to help build teamwork and communication skills, to challenge and extend, and to encourage the students to forge new friendships. In addition, this was seen as an opportunity to build a stronger community within the school, and provide a leadership experience for the sixth-formers who were tasked with running the day with the support of Challenger Troop's instructors.

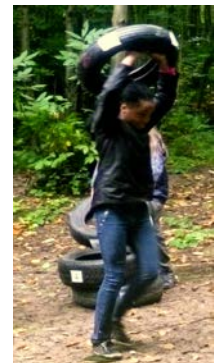
### The programme

Firstly, Challenger Troop ran a leadership skills course wherein the sixth-formers learned a variety of leadership styles, qualities of an effective leader, communication skills, and time management and management techniques.

The sixth formers, supported by Challenger Troop, then organised and ran a transition day at a local scout camp for the new Year 7s'. Activities ranged from a military-style obstacle course to various command tasks, including spiders-web and Tower of Hanoi.

Later, there was a Bake-Off style bread-making session in the woods, complete with an open fire and Dutch ovens.

At the end of the day there was an awards ceremony, which included the tasting and judging of the breads. The sixth-form team leaders all received medals and, in turn, awarded medals to those in their teams who had shown excellent leadership skills throughout the day.





## Outcomes

- Increased resilience – Having been encouraged to push their boundaries, the Year 7 students realised that they can achieve more than they would have previously thought possible
- Improved team working skills – Working outside of their usual school environment in smaller groups of 10 encouraged the Year 7 to work together, thus bringing the whole year group closer together
- Positive attitudes to their peers - Working in smaller groups also encouraged the youngsters to develop closer relationships, both with the instructional sixth-formers and the teachers, as well as enabling them to relate better to their peers.
- Improved leadership skills: The sixth-formers learned how to plan and project-manage the event, and how to support and encourage participation and engagement from the Year 7s
- Improved communication skills – The Year 7s quickly learned the importance of listening to other team members.

When asked how well Challenger Troop's leadership training had prepared them for the team-building day Hannah, the sixth-form events manager for the day, said "Really well, we learned the difference between managing and leading, something I will never forget."

"This day has been about the participants extending themselves, taking risks, trusting their abilities, being prepared to fail, but ultimately succeeding. I am thrilled to see all our girls participating fully - what a great day!". Mrs Gordon, Senior Teacher, Fort Pitt.



One Year 7 participant said "This is the best school trip ever!"

