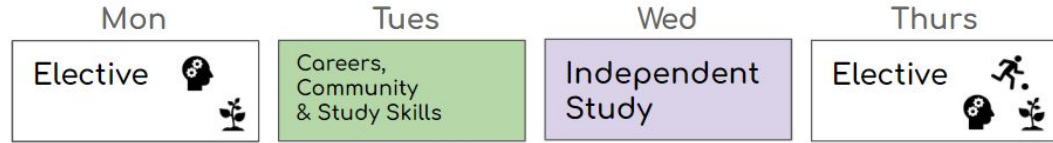


Period 7: Year 10

Please note: body options for blocks 1&2 will continue up to the Easter break.

H2 23/24

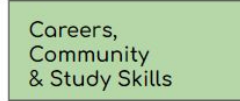
In Year 10 students have two elective Period 7 sessions a week:



Less restrictions eg. could choose not to do a body option



Include opportunities to lead - sports, arts, mentoring



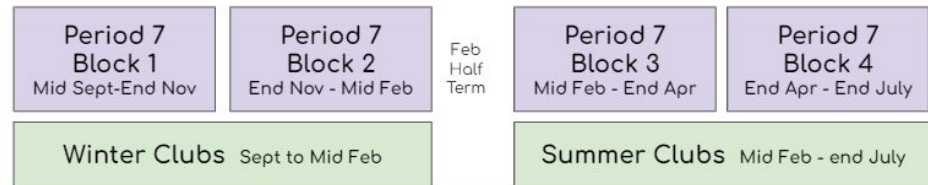
Careers: preparing for work experience, CVs, interviews

Community: wider understanding, to strengthen your applications P16

Study: how to revise effectively, the science of learning/memory

Students still participate in four blocks of period 7 across the year, each of which is approx 9 weeks long.

Students choose their Period 7s twice a year still - but this is now in their last week of Year 9 and then again in January of Year 10. These choices are used to allocate two blocks each as per last year.



In addition, lunchtime clubs will be advertised at the start of Year 10 and again in January for the 2nd half of the year. Students can also sign up to clubs at any point across the year.

Choosing your electives

You will receive an email with the Period 7s you can select from, this will be emailed home too.

Then, you will need to give your form tutor your choices for the second half of Year 10. You will need to choose:


1. If you would like to do a body option or not, and if so, which sport, with two reserve choices. If you don't want to do a body option you will have alternatives to select from for Thursday P7.
2. Your Mind/Soul choices for Monday P7 in order of preference - you will need to give 4 choices, all of which you COULD get - so make sure you are happy to participate in them all.

Clubs will be emailed out to students and selected in the first week back.

Body Options

We know many of you are keen to do Table Tennis and Badminton. We unfortunately do not have the space to run these during period 7, but will be offering them as lunchtime clubs. This is also the case for Gymnastics.

Leadership

A number of the options involve leading activities for younger students - as indicated by this symbol: .

Ensure you select these as your FIRST choice. Selection to lead may be subject to further discussion with staff, or an application process as per Sports & Art Leaders.

Performing Arts

Auditions will be run at appropriate times for productions across the year. Students who are successful will then attend performing art rehearsals during Thursday Period 7, instead of any previously elected option.

MONDAY

Select 4 choices from each day, in your order of preference. You could be allocated ANY of your choices so select them carefully.



THURSDAY



CSI Leader <i>Various</i> Helping Year 7 to explore how crime scenes are investigated and solved.	History Documentaries <i>Ms Robertshaw</i> Watching documentaries about a range of historical eras.	Quiet Reading <i>Ms Phillips</i> A quiet space to read and discuss books.
DofE skills (Mon/Thu) <i>Mr Inman</i> A chance to develop your DofE skills, such as navigation skills, campcraft, and packing your rucksack. Do not pick twice.	Jianzi Leader <i>Miss Hu</i> A chance help Year 8 to play this traditional chinese game with giant shuttlecocks.	Science Experiments Leader <i>Mrs Humphryes</i> Helping to prepare fun science experiments for Year 7.
Fashion <i>Miss Corrian-Alexis</i> Exploring the history of fashion, alongside the range of, and changes-to, contemporary styles.	Mindfulness <i>Ms Sanz</i> A chance to explore and practice the activity of mindfulness.	Sports Documentaries <i>Mr Jones</i> Watching documentaries about a range of sports from around the world.
First Aid <i>Mrs Freeman</i> Learn some of the basics of first aid to help others.	Model UN <i>Mrs Ryman</i> Students are allocated a country and must research political environments to argue select cases.	Sports Leaders <i>Mr Alexander</i> Run period 7 body sessions for Year 7 students, subject to agreement with Mr Alexander
Further Maths <i>Mr Webster</i> Develop your understanding and ability in a range of maths topics (great for boosting your preparation for GCSE).	Noughties Film Club <i>Mr Church</i> Watch and discuss a range of films from the years 2000-2009.	
Further Science <i>Miss Bryant</i> Develop your understanding and ability in a range of science topics (great for boosting your preparation for GCSE).	Python Programming <i>Ms Fatima</i> Develop your programming skills for a variety of games and software.	

Athletics <i>Mr Hiscock</i> Athletics for all - both members of the athletics team, and those that want to try the range of field activities.	Creative Writing <i>Mrs McPartlin</i> A chance to develop your writing skills and share your work.
Cricket <i>Mr Alexander</i> Cricket for all - both social players and squad players.	Draw and Talk <i>Miss McEwan</i> A chance to sketch and doodle whilst talking to your peers around you.
Dodgeball <i>Mr Blankson-Hemans & Mr Idowu</i> Dodgeball for all.	DofE skills (Mon/Thu) <i>Mr Inman</i> A chance to develop your DofE skills, such as navigation skills, campcraft, and packing your rucksack. Do not pick twice.
Rounders <i>Mr Hall & Mr Jones</i> Rounders for all - both social players and squad players	GCSE Art Intervention <i>Mrs Robinson</i> For art students who would like additional support with their art GCSE.
Running <i>Mr Houghton</i> For those serious about running, beginners or more experienced.	Golf <i>Mr Laing</i> Chipping, practice pitch shots with the aim of some trips to local courses.
Tennis <i>Mr Gariba</i> Tennis for all - both social players and squad players.	Politics <i>Miss Anderson</i> A chance to discuss a range of current and past political topics.
Wellness Centre <i>Mr McLeod</i> Cardio machines only - suitable for all, but limited numbers due to space.	