

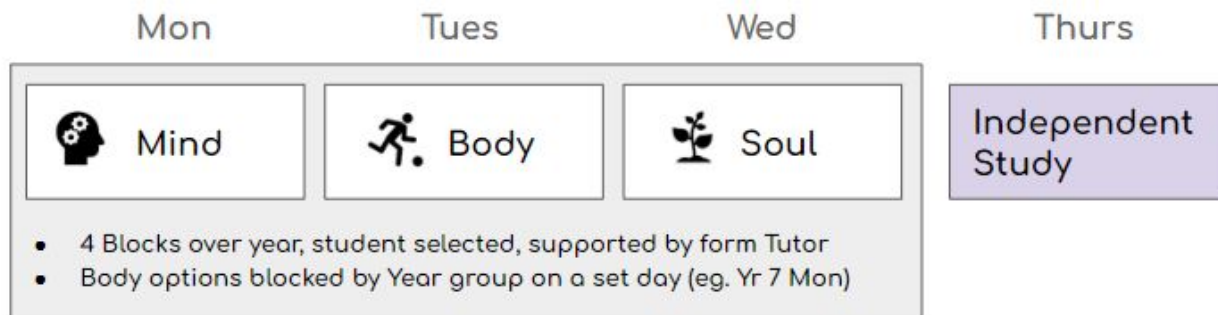
Period 7: Years 7 to 9

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

H2 23/24

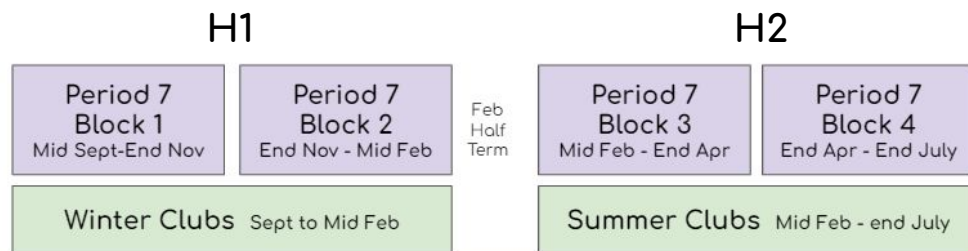
In Years 7, 8 & 9 students participate in 3 elective Period 7s a week, covering Mind, Body and Soul.

On a Thursday students have Independent Study in their form groups.



There are four blocks of period 7 across the school year, each of which is approx 9 weeks long.

Students choose their Period 7s twice a year - in early September (H1) and then again in January (H2). These choices are used to allocate two blocks each time.



In addition, we offer a range of lunchtime clubs, which students can pick from at the same time, twice a year. They should consider their Period 7 and club options together, so they select from the widest set of opportunities. Students can also join clubs at any point across the year, subject to availability.

 MIND

Select 4 choices

Board Games <i>Mrs Saleem-Carrington</i> Play some traditional and strategy board games.	Orchestra (Wed) <i>Mr Bullock & Mrs Cashman</i> Be part of the KWS Orchestra, runs until 4pm.
Brain Puzzles <i>Miss Bryant</i> Try to solve tricky but fun brain-teasers and puzzles.	Orienteering <i>Mrs Wall</i> The chance to develop your outdoors orienteering skills.
Chess <i>Mr Burke</i> For beginners and experienced players.	Quiz Club <i>Mr Webster</i> Enjoy fun quizzes on a range of topics and categories.
Debating <i>Mrs Lovelock</i> Get the chance to debate a variety of topics you feel passionately about.	Silent Reading <i>Miss Hassan</i> A quiet space to read and discuss good books.
Ecology <i>Mr Lambert</i> Exploring the relationship between animals and their environment.	Team Work Skills <i>Mr Mustard</i> A range of activities to develop your teamwork skills.
Engineering <i>Mrs Humphryes</i> Learn how to think like an Engineer to solve problems.	VR Club <i>Mr Cain</i> Explore new locations and games using our Virtual Reality headsets.
Monopoly <i>Mrs Saleem-Carrington</i> For beginners and experienced players.	

 BODY

Select 3 choices

Athletics <i>Miss Moxham & Miss Mountford</i> Athletics for all - both members of the athletics team, and those that want to try the range of field activities.
Cricket <i>Mr Alexander</i> Cricket for all - both social players and squad players.
Dodgeball <i>Mr Hiscock & Mr Webster</i> Dodgeball for all.
Rounders <i>Mrs Gaydon</i> Rounders for all - both social players and squad players
Running <i>Mr Houghton</i> For those serious about running, beginners or more experienced.
Tennis <i>Mr Gariba</i> Tennis for all - both social players and squad players.
Wellness Centre <i>Miss Anderson</i> Cardio machines only - suitable for all, but limited numbers due to space.
Yoga <i>MS Kaur</i> Suitable for all students - a great way to end the day.

 SOUL

Select 4 choices

Calligraphy <i>Mrs Coman</i> Explore the visual art of Calligraphy	Jianzi <i>Miss Hu</i> A chance to play this traditional chinese game with giant shuttlecocks.
Chinese Paper-Cutting <i>Miss Hu</i> Explore and practise the visual art of Chinese paper-cutting	Manga Drawing <i>Mrs McPartlin</i> Exploring and practising the visual art form of manga.
Creative Writing <i>Miss Briars</i> A chance to develop your writing skills and share your work.	Mindful Colouring <i>Mr Lawrence</i> Practice calm mindfulness whilst colouring.
Cycling <i>Mr Livesey-Jones</i> A chance to develop and practice your cycling skills.	Mythology Club <i>Miss McEwan</i> Learn about mythological cultures and stories from around the world.
Fashion Design <i>Miss Hammond</i> Explore the world of fashion, with both its history and contemporary styles.	Poi <i>Mrs Creamer</i> Explore and practice the classic activity of Poi spinning.
Frisbee Golf <i>Mr Malan</i> Frisbee golf for all - both new players and experienced players.	Science Documentaries <i>Mr Idowu</i> Watching documentaries about a range of current scientific subjects.
Knit and Crochet <i>Miss Hammond</i> Working together to develop our knitting and crocheting skills.	Sports Documentaries <i>Various</i> Watching documentaries about a range of sports from around the world.

Choosing Your Period 7 Electives

Next week you need to give your form tutor your period 7 choices for the second half of the year.

You need to choose:

1. MIND - 4 choices, in order of preference
2. BODY - 3 choices, in order of preference
3. SOUL - 4 choices, in order of preference

You could be allocated any of your choices, so pick the things **you** would really like to do.

We aim to give as many students as possible their first couple of choices, but are restricted by numbers for many activities. Once Period 7s are allocated they **cannot be changed**, as the logistics are very complex to organise.

Choosing Your Lunchtime Clubs

This year we are using a new system for clubs, performing arts rehearsals/events and sports training/fixtures.

The systems is called SOCS and you will be given a login for it next week. Once logged in you can select any lunchtime clubs you would like to take part in.