

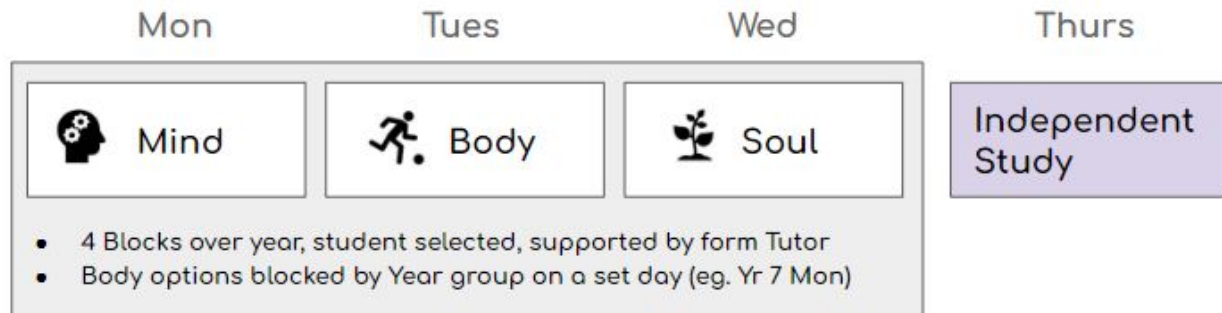
Period 7: Years 7 to 9

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

H2 23/24

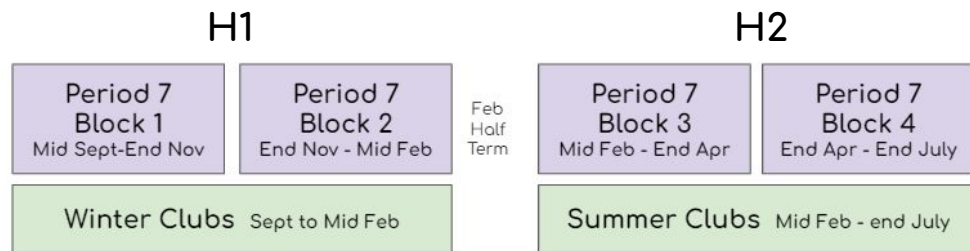
In Years 7, 8 & 9 students participate in 3 elective Period 7s a week, covering Mind, Body and Soul.

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

<p>Current Affairs <i>Mr Laing</i> Exploring and discussing a range of relevant and current topics in the news.</p>	<p>Ranger School <i>Mr Lambert</i> Learn skills inc. tying knots, ID trees, and detecting bats.</p>
<p>DofE skills <i>Mr Inman</i> A chance to develop your DofE skills, such as navigation skills, campcraft, and packing your rucksack. Do not pick twice.</p>	<p>Science of Nutrition <i>Mrs Kaur</i> Learn about the history and importance of nutrition.</p>
<p>German <i>Mr Mustard</i> A beginners course in German language & culture.</p>	<p>Silent Reading <i>Ms Francis</i> A quiet space to read and discuss good books.</p>
<p>Knitting <i>Mrs Saleem-Carrington</i> A chance to develop and practise your knitting skills.</p>	<p>Spanish Games <i>Mrs Boix</i> A chance to play some games in Spanish.</p>
<p>Latin <i>Mrs Coman</i> An introduction to Latin, suitable for all.</p>	<p>Sudoku <i>Ms Fatima</i> Develop and practise your skill at sudokus.</p>
<p>Law (an Introduction to) <i>Mrs Wall</i> Learn the basics of law by revising some key cases.</p>	<p>Trivia Games <i>Mrs Lovelock</i> A chance to complete a variety of trivia games and quizzes</p>
<p>Make Code Arcade <i>Miss Hyder</i> Program some retro arcade games.</p>	<p>Ukulele Club <i>Ms Cashman</i> A chance to play and practise on a ukulele; or all abilities</p>
<p>Orchestra (Wed) <i>Mr Bullock & Mrs Cashman</i> Be part of the KWS Orchestra, runs until 4pm.</p>	

BODY

Select 3 choices

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

SOUL

Select 4 choices

<p>Ancient Civilisations <i>Mr Houghton</i> Learn about the rise and fall of a range of ancient civilisations.</p>	<p>Frisbee Golf <i>Mr Malan</i> Complete a set course of frisbee golf.</p>
<p>Art Skills <i>Mrs Robinson</i> A chance to develop your art skills through a variety of mediums and forms.</p>	<p>Gardening <i>Ms Jacquinot</i> Learn about gardening and practise your skills around the school site.</p>
<p>Biographical Films <i>Mrs Stockwell</i> Exploring films about a range of historical and current figures.</p>	<p>Hairdressing <i>Miss Bifolco</i> An opportunity to learn the basics of hairstyling.</p>
<p>Bollywood Club <i>Mrs Kaur</i> Learning about the world's largest film industry.</p>	<p>Mindful Colouring <i>Miss Bryant</i> Practice calm mindfulness whilst colouring.</p>
<p>Creative Writing <i>Mrs McPartlin</i> A chance to develop your writing skills and share your work.</p>	<p>Science Documentaries <i>Mr Idowu</i> Watching documentaries about a range of current scientific subjects.</p>
<p>First Aid <i>Mrs Freeman</i> Learn some of the basics of first aid to help others.</p>	<p>Spanish Films <i>Mrs Kelly</i> Exploring a range of Spanish classic and contemporary films.</p>

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.