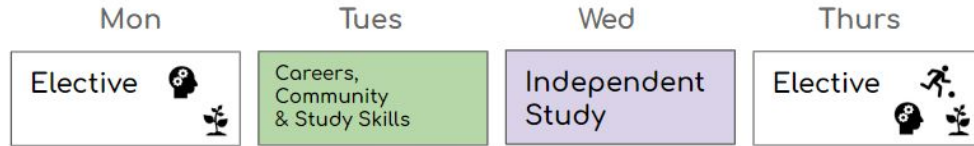


Period 7: Year 10

Block 2 25/26

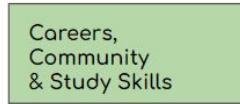
In Year 10 students have two elective Period 7 sessions a week:



Less restrictions on Electives compared to Years 7 to 9 - students could choose not to do a body option.



New opportunities to lead Period 7s for younger students.



Careers: includes preparing for work experience, CVs and interviews.

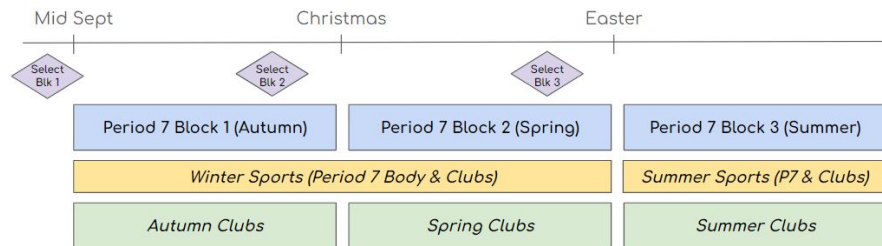
Community: wider your understanding, to strengthen your applications P16.

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

There are **three blocks** of Period 7 across the school year, each of which is approx 12 weeks long.

Students choose their Period 7s three times a year - in early September (Blk 1), in December (Blk 2) and March (Blk 3).

In addition, we offer a range of lunchtime clubs, which students can pick from at the same time as Period 7.



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.

Choosing your electives

Be ready on Monday to give your form tutor your period 7 choices for block 1. They will collect these from you early next week.

You need to choose 4 choices for Monday AND 4 choices for Thursday, in preference order.

Note: You could be allocated any of your choices, so pick the things you would like to do and not just what your friends are selecting. You should also try not to pick something you have done before, try something new! We aim to give as many students as possible their 1st or 2nd choices, but are restricted by numbers for many activities. Please note that once Period 7s are allocated they **cannot be changed**, as the logistics are very complex to organise.

** if you are not in school for any reason you should email your choices to Mr Houghton by the end of Tuesday otherwise you will get randomly allocated choices*




Body Options

You do not have to select a body option if you don't want to do one - but if you do you must participate fully.

We are delighted to now be able to offer Table Tennis in the hall as a lunchtime club - we have introduced this on a Thursday P7 too but with limited spaces as it needs to run in half of the Sports Hall alongside Basketball.



Leadership

Over the year there will be a number of the options involve leading activities for younger students - as indicated by this symbol: 

Ensure you select these as your FIRST choice - the relevant Curriculum Leads will review and check suitable of students for these opportunities, if you have an questions do contact them directly.



Performing Arts

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

Choosing Your Clubs

If you wish to join (or leave) a club you should contact the member of staff running the club directly and they will be able to add you in (or remove you). You can do this in person or by email.

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

Yr
10

MONDAY



Chess <i>A chance to learn and play the classic game of Chess, for players of all abilities.</i>	Intro to Economics <i>Learn basic economic ideas like supply, demand, markets, and decision-making.</i>
Crossword Puzzles <i>Solve word puzzles that strengthen vocabulary, logic, and general knowledge.</i>	Mindful Colouring <i>Relax with calm colouring activities that support focus, creativity, and mindfulness.</i>
Dungeons & Dragons <i>Create characters and go on imaginative adventures in a collaborative role-playing game.</i>	Silent Reading <i>Enjoy quiet independent reading to strengthen focus and develop a love of books.</i>
Food Science and Nutrition <i>Explore how food works through experiments, cooking principles, and learning healthy eating habits.</i>	Sports Documentaries <i>Watch and discuss inspiring documentaries about athletes, teams, and major sports events.</i>
Further Maths (invite only) <i>Students working on the Higher Maths curriculum may be invited to student this addition GCSE, if they are working at a high enough level in Maths. If you are interested you should select it, and your Maths teacher will confirm if you are eligible to take part. This will run on a Wednesday instead of Independent study.</i>	Sport Leaders  <i>A chance to become a leader in one of the Body P7 options for the younger year groups; speak to Mr Alexander for further details.</i>
Hand Embroidery <i>Learn decorative stitching techniques to create personalised embroidered designs.</i>	Stage Combat <i>Learn how to fight safely on stage in this exciting and energetic stage combat session; open to all students</i>
Henna <i>Apply traditional henna patterns to create temporary, artistic body designs.</i>	Typing Club <i>Practise touch-typing to improve typing speed, accuracy, and computer confidence.</i>
History's Mysteries <i>Investigate unsolved historical events and curious stories from the past.</i>	Walk & Talk <i>Take relaxing walks while chatting, connecting, and getting gentle exercise.</i>

THURSDAY



Basketball <i>Exploring and developing your skills at basketball.</i>	Meditation <i>Practise mindfulness and calming techniques to reduce stress and improve focus and wellbeing.</i>
Boot Camp <i>A fast-paced workout designed to get you moving and pushing yourself, working as a team, and having a laugh.</i>	Orchestra (junior - Thu) <i>For students of all years who play a musical instrument and are a beginner - grade 2 standard.</i>
Cross-Country Running <i>Exploring and developing your running skills and stamina.</i>	Orchestra (senior - Wed) <i>For students of all years who are working at Grade 3 or above on their chosen instrument.</i>
Decoupage <i>Decorate objects by creatively layering paper and glue to make unique, artistic designs.</i>	Senior Dance Company (Wed)  <i>Trial to be part of the KWS Dance Company.</i>
Football - Squad <i>Join the KWS football squad + training.</i>	Table Tennis <i>Exploring and developing your skills at table tennis.</i>
Football - Girls <i>Explore and develop your football skills.</i>	Rugby <i>Exploring and developing your skills at rugby.</i>
Football - Skills <i>Exploring and developing your football technique and skill set.</i>	Theatre Company (Tue) <i>A brand-new performance group for anyone with a passion for acting, storytelling, and the magic of live theatre. Whether you're an experienced performer or completely new to the stage, this is your chance to develop your skills, work as an ensemble, and take part in exciting productions throughout the year.</i>
Football - Social <i>A chance to combine the sport and social aspects of football.</i>	Warhammer <i>Develop your tactical skills and knowledge of Warhammer with a chance to battle against your peers.</i>
Match of the Day <i>Watch football highlights, analyse matches, and discuss players, tactics, and standout moments.</i>	Wellness Centre <i>Develop your knowledge and experience of weights and stretching, in the school wellness centre.</i>