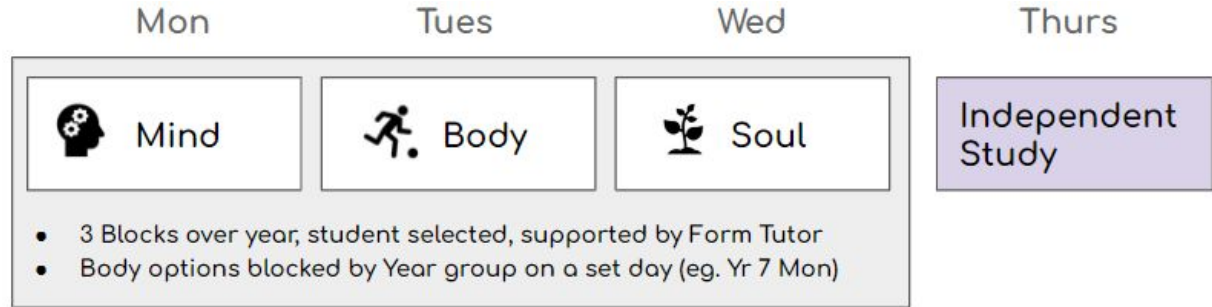


Period 7: Years 7 to 9

Block 2 25/26

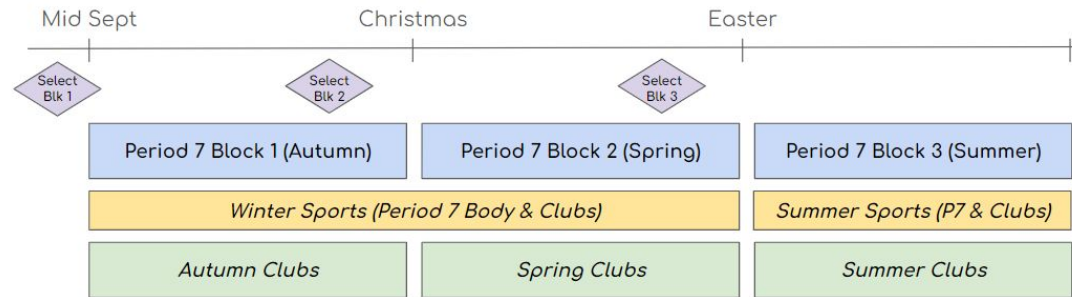
In Years 7, 8 & 9 students participate in 3 elective Period 7s a week, covering Mind, Body and Soul.

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



There are **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 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 Period 7 Electives

Be ready on Monday to give your form tutor your period 7 choices for block 1. 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



Performing Arts Production Rehearsals

Auditions will be run at appropriate times for Performing Art productions across the school year. Students who are successful will then attend Performing Arts rehearsals during Thursday Period 7 (and often after school), instead of Independent Study.

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*

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.

 **MIND**

Select 4 choices

 **BODY**

Select 3 choices

 **SOUL**

Select 4 choices

<p>Arabic <i>Learn basic Arabic words, phrases, and culture through fun, beginner-friendly activities.</i></p>	<p>Make Code Arcade <i>Learn how to create fun, interactive games.</i></p>
<p>Astronomy Club <i>Explore stars, planets, and galaxies while learning how the universe works.</i></p>	<p>Quiz Club <i>A range of different styled, fun and interactive quizzes to be completed in teams.</i></p>
<p>Biology Quiz <i>Test your science knowledge with fun, competitive quizzes about living things.</i></p>	<p>SET Card Game <i>A fun game based on recognising patterns to win; for players of any gaming experience.</i></p>
<p>Canadian History <i>Discover key events, people, and stories that shaped Canada's past and present.</i></p>	<p>Spanish Blooket <i>Practice Spanish vocabulary and grammar using interactive Blooket activities and games.</i></p>
<p>Card Games <i>Play classic and modern card games that build strategy, memory, and quick thinking.</i></p>	<p>Taskmaster <i>Based on the TV show; a chance to watch funny tasks and problem solve with strategy and logic.</i></p>
<p>Drama Club <i>A fun, welcoming space to build confidence, play drama games, explore characters, and develop performance skills — no experience needed.</i></p>	<p>What's Happening in Politics <i>Discuss current political events and learn how governments and elections work.</i></p>
<p>Intro to Media <i>Explore how media works through analysing ads, videos, news, and digital content.</i></p>	<p>Walk & Talk <i>Enjoy relaxing walks while chatting, connecting, and getting light exercise.</i></p>
<p>Logic Puzzles <i>Try to solve a range of puzzles like Sudoku, word searches and crosswords.</i></p>	

<p>Basketball <i>Exploring and developing your skills at basketball.</i></p>
<p>Cross-Country Running <i>Exploring and developing your running skills and stamina.</i></p>
<p>Football - Squad <i>Join the KWS football squad + training.</i></p>
<p>Football- Girls <i>Explore and develop your football skills.</i></p>
<p>Football - Skills <i>Exploring and developing your football technique and skill set.</i></p>
<p>Football - Social <i>A chance to combine the sport and social aspects of football.</i></p>
<p>Junior Dance Company (Tue) <i>Trial to be part of the KWS Dance Company.</i></p>
<p>Netball <i>Exploring and developing your skills at netball.</i></p>
<p>Table Tennis <i>Exploring and developing your skills at table tennis.</i></p>
<p>Rugby <i>Exploring and developing your skills at rugby.</i></p>
<p>Yoga <i>Exploring and developing your skills at yoga.</i></p>

<p>Book Nook Craft <i>Create miniature "book nook" dioramas inspired by stories, themes, and imagination.</i></p>	<p>Poi <i>Learn beginner poi spinning techniques to build coordination, rhythm, and movement flow.</i></p>
<p>Bracelet Making <i>Design and create colourful friendship bracelets using beads, threads, and patterns.</i></p>	<p>Poster Creation <i>Design creative posters using layout, colour, and typography skills.</i></p>
<p>Chinese Calligraphy <i>Learn traditional brush techniques to write Chinese characters beautifully and artistically.</i></p>	<p>Song Writing <i>Write original lyrics and melodies while exploring rhythm, storytelling, and musical creativity.</i></p>
<p>Creative Journaling <i>Decorate journals with art, writing, and prompts to express ideas creatively.</i></p>	<p>Sports Documentaries <i>Watch and discuss sports documentaries exploring athletes, events, teamwork, and inspiration.</i></p>
<p>Mindful Colouring <i>Practice mindfulness and peace whilst colouring a range of intricate patterns and designs.</i></p>	<p>Still-Life Sketching Club <i>Draw everyday objects while practising shading, observation, and artistic technique.</i></p>
<p>Orchestra (junior - Thu) <i>For students of all years who play a musical instrument and are a beginner - grade 2 standard.</i></p>	<p>Theatre Company (Tue) <i>A 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></p>
<p>Orchestra (senior - Wed) <i>For students of all years who are working at Grade 3 or above on their chosen instrument.</i></p>	<p>UNO <i>Take part in the classic card game - Uno; for players of all abilities.</i></p>
<p>Poetry Writing <i>Write expressive poems using imagery, rhythm, and emotion to develop creative writing skills.</i></p>	<p>Watercolour Workshop <i>A chance to learn about and practice your watercolour painting skills.</i></p>