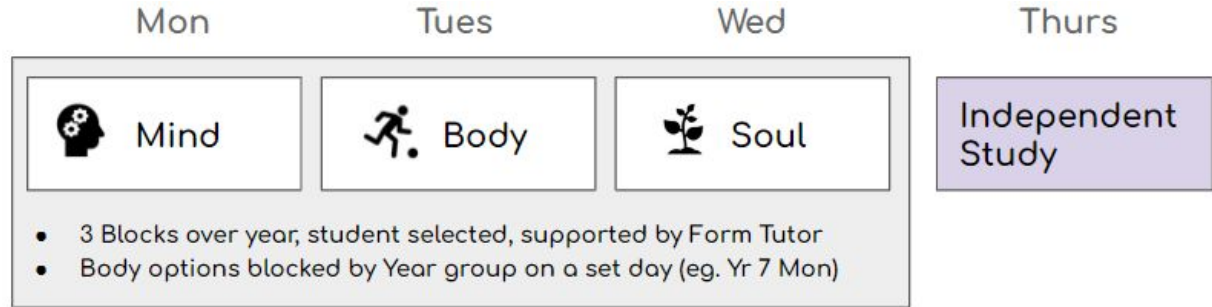


Period 7: Years 7 to 9

Block 2 25/26

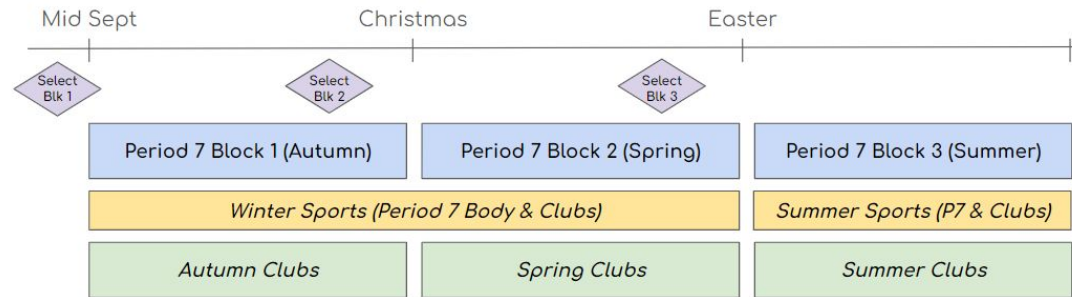
In Years 7, 8 & 9 students participate in 3 elective Period 7s a week, covering Mind, Body and Soul.

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.

Yr  MIND

Select 4 choices

 BODY

Select 3 choices

 SOUL

Select 4 choices

9

Period 7 Options for Block 2 of 2025/26

<p>Bollywood Club Learn about the amazing history and culture of Bollywood.</p>	<p>Military History Club Learn about major conflicts, leaders, and events that shaped global military history.</p>
<p>Chess A chance to learn and play the classic game of Chess, for players of all abilities.</p>	<p>Match of the Day Watch football highlights and discuss players, tactics, matches, and standout moments.</p>
<p>Crosswords Solve crossword puzzles that build vocabulary, reasoning, and problem-solving skills.</p>	<p>Quiz Club Compete in fun quizzes covering topics like science, history, literature, and pop culture.</p>
<p>Detective Fiction Read and discuss mystery stories while learning clues, suspects, and classic detective tropes.</p>	<p>Sports Documentaries Watch and discuss inspiring documentaries about athletes, teams, and major sporting events.</p>
<p>DofE Preparations Tips and camping guidance on preparing for your expedition.</p>	<p>Sudoku Solve number-based logic puzzles that strengthen concentration and analytical thinking.</p>
<p>Drama Club A fun, welcoming space to build confidence, play drama games, explore characters, and develop performance skills — no experience needed.</p>	<p>What's Happening in Politics Discuss current political events and learn how governments, policies, and elections work.</p>
<p>Henna Create temporary henna designs using traditional patterns and safe, natural materials.</p>	<p>Walk & Talk Take refreshing walks while chatting, connecting, and getting light exercise.</p>

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

<p>Bhangra Learn energetic Bhangra dance moves inspired by traditional Punjabi music and culture.</p>	<p>Meditation Practise calming breathing and mindfulness techniques to reduce stress and improve focus.</p>
<p>Board Games Play fun strategy, luck, and teamwork-based board games with friends.</p>	<p>Orchestra (junior - Thu) For students of all years who play a musical instrument and are a beginner - grade 2 standard.</p>
<p>Discover Italian Fashion Explore Italian fashion history, designers, and trends through discussion and creative tasks.</p>	<p>Orchestra (senior - Wed) For students of all years who are working at Grade 3 or above on their chosen instrument.</p>
<p>Dragon's Den Develop your business acumen with a range of tasks based on the popular TV show Dragon's Den.</p>	<p>Silent Reading Enjoy quiet reading time to build focus, imagination, and a love for books.</p>
<p>Free Writing Write freely without rules to boost creativity, flow, and confidence in writing.</p>	<p>Theatre Company (Tue) KWS Theatre Company is 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.</p>
<p>Ghost Stories Read, discuss, and share spooky tales while exploring suspense and storytelling techniques.</p>	<p>UNO Take part in the classic card game - Uno; for players of all abilities.</p>
<p>Knit & Crochet Develop and practice your knitting and crochet skills; for pupils of all abilities.</p>	<p>Warhammer Painting Paint Warhammer miniatures using colour techniques to create detailed tabletop figures.</p>
<p>Litter Picking Help keep the school grounds clean while supporting environmental responsibility.</p>	<p>3D Printing Learn to design and print 3D models using beginner-friendly software and technology.</p>