

Period 7: Year 10

Block 3 25/26

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

Mon

Elective



Tues

Careers,
Community
& Study Skills

Wed

Independent
Study

Thurs

Elective



Elective



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

Elective



New opportunities to lead Period 7s for younger students.

Careers,
Community
& Study Skills

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

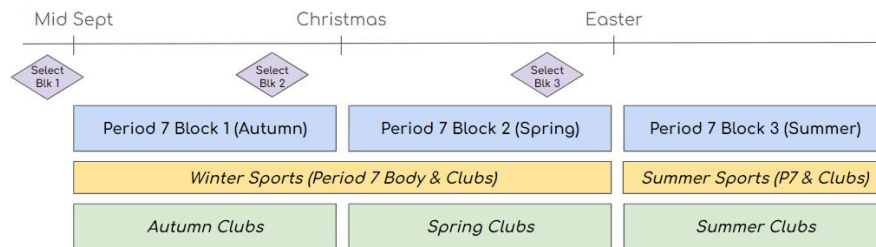
Community: wider your understanding, to strengthen your applications P16.

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

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

Students will be able to select their clubs on SOCS in the last week of the Spring term, ready to start in the Summer term. In general most clubs have capacity for anyone who would like to attend.

MONDAY



Ancient Civilisations – Explore the history, culture, and achievements of ancient societies.	Meditation – Practice mindfulness and relaxation techniques to reduce stress and focus.
Digital Theatre + – Watch and analyse recorded theatre performances from leading stages.	Our World Today – Discuss current events and global issues to understand modern society.
Eco Club – Promote sustainability through environmental projects and community action.	Quiz Club – Compete in team quizzes testing general knowledge and quick thinking.
Henna – Practice creating intricate temporary body art with henna designs.	Scrap Journaling – Combine creativity and memory-keeping through scrapbook-style journaling projects.
Intro to Economics – Learn basic economic principles and how they affect everyday life.	Spanish Blooket – Practice Spanish through fun, interactive Blooket quiz games.
Japanese Culture – Discover Japan's traditions, art, language, and modern cultural trends.	Sugar Craft – Learn techniques for creating decorative sweets and cake designs.
Language Revision – Strengthen vocabulary, grammar, and language skills through targeted practice.	The Apprentice – Develop business skills through problem-solving, teamwork, and entrepreneurial challenges.
Media Marketing – Explore advertising, social media, and strategies for effective communication.	What's Going on in Politics – Explore political events, debates, and key issues shaping the world.

THURSDAY



Athletics – Improve speed, strength, and endurance through track and field activities.	Kwik Cricket – Play fast-paced cricket matches to practise batting, bowling, and teamwork.
Basketball – Develop teamwork and coordination through drills and friendly matches.	Rounders – Enhance striking and fielding skills in this classic bat-and-ball game.
Board Games – Enjoy strategic and cooperative games that build thinking and teamwork skills.	Science Documentaries – Watch and explore scientific topics through engaging documentary films.
Chess – Develop critical thinking and strategy through friendly and competitive matches.	Senior Dance (KS4/5) – Selected squad only.
Cross-Country Running – Build stamina and resilience by running on varied outdoor courses.	Silent Reading – Enjoy quiet time to read independently and explore new books.
Dungeons & Dragons – Explore imagination and teamwork through role-playing adventures and storytelling.	Social Football – Enjoy friendly matches focusing on fitness, teamwork, and enjoyment.
Golf – Practice precision, focus, and technique on the golf course.	Table Tennis – Sharpen reflexes and accuracy through competitive rallies and practice.
Orchestra, Junior (Thu) – Try out for the KWS Orchestra; speak to the Music Faculty for more details.	Taskmaster – Complete fun, creative challenges inspired by the Taskmaster TV show.
Orchestra, Senior (Wed) – For experienced musicians; speak to the Music Faculty for more details.	Yoga – Increase flexibility, balance, and relaxation through guided poses and breathing exercises.