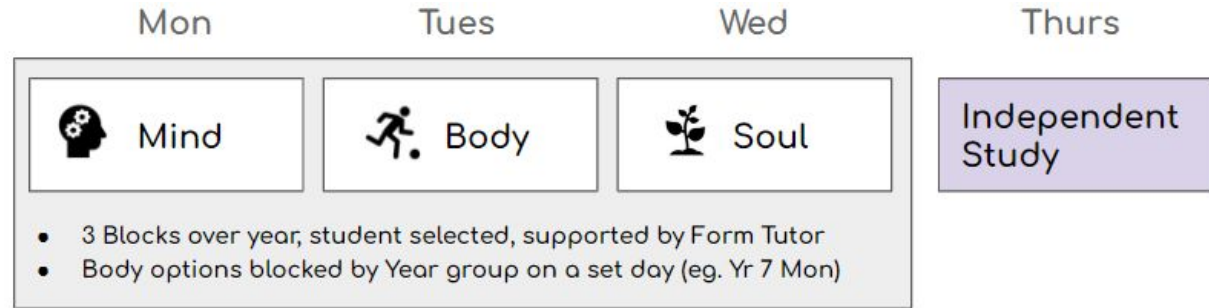


Period 7: Years 7 to 9

Block 3 25/26

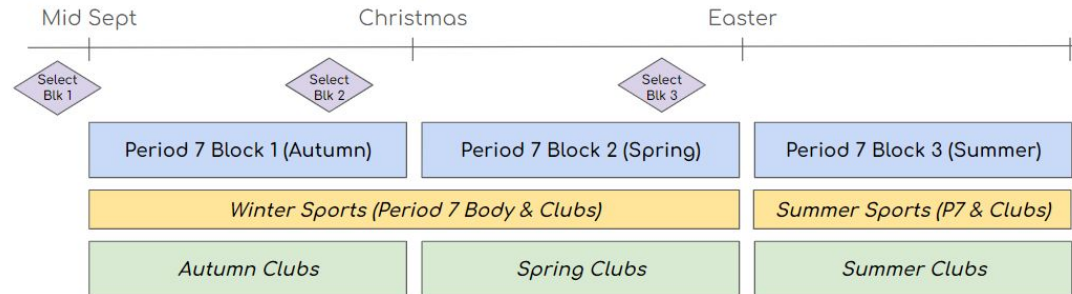
In Years 7, 8 & 9 students participate in 3 elective Period 7s a week, covering Mind, Body and Soul.

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

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

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.

MIND

Select 4 choices

BODY

Select 3 choices

SOUL

Select 4 choices

AI Documentaries – Explore artificial intelligence through films, discussion, and critical analysis engaging.	Historic Battles – Analyse famous battles and military strategies that changed the course of history.	Athletics – Improve speed, strength, and endurance through track and field events.	Attenborough Club – Explore wildlife, conservation, and environmental documentaries inspired by nature storytelling.	Litter-Picking – Help protect the environment by cleaning and improving local outdoor spaces.
Astronomy – Discover stars, planets, and galaxies while learning observational and theoretical astronomy basics.	Historical Board Games – Experience history interactively by playing strategy games set in past eras.	Cross-Country Running – Build stamina and resilience by racing across varied outdoor terrains.	Board Games – Enjoy strategic and cooperative games developing critical thinking and teamwork.	Mindful Colouring – Relax and reduce stress through calm, focused colouring activities.
Canadian History – Examine key events, figures, and movements that shaped Canada’s past and identity.	Logic Puzzles – Sharpen reasoning and problem-solving abilities through challenging brain teasers and logic games.	Junior Dance (KS3) – Selected squad only.	Creative Journaling – Express thoughts and creativity through writing, doodling, and reflective prompts.	Mindful Drawing – Develop concentration and wellbeing through guided, reflective drawing exercises.
Chess – Develop strategic thinking and competitive skills through friendly and tournament chess matches.	Programming Microbits – Learn coding fundamentals by creating interactive projects with Microbit devices.	Kwik Cricket – Enjoy fast-paced cricket games developing batting, bowling, and teamwork skills.	Crochet – Learn basic stitching techniques to create handmade accessories and gifts.	Orchestra, Junior (Thu) – Try out for the KWS Orchestra; speak to the Music Faculty for more details.
CSI – Investigate mock crime scenes using forensic techniques and logical deduction skills	Quiz Club – Test general knowledge and teamwork skills in fun and competitive quiz challenges.	Rounders – Practice striking and fielding skills in this exciting bat-and-ball team game.	Digital Theatre + – Watch and analyse recorded theatre performances from leading stages.	Orchestra, Senior (Wed) – For experienced musicians; speak to the Music Faculty for more details.
Eco Club – Promote sustainability through environmental projects, conservation efforts, and community action initiatives.	Science Fun – Explore exciting scientific experiments and discoveries through hands-on activities and demonstrations.	Social Football – Play friendly, non-competitive matches focused on teamwork, fitness, and fun.	Discover Italian Fashion – Explore iconic designers, trends, and cultural influences shaping Italian style.	Origami – Create detailed paper models while learning precise folding techniques.
French Conversation – Build confidence speaking French through interactive discussions and cultural activities.	Walk & Talk – Enjoy relaxed outdoor walks while engaging in thoughtful group conversations.	Table Tennis – Develop quick reflexes and coordination through fast-paced competitive rallies.	Disney Film Club – Watch and discuss classic and modern Disney films together.	Silent Reading – Enjoy dedicated quiet time to read and explore new books.
Harry Potter Club – Celebrate the wizarding world with themed discussions, games, and creative activities.	Warhammer – Build and paint miniatures while strategising epic tabletop battles with friends.	Yoga – Enhance flexibility, balance, and mindfulness through guided stretching and breathing exercises.	Drama Club – Build confidence and performance skills through acting workshops and productions.	Still-Life Drawing – Improve observational skills by sketching carefully arranged everyday objects.
			Henna – Learn traditional henna design techniques and create intricate temporary body art.	UNO – Play the fast-paced card game developing strategy and quick thinking.