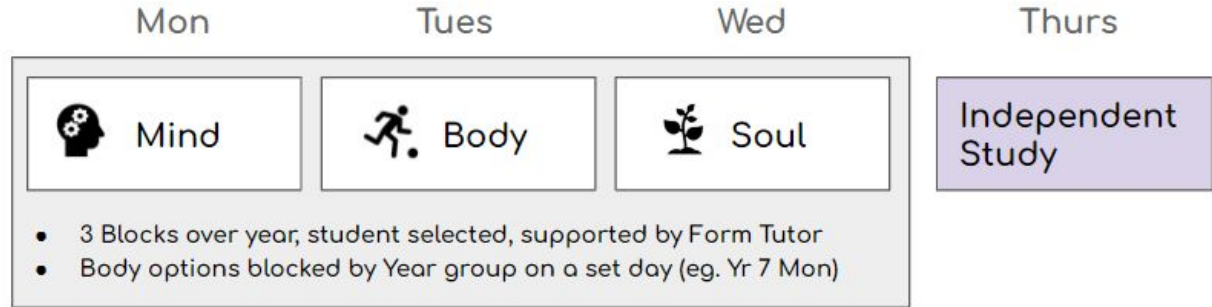


Period 7: Years 7 to 9

Block 3 25/26

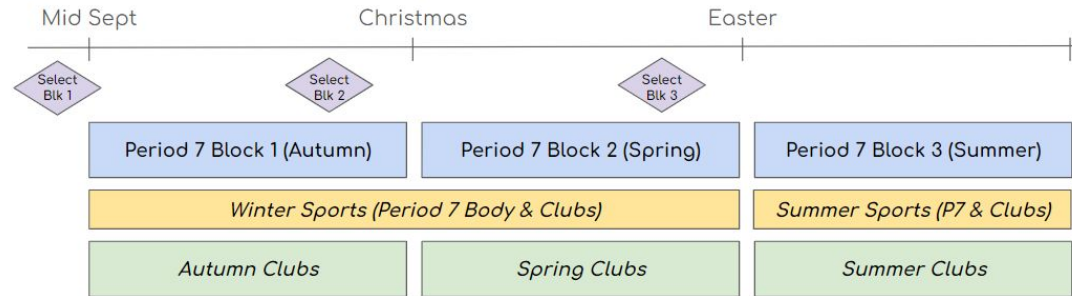
In Years 7, 8 & 9 students participate in 3 elective Period 7s a week, covering Mind, Body and Soul.

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.

Yr
8
 MIND

Select 4 choices

Board Games – Enjoy strategic and cooperative games that build thinking and teamwork skills.	Science Blooket – Reinforce science knowledge through fun, interactive Blooket competitions.
Card Games – Play a variety of classic and modern card games together.	Science Fun (8/9) – Explore exciting experiments and hands-on scientific investigations.
Chess – Develop strategic thinking through friendly and competitive chess matches.	Subbuteo – Play tabletop football matches using skill, tactics, and precision flicks.
CSI – Solve mock crimes using forensic clues and logical reasoning.	Sudoku – Challenge your logical thinking with number-based puzzle grids.
Harry Potter Club – Celebrate the wizarding world through themed games and discussions.	TinkerCad 3D Modelling – Create digital 3D designs while learning basic modelling skills.
Historic Battles – Explore famous conflicts and analyse the strategies behind them.	Walk & Talk – Enjoy relaxed walks while chatting and connecting with others.
Poster Creation – Design eye-catching posters using creative ideas and artistic techniques.	Warhammer – Build, paint, and battle with detailed miniatures in strategic games.
Quiz Club – Compete in team quizzes testing general knowledge and quick thinking.	

 BODY

Select 3 choices

Athletics – Improve speed, strength, and endurance through varied track and field events.
Basketball – Develop teamwork and coordination through fast-paced drills and competitive games.
Cross-Country Running – Build stamina and determination by running across challenging outdoor courses.
Football Skills – Practise passing, dribbling, and shooting techniques to enhance performance.
Junior Dance (KS3) – Selected squad only.
Kwik Cricket – Play quick, exciting cricket matches developing batting and bowling skills.
Rounders – Strengthen striking and fielding abilities in this fun team bat-and-ball sport.
Social Football – Enjoy friendly matches focused on fitness, teamwork, and enjoyment.
Table Tennis – Sharpen reflexes and accuracy through dynamic rallies and matches.
Yoga – Improve flexibility, balance, and relaxation through guided movement and breathing.

 SOUL

Select 4 choices

Chinese Art – Explore traditional and modern Chinese artistic styles and techniques.	Mindful Colouring – Relax and focus while creating colourful, detailed designs.
Creative Journaling – Express ideas and emotions through writing, sketches, and reflections.	Musical Theatre Discussion – Analyse and discuss songs, performances, and musicals.
Drama Club – Develop acting skills and confidence through performances and workshops.	Orchestra, Junior (Thu) – Try out for the KWS Orchestra; speak to the Music Faculty for more details.
Hand-Embroidery – Learn stitching techniques to create decorative textile designs.	Orchestra, Senior (Wed) – For experienced musicians; speak to the Music Faculty for more details.
Henna – Practice creating intricate temporary body art with henna designs.	Origami – Fold paper into detailed and creative shapes using precise techniques.
Knitting – Craft scarves, hats, and other items while learning basic knitting skills.	Sensory Garden – Engage with plants and nature to stimulate senses and mindfulness.
Making Bracelets – Design and create unique bracelets using beads and threads.	UNO – Play the fast-paced card game emphasizing strategy and quick thinking.
Manga Drawing – Learn to draw characters and scenes inspired by manga style.	Watercolour Workshop – Learn techniques for painting and blending with watercolours.