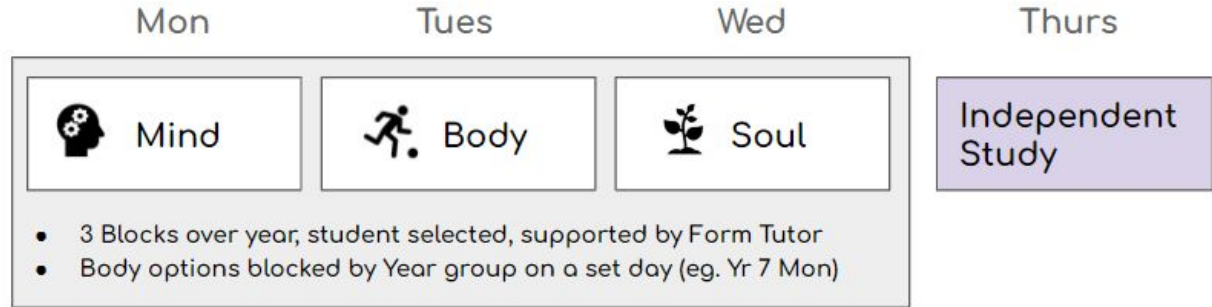


Period 7: Years 7 to 9

Block 3 25/26

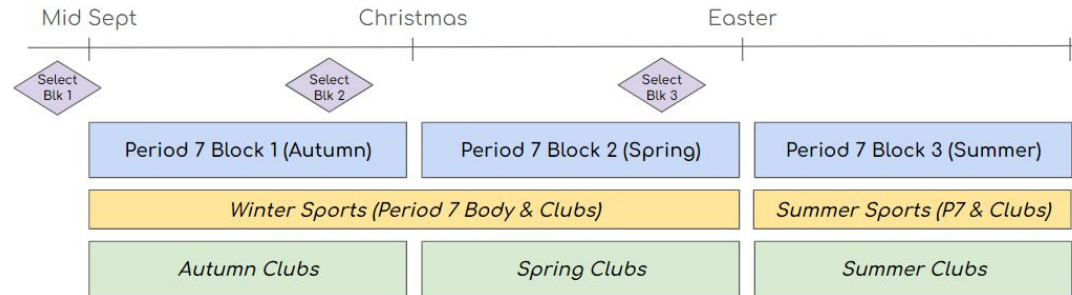
In Years 7, 8 & 9 students participate in 3 elective Period 7s a week, covering Mind, Body and Soul.

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.

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3D Printing – Design and create 3D objects using digital modelling and printing technology.	Ghost Stories – Share and discuss spooky stories in a fun, imaginative setting.	Athletics – Improve speed, strength, and endurance through track and field activities.	Bollywood Club – Explore Bollywood films, music, dance, and cultural traditions together.	Orchestra, Senior (Wed) – For experienced musicians; speak to the Music Faculty for more details.
Blooket Quiz – Test knowledge in fun, interactive online quiz games with classmates.	History's Mysteries – Explore unsolved historical events and intriguing past enigmas.	Basketball – Develop teamwork and coordination through drills and friendly matches.	David Attenborough Club – Discover wildlife and nature through documentaries and discussion.	Scene of the Week – Analyse and discuss notable scenes from films, TV, or theatre.
Card Games – Play a variety of classic and modern card games to build strategy skills.	Science Fun (8/9) – Conduct exciting experiments and hands-on science activities.	Cross-Country Running – Build stamina and resilience by running on varied outdoor courses.	Free-Writing – Express ideas freely through unstructured, creative writing exercises.	Science Documentaries – Watch and explore scientific topics through engaging documentary films.
Chess – Develop critical thinking and strategy through friendly and competitive matches.	Spanish Workshop – Practice speaking Spanish and explore its culture through interactive activities.	Junior Dance (KS3) – Selected squad only.	Introduction to Literary Classics – Explore famous literary works and their themes, characters, and style.	Scrap Journaling – Combine creativity and memory-keeping through scrapbook-style journaling projects.
Countries of the World – Explore geography, cultures, and global facts about different nations.	The Apprentice – Develop business skills through problem-solving, teamwork, and entrepreneurial challenges.	Just Dance – Stay active and have fun by following energetic dance routines.	Italian Culture – Learn about Italy's traditions, food, art, and language.	Silent Reading – Enjoy quiet time to read independently and explore new books.
CSI – Investigate mock crime scenes using forensic techniques and logical deduction.	Typing Club – Improve typing speed and accuracy through guided practice exercises.	Kwik Cricket – Play fast-paced cricket matches to practice batting, bowling, and teamwork.	Manga Drawing – Create characters and scenes inspired by Japanese manga styles.	Taskmaster – Complete fun, creative challenges inspired by the Taskmaster TV show.
Engineering Challenges – Solve creative engineering problems using design, teamwork, and experimentation.	Walk & Talk – Enjoy outdoor walks while engaging in thoughtful conversation with peers.	Rounders – Enhance striking and fielding skills in this classic bat-and-ball game.	Meditation – Practice mindfulness and relaxation techniques to reduce stress and focus.	UNO – Play the fast-paced card game emphasizing strategy and quick thinking.
		Social Football – Enjoy friendly matches focusing on fitness, teamwork, and enjoyment.	Mindful Colouring – Relax and focus while creating detailed and calming coloured designs.	Watercolour Workshop – Learn techniques for pointing and blending using watercolours.
		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.	
		Yoga – Increase flexibility, balance, and relaxation through guided poses and breathing exercises.		