

# The Royal School Wolverhampton



## Personal Development & Enrichment

## Lesson 7

The lesson 7 programme is an intrinsic part of life at The Royal, and is proven to make a significant positive impact on pupil's personal development, broaden the skill range and provide stimulating challenges in line with our school values of respect, trust, community, initiative and risk. The lesson 7 programme is an opportunity for pupils to experience a variety of activities where you can gain additional qualifications and new skills that will support your personal development.

Each activity fulfils one or more of our lesson 7 strands. Each strand was carefully selected to ensure each activity has opportunities to develop a variety of skills, including those softer skills that will get you into university and work. This holistic approach to our enrichment education will develop skills, knowledge and understanding and will give you opportunities that will prepare you for life beyond school and help set you apart from others.

For these reasons the lesson 7 programme is a compulsory element of life at The Royal School, a significant element of what makes a place at the school so highly sought after by families all over the region and beyond. It is part of what makes the school unique and distinctive, preparing pupils for life beyond the school in a demonstrably effective manner.

## How to use this booklet

Each activity that The Royal School offers as part of the lesson 7 programme is outlined in this booklet. You will select your activities with the support from your form tutor. Their guidance will allow you to gain a broad and balanced range of activities that will promote your personal development. It is advised that you select activities throughout the year to cover each of our strands, which are:

Creative and well being.

Enterprise and employability.

Active.

Leadership and service.

Inquiry and knowledge.

On each page you can read all about the activities you can choose from. The table of information will allow you to make informed decision as to whether you would like to take part in the activity. The information includes; strand(s) the activity covers, the aim of the activity, the skills you will develop, a brief outline of what the activity demands and how long the activity runs. Some activities only run for the term, other activities require a longer term commitment. Some activities will be compulsory.

Lesson 7 activity outline	
Name of the activity:	West Midlands Police Cadets (Year 9 to 13)
Venue:	
Staff member:	
Strand(s):	Leadership and service
Aim:	To provide a disciplined organisation in a school so that pupils may develop powers of leadership by means of training to promote the qualities of responsibility, self reliance, resourcefulness, endurance and perseverance.
Skills:	Leadership, problem solving, resourcefulness.
Brief outline of what students will be doing:	<p>The Volunteer Police Cadets is the nationally recognised police uniformed youth group throughout England &amp; Wales and in Scotland known as Police Scotland Youth Volunteers.</p> <p>The Aims of the VPC are:-</p> <ul style="list-style-type: none"> <li>• To promote a practical understanding of policing amongst all young people.</li> <li>• To encourage the spirit of adventure and good citizenship.</li> <li>• To support local policing priorities through volunteering and give young people a chance to be heard.</li> <li>• To inspire young people to participate positively in their communities.</li> </ul> <p>The VPC, encompassing Mini Police, is a diverse group of young people aged 8 - 18 years, who have a desire to support their local communities and gain a practical understanding of policing, developing their leadership skills by undertaking challenging social action projects in their communities. There is no expectation of forces to operate the entire Mini-Police &amp; VPC offer and this is outlined in the strategy as an aspirational vision.</p>
Duration	At least 1 year. Can take part from year 9 through to year 13.

Lesson 7 activity outline	
Name of the activity:	Combined Cadet Force CCF Year 10 and above
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	To provide a disciplined organisation in a school so that pupils may develop powers of leadership by means of training to promote the qualities of responsibility, self reliance, resourcefulness, endurance and perseverance.
Skills:	Leadership, problem solving, resourcefulness.
Brief outline of what students will be doing:	CCF offers young people a broad range of challenging, exciting, adventurous and educational activities. Training will be split over parade evenings, field days and occasional weekend camps and courses. Parade evenings provides the basic training across a number of different areas such as drill, map work field work and marksmanship, which is then enhanced during field days and weekend training camps, where cadets will spend longer periods of time developing a particular skill, or working towards a qualification.
Duration	At least 1 year. Can take part from year 10 through to year 13.

Lesson 7 activity outline	
Name of the activity:	Royal College of Nursing – Nursing Cadets Year 12 and 13
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	The RCN Prince of Wales Nursing Cadet Scheme gives young members of uniformed organisations an introduction to potential careers in nursing and Health Care.
Skills:	Leadership, problem solving, resourcefulness.
Brief outline of what students will be doing:	The scheme runs alongside their usual uniformed organisation activities, combining 105 hours of guided experiential learning. This includes learning modules and a clinical observational placement within their local health care region. Such as CCF or the Police Cadets Once they have completed this, cadets submit a portfolio of reflection and gain a completion certificate.
Duration	Optional - 2 years

# Key Stage 3

Lesson 7 activity outline	
Name of the activity:	Personal Skills Programme – School and house values
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	The Personal Skills Programme is a collection of learning programmes that allow learners to develop the skills and behaviours needed to be better prepared for their next step in education or employment. The programme is also designed to help pupils settle into life at The Royal School through our values of Trust, Risk, Community, Initiative and Respect through a variety of house based activities and competitions.
Skills:	Teamwork, Self-Belief, Problem Solving and Self-Management.
Brief outline of what students will be doing:	Learners develop a variety of skills including; Communication, Teamwork, Self-Belief, Problem Solving and Self-Management. By providing evidence of the behaviours that develop these skills, learners create an effective portfolio of their abilities, demonstrating their progression while developing character and building resilience to challenges.
Duration	Compulsory – 3 terms

Lesson 7 activity outline	
Name of the activity:	Life Skills – Year 8
Venue:	
Staff member:	
Strand(s):	Enterprise and employability. Inquiry and Knowledge
Aim:	To inspire young people to get the skills they need for a better future. Online, in class and through valuable real-world experiences.
Skills:	Money skills, employability skills, skills needed around the home and for daily life.
Brief outline of what students will be doing:	An opportunity to develop those necessary skills that you won't necessarily develop from other lessons. Money skills – what is a pay slip, mortgages and loans. Arranging things – booking a holiday, a taxi, how to catch a train. Writing to employers – CV, application form, letters. Home skills – rewiring a plug, changing a light bulb, working a washing machine.
Duration:	Compulsory: 3 terms



Lesson 7 activity outline	
Name of the activity:	IDEA Year 7 Digital skills Year 8 Digital World
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	The Inspiring Digital Enterprise Award, known as iDEA is an international award winning programme that helps you develop digital, enterprise and employability skills.
Skills:	Digital skills
Brief outline of what students will be doing:	Through a series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Craft club - Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Creative and well being.
Aim:	To use creative craft techniques to make an end product, whilst also developing key skills and learning how craft can help relaxation and wellbeing.
Skills:	Precision, manual dexterity, spatial awareness, creativity, use of tools, patience, resilience and STEM skills.
Brief outline of what students will be doing:	Students will be practising a range of crafting techniques and will be able to use these to make gifts, toys and decorations.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Painted and Textile Murals (Bronze Arts Award) Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing
Aim:	<p>This Activity allows for students to create murals using the mediums of painting and textiles.</p> <p>In completing this enrichment activity students can use it towards the completion of their Arts Award. NB the remainder of the Arts Award modules will need to be completed outside of school in students own time.</p> <p>Bronze Arts Award enables learners to develop a basic understanding of arts practice and some knowledge of arts provision in the community. Learners commit to taking part in creative activities and demonstrate a basic understanding of effective communication and an ability to convey information to an audience.</p>
Skills:	Research, Analysis, Discussion, Communication, Reflection, Creativity and development of Knowledge, Skills and Understanding of Arts and Culture.
Brief outline of what students will be doing:	<p>Learners will work in teams create to large scale display pieces for whole school display using either paint or textiles.</p> <p>Alongside this learners will create a personal arts log or portfolio containing evidence of their experiences.</p>
Duration	Optional – 1 term.

Lesson 7 activity outline	
Name of the activity:	Personal Skills Programme - Ambassador Award Year 8
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	Learners develop the skills and behaviours in the Skills Framework through becoming an active part of their school community.
Skills:	Teamwork, Self-Belief, Problem Solving and Self-Management, Communication
Brief outline of what students will be doing:	Students identify and explore an issue that is important to your school's environment, delivering an awareness-raising campaign to peers.
Duration	Optional and directed - 1 term

Lesson 7 activity outline	
Name of the activity:	Football – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Active
Aim:	To prepare for school fixtures, to improve footballing ability, improve understanding of the rules and regulations and develop fitness
Skills:	Football skills, communication, co-operation, teamwork, fitness
Brief outline of what students will be doing:	Team training working on technical skill and strategies to take into school fixtures
Duration:	Directed – 2 terms

Lesson 7 activity outline	
Name of the activity:	Girls Football – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Active
Aim:	To prepare for school fixtures, to improve footballing ability, improve understanding of the rules and regulations and develop fitness
Skills:	Football skills, communication, co-operation, teamwork, fitness
Brief outline of what students will be doing:	Team training working on technical skill and strategies to take into school fixtures
Duration:	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Netball – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Active
Aim:	To prepare for school fixtures, to improve netball ability, improve understanding of the rules and regulations and develop fitness
Skills:	General netball skills, communication, co-operation, teamwork, fitness
Brief outline of what students will be doing:	Team training working on technical skill and strategies to take into school fixtures
Duration:	Directed – 2 terms

Lesson 7 activity outline	
Name of the activity:	Rugby– Year 8
Venue:	
Staff member:	
Strand(s):	Active
Aim:	To prepare for school fixtures, to improve rugby ability, improve understanding of the rules and regulations and develop fitness
Skills:	Rugby skills, communication, co-operation, teamwork, fitness
Brief outline of what students will be doing:	Team training working on technical skill and strategies to take into school fixtures
Duration:	Directed – 2 terms

Lesson 7 activity outline	
Name of the activity:	Lego wellbeing – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Creative and wellbeing
Aim:	Lego wellbeing aims to introduce students to the calming benefits of LEGO play, with activities and ideas to help students relax, find balance and improve wellbeing as well as stimulating their creative through building.
Skills:	Developing fine motor skills, creativity, cooperation, persistence.
Brief outline of what students will be doing:	Students will be using their imagination to design and build a variety of models.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Drawing – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Creative and wellbeing Inquiry and knowledge
Aim:	To develop drawing skills and experiment using different techniques and ideas. To build confidence in taking creative risks and developing personal flair in drawing.
Skills:	Creativity, visual analysis, attention to detail, patience, persistence
Brief outline of what students will be doing:	Drawing activities can be personalised to the students' interests. Students can work on projects independently or learn using tutorials. Students will build a portfolio of their work.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	STEM - Building and flying model aeroplanes –Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Creative and wellbeing. Inquiry and knowledge.
Aim:	To gain an understanding of aerodynamics and basic aeronautical engineering.
Skills:	Practical skills
Brief outline of what students will be doing:	Pupils will build models from paper, card and Balsa wood to fly and test using equipment such as saws, craft knives, scissors and glue.
Duration	Optional - 1 term

Lesson 7 activity outline	
Name of the activity:	School Choir (Years 7 – 13)
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing
Aim:	From Wicked to Jess Glynne, Mozart to Abba and traditional to modern, the school choir will be a place for students from any year to enjoy singing together! After a year of singing online the school choir is ready to be bigger and better than ever with more songs and more chances to perform!  In completing this enrichment activity students in KS3 can use it towards the completion of their Arts Award. NB the remainder of the Arts Award modules will need to be completed outside of school in students own time.
Skills:	Practical and Performance Skills
Brief outline of what students will be doing:	Students will rehearse weekly as a group to prepare for various performances throughout the year.
Duration	Optional and directed – 1, 2 or 3 terms

Lesson 7 activity outline	
Name of the activity:	School Orchestra (Years 7 – 13)
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing
Aim:	<p>The school orchestra will bring together students from all year groups to perform a range of pieces of music together. Instrumentalists of any standard will enjoy playing a range of classical, popular and film music as a group and creating a spectacular musical sound together! We will also prepare for various performance opportunities throughout the year.</p> <p>In completing this enrichment activity students in KS3 can use it towards the completion of their Arts Award. NB the remainder of the Arts Award modules will need to be completed outside of school in students own time.</p>
Skills:	Practical and Performance Skills
Brief outline of what students will be doing:	Students will rehearse weekly as a group to prepare for various performances throughout the year.
Duration	Optional and directed – 1, 2 or 3 terms

Lesson 7 activity outline	
Name of the activity:	Reading Club – Years 7 and 8
Venue:	
Staff member:	
Strand(s):	Knowledge and enquiry
Aim:	To develop students literary awareness
Skills:	Literacy skills
Brief outline of what students will be doing:	Students will have opportunity to read age appropriate materials of their choice such as books, articles or comics.
Duration	Optional and directed - 1 term



Lesson 7 activity outline	
Name of the activity:	Just Dance – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Active
Aim:	Just Dance is full of fun, singing and dancing. No matter the skill or fitness level, this suits all. It's a good community dance, based on the age related You tube Just Dance Videos.
Skills:	Teamwork, Self-Belief, Coordination, Cooperation, Self-Management, basic fitness.
Brief outline of what students will be doing:	Following the Just Dance routines. Pupils have the opportunity to choose their own dances. We all dance together and sing along too! Its sure to be fun!
Duration	Optional -1 Term

Lesson 7 activity outline	
Name of the activity:	Creative writing – Year 8
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing. Inquiry and Knowledge
Aim:	Creative writing will allow students the opportunity to develop their creative writing skills. This will include creating settings and characters as well as structuring stories. Students will produce their own short story in a genre of their choice.
Skills:	Creative and imaginative. Working independently and sharing work with others.
Brief outline of what students will be doing:	Tasks which will allow students to try out different styles and practise different techniques. Students will draft and improve their own stories.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Leadership in Science – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	Students will learn and demonstrate basic leadership skills that will help themselves and others improve their attainment and engagement with science.
Skills:	Leadership, Communication, Problem Solving, Teamwork
Brief outline of what students will be doing:	Developing leadership skills using science content. Students will look at the importance of leadership skills. They will then look at how to plan and deliver an effective science lesson which includes a practical experiment.
Duration	Optional/Directed 1 term

Lesson 7 Activity Outline	
Name of the activity:	School Production/Theatre Skills – Years 7 to 13
Venue:	
Strand:	Creativity and Wellbeing. Leadership and Service
Aim:	To develop ensemble and performance skills to perform in the school theatre in the Spring Term.
Skills:	Teamwork, confidence, performance skills, leadership, communication, listening, resilience, patience
Brief outline of what students will be doing:	Each week students will work as part of an ensemble to develop group numbers. This will involve singing and dance/movement as well as acting. Some students will have lines to learn and perform. NB: Lead parts may also be required P7 on Friday or after the P7.
Duration	Optional and directed - 2 terms (Autumn/Spring)

Lesson 7 activity outline	
Name of the activity:	Junior Maths Challenge – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	To prepare for students for a maths challenge.
Skills:	Problem solving
Brief outline of what students will be doing:	The <b>Junior Maths Challenge</b> , or the <b>Junior Mathematical Challenge</b> , is a multiple-choice <b>maths challenge</b> that lasts for 60 minutes. Its purpose is to encourage <b>mathematical</b> reasoning, precise thinking, and the ability to use basic <b>maths</b> techniques to solve basic problems.
Duration:	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Enterprise – Year 7 and 8
Venue:	
Staff member:	
Strand(s):	Enterprise and Employability
Aim:	To take part in a range of activities that will develop enterprise skills
Skills:	Finance, Teamwork, Problem Solving, Communication, Leadership.
Brief outline of what students will be doing:	In this Challenge learners will have the opportunity to create and implement innovative ideas based on meeting the needs of customers and/or businesses by developing a product or service. This can be achieved and enhanced by following an enterprise process which includes liaising with employers and interacting with successful local entrepreneurs. This challenge will enhance employability by enabling learners to be more opportunity-focussed, self-aware and attuned to the business environment.
Duration	1 term

Lesson 7 activity outline	
Name of the activity:	CREST Science – Year 8
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	Students work independently or in groups to plan and run a project addressing a real-world STEM problem.
Skills:	Problem solving and communication
Brief outline of what students will be doing:	CREST is a nationally recognised scheme for student-led project work in the STEM subjects (science, technology, engineering and maths). CREST provides activities and project ideas for a range of ages, group size and abilities. From off-the-shelf, one-hour long challenges through to large-scale, student-led projects of over 70 hours work or more, CREST can be done by anyone.
Duration	1 term

# Key Stage 4

Lesson 7 activity outline	
Name of the activity:	Careers and Employability – Year 9
Venue:	
Staff member:	
Strand(s):	Enterprise and Employability
Aim:	BeReady is an online platform that aims to develop the employability and ‘soft skills’ of students to aid their transition into the workplace and give them general ‘work-readiness’ employers look for.
Skills:	Teamwork, Self-Belief, Problem Solving and Self-Management.
Brief outline of what students will be doing:	The programme includes interactive online micro-learning courses and ready-to-go downloadable resources for the classroom. These sit alongside labour market information and access to employer engagements – including events, insights, and interviews with partners.
Duration	Compulsory – 3 terms

Lesson 7 activity outline	
Name of the activity:	Sports Leaders - Year 10
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	To develop leadership skills through leading sporting activities.
Skills:	Leadership, Communication, Problem Solving, Teamwork
Brief outline of what students will be doing:	Young people undertaking a qualification in Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community. The courses involve both guided & peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.
Duration	Optional – 3 terms

Lesson 7 activity outline	
Name of the activity:	English Leaders – Year 10
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	Students will learn and demonstrate basic leadership skills that will help themselves and others improve their attainment and engagement with English.
Skills:	Leadership, Communication, Problem Solving, Teamwork
Brief outline of what students will be doing:	The Leadership Skills Programme is a ground-breaking qualification that brings leadership into the classroom. Developing Leadership skills using English content.
Duration	Optional and directed – 1 term

Lesson 7 activity outline	
Name of the activity:	Science Leaders – Year 10
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	Students will learn and demonstrate basic leadership skills that will help themselves and others improve their attainment and engagement with Science.
Skills:	Leadership, Communication, Problem Solving, Teamwork
Brief outline of what students will be doing:	The Leadership Skills Programme is a ground-breaking qualification that brings leadership into the classroom. Developing Leadership skills using Science content.
Duration	Optional and directed – 1 term

Lesson 7 activity outline	
Name of the activity:	Maths Leaders – Year 10
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	Students will learn and demonstrate basic leadership skills that will help themselves and others improve their attainment and engagement with Maths.
Skills:	Leadership, Communication, Problem Solving, Teamwork
Brief outline of what students will be doing:	The Leadership Skills Programme is a ground-breaking qualification that brings leadership into the classroom. Developing Leadership skills using Maths content.
Duration	Optional and directed – 1 term

Lesson 7 activity outline	
Name of the activity:	STEM Yr 9, 10 and 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	To develop knowledge, skills and understanding of how Science, Technology, Maths and Engineering combine to equip students with real world application of this sector, that gives and better understanding of the STEM based careers.
Skills:	Problem Solving · Creativity · Inquiry Skills · Math & Science Skills · Engineering-Design Thinking · Critical Thinking · Collaboration.
Brief outline of what students will be doing:	Working with employers and STEM specialists students will undertake hands on projects to develop their STEM skills.
Duration	Optional and directed – 3 terms.



Lesson 7 activity outline	
Name of the activity:	IDEA Year 9 Coding
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	The Inspiring Digital Enterprise Award, known as iDEA is an international award winning programme that helps you develop digital, enterprise and employability skills.
Skills:	Digital skills
Brief outline of what students will be doing:	Through a series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	First Aid Champions – Year 9 to 11
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing. Inquiry and Knowledge
Aim:	The First Aid Skills Programme is a scheme that allow learners to develop the skills, confidence and willingness needed to act when someone is in need of first Aid.
Skills:	Teamwork, Self-Belief, Problem Solving and Self-Management.
Brief outline of what students will be doing:	<ul style="list-style-type: none"> <li>• what to do in a first aid emergency</li> <li>• basic first aid for common injuries</li> <li>• how children and young people can stay safe</li> <li>• behaving with kindness</li> <li>• coping skills in challenging situations</li> <li>• what might prevent people from stepping in to help and how to overcome barriers to action.</li> </ul>
Duration	Optional and directed - 1 term

Lesson 7 activity outline	
Name of the activity:	Personal Skills Programme – Community Influencer Award – Year 9
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	Pupils deliver an event in an area of interest to their school, encouraging others to participate in their school community through the event.
Skills:	Teamwork, Self-Belief, Problem Solving and Self-Management, Communication
Brief outline of what students will be doing:	Students will plan and deliver a variety of activities to engage the school and local community. This can running lunch time clubs, house competitions and fund raising activities for charities.
Duration	Optional and directed - 1 term

Lesson 7 activity outline	
Name of the activity:	Young Money – Year 9
Venue:	
Staff member:	
Strand(s):	Enterprise and Employability
Aim:	The Challenge is an annual programme that encourages children and young people to consider the connection between money management and wider issues affecting local and global communities.
Skills:	Finance, Teamwork, Problem Solving, Communication, Leadership.
Brief outline of what students will be doing:	Working as a team with the given resources you will have to design and develop and product that meets the design brief.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Tenner Challenge – Year 11
Venue:	
Staff member:	
Strand(s):	Enterprise and Employability
Aim:	The Tenner Challenge represents a safe environment for young people to experience the complete process of setting up and running their own enterprise; from creating a product, designing a company logo, working as a team, and managing a budget to trading with the public.
Skills:	Finance, Teamwork, Problem Solving, Communication, Leadership.
Brief outline of what students will be doing:	Through experiential learning, the Tenner Challenge offers a platform for young people to build and develop key employability skills that will prepare them for the changing world of work beyond statutory education.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Century English – Year 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	Develop pupils' knowledge of their set GCSE Literature texts and individual Assessment Objectives for GCSE English Language.
Skills:	Analysing, evaluating, explaining, exploring, debating
Brief outline of what students will be doing:	The Century Programme is a personalised online course which provides a series of diagnostic tests for both GCSE Language and Literature. These are then used to devise personal learning journeys.
Duration	Optional and directed – 1 term

Lesson 7 activity outline	
Name of the activity:	Young Enterprise – Year 10
Venue:	
Staff member:	
Strand(s):	Enterprise and Employability
Aim:	Young Enterprise programmes provide opportunities for young people to develop essential skills and attitudes which not only enrich their academic learning, but also provide a strong foundation for the future.
Skills:	Finance, Teamwork, Problem Solving, Communication, Leadership.
Brief outline of what students will be doing:	Company Programme empowers young people to set up and run a student company under the guidance of a business volunteer. Students make all the decisions about their business, from deciding on the company name, managing the company finances and selling to the public. Participants gain practical business experience and key skills.
Duration	Optional – 3 terms

Lesson 7 activity outline	
Name of the activity:	Philosothon/debating and public speaking - A Community of Inquiry Year 9 to 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge. Enterprise and Employability
Aim:	Dialogue's main characteristic is not aggression, debate, entrapment, exposure, but to genuinely and simply listen to each other with the intention to comprehend, clarify, evaluate and move forward together.
Skills:	Listening skills, developing each others' viewpoints
Brief outline of what students will be doing:	Rather than in a debating club, students need to listen to each others' views and develop these. This should have a positive influence on the wider outcomes such as pupils' confidence to speak, listening skills and self-esteem.
Duration:	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Football Year 9 and 10
Venue:	
Staff member:	
Strand(s):	Active
Aim:	To prepare for school fixtures, to improve footballing ability, improve understanding of the rules and regulations and develop fitness
Skills:	Football skills, communication, co-operation, teamwork, fitness
Brief outline of what students will be doing:	Team training working on technical skill and strategies to take into school fixtures
Duration:	Directed – 2 terms



Lesson 7 activity outline	
Name of the activity:	Rugby Year 9 and 10
Venue:	
Staff member:	
Strand(s):	Active
Aim:	To prepare for school fixtures, to improve rugby ability, improve understanding of the rules and regulations and develop fitness
Skills:	Rugby skills, communication, co-operation, teamwork, fitness
Brief outline of what students will be doing:	Team training working on technical skill and strategies to take into school fixtures
Duration:	Directed – 2 terms

Lesson 7 activity outline	
Name of the activity:	Netball – Year 9 and 10
Venue:	
Strand(s):	Active
Aim:	To prepare for school fixtures, to improve netballing ability, improve understanding of the rules and regulations and develop fitness
Skills:	Netball skills, communication, co-operation, teamwork, fitness
Brief outline of what students will be doing:	Team training working on technical skill and strategies to take into school fixtures
Duration:	Directed – 2 terms

Lesson 7 activity outline	
Name of the activity:	Running Club – Year 9 to 11
Venue:	
Staff member:	
Strand(s):	Active
Aim:	The aims of this activity are to improve physical and mental health. As a form of aerobic exercise, running can reduce stress, improve heart health, and even help alleviate symptoms of depression. Some researchers think running may be so good for us because it's something we evolved to do.
Skills:	Participating in and performing reasonably well in most running events requires a few key skills. First, you need to develop fundamental strength to complete the event and be competitive. You also need a sense of timing, or pacing, so you expend your energy effectively. The ability to sprint or drastically increase your speed when needed helps immensely. Finally, you need to maintain a form that is both conducive to running well and comfortable for your body.
Brief outline of what students will be doing:	Running shorter distances to up to 5k, build stamina for longer runs, record times and improve times for new PB.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Interact Club - Years 10 and 11
Venue:	
Staff member:	
Strand(s):	Leadership and Service
Aim:	<ul style="list-style-type: none"> <li>• To take action to make a difference in our school, local and international communities</li> <li>• To encourage and practice thoughtfulness and helpfulness to others</li> <li>• To recognize the dignity and value of opportunities to serve society</li> <li>• To provide opportunities to gain increased knowledge and understanding of community, national, and world affairs.</li> </ul>
Skills:	<p>To develop life skills including self development, time management, and personal finances</p> <p>To develop the concept of "Service Above Self"</p>
Brief outline of what students will be doing:	<p>Interact is a club for youth ages 12-18 who want to connect with others in their community or school. Interact club members have fun while carrying out service projects, fundraising and learning about the world. Interact clubs organize at least two service projects a year: one that benefits their community and one that encourages international understanding. Traditionally we coordinate the whole school Lenten Appeal during the Spring Term in order to raise awareness of a particular international cause, fundraise and forge links between the school and the organisation. While our club receives guidance from Tettenhall Rotary Club, we govern and support ourselves with an elected student president and officers.</p>
Duration	Optional - 1 Term

Lesson 7 activity outline	
Name of the activity:	Politics Club – Year 10 and 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	<p>For students to debate their opinions, based on evidence, and develop this so they can think creatively and logically in a safe, non-partisan space.</p> <p>For students to engage with international events and therefore to develop their identity as global citizens, while respecting the principles of representation, lawful authority, and the free speech.</p>
Skills:	Political understanding, Critical thinking, Teamwork, Collaboration, Public speaking, Debating and oracy, Empathy and Listening, Leadership
Brief outline of what students will be doing:	<p>Politics is offered by many universities and is popular with many humanities students. It leads to many future career paths, such as public service, civil service, public relations and journalism. There are also strong links to local and national government.</p> <p>As the world changes, people need to be able to understand and analyse developments. Politics affects everyone's lives. To study politics is to study power and authority. Therefore, politics drives us to think about how society should be organised, how authority can be balanced, and how communities interact.</p> <p>Political theory is vital to the study of politics because without theory we would not know what to investigate. Students will consider key questions like the nature of freedom and the strengths and limitations of democracy. Other topics include the relationship between government and society, the right of dissent and the limits of toleration, and questions of social justice and equality.</p>
Duration	Optional and Directed - One Term

Lesson 7 activity outline	
Name of the activity:	Physics Olympiad – Year 10 and 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	Train for, then compete in, the Physics Olympiad as run by The University of Oxford
Skills:	Maths and Physics
Brief outline of what students will be doing:	The University of Oxford Physics department outreach programme run a low stakes competition called 'The Physics Olympiad'.
Duration	Optional - 1 Term

Lesson 7 activity outline	
Name of the activity:	Film Analysis – Years 9 to 11
Venue:	
Staff member:	
Strand(s):	Creative and wellbeing Inquiry and knowledge
Aim:	To develop critical thinking as well as analysis and evaluation skills.
Skills:	Analysis and evaluation
Brief outline of what students will be doing:	Studio Ghibli is the Japanese version of Disney. They are exceptionally beautiful animations. Students to evaluate and explore the recurring themes such as environmentalism, friendship, love, family, culture, war and all sorts of human emotions.
Duration	Optional - 1 term

Lesson 7 activity outline	
Name of the activity:	School Choir (Years 7 – 13)
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing
Aim:	<p>From Wicked to Jess Glynne, Mozart to Abba and traditional to modern, the school choir will be a place for students from any year to enjoy singing together! After a year of singing online the school choir is ready to be bigger and better than ever with more songs and more chances to perform!</p> <p>In completing this enrichment activity students in KS3 can use it towards the completion of their Arts Award. NB the remainder of the Arts Award modules will need to be completed outside of school in students own time.</p>
Skills:	Practical and Performance Skills
Brief outline of what students will be doing:	Students will rehearse weekly as a group to prepare for various performances throughout the year.
Duration	Optional and directed – 1, 2 or 3 terms

Lesson 7 activity outline	
Name of the activity:	School Orchestra (Years 7 – 13)
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing
Aim:	<p>The school orchestra will bring together students from all year groups to perform a range of pieces of music together. Instrumentalists of any standard will enjoy playing a range of classical, popular and film music as a group and creating a spectacular musical sound together! We will also prepare for various performance opportunities throughout the year.</p> <p>In completing this enrichment activity students in KS3 can use it towards the completion of their Arts Award. NB the remainder of the Arts Award modules will need to be completed outside of school in students own time.</p>
Skills:	Practical and Performance Skills
Brief outline of what students will be doing:	Students will rehearse weekly as a group to prepare for various performances throughout the year.
Duration	Optional and directed – 1, 2 or 3 terms

Lesson 7 activity outline	
Name of the activity:	GCSE Drama – Year 9 and 10
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing.
Aim:	To learn about performance and the theatre. To watch live performances and evaluate their performances and designs.
Skills:	Theatrical skills / Understanding the theatre / devising drama.
Brief outline of what students will be doing:	The course is made up of 3 components: Understanding drama – this is an exam and students study a set text looking at how the characters are portrayed through physical and vocal skills. Devising Drama – in this component the pupils devise their own dramatic piece and write a log exploring how they had their ideas, how they put them into action and how they could be improved. The devised piece is then performed in front of an audience. Texts in Practice – Pupils study two extracts from a set text and perform these in front of an audience.
Duration	Optional and directed - Two years

Lesson 7 activity outline	
Name of the activity:	Reading Club – Years 9
Venue:	
Staff member:	
Strand(s):	Knowledge and enquiry
Aim:	To develop students literary awareness
Skills:	Literacy skills
Brief outline of what students will be doing:	Students will have opportunity to read age appropriate materials of their choice such as books, articles or comics.
Duration	Optional and directed - 1 term

Lesson 7 activity outline	
Name of the activity:	Creative writing – Year 9
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing. Inquiry and Knowledge
Aim:	Creative writing will allow students the opportunity to develop their creative writing skills. This will include creating settings and characters as well as structuring stories. Students will produce their own short story in a genre of their choice.
Skills:	Creative and imaginative. Working independently and sharing work with others.
Brief outline of what students will be doing:	Tasks which will allow students to try out different styles and practise different techniques. Students will draft and improve their own stories.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Maths Intervention – Year 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	To support students accelerate their progress in maths.
Skills:	Mathematics, A01 – Fluency, A02 – Problem Solving, A03 – Reasoning, Resilience
Brief outline of what students will be doing:	Re-cover the content of GCSE maths content.
Duration:	Directed – 1 term



Lesson 7 activity outline	
Name of the activity:	Digital Media – Year 9
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	To enable students with skills knowledge and ability to produce their own multimedia elements.
Skills:	Digital Media
Brief outline of what students will be doing:	Digital media is all around us, we are consuming digital media more and more. We want students to be more than consumers of digital media but creators of it. This activity will explore the Adobe Creative Suite, from video editing in Premiere Pro and photo editing in Photoshop.
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Advanced Coding – Year 10
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	To develop previous skills in Coding to support and advance students.
Skills:	Coding skills
Brief outline of what students will be doing:	Student will be undertaking coding focusing on Loops and functions and each week completing a python coding challenge.  <b>This club is not suitable for students who do not understand Python programming.</b>
Duration	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	GCSE Science intervention – Year 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	Selected students will be invited to work on a specific science subject or series of topics to support their understanding of science. Some practical work can be undertaken to assist with the experimental aspect of the course.
Skills:	Communication, literacy & numeracy skills, study skills, concentration, forward planning.
Brief outline of what students will be doing:	Use of Kerboodle, Century Science and a variety of revision materials, exam materials and practical experiment sessions, designed to boost understanding and progression through the science GCSE specifications.
Duration	Optional and directed – 1 term

Lesson 7 Activity Outline	
Name of the activity:	Young Interpreters Scheme – Year 9 to 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge. Leadership and Service
Aim:	The Young Interpreter Scheme recognises the huge potential that exists within each school community for pupils of all ages to use their skills and knowledge to support new learners of English so that they feel safe, settled and welcomed in their school environment. Young Interpreters undergo specific training to prepare for this role and are selected on the basis of different personal qualities they may have. The support they can offer to a newly-arrived pupil can be very reassuring at a time when students may be adapting to substantial changes.
Skills:	Interpreting, communication, forward planning, problem solving, leadership, mentoring, confidence and resilience.
Brief outline of what students will be doing:	Students will receive training so that they can act as mentors for their peers who are learning English as an additional language, and provide assistance and support during lessons.
Duration	Optional - 1 term

Lesson 7 Activity Outline	
Name of the activity:	School Production/Theatre Skills – Years 7 to 13
Venue:	
Strand:	Creativity and Wellbeing. Leadership and Service
Aim:	To develop ensemble and performance skills to perform in the school theatre in the Spring Term.
Skills:	Teamwork, confidence, performance skills, leadership, communication, listening, resilience, patience
Brief outline of what students will be doing:	Each week students will work as part of an ensemble to develop group numbers. This will involve singing and dance/movement as well as acting. Some students will have lines to learn and perform. NB: Lead parts may also be required P7 on Friday or after the P7.
Duration	Optional and directed - 2 terms (Autumn/Spring)

Lesson 7 activity outline	
Name of the activity:	Student Investor Challenge - Year 11
Venue:	
Staff member:	
Strand(s):	Enterprise and Employability
Aim:	Gain an awareness of the financial markets and retail investing.
Skills:	Critical thinking, analysis, teamwork, problem solving.
Brief outline of what students will be doing:	Students will learn about the financial markets and how to invest in CFD's for stocks, indices, commodities and FOREX. Students will scrutinise trades using technical, fundamental and news analysis. Students will then trade on a demo account in a competition against each other to see who can make the most money (or lose the least)!
Duration	Optional - 1 term

Lesson 7 activity outline	
Name of the activity:	Junior Maths Challenge – Year 9
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	To prepare for students for a maths challenge.
Skills:	Problem solving
Brief outline of what students will be doing:	The <b>Junior Maths Challenge</b> , or the <b>Junior Mathematical Challenge</b> , is a multiple-choice <b>maths challenge</b> that lasts for 60 minutes. Its purpose is to encourage <b>mathematical</b> reasoning, precise thinking, and the ability to use basic <b>maths</b> techniques to solve basic problems.
Duration:	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Print making – GCSE Art students
Venue:	
Staff member:	
Strand(s):	Creative and Wellbeing
Aim:	To create an eye catching print
Skills:	Resilience and creativity
Brief outline of what students will be doing:	<b>Printmaking</b> is an artistic process based on the principle of transferring images from a matrix onto another surface, most often paper or fabric. ... The design is created on the matrix by working its flat surface with either tools or chemicals. The matrix is then inked in order to transfer it onto the desired surface.
Duration:	Optional - 1 term

Lesson 7 activity outline	
Name of the activity:	Additional Maths – Year 10 and 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	To prepare for the further maths additional qualification GCSE.
Skills:	Problem Solving, analysis and communication
Brief outline of what students will be doing:	Skills developed through our <b>GCSE Further Mathematics</b> · selecting and applying mathematical techniques and methods to mathematical, everyday and real-world problems
Duration:	Directed -1 term

Lesson 7 activity outline	
Name of the activity:	Circuit Training - Year 11
Venue:	
Staff member:	
Strand(s):	Active
Aim:	To develop individual fitness
Skills:	Organisation, teamwork and resilience
Brief outline of what students will be doing:	Using a variety of training methods you will develop your own fitness.
Duration:	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Independent Study – Year 11
Venue:	
Staff member:	
Strand(s):	Inquiry and Knowledge
Aim:	To develop independent study skills.
Skills:	Independent study
Brief outline of what students will be doing:	Use the range of resources available to develop your learning of topics being covered within your subjects in preparation for Sixth Form.
Duration:	Optional – 1 term

Lesson 7 activity outline	
Name of the activity:	Duke of Edinburgh
Venue:	
Staff member:	
Strand(s):	Active, Leadership and Service
Aim:	To develop essential skills for life and work.
Skills:	Problem solving, team building, communication, resilience and many more!
Brief outline of what students will be doing:	<p>A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.</p> <p>14-24 year-olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award.</p> <p>There are <u>four sections</u> to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.</p>
Duration:	Optional – 1 year