

## Alternate Thursdays

### Course Descriptors – 2018-19

(The school reserves the right to withdraw, change and modify any of the courses below)

#### Exploring Photography (Year 7-9)

Students will learn about light, photographs, the history of photography, how cameras work, and how to photograph different subjects.

#### ICT Independent Study (Year 7-11)

An opportunity to undertake research or catch up on any homework especially if it requires the use of a computer and printing facilities.

#### Independent Study (Year 7-11)

An opportunity to undertake research, revise or catch up on any homework or use this time to read a book in a supervised quiet environment.

#### Keyboard Skills (Year 7-11)

An introduction and development of piano keyboard skills.

#### Pre-Duke of Edinburgh Skills (Year 7-9)

A mix of team building, outdoor skills such as navigation and camp cooking, and first aid for those boys planning to take part in the DofE scheme in year 10.

#### Spanish (Year 7-11)

Interactive sessions designed to introduce and develop oral and written Spanish.

#### Multi-Sports (Year 9-10)

Students will develop a variety of skills, strategies and tactics in a range of sport disciplines for example Cricket, Basketball, Rounder's, Football, etc.

#### Basketball (Year 7-9)

Students will develop a variety of skills, strategies and tactics.

#### Duke of Edinburgh Volunteering (Year 10-11) – onsite/offsite - Led by various staff

A small number of places are available in Photography and various Sports (Football, Hockey, Multi-Sports, Basketball) for those students working towards the DofE award. They would need to complete homework and attend a club after-school in week 1 in order to qualify for DofE. Further clarification would be provided through the DofE programme.

#### Circus Skills (Year 7-11)

'Teach Circus in Schools' has a simple philosophy - "Juggling makes people happy." Through professional instruction and structured teaching students will learn to use a variety of juggling and manipulation props proven to improve mental health, wellbeing and a personal sense of achievement. Most importantly, juggling is fun.

#### Theatre Arts Award (Year 7-11)

Drama enrichment will focus on a wide variety of performance skills and techniques, every session delivering a different theme or skill to explore. From devising, script work, non-verbal drama and clowning, the group will get to look at a great mix of theatrical techniques and genres, following the input and interests of those involved. Not only will drama and language skills be explored, but transferable skills such as public speaking, creativity and problem solving will all be part of what we create each week.

## **Aston Villa Football & Hockey (Year 7-8)**

Please note that the above are two short courses, students will automatically enrol from one course to the other in February 2019.

### **Aston Villa Football at Aston Villa Football Club Grounds**

This course seeks to develop Speed, Agility and Quickness (SAQ) and a variety of strategies and tactics. Students will travel to and from the venue on the school minibus accompanied by a member of staff.

### **Hockey**

Students develop a variety of skills, strategies and tactics.

## **Football and Fitness of the Body & Mind (Year 7-8) & (Year 9-10)**

Please note that the above are two short courses, students will automatically enrol from one course to the other in February 2019.

### **Football**

Students will develop a variety of skills, strategies and tactics.

### **Fitness of the Body & Mind**

These sessions will be run by the 'Well Being Crew' and are designed to build pupils resilience, energy and to take charge of their lives now and in the future. The sessions will include mindfulness techniques to aid concentration and help to combat negative thinking; emotional resilience work to give strategies and techniques to help with emotions; confidence building, life/mentoring skills and visions for the future.

## **Community Apprentice & Cookery (Year 10)**

Please note that the above are two short courses, students will automatically enrol from one course to the other in January 2019.

### **Community Apprentice**

The above comprises of three integrated elements: cross school events and challenges, weekly group activities and mentoring from business volunteers. Community-Apprentice, as the name suggests, is loosely based on the TV series 'The Apprentice': young people compete in teams to develop projects to raise awareness and as much money as possible, except in this case, the money is for a charity of their choosing.

Young people choose who they want to raise funds for and how they want to do it; Envision's role is to ensure that this becomes a high-quality developmental experience. During the four months, groups meet on a weekly basis with their Envision Coach, who helps the young people take responsibility for their own projects, develop a sense of *urgency*, work effectively together, resolve their own problems, keep focused on their goals, and most importantly reflect on their achievements.

For further information please visit Envision on [www.envision.org.uk](http://www.envision.org.uk)

### **Cookery**

Pupils will cook and/or bake sweet and savoury dishes from a range of cuisines. Students will be learning, discussing, and practicing all the fundamental techniques that make us better cooks in a well-equipped kitchen and will be required to bring their own ingredients.

## **Astronomy & First Aid (7-11)**

Please note that the above are two short courses, students will automatically enrol from one course to the other in February 2019.

### **First Aid Training**

This course provides learners the skills and confidence to respond to a range of accidents and first aid emergencies they could encounter throughout their lives, whether that is at school, college, university, home or the workplace.

The key elements that the young people will learn are as follows:

- Unresponsive and breathing
- Unresponsive and not breathing having a seizure
- Choking
- Bleeding heavily
- Suffering from shock
- Burns
- Dealing with an emergency:
  - Assessing a casualty
  - Monitoring a casualty
  - Where to get help
- Electrical incidents
- Accident recording and reporting

### **Astronomy and Space Flight**

An introduction to astronomy and space flight. Explore the solar system and the universe, looking at the role of the amateur astronomer and careers an astronomy. Introduction to space flight from early rockets to the moon landings and commercial space flight.

## **Sewing Club (7-11)**

### *What's covered in the sewing course?*

Students will learn basic sewing skills from how to thread a hand sewing needle, hand stitching, sew on buttons, cutting skills to machine sewing skills. The first few lessons will focus on hand sewing skills before moving on to learning about and how to use a sewing machine. Our main project will be to create a wearable item of clothing, for e.g. a waistcoat, t-shirt, hoodie. They will learn measuring, pattern cutting and pattern adaption skills, cutting fabric, fitting and finishing techniques.

There will be a small cost to students for fabrics and notions at approximately £15 for the full year. Parents to pay via Parentpay in September.

## **Film/Book Club (8-11)**

### *Is the book better than the film?*

Each half term we plan to read a book during the alternative Thursday sessions, and for the last session before we break up, watch the film and compare. We hope to have a mix of classics and contemporary novels, from *Pride and Prejudice* to *Ready Player One*.

We have limited multiple copies of books in the school library, so your son may need to purchase or download a copy of some the books.