

## Alternate Thursdays

### Course Descriptors – 2019-20

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

#### 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-DofE 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 Duke of Edinburgh scheme in year 10.

#### Basketball (Year 7-9)

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

#### 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)

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.

## **Astronomy (Year 7-11) & Exploring Photography (Year 7-9)**

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

### **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 in astronomy. Introduction to space flight from early rockets to the moon landings and commercial space flight.

### **Exploring Photography**

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

## **Sewing Club (Year 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 Parent Pay in September.

## **Dance (Year 7-11)**

ACE dance and music will be offering an exciting class rooted in contemporary and afro-fusion styles. Each session will be physically demanding, pushing all participants to achieve an excellent standard of work, challenging rhythmicity and musical understanding within. Prepare to sweat, prepare to be pushed! This is the class you shouldn't miss...

## **Martial Arts (Year 7-11)**

Pupils will learn various martial arts blocks, kicks and hand-strikes with self-defence and simple exercises. This will be over four skill levels for which pupils will receive a certificate before moving to the next level. Individual progression is down to performance and commitment in achieving these levels.

The workshop leader has coached numerous students over 20 years to national and inter-national success and has personally been UK Champion 6 times and World Champion in 2006.