



# Year 7

# Cardinal Newman

# School Electives

# 2026 - 2027





At Cardinal Newman School, we believe education is about developing the whole person — academically, personally and spiritually. Our elective programme extends learning beyond the academic curriculum, giving students opportunities to discover new interests, develop talents and build skills that will support them throughout life.

Through our electives, students are encouraged to grow in confidence, resilience and independence. They are given opportunities to explore new experiences, challenge themselves, work with others and develop the character strengths that help them flourish as individuals. Our electives supports our school mission of **“Together towards our Lord through learning, love and faith”** by helping students recognise their God-given gifts, use them positively and grow into compassionate, responsible and confident young people.

Our electives help students to:

**Discover their interests and talents.** Explore new experiences beyond the classroom, developing creativity, curiosity and a deeper understanding of themselves and the world around them.

**Develop character and confidence.** Build resilience, perseverance and self-belief, while nurturing qualities such as **patience, kindness, gentleness and self-control** through teamwork, challenge and reflection.

**Prepare for the future.** Develop practical skills, communication, problem-solving and independence to support future education, careers and life beyond school.

**Live out love and service.** Develop compassion, respect and a sense of responsibility by supporting others, contributing to their community and recognising the value and dignity of every person.

**Celebrate diversity and strengthen community.** Experience different perspectives, cultures and ideas, promoting understanding, respect and a shared sense of belonging.



# ELECTIVES 2026-27

## WHAT'S AVAILABLE?



Three exciting categories. Lots of opportunities.

*You choose!*



### ARTS & ACADEMICS

Explore ideas, get creative and build your knowledge.



Creative Arts & Design



Drama & Music



Languages



STEM & Science



Computing & Robotics



Law & Debate



Media & Photography



Study & Academic Skills



And much more!

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ELECTIVES



### COMMUNITY & CULTURE

Connect with others, learn new things and make a difference.



Languages & Cultures



Student Voice & Leadership



Community & Charity



Faith & Liturgical Life



Current Affairs & Debate



Cooking & Life Skills



Games & Hobbies



And much more!

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ELECTIVES



### PHYSICAL & WELLBEING

Keep active, build confidence and look after your wellbeing.



Team Sports



Fitness & Training



Outdoor Adventures



Dance & Movement



Mindfulness & Wellbeing



First Aid & Life Skills



Activities for All



And much more!

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ELECTIVES



ALL ELECTIVES HELP YOU GROW IN CONFIDENCE, DISCOVER YOUR TALENTS AND BECOME THE BEST VERSION OF YOURSELF.



*Together towards our Lord through Learning, Love and Faith*



# ELECTIVE CHOICES



## ARTS & ACADEMICS

- Applying for a Job
- Japanese
- Beyond the Filter
- Hums Model Making
- Big Questions
- Introduction to Law
- The Brilliant Club
- Mendhi Art
- Case Closed: Criminal Investigations
- Media Studies
- Mindful Origami
- Chess
- Photography
- Checkers
- Pod Squad
- Compose Like A Pro
- Robotics
- Crochet
- STEM KS3
- Cross Stitch
- STEM KS4
- Drama Unplugged
- Sit and Knit
- Dream and Design
- Science Adventures – Beyond what we know
- Exploring Law Careers
- Undertaking Experimental Research in Psychology
- Exploring Science Fiction
- Vanguard Scholars (Advent and Pentecost Terms only)
- Year 11 Academic Mentoring



## COMMUNITY & CULTURE

- Culture Day
- Newman Life
- Conversational Gaelic
- Newman News
- Current Affairs Society
- Race Across The World
- Debate Club
- Read, Lead And Inspire – Primary Reading
- Eco Warriors' Club
- Russian Language And The United Nations
- Elementary Polish
- French Club
- Game On
- Student Voice
- Handsewing
- St Vincent De Porre
- Indian Cooking
- Tabletop Games: Play, Create and Connect
- Liturgical Choir
- Zoo Explorers
- The Lyric Lab
- Makaton
- Manga illustrations
- Masterchef



## PHYSICAL & WELLBEING

- Badminton
- The Mindfulness Project delivered by Tangled Feet (1 year programme)
- Ball Skills and Thrills
- Reading Club
- Bricklaying
- Ready Set Play
- Court and Field
- Skills in Motion
- Couch to 5K
- Self Defence
- The Competitive Edge
- Table Tennis
- Dance Fusion
- Yoga for beginners
- First Aid
- Financial Literacy
- Boys Football
- Girls Football
- Duke of Edinburgh Taster
- Gaelic Football
- Girls Rugby
- Irish Dancing
- Let's Go Outdoors

### 1 PICK ONE AND TWO RESERVES



Choose your first choice  
Then choose two reserve choices

### 2 PICK ONE AND TWO RESERVES



Choose your first choice  
Then choose two reserve choices

### 3 PICK ONE AND TWO RESERVES



Choose your first choice  
Then choose two reserve choices



Together towards our Lord through Learning, Love and Faith





# ELECTIVES

## 2026-27

Together towards our Lord, through learning, love and faith



### WHEN YOU CHOOSE

All students will choose their electives in **Pentecost Term (June 2026)**.

### WHAT ELECTIVES ARE FOR



Be creative



Enjoy nature, outdoors and adventure



Take part in sport and fitness



Learn skills for life and work



Help your community



### WHO CAN DO ELECTIVES?

Electives are for students in Key Stage 3, 4 and 5.

Some electives are open to all year groups.

### HOW MANY CHOICES YOU MAKE

1

Arts and Academics

+

1

Community and Culture

+

1

Physical and Wellbeing

### FOR EACH CATEGORY:

- 1 Choose your first choice
- 2 Then your second reserve (back up)
- 3 Then your third reserve (back up)



Once choices are set on your timetable, they cannot be changed.



### WHEN YOU WILL FIND OUT

You will see your electives on your timetable in September.



### IMPORTANT INFORMATION

- Electives require a minimum number of students to run.
- If not enough students choose an elective, it may not run.
- If this happens, you will be placed in your backup choice.

### WHAT TO DO NEXT

1



Read this booklet carefully.

2



Choose your electives.

3



Talk to your parent or carer.

4



Complete the Microsoft Teams form in ClassCharts (Pentecost Term 6).

5



Check your choices before you submit.

CHECK BEFORE YOU SUBMIT!



### QUESTIONS?

If you have any questions or queries, please email [electives@cardinalnewmanschool.net](mailto:electives@cardinalnewmanschool.net)



Cardinal Newman  
CATHOLIC SCHOOL

**1 ENTER YOUR FIRST NAME**



In Question 1, type your first name.

**2 ENTER YOUR LAST NAME**



In Question 2, Type your last name.

**3 PICK YOUR FIRST CHOICE**



In Question 5, select your first choice for Arts and Academics.

**4 PICK YOUR FIRST RESERVE**



In Question 6, select your first reserve choice for Arts and Academics.

**5 PICK YOUR SECOND RESERVE**



In Question 7, select your second reserve choice for Arts and Academics.

1. What is your first name? \*

2. What is your last name? \*

3. What is your current primary school? \*

4. What will be your tutor group? \*

- 7A
- 7G
- 7GR
- 7H
- 7HE
- 7HU
- 7M
- 7V
- 7W

5. What is your first elective choice for Arts and Academics? \*

6. What is your first reserve elective choice for Arts and Academics? \*

7. What is your second reserve elective choice for Arts and Academics? \*

Please scan the QR Code



**REPEAT FOR THE OTHER ELECTIVE CATEGORIES**

Once you have completed all questions for Arts and Academics repeat the same potest: fo



Community and Culture



Physical and Wellbeing



Make sure youi choose:

- 1 first choice
- 1 first reserve
- 1 second reserve for each category



**CHECK YOUR CHOICES BEFORE YOU SUBMIT!**

Make sure all your answers are contact

# Cardinal Newman School

## Electives 2026 - 2027



**Applying for a Job:** This helps students explore career opportunities, develop a CV and cover letter, and build the skills needed for employment. **Suitable for all year groups.**



**Checkers:** It introduces students to the classic game of strategy, helping develop critical thinking, planning, and decision-making skills in a fun and engaging environment. **Suitable for all ages.**

**Chess: Master Strategy & Mindset** Unlock critical thinking through Chess! Suitable for all skill levels, this elective covers the rules, tactics and strategies of the game, including famous grandmaster matches. Develop concentration, problem-solving and patience in a friendly, competitive environment. Learn to plan ahead, evaluate risks and make smart decisions both on and off the board. **Suitable for all years.**

**The Brilliant Club** This elective helps students build confidence in their academic skills through university-style learning. Students will visit a university, take part in challenging discussions, improve their research and writing skills, and work with expert university tutors. It is a great opportunity for students who enjoy learning and want to prepare for future education. **Suitable for Years 9 and 10s only.**

**Crochet** introduces students to basic crochet stitches and patterns while creating simple projects. A fun way to develop a new skill and make handmade gifts. **Suitable for all years.**

**Big Questions:** Explore life's biggest mysteries through philosophy, discussion, and debate. Question ideas like existence, morality, and the unknown while developing critical thinking, confidence, and communication skills. Discover different viewpoints and see how close we can get to finding answers! **Suitable for Years 7-11.**

**Beyond The Filter:** Discover how images are created, transformed, and brought to life! Learn creative editing techniques, experiment with effects, and turn your ideas into eye-catching digital designs. Perfect for anyone who enjoys photography, creativity, and making something unique. **Suitable for all ages.**

**Case Closed: Criminal Investigations** Become a crime scene investigator and learn how detectives use evidence, fingerprints, and forensic science to solve crimes. Work as part of a team to bring mysteries to a close. **Suitable for year 10s and 11s.**

**Japanese :** You will be introduced to the Japanese language. We will explore the writing system and familiarise ourselves with some key aspects of Japanese culture. You are also welcome to bring your own cultural references and share them with the group. **Suitable for Years 9 and 10s only.**

**Exploring law careers:** involves discovering different legal paths, from solicitors and barristers to roles in corporate law, criminal justice, human rights, and more. **Suitable for year 12s. Pentecost term only.**

**Drama Unplugged** uses games, improvisation, and creative challenges to build confidence, teamwork, and imagination. No experience needed. **Suitable for all years**

**Compose Like A Pro:** Explore how music is created across different styles, from film and games to pop and classical music etc. Learn simple composing ideas, experiment with sounds, and create your own mini pieces to share. **Suitable for Years 7-9.**

**Cross Stitch** helps students develop creativity, patience, and fine motor skills while learning basic stitching techniques and creating fun, decorative designs. **Suitable for all years.**

**Dream and Design** Dream and Design empowers students to turn ideas into reality through creativity and innovation. Students explore design thinking, sketching, prototyping, and project creation. **Suitable for all years.**



**Exploring Science Fiction** Step into the future and explore worlds shaped by imagination, technology, and big ideas. Discover dystopias, AI, space, and futuristic societies through stories, films, and creative projects. Perfect for curious minds who love adventure and asking “what if?” **Suitable for all years**

**Hums Model Making:** Bring history to life by designing and building models of castles, landmarks, and historical sites. This creative elective develops teamwork, research, and practical skills while exploring the past in a fun, hands-on way. **Suitable for all years.**

**Introduction to Law:** Explore the world of law through real-life cases, debates, and mock trials. Discover how the justice system works while developing confidence, critical thinking, and the skills to argue your case.

**Suitable for Years 10, 11, 12 and 13.**

**Media Studies:** Explore how media influences the world around us through clips, discussions, and creative activities. Learn how to analyse media, develop ideas, and create your own written responses while exploring topics such as film, advertising, news, and social media. **Suitable for Years 9, 10 and 11.**

**Mindful Origami:** Turn a simple sheet of paper into something amazing! Learn the fun art of Japanese paper folding while developing creativity, focus, and problem-solving skills. No experience needed — just bring your curiosity and see what you can create. **Suitable for all years.**

**Mehndi Art:** Explore the beautiful art of Mehndi and create your own intricate designs inspired by different cultures and traditions. Learn basic techniques, patterns, and creativity through hands-on practice. An allergy test will take place during the first session before any designs are created. **Suitable for all years.**



**Sit And Knit:** Learn the basics of knitting in a relaxing and creative environment. Develop new skills, follow simple patterns, and create something to keep, share, or donate. Whether you're a complete beginner or ready for a new challenge, come along and discover the joy of making something by hand! **Suitable for all years.**

### **Experimental Psychology Research**

Interested in Psychology and doing your own research? This course introduces key ideas in cognitive psychology and lets you design and take part in experiments.

You'll need to be open-minded, willing to learn new terminology, step outside your comfort zone, and work with others.

**Suitable for Years 10–11.**

**Robotics:** Discover the exciting world of robotics by designing, building, and programming your own robots. This hands-on elective develops problem-solving, creativity, teamwork, and coding skills as students tackle a range of challenges and bring their ideas to life. No previous experience is needed—just curiosity and a willingness to experiment and learn. **Suitable for all years.**



**Science Adventures. Beyond What We Know:** A fascinating elective exploring the mysteries of the universe. From dark matter to black holes, and from the origins of life to unexplained phenomena, students investigate real scientific questions that are still unsolved. A fun, thought-provoking course for curious minds who love discovery and debate. **Suitable for Sixth Formers only.**

### KS3 and KS4 STEM Elective Pitch

Love solving problems, building things, and discovering how the world works? In this STEM elective, you'll explore science, technology, engineering, and maths through fun, hands-on challenges. From experiments to design projects, you'll think like a real innovator and work as a team to create solutions. Curious minds wanted—come and explore, create, and invent! Key Stage 3 (Years 7, 8 and 9) students will be in a separate group from Years 10 and 11.

### Vanguard Scholars

Advent 1 & 2 and Pentecost 1 & 2 only. Vanguard Scholars is an elective which promotes thinking about maths in different ways. We consider how data is used, how it is presented and collected. We will do experiments, discuss maths in the real world and see how the world is connected through numbers. **Suitable for years 12 and 13**

### Year 11 Academic

**Mentoring:** What is the elective? This is a programme designed to support Year 11 students in their core subjects; Maths, English and Science. Year 12 students will be given training to work one to one with a designated mentee. This will then ensure tailored and supportive revision for each student that participates in an environment where they can be honest about their worries/challenges in that particular subject. **Suitable for years 11 and 12 only. Advent and Easter Terms only.**

**Pod Squad:** A fun and exciting club where children create their own podcasts, share ideas, and tell stories. It helps build confidence, communication, teamwork, and digital media skills while encouraging creativity and self-expression. **Suitable for all ages.**



**Photography:** A creative and joyful activity where children learn how to capture great pictures. It helps develop observation, creativity, confidence, and digital skills while encouraging them to explore the world around them. **Suitable for all ages.**



# Cardinal Newman School Electives 2026 - 2027



**Culture Day Lent 1 & 2:** Auditions for Culture Day will be held before the Christmas break. If you are successful, you will be a part of a dynamic team of performers and production crew who will work together to put on the best Culture Day yet! If you would like to be a part of the production crew, please give your expression of interest to Miss Kunde before the Christmas break deadline. **Suitable for all years.**



### **Conversational Gaelic – The Irish**

**Forum:** introductory lessons to learning conversational Irish (Gaeilge). The aim will be to focus on conversational fluency (key daily vocabulary) over accuracy with some embedded elements of the history of the Irish Language. **Suitable for all years.**

**Debate Club:** A wide range of topics will be debated based on current cultural topics. This will increase student cultural capital and awareness of the world around them. There will also be an opportunity to use leadership skills, develop confidence in oracy and to work as part of a team. **Suitable for Years 9, 10, 11, 12 and 13.**

**French Club:** The French Club is a fun and interactive elective for secondary students who want to improve their French skills. Through games, songs, films, and cultural activities, students build vocabulary and confidence in speaking.. **Suitable for all years.**

**Current Affairs Elective:** Stay ahead of the headlines and explore the events shaping our world! You'll develop critical thinking, communication and media literacy skills while learning to form informed opinions on the topics that matter most.

**Game On:** This is a brain-training games elective. Explore the world of games beyond the screen you know! Discover online and strategy games from technology while developing problem-solving and critical thinking skills. Challenge yourself, compete with others, and discover new ways to play. **Suitable for years 7 and 8.**

**Hand Sewing Club:** Join our Hand Sewing Club and explore the creativity, culture, and community behind the art of making. Create fun projects like keyrings, bookmarks, patches, and more while learning simple stitches and new skills. No experience needed — come along, get creative, and stitch something you can be proud of! **Suitable for all years.**



**Elementary Polish:** Learn the basics of Polish through greetings, introductions, everyday phrases, and simple conversations. This elective focuses on building confidence in speaking, with extra challenges for students who already know some Polish. **Suitable for Years 7, 8, 9, 10 and 11.**

**Indian Cooking:** Discover the flavours of Indian cooking while learning how to prepare simple, tasty dishes safely and confidently. This elective helps develop cooking skills, teamwork, creativity, and knowledge of different cultures through fun hands-on activities. **Suitable for all years.**

**Eco Warriors Elective:**

Become a champion for the planet while taking on exciting environmental challenges! Through projects, teamwork, and creative problem-solving, you'll build leadership, collaboration, sustainability, and critical thinking skills as you explore ways to make a positive difference in your school and community. **Suitable for all years.**

**Makaton:** Students will learn how to communicate with people who find it hard to communicate using speech. Learning Makaton will give the students a wider understand and show them there are different ways to communicate by using their voice alongside hand gestures and signs. This will also show students that they have a voice no matter their ability/disability. This is a passion of ours supporting in SEND department we want the students to experience this opportunity. **Suitable for years 7s, 8s, and 9s.**

**MasterChef:** Learn basic cooking skills with a real chef in this hands-on elective. Students prepare beginner-friendly dishes while building confidence, kitchen safety, teamwork, and creativity through fun, practical culinary experience. **Suitable for all years. 10 places only.**



**Liturgical Choir:** Love singing? Join our Liturgical Choir and perform uplifting music throughout the year linked to the Church seasons. Build your confidence, teamwork, and vocal skills while using your talents to help lead worship and make a positive contribution to our school community. **Suitable for Years 7, 8 and 9.**

**The Lyric Lab:** This elective gives students the opportunity to study, be inspired and rewrite 'the greats'. In this elective, we dismantle iconic songs and poems to build something entirely new. Students will "hijack" classic verses—altering perspectives and considering the points of views of the writers—to find their own unique contemporary voice. Through listening to original concepts, they will transform existing works into original responses. From page to performance, they will come and learn how to challenge the narrative and position their own ideas. **Suitable for years 9, 10 and 11.**

**Newman Life:** *“God has created me to do Him some definite service; He has committed some work to me which He has not committed to another.” — St John Henry Newman* Explore what it means to live out faith in action and be an active member of our Catholic community. Discover the 9 Fruits of the Spirit and Catholic Social Teaching through discussion, reflection, service, and meeting members of the clergy. Explore your faith, discover your gifts, and learn how you can make a positive difference in the world around you. **Suitable for all years.**

**Manga Illustrations:** Explore the world of Manga and Anime through drawing, creativity, and culture. Learn about the history and different styles of Manga, discover inspiring artists, and develop your own characters and designs. Share ideas with the community and celebrate the creativity behind this global art form. **Suitable for years 7,8,9,10 and 11.**

### Newman News Elective

*"To live is to change, and to be perfect is to have changed often."* – **John Henry Newman** Be part of the team behind our termly student-led newsletter, celebrating school events, achievements, and community stories through the lens of the Nine Fruits of the Spirit. By giving students a voice, highlighting acts of service, and promoting the dignity of every member of our community, *Newman News* puts Catholic Social Teaching into action while developing your writing, communication, teamwork, and digital media skills. **Suitable for all years.**



**Read, Lead & Inspire – Primary Reading:** This elective gives you the chance to become reading role models by working with our primary schools and sharing the joy of stories with younger pupils. **Suitable for Years 7 and 8. 12 spaces available.**

### ST Vincent De Porre:

Explore volunteering with the St Vincent de Paul charity develops compassion, teamwork, and a commitment to supporting people in need. **Suitable for all ages.**

### Race Across the World Elective:

Ready for an adventure? Inspired by the popular TV show, this elective will challenge you to navigate countries, cultures, landmarks, and global issues through exciting team challenges, quizzes, and problem-solving tasks. You'll develop teamwork, communication, geographical knowledge, budgeting, decision-making, and critical thinking skills as you race your way around the world—without leaving the classroom! **Suitable for all years.**

**Student Voice Elective:** Have your say and help make a positive difference in our school community. This elective gives you the opportunity to share ideas, represent their peers, and contribute to discussions about school life. You'll develop valuable leadership, communication, and teamwork skills while helping to shape initiatives and improvements that matter to our school. **Suitable for years 7, 8, 9, 10 and 11.**

**Tabletop Games: Play, Create & Connect**

This elective is about much more than just traditional board games! Explore a wide range of tabletop experiences including strategy games, card games, role-playing adventures, and tabletop wargames. Whether you enjoy classics like Chess, Monopoly, and Cluedo, want to learn games like UNO and Blackjack This elective is a chance to try something new, develop problem-solving and teamwork skills and build confidence and being part of a community where everyone can share their interests and connect with others. **Suitable for all years.**



**Russian Language & the United Nations:** Discover one of the world's most widely spoken languages and explore its role as an official language of the United Nations. Learn useful Russian phrases, uncover different cultures, and develop your communication, global awareness, and international understanding through fun and interactive activities. Suitable for Years 10, 11, 12 and 13

**Reading club:** Come to the library encourages independent reading, imagination, and sharing ideas through books and discussion. **Suitable for all years.**

**Zoo Explorers:** Discover the amazing world of animals and explore what makes each species unique. Each week, explore a new theme including conservation, habitats, ecosystems, animal care, and the role of modern zoos. Learn fascinating animal facts — from diets and behaviours to how animals live, communicate, and survive in the wild. Perfect for curious minds who love animals and want to understand the world around them. **Suitable for all years. 12 spaces per term.**

**The Mindfulness Project delivered by Tangled Feet.**

This will develop skills of self-regulation, relaxation and mindfulness. Aswell as skills in yoga practice. This give students useful tools to support their wellbeing, techniques to combat anxiety and ways to cope when faced with stressful situations. **Suitable for years 11, 12 and 13**





# Cardinal Newman School

## Electives 2026 - 2027



**Badminton:** A fun and active elective where you'll learn the basics of badminton through skills practice, games, and teamwork. Develop your coordination, confidence, fitness, and sportsmanship while enjoying a supportive and friendly environment. **Suitable for all years.**



**Ball Skills & Thrills:** Develop your skills, confidence, and teamwork through a range of exciting ball sports. This elective focuses on improving technique, game awareness, and sporting ability through structured practice and competition. Students will have the opportunity to build and master skills across different sports, including activities such as rugby and tennis. **Suitable for students in years 9 and 10.**

**Bricklaying with C&G Plastering:** This bricklaying elective teaches the basic skills needed in construction. Students will learn how to lay bricks safely and accurately, mix mortar, build simple walls, and use building tools correctly. The course gives hands-on experience and helps develop teamwork, problem-solving, and practical skills. It is a good choice for anyone interested in construction, trade careers, or learning useful skills for everyday projects. **Suitable for all ages.**

**Couch to 5K:** Start your running journey and challenge yourself to reach 5K! This elective is designed to help you build confidence, fitness, and stamina through achievable goals, training sessions, and progress along the way. Perfect for beginners or anyone wanting to improve their running, wellbeing, and personal best. **Suitable for all ages.**

**Court & Field:** Develop your skills, teamwork, and confidence through a range of exciting court and field sports. Improve your technique, game awareness, and decision-making while taking part in fun challenges and competitive activities. Explore different sports, including examples such as netball and rounders, while building your abilities and enjoying being part of a team. **Suitable for all ages.**

**The Competitive Edge:** Develop your skills, confidence, and teamwork through a range of exciting sporting challenges. Build your technique, fitness, and game awareness while taking part in competitive and fun activities. Explore different sports, including examples such as rugby and athletics, while working towards improving your personal best and supporting your team.

**Suitable for Years 7 and 8 boys.**



**Boys Football / Girls Football:** Develop your football skills, confidence, and teamwork in a fun and supportive environment. Build on your techniques through practices, challenges, and game-based activities while improving your understanding of the sport and growing as a player. There will be a girls football group and a boys football group. **Suitable for all ages.**

**Dance Fusion:** Explore different dance styles, movements, and music from around the world in this energetic and creative elective. Build confidence, coordination, and performance skills while learning new routines and discovering how cultures express themselves through dance. Perfect for anyone who loves music, movement, and having fun! **Suitable for ages.**

**Gaelic Football:** The Irish Forum will help you discover the excitement of Gaelic Football while developing your skills, fitness, and teamwork. Learn the key techniques of the game, improve your confidence, and take part in fun practices and challenges. Perfect for anyone who enjoys trying new sports, being active, and working as part of a team. **Suitable for years 7 and 8**

**Duke of Edinburgh Taster:** Get a taste of the KS4 Duke of Edinburgh experience by learning practical outdoor skills such as first aid, compass reading, tent building, and teamwork. This fun, hands-on elective helps build confidence, independence, and problem-solving skills while preparing students for future adventures and challenges. **Suitable for Years 7 and 8**

**Girls Rugby:** Build your rugby skills, confidence, and teamwork in a fun and supportive environment. Learn the key techniques of the game, develop your fitness and game awareness, and take part in challenges and activities that help you grow as a player. Perfect for anyone who wants to try something new, get active, and be part of a team. **Suitable for all ages.**



**Irish Dancing:** Students will learn traditional steps, rhythms, and routines while building coordination, confidence, and teamwork. No experience needed — just enthusiasm and a willingness to move! This lively class combines music, culture, and fitness in a welcoming environment where everyone can enjoy the spirit of Irish dance. **Suitable for all ages.**

**Let's go outdoors:** Do you LOVE walking in the great outdoors? We will be going on some walks around the Warden Hills countryside as well as observing the natural wildlife. You will learn the countryside code and countryside appreciation. You must have some comfortable trainers or walking boots, a waterproof coat to walk in. **Suitable for all ages.**

**Financial Literacy:** Do you wish you knew how to budget, save and know more about money matters? This elective help pupils understand money, make informed spending choices and manage finances confidently – building skills for everyday money decisions. We will explore the essentials of insurance, how taxation works, and the effects of inflation on personal finances. **Suitable for years 7, 8 and 9.**

**Learning First Aid:** This builds essential skills to respond calmly in emergencies, support others, and potentially save lives. **Suitable for all ages.**

**The Mindfulness Project delivered by Tangled Feet.** This will develop skills of self-regulation, relaxation and mindfulness. As well as skills in yoga practice. This gives students useful tools to support their wellbeing, techniques to combat anxiety and ways to cope when faced with stressful situations. **Suitable for years 10, 11, 12 and 13.**

**Table Tennis** develops fundamental skills, techniques, and game strategies through fun and progressive sessions. Students will build confidence, coordination, and match-play skills while enjoying this fast-paced sport. **Suitable for all ages.**



**Self Defence:** Build confidence and learn valuable life skills to help you stay aware, make safe choices, and respond to challenging situations. Explore personal safety, awareness, and self-defence principles in a supportive environment. This is about confidence and preparation — not learning how to fight. **Suitable for all ages.**

**Skills in Motion:** This gives students the opportunity to develop movement skills, teamwork, and confidence through a variety of ball sports and activities. The focus is on participation, skill development, and enjoyment of sport. Pentecost term only. **Suitable for years**

**The Mindfulness Project delivered by Tangled Feet.** This will develop skills of self-regulation, relaxation and mindfulness. As well as skills in yoga practice. This gives students useful tools to support their wellbeing, techniques to combat anxiety and ways to cope when faced with stressful situations. **Suitable for years 11, 12 and 13**

**Ready Set Play:** Develop your sporting skills, confidence, and teamwork through a range of fun and competitive activities. Build your technique, coordination, decision-making, and game awareness while learning how to adapt your skills across different sports. Explore a variety of activities, including examples such as table tennis and softball, while improving and challenging yourself each week. **Suitable for all ages.**

**Yoga for Beginners:** This introduces students to basic yoga postures, breathing, and relaxation techniques that promote balance and wellbeing. Through simple theory and practical movement, students explore the connection between body and mind. **Suitable for all ages.**

# PHYSICAL AND WELLBEING





# OUR YEAR IN PICTURES



LEARNING TOGETHER | GROWING TOGETHER | ACHIEVING TOGETHER



## TEAM SPIRIT

From the pitch to the classroom, teamwork makes us stronger. Proud of our football team and the way they represent our school with pride.



## GAME ON!

Strategic thinkers in action! Building vocabulary, confidence and connections—one word at a time.



## CELEBRATING ACHIEVEMENT

Well done to our students for their hard work, dedication and positive attitude. Keep reaching for your goals!



## CREATIVE MINDS

Exploring creativity and expressing our ideas through art.



## LEARNING BEYOND THE CLASSROOM

Growing together through new experiences, challenges and real-world skills.



## ACTIVE BODIES, ACTIVE MINDS

Staying active together—building energy, focus and resilience for everyday learning.



## KIND HEARTS, STRONG COMMUNITY

Respecting, supporting and uplifting each other every day. Together, we make our school a place where everyone belongs.



### LOVE

We show love by caring for and valuing every person.



### JOY

We find joy in our faith and celebrate the good in everyday life.



### PEACE

We promote peace by being calm, forgiving and seeking harmony.



### SELF-CONTROL

We show self-control by making good choices and doing what is right.

*The Glory of God is a Human Being Fully Alive!*



# ELECTIVES 2026–27

## YOUR QUICK GUIDE

### 1 WHEN YOU CHOOSE



You will choose your electives in **Pentecost Term (June 2026)**.

### 2 WHAT ELECTIVES ARE FOR



Be creative



Enjoy nature, outdoors and adventure



Take part in sport and fitness



Learn skills for life and work



Help your community

### 3 HOW MANY CHOICES YOU MAKE

You will choose 3 electives in total.



+



+



#### For each category:

- 1 Choose your 1st choice
- 2 Then choose your 2nd choice (backup)
- 3 Then choose your 3rd choice (backup)



Once choices are set on your timetable, they cannot be changed.

### 4 WHEN YOU WILL FIND OUT



You will see your electives on your timetable in September.

### 5 WHAT TO DO NEXT



- 1 Read this booklet carefully.
- 2 Choose your electives.
- 3 Talk to your parent or carer.
- 4 Complete the Microsoft Teams form in ClassCharts (Pentecost Term 6).
- 5 Check your choices before you submit.

**CHECK BEFORE YOU SUBMIT!**

### 6 IMPORTANT INFORMATION



- Some electives need enough students to run.
- If not enough students choose an elective, it may not run.
- If this happens, you will be placed in your backup choice.

**Our commitment to our social catholic teachings are delivered through our elective programme. They help us focus on:**

**Dignity ✨**

*Every person is created with unique gifts and purpose.*

**Community 🤝**

*We grow through learning, creating, and sharing together.*

**Common Good 🌍**

*Our talents are gifts meant to be used for others.*

**Stewardship 🌱**

*We are called to care for and contribute to the world around us.*

**Option for the Poor 💙**

*We work to create opportunities for everyone, ensuring all people can discover their talents, develop their skills, and reach their full potential.*

