



St Joseph's Electives Programme 2022-23

Unlocking Belief in All

Introduction

Welcome to our very first Electives Programme! At the very heart of this programme is our intent to enhance your opportunities and unlock your abilities in a wide range of pursuits.

From September every Wednesday Period 5 every pupil at St Joseph's will be taking part in the Electives Programme which entails an extra-curricular/enrichment activity. Pupils will rotate onto another elective roughly every half term.

Selecting your Elective

For selection, the electives have been grouped into 6 Elective blocks (labelled A-F) with a particular House assigned to an elective block. On the online Electives Preferences Form you will rank the electives within your assigned block. We will then distribute pupils to their elective taking into account preferences as much as possible.

Next half term we will then rotate the houses onto the next block and so forth.

2022-23 Elective Blocks – Autumn 1						
	A	B	C	D	E	F
1	Golf	Badminton	Table Tennis	Kickboxing	Football	Football
2	St Joseph's Magazine	Book Club	St Joseph's Podcast	Creative Writing	Community: Learning Support	Cookery
3	Sew Easy	Duke of Edinburgh	First Aid	Art	Web Design	Psychology (Beginner's Course)
4	Science	Coding	Electronics	Catholic Ethos	Critical Thinking	Basketball
5	Model UN	World Cultures	Hebrew	Tennis	World History	Yoga/Pilates
6	Fitness Training	Make it (DT Club)	Braille	Board games	Netball	Chess
7	Candle Making	Business Enterprise	Props and Design	Musical Theatre	Digital Music Production	British Sign Language
8	Japanese		Darts			Guitar (Beginner's Course)
	Cecilia	Jerome	Mark	Peter	Teresa	Veronica

In order to assist you in selecting your preferred Electives, this brochure provides key information on what each elective entails and we strongly recommend you read it carefully before filling in your Electives Preference Form.

Have fun, be active and curious in your pursuits and we hope you enjoy the Electives!

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GROUP A

Golf



A fantastic opportunity to learn the sport that a number of esteemed Alumni have flourished in!

Attributes: Attentive, Active, Learned, Compassion, Etiquette

Knowledge: A fantastic opportunity to learn the technical strategies at play in golf.

Skills: Ability to swing the golf club, developing skills in estimation, accuracy, pivot.

What you will learn during the elective:

- *The rules of the sport – strategies that maximise your performance*
- *How to grip and stance*
- *Chipping action*
- *To be able to hit a basic golf chip*
- *Half swing and Full swing*
- *Mid Irons and Long Irons*

Cross Curricular Links:

Maths e.g. knowing distances, applying the correct club to distance, angles. Links to PE and Science

Links to Careers:

Sports Coach, PE teachers, Jobs within Golf.

St Joseph's Magazine



Attributes include eloquence, working in a team, and targeted writing for a particular audience. Skills and knowledge entail exploring different magazine formats and creating content for our very first St Joseph's magazine!

What you will learn during the elective:

- *Understand and identify the codes / conventions of different magazines*
- *Use pre-existing magazine content to design your own front cover.*
- *Introduce design softwares - InDesign/CanvaDesign fundamentals - developing knowledge of photographic composition, colour palettes and magazine design*
- *Planning content suitable for own zines, featuring branding, photography and written elements*
- *Zine development - responding to group feedback to improve written content*
- *Zine development - responding to group feedback to improve creative content*
- *Zine showcase - presenting and pitching zines to group*

Cross Curricular Links:

English - understanding of articles and non-fiction writing; Media - understanding of media codes and conventions, developing design skills through industry software; Art - developing design and photography skills

Links to Careers:

Magazine editor, designer, journalist, photojournalist, publishing assistant, photographer

Sew Easy



Attributes include attention to detail, eloquence as well as creativity.

Skills and knowledge entail the core skills in hand stitching developing this onto using a sewing machine to create a piece of accessory.

What you will learn during the elective:

- *To learn a number of basic stitches, tacking, running, backstitch and hemming.*
- *To learn how to sew in a button*
- *How to cut and pin fabric using a simple pattern*
- *How to thread the machine and wind a bobbin*
- *How to sew straight seams and how to finish them.*
- *How to create a fabulous covered button*
- *Understanding and demystifying sewing patterns including their mysterious language and symbols*
- *How to correctly take measurements for a required item of clothing.*

Sessions will entail projects that cover making your own tote bag or cushion cover.

Cross Curricular Links:

Design and Technology, Art and Design

Links to Careers:

Careers in design, fashion

Science



The Science club will give you the opportunity to plan, execute and troubleshoot experiments in all three Sciences.

The Club intends to develop analytical and curious students who question and understand aspects of the world around them by applying their scientific skills.

What you will learn during the elective:

- *You will fine-tune experimental techniques learned in class and have the opportunity to take your classroom practical work to the next level.*
- *You will also broaden your scientific experience by attempting experiments beyond the normal curriculum.*
- *Such knowledge and skills include:*
 - *Marvelous miniature worlds.*

Learned: cells, photosynthesis, respiration, enzymes, lenses, properties of light.

Wise: You will learn to use a microscope correctly to explore life in a drop of pond water.

- *Crystal structures*

Learned: ionic compounds, properties of light, changes of state

Wise: You will use a microscope correctly to watch crystals grow. Explore crystal structure and see how each different compound forms a unique crystal structure.

Cross Curricular Links:

Experimental techniques are fundamental to all Sciences as well as other subjects such as Design and Technology and Physical Education. We also make use of the basics that you learn in Mathematics.

Links to Careers:

Researcher in any of biology, chemistry or physics, engineering, architecture, zoology, botany, horticulture.

Model UN (United Nations)



Model United Nations (also Model UN or MUN) is a cross-regional activity in which participants assume the role of national ambassadors or representatives to debate and seek to solve global issues

The attributes the students will acquire are: Public speaking, Diplomacy, Critical thinking, Confidence, Empathy and Persuasiveness.

What you will learn during the elective:

- *Every year, more than 400,000 people from primary schools, secondary schools, universities, and beyond take part in a Model United Nations (MUN).*
- *By role-playing meetings like the Security Council and General Assembly, participants get a unique insight into how the United Nations works. They research, debate and try to solve some of the world's most pressing problems just like the real thing.*
- *It's great fun, giving you the opportunity to meet new people. It also helps you develop and demonstrate key skills like public speaking, teamwork and negotiation which will look great on your CV.*

For more information visit:

<https://una.org.uk/get-involved/learn-and-teach/model-un-portal>

Cross Curricular Links:

Cross curricular links with history, politics and law

Links to Careers:

Lawyer, politician and historian

Fitness training



Students will have the opportunity to develop their knowledge and understanding of a healthy active lifestyle, learn new life skills, work in teams/partnerships and develop their confidence in delivering key aspects of health and fitness to other students.

What you will learn during the elective:

- *Heart rate and training zones.*
- *Components of fitness.*
- *Methods of Training to improve aerobic endurance.*
- *Methods of Training to improve strength.*
- *Different training styles - circuit training/tabata/strength training.*
- *Key skills to be a fitness instructor/planning and delivery.*
- *Key skills to be a fitness instructor/ planning and delivery.*

Cross Curricular Links:

PE, Health and Social Care, Yoga

Links to Careers:

Coach, Fitness Instructor, PE Teacher

Candle Making



Attributes: Creativity, Resilience, Focus, Calmness
Skills: Candle Making, Melting and Heating, candle design and graphic design.
Knowledge: history of candles, types of wax and importance of bees, safety, design ability.

What you will learn during the elective:

- *Students will learn the safety of the process and begin to implement this into their designs.*
- *Students will understand what a pillar candle is and learn the skill of frosting which will then be implemented in the creation of a frosted pillar candle.*
- *Students will know the history of candles, specifically their importance in culture and religion.*
- *Students will design candles for the chapel.*
- *Students will begin to create their candle jar for the chapel and alongside this use molds to create their own shapes.*
- *Students will understand how gel wax differs from soy wax and create gel candles.*

Cross Curricular Links:

Art, Product Design, Design and Technology, History and Religion, Science (Bunsen burner use).

Links to Careers:

Career links: Product designer, Craft worker, Entrepreneurs, Teacher of Art and Design.

Japanese



Japanese is one of the most unique languages of the world, in that it does not have any obvious links to any other languages. You will learn their difference alphabets and basic phrases. You will enhance your attentiveness, eloquence and curiosity learning a language spoken by 128 million people across the world!

What you will learn during the elective:

- *Japanese uses three different alphabets: Hiragana, which is a traditional Japanese alphabet; Katakana, another Japanese alphabet which is used for foreign words; and Kanji, which are Chinese characters, although the Japanese meaning is often different.*
- *You will learn how to read and write Japanese characters, primarily the Hiragana alphabet. You will learn phrases entailing Introducing yourself and having a basic conversation*
- *You will learn some Japanese songs and their meanings!*
- *Traditions and customs useful for visiting Japan*
- *Fun fact – There are over 500 Sushi bars in London!*

Cross Curricular Links:

History, Languages, English, Art

Links to Careers:

History, Art and Cultural pursuits, Travel and Tourism

GROUP B

Badminton



- *Teamwork, leadership, determination, resilience.*
- *Develop skills in hand-eye coordination, upskill your racket control and tactics required to succeed in a given match.*

What you will learn during the elective:

- *Learn basic racket control, footwork, consistent groundstrokes,*
- *Develop skills in volleys and serving. This will give you the tools to become the complete player.*
- *Learn how to exploit your opponent's weaknesses and never give them any breathing space with some top attacking strategies*
- *Learn how to never lose a point and frustrate your opponent with some top defensive strategies.*
- *Refine your techniques and tactics in fun games and practice matches*

Cross Curricular Links:

PE, Science, Dance

Links to Careers:

Coach, PE teacher, Fitness coach

Book Club



Book Club will give you the chance to read a multi award winning book in a small group environment, encouraging questioning, debate and oracy through discussion.

What you will learn during the elective:

- *You will discuss the core themes of a book, reading certain sections aloud.*
- *You will debate certain social and political issues prevalent in key texts.*
- *You will explore some of the best written texts in Literature.*
- *You will have a say in the kinds of books that are explored in book club.*
- *You will develop the ability to articulate your opinions eloquently and maturely.*
- *You will be exposed to a range of writing styles and genres which will help inspire and improve your own writing.*
- *You will contribute your ideas and thoughts to the St Joseph's magazine and podcast!*

Cross Curricular Links:

English, literacy, RE, History, Media Studies, Sociology, Drama

Links to Careers:

Teaching and Education, Author, Lawyer, Social Work, Critic, Film and TV

Duke of Edinburgh (DofE)



Through the DofE programme you will make friends, improve your self-esteem and build confidence. You gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication.

Skills and knowledge developed include map reading and navigation, teamwork and leadership, cooking on a trangia, countryside code as well as the core health and safety regulations that are needed in an expedition.

What you will learn during the elective:

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.

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.

Skills required to attain the relevant certificate include;

- *Countryside code*
- *Grid references and finding places on a map*
- *Reading a map and understanding symbols, abbreviations, contours etc.*
- *Plotting a route on a map and writing a detailed route card*
- *Leading exhibitions, cooking on a trangia. Erecting a tent and packing it away.*

For further information visit: <https://www.dofe.org/>

Cross Curricular Links:

Cross curricular with Geography, Science, Maths, Product Design, PSHE

Links to Careers:

Working in a Team, Leadership skills,

Coding



Attributes: Teamwork, curious, active, innovative, resilience

Skills: Programming techniques, problem solving, algorithmic thinking, coding, critical thinking, Hardware skills, collaborative skills

Knowledge: 3 programming constructs, functions, cybersecurity strategies

What you will learn during the elective:

- *Introduction to Python: Variables*
- *Loops and functions*
- *How to use lists, dictionaries*
- *How to use files to create charts*
- *How to create models and artwork*
- *Cyber security strategies*

You will create tangible links between coding a variety of professions to gain insight into how in demand the skill is within the labour market!

Cross Curricular Links:

Art, Technology, Science, Maths

Links to Careers:

Programmer, Software Developer, Cyber security consultant

World Cultures



To develop cultural connections, instill civic commitment, problem solving, group development, presentation and public speaking. To become culturally competent and build empathy for others.

What you will learn during the elective:

- *Define culture and types of culture.*
- *Explore the variety of cultures present at St Joseph's.*
- *Describe how the concept of culture relates to their own experience.*
- *The definition of cultural identity and values.*
- *Languages around the world - Understand how different countries speak different languages*
- *Learn common phrases in a chosen language*
- *Traditional Foods From Around The World. Identify and describe a typical dish from their country*

Cross Curricular Links:

World cultures is linked to religion, history, geography, languages, music and Food Tech.

Links to Careers:

Teaching, HR-People and culture, Lecturer in psychology, Lecturer in global culture, cultural studies

Make It (Design and Technology club)



In this exciting and skills building elective, all designers will get to create original, visually impressive and commercially viable design pieces.

What you will learn during the elective:

- *Design first ideas using technical drawing in 2D transposing to 3D.*
- *Measure and mark out components to scale*
- *Construct your first model using card and found materials*
- *Measure and mark out components to scale*
- *Construction work to make their design idea a reality.*
- *Assembly/reinforcement techniques*
- *Presentation and feedback – your designs may be published in our St Joseph's Magazine!*

Cross Curricular Links:

Art, Science, Maths

Links to Careers:

Designer, Engineering, Construction, Architecture

Business Enterprise



Students will develop their curiosity and intentionality through observing an aspect of society that could benefit with a business opportunity. Students will then acquire the core knowledge and skills to develop their business idea and proposal.

What you will learn during the elective:

- Develop the skills and expertise required to set up your own business and the entrepreneurship required by organisations.*
- Students in teams come up with an idea for running a business in school and put together a proposal that includes details of start-up costs, pricing and projected sales/profit.*
- Students to put forward their proposal in a Dragon's Den Competition and get feedback and ways to improve their business project.*
- Students will have the opportunity to enter national Business Enterprise competitions where if successful will see their business idea become a reality!*

Cross Curricular Links:

Business Studies, English, Maths, Product Design, Art

Links to Careers:

Entrepreneurship, Marketing and Advertising,

GROUP C

Table Tennis



Attributes: Curious and Active

Skills and Knowledge: Develop techniques in grip, stance and footwork. Explore different strategies and tactics required in the sport.

What you will learn during the elective:

- *To know how table tennis started and understand the rules of table tennis*
- *To understand the skills required in table tennis. This will cover all the basics, such as grip, stance, footwork, forehand drive, backhand drive, forehand push, backhand push and how to serve backspin, sidespin and top spin*
- *Understand how skills play an important role in a match play*
- *How to condition your body to prepare for match play*
- *How to warm up before match play and warm down after match play*

Cross Curricular Links:

Mass and Volume (Maths) + Acceleration and Velocity/Forces and Motion (Physics), Knowing which Muscle Parts are working (PE)

Links to Careers:

Table Tennis Coach, Table Tennis Athlete

St Joseph's Podcast



Attributes: be confident and eloquent in speaking and curious in exploring new technologies and research skills.

Knowledge: Learn how a podcast is put together, how to research topics and put together interview questions.

Skills: how to present and speak to an audience and lead an interview.

What you will learn during the elective:

- *To learn how presenters and commentators use different techniques to communicate to an audience in different settings.*
- *Develop our speaking and performance skills*
- *To learn how to create segments for a podcast using research skills.*
- *How to research and prepare questions in order to conduct an interview.*
- *How to use Soundtrap in order to put a podcast together.*
- *Edit a 5 minute podcast using pre-recorded segments*
- *How to create segments for our first ever St Josephs podcast.*
- *Use our editing and presenting skills to deliver and organise our segments in Soundtrap.*

Cross Curricular Links:

Research on computers, how to put together promotional material (art, technology) and structure a podcast (music, drama, media) as well as research current topics

Links to Careers:

Social Media Influencer, Television Host, Researcher, Presenter, Producer, Actor

First Aid



Attributes: patience, empathy, compassion, eloquent.

Knowledge: how to treat another person/ perform basic first aid.

Skills: communication, basic first aid skills

What you will learn during the elective:

- *Understand how to help someone who is having an allergic reaction.*
- *Recognise the signs and symptoms of an allergic reaction.*
- *Understand how to treat someone having an asthma attack and recognise the signs and symptoms.*
- *Understand how to treat someone who is bleeding.*
- *Understand how to treat someone who is choking.*
- *Recognise common signs and symptoms of head injuries.*
- *Life support - understand how to treat an individual.*
- *Recognise life threatening injuries and know what to do.*
- *CPR: Evaluate when to conduct CPR and understand what a defibrillator is and how to use it.*

Cross Curricular Links:

Science/ PE- cardiovascular and respiratory system. Maths: calculating heart rate, BPM. English key words

Links to Careers:

Paramedic, Doctor, nurse, sports coach, teacher

Electronics



Attributes include curiosity and problem solving. They will gain knowledge with radios, and how audio is transmitted, what makes a radio work, different frequencies and the history of the radio. Circuitry and construction.

What you will learn during the elective:

- *Design brief, how the radio works and transmitting and receiving signals. Development of the radio, the future of radio, initial ideas for the project.*
- *How to put a circuit board together and how to solder all the components onto the board.*
- *Case design and initial circuit construction design development*
- *Product development and Evaluation*

Cross Curricular Links:

Physics, DT, Maths,

Links to Careers:

Electrical Engineering, Computer design, Electronics Engineer

Hebrew



Hebrew is a language spoken primarily by people of Jewish faith or heritage.

Attributes: patience and perseverance (needed to learn a new language):

Knowledge - Hebrew alphabet, Hebrew spoken and written language, Israeli culture and society, (cultural capital).

Skills: spoken and written Hebrew, teamwork skills, speaking and listening skills.

What you will learn during the elective:

- *Introduce the Hebrew alphabet and encourage students to write their own name and family's names using it.*
- *Introduce basic greetings and introductions in Hebrew and how to write them using the Hebrew alphabet.*
- *Introduce key verbs and how to alter verbs in Hebrew for 1st, 2nd and 3rd person singular and plural.*
- *Vocabulary - talking about the family.*
- *Vocabulary - talking about holidays.*
- *Hebrew in the streets of Israel vs Hebrew in the Bible - how Israelis use Hebrew today*
- *Jewish feasts - introduction to Hanukkah - with props!*

Cross Curricular Links:

Religious Education (Judaism), History, Moreign Languages, English

Links to Careers:

Translator/Interpreter, Ambassador, Historian, Teacher.

Braille



Attributes: Learned, compassionate, generous.

Knowledge: learning the way that a visually impaired person would read, write, and be involved in day to day society.

Skills acquired will be basic understanding of braille, different visual impairments and to be able to create useful braille labels for the school.

What you will learn during the elective:

- *To gain a basic understanding of the history of Braille and why it is used.*
- *To gain a basic understanding of the most common types of visual impairment.*
- *Learn the basics of sighted guide and how to interact with those with visual impairment*
- *Learn the basics of the braille alphabet and numbers*
- *Have a go at some practical skills blindfolded*
- *Be able to write names and simple signs for around the school*
- *Practical skills such as pictures and finishing signs for around the school*

Cross Curricular Links:

Links to Languages skills, health and social care.

Links to Careers:

Specialist Teachers of the blind, Specialist Learning support assistants, Help in the community for those with Visual impairments

Set and Props Design and Construction



*Attributes: Creativity, Organisation, Resilience.
Skills: Literacy, Comprehension, Woodworking,
ICT/
Knowledge: Technical Drawing, Maths (basic
geometry)*

What you will learn during the elective:

- You will know and understand why it is necessary to 'break' a script to work out what props and set pieces are needed for a show.*
- You will know and understand why it is necessary to create a Master List and why this should be broken down into different Props Lists, Set Pieces Lists, etc.*
- You will know and understand how to discuss a show with its Director and Producers in order to discern their 'vision' of the show and to develop a design brief.*
- You will be able to use your designs to fabricate the props and set pieces necessary to put on a show. This will involve the teaching and facilitation of the use of various tools and a range of woodworking, painting and finishing skills.*

Cross Curricular Links:

Close links to Drama and the Musical Theatre as well as Product Design and Art in terms of fabricating and painting props and set-pieces. Links to English Language and Literature in terms of reading, comprehending and itemising the contents of a script.

Links to Careers:

Close links to a range of careers in theatre and film such as Art Director, Set Designer, Props Master, Stage Manager, etc.

Darts



Learn numeracy skills whilst playing darts! Learn through a variety of different fun and engaging darts activities and then learn how to score a game, add up your own score, how to check out correctly and your times tables.

What you will learn during the elective:

- **Introduction to Darts** – learn to throw, how to stand, how to aim, the terminology used and about the different scores. Play a game of highest wins!
- **Rules** – learn how to set up a game, how to score correctly.
- **Half It and Killer** – In Half It, there are different scores and colours you have to hit on the dartboard. If you hit the correct item, your score goes up, but if you miss, your score is halved! In Killer, everyone gets a number unique to them, no one else can share that digit. The aim of the game is to be that last person standing!
- **Round the Clock** – This is super fun! You can play as a team or against each other. You have to hit every number on the board, then outer bull and bullseye to win. The quickest person or team is the champion. To make this more difficult, you can try it only allowing doubles or triples!
- **Tournaments** – We will be playing a singles competition, then doubles and then a team tournament. There will be prizes for the champions of the day!

Cross Curricular Links:

Numeracy – multiplication, division, subtraction, addition

PE – team building, rules, scoring, skills

Links to Careers:

Alternative sports, resilience, collaboration and problem solving skills

GROUP D

Kickboxing



Attributes: Attentive, Compassionate, Learned, Active.

Knowledge: Basic attacking and defending techniques.

Skills: Combat skills and self defence

What you will learn during the elective:

- *Punching- jab, cross, hook and uppercuts*
- *Kicking- front kick, roundhouse kick and side kick*
- *Combinations- punching and kicking combinations*
- *Self defence*
- *Advanced punches- spinning punches, superman punches*
- *Advanced kicking- jumping kicks, spinning kicks*
- *Combinations- using basic and advanced skills*

Cross Curricular Links:

Maths and English

Links to Careers:

Sports coach, PE teacher

Creative Writing



Attributes: Creativity, Empathy, Originality, Curiosity

Knowledge: Understanding how to generate ideas for stories, Understanding the 'building blocks' of storytelling, Understanding how to begin and end a story effectively.

Skills: Short Story Writing, Oral Storytelling

What you will learn during the elective:

- *Understand how to generate inspiration for stories.*
- *Turn an experience or observation into a plot outline.*
- *Understand how to craft sophisticated descriptions of story settings.*
- *Transform description contained within a poem into a passage of descriptive writing within a short story.*
- *Understand how to write a convincing dialogue.*
- *Add dialogue to a pre-existing short story.*

Cross Curricular Links:

Students will gain skills that will support their understanding of storytelling in the context of Drama, and may also gain sources of inspiration for creative pieces in Art.

Links to Careers:

Publishing, Journalism, Marketing, Teaching

Art



*Students will tap into their inner creativity and apply it to various artistic forms.
Students will be learning about different types of 'Drawing for Design'
They will explore Architectural and Fashion illustration*

What you will learn during the elective:

- *Drawing for Design - What is drawing for Design?*
- *Developing your Design drawings using 'Frank Lloyd Wright' and his futuristic designs for buildings as stimuli – Falling water (Kauffman House)*
- *Developing your Design drawings using 'Frank Lloyd Wright'*
- *Designing buildings for the 'Future' - Buildings/Environments and Nature*
- *Learning to sketch like Santiago Calatrava*
- *Creating Fashion illustrations*

Cross Curricular Links:

Design Technology, History, Music, English

Links to Careers:

Architecture/Fashion Design

Catholic Ethos



Students will play an active role on leading community cohesion at St Joseph's. Students will lead charity and House initiatives throughout the year as well as developing the core faith and understanding of the words of Jesus Christ across the school.

What you will learn during the elective:

- *Students will contribute ideas into House and charity initiatives to lead and coordinate throughout the year.*
- *Students will enhance the environment around St Josephs as a place of worship and reflection. This will entail taking part in planning, designing and creating a Bible/prayer garden outside the Chapel.*
- *It will be both practical and reflective, thinking about the care for creation as well as the plants and herbs that were present during the time of Jesus.*
- *It will be a time of building community, sharing in conversation, but also building a place for all to use.*

Cross Curricular Links:

RE, Science, English, Philosophy and Ethics, History, PSHE

Links to Careers:

Wellbeing coach, Careers linked to Religious Education, Politics, Teacher

Tennis



*Teamwork, leadership, determination, resilience
Develop skills in hand-eye coordination, upskill
their racket control and tactics required to
succeed in a given match.*

What you will learn during the elective:

- *Learn basic racket control, footwork, consistent groundstrokes, volleys and serving. This will give you the tools to become the complete player.*
- *Learn how to exploit your opponent's weaknesses and never give them any breathing space with some top attacking strategies.*
- *Learn how to never lose a point and frustrate your opponent with some top defensive strategies.*
- *Refine your techniques and tactics in fun games and practice matches.*

This elective will involve travelling to a local Tennis Court, therefore there will be a permission slip that will need to be filled in.

Cross Curricular Links:

PE, Science, Dance

Links to Careers:

PE Coach, Teacher, Fitness Coach, Tennis Player

Board Games



Students will improve eloquence in certain games that require explaining what moves they are making and why.

Students will also improve their skills of discernment as they will have to make careful judgements throughout certain games.

What you will learn during the elective:

- *Boardgame: Pandemic - To work as a team to prevent a global crisis.*
- *To make discerning decisions in order to succeed in a games.*
- *To be able to win and/or lose with grace and sophistication.*
- *To share tips and experience with each other to be able to become better players.*
- *To try a game that you haven't played before.*
- *To clearly articulate the decisions you are making to succeed in a game.*
- *To be able to explain why you are making decisions in order to succeed.*

Boardgames played include, Pandemic, Catan, Risk, Scrabble, Codenames, Monopoly

Cross Curricular Links:

*English: Communication skills and boosting vocabulary. Maths: Numeracy
Geography: Pandemic will teach students where countries are and involves themes of human geography*

Links to Careers:

Any career that requires teamwork, articulation and patience. (e.g. Teaching, Law, Marketing)

Musical Theatre



Pupils will develop their creative core and work as a team to put together sections of musical performances. They will develop skills and knowledge in footwork, singing composition as well as acting.

They will play a valuable role in the school theatre productions.

What you will learn during the elective:

- *Overview of musical theatre and what we are going to work towards over the course of the elective.*
- *Explore and analyse different musical productions.*
- *Rehearse and perform song numbers from past musicals.*
- *Rehearse and perform sections from the school musical – this will entail;*
 - *Ensemble song one (singing and movement)*
 - *Ensemble song 2 (singing and movement)*
 - *Ensemble song 3 (singing and movement)*

Cross Curricular Links:

- *Music- the students will learn 3 ensemble songs over the course of the elective*
- *History- the history of musicals and topics within them.*
- *Dance- Students will learn dance techniques within the course.*

Links to Careers:

Actor, director, dancer

GROUP E

Football



Students will show teamwork, leadership, determination and resilience.

Develop skills in hand/foot coordination, the different roles and responsibilities for the various footballers in a game and how to maximise their position in a game of football.

What you will learn during the elective:

- *Ball control: Effective use of ball control and apply different types of control into a competitive scenario*
- *Dribbling: Dribble with both feet and apply dribbling into a game*
- *Passing: Pass competently with both feet. Expand passing catalogue for game use.*
- *Shooting: Discover different methods of shooting and apply into a game scenario*
- *Defending tactics: discover different styles of defending and apply defensive tactics into a game*
- *Attacking tactics: discover different styles of attacking and apply attacking tactics into a game.*
- *Game Play: Implement different learned into practical play*

Cross Curricular Links:

Biology, Maths, Health and Social Care

Links to Careers:

Sports coaching, PE teaching

Community: Learning Support at St Ethelbert's



Attributes include being faith-filled in your commitment to giving back to the younger Catholic community through supporting the learning of primary school pupils.

What you will learn during the elective:

- *You will spend time with the primary students in a variety of subjects.*
- *You will support pupils with their reading. You will read to them and they will read to you. You will be given a list of questions to ask during the reading session which will help to build confidence in their own literacy skills but will also help you to develop relationships with the children.*
- *You will develop your mentorship skills through supporting primary school pupils in their current learning.*

Cross Curricular Links:

English, Maths, a variety of other subjects depending on what subjects the pupils are learning. Health and Social Care

Links to Careers:

Teaching and Education, Social Work,

Web Design



Attributes: To allow students to be compassionate, active and curious learners.
Knowledge: to be able to create a basic website
Skills: To be able to use creative and design thinking skills along with being able to problem solve and utilize their technical ability..

What you will learn during the elective:

- *To be able to create a graphic (Logo) to represent yourself/company/business.*
- *To know and understand the purpose of various HTML tags.*
- *To be able to use the various HTML tags correctly.*
- *To be able to debug errors/syntax errors.*
- *To be able to format text and images.*
- *To be able to create a basic webpageTo be able to design basic webpages*

Cross Curricular Links:

Selling a product, promoting a service, links to Media Studies and Business

Links to Careers:

Web developer, Web designer, Graphic designer,

Critical Thinking



This Elective will help develop skills and knowledge in debating, cultural affairs and the art of oracy and persuasiveness.

You will analyse and scrutinise classic and modern thinkers in politics and philosophy.

What you will learn during the elective:

- *How does democracy help you to make your voice heard?*
- *What issues make you angry? What things do you want to change?*
- *Elections, Voting, and Parliament: What it is, how does it work? Voting systems the difference between Political Parties*
- *What are Human Rights? When can we use them? Why do we think they are criticised? Would you want to live in a society without Human Rights? Is it democratic?*
- *Choose an issue – explore both sides to an issue. Take part in formal debates.*

The sessions will work towards competing in regional debating competitions.

Cross Curricular Links:

RE, PSHE, History, Law, English

Links to Careers:

Lawyer, Teacher, Politician, Activist,

World History



Students will be curious, active, truthful, eloquent, hopeful and faithful.

Students will be carrying out archaeological tasks, as well as identifying and using evidence, analysing, evaluating and making judgements.

What you will learn during the elective:

- *Know and understand what work an archaeologist carries out.*
- *What is meant by coprolites; who the Aztecs were and where they came from, Know and understand where stained glass windows were mainly used; what their designs meant; why they were significant to peasants in Romans, Anglo-Saxon and Norman times. You will use this to create a stained glass window with a story of significance, and predict stories your peers have created.*
- *Making canopic jars: Know and understand what is meant by "ka", "ba" and "akh", embalming and mummification.*
- *Mummifying an orange: Know and understand the process of mummification; how mummification was carried out.*

Cross Curricular Links:

Art, science, product design, English, RE.

Links to Careers:

Archaeology, graphic designer, journalist, historian

Digital Music Production



Students will be working independently and in teams to explore the wider context of the music industry and how music/digital music production plays a part within the entertainment industry. Skills entail developing listening skills, distinction between musical elements as well as their computing skills.

What you will learn during the elective:

- *Know what a DAW is and understand what a loop is.*
- *Arrange music using our know of rhythm, tempo, harmony and tonality.*
- *Develop our understanding of DAW software by using looping.*
- *Understand how to form music in software.*
- *Compose our own music to reflect a theme.*
- *Use our knowledge of pitch and timbre to isolate fragments of a track.*
- *Use the techniques we have learned to build and form your own piece of music.*
- *Continue to develop our music production which incorporates audio, studio effects and looping.*
- *Present our music to the class and give feedback on the effectiveness of the work produced.*

Cross Curricular Links:

This multi-media incorporates a lot of rhythmic work which links with English, and Drama. We look into the technicalilty behind studio effects which relates to ICT, Tech and Science. We also look at the history of music and dance.

Links to Careers:

Sound design, Editing, Creative Design, Sound Producer, Sound Editor, Sound track composer, Film and TV composer, Foley Artist,

Netball



*Teamwork, leadership, determination, resilience
Develop skills in hand-eye coordination, upskill
their teamwork and tactics required to succeed in
a given match.*

What you will learn during the elective:

- *The rules of the game and what it entails to be successful.*
- *Hand-eye coordination: this is really important for successfully catching, passing and bouncing the ball in a game of netball.*
- *Team-work: players must trust each other and work together to win the game. With only minor footwork allowed and players being designated to particular areas, they must rely on each other to keep the ball moving towards the goal.*
- *Footwork: with one of the key rules of the game being no running allowed with the ball, it's important that footwork techniques are well-rehearsed.*
- *Attacking and defending skills: to keep the ball in your favoured places towards the goal, these netball skills are incredibly important.*

Cross Curricular Links:

PE, Dance, Musical Theatre

Links to Careers:

Coach, Fitness Coach, Teacher

GROUP F

Football



Students will show teamwork, leadership, determination and resilience.

Develop skills in hand/foot coordination, the different roles and responsibilities for the various footballers in a game and how to maximise their position in a game of football.

What you will learn during the elective:

- *Ball control: Effective use of ball control and apply different types of control into a competitive scenario*
- *Dribbling: Dribble with both feet and apply dribbling into a game*
- *Passing: Pass competently with both feet. Expand passing catalogue for game use.*
- *Shooting: Discover different methods of shooting and apply into a game scenario.*
- *Defending tactics: discover different styles of defending and apply defensive tactics into a game.*
- *Attacking tactics: discover different styles of attacking and apply attacking tactics into a game.*
- *Game Play: Implement different learned into practical play*

Cross Curricular Links:

Biology, Maths, Health and Social Care

Links to Careers:

Sports coaching, PE teaching

Yoga/Pilates



Attributes include being attentive and active. Skills and knowledge include understanding the body, self care, health and well being, strengthening and conditioning. We will also explore the mental wellbeing benefits of yoga through meditation.

What you will learn during the elective:

- *Basic pilates/ yoga positions*
- *Stretching and strengthening for yoga*
- *Strengthening meditation*
- *Combination of flows*
- *Learn and appreciate how yoga can assist in mental wellbeing*
- *Full yoga session*

Cross Curricular Links:

Sports, PSHE, Religious Education, Biology

Links to Careers:

Fitness instructor, coach, Wellbeing mentor

Psychology (Beginners Course)



Attributes entail developing empathy and compassion.

Skills in Oracy and knowledge in terms of exploring concepts relating to mind, identity and behaviour.

What you will learn during the elective:

- *Know and understand Zimbardo's research.*
- *Know Milgram's research and explain different reasons for Milgram's results.*
- *Explore Asch's research.*
- *Use different definitions of conformity to explain Asch's results.*
- *Explain what can affect capacity and duration of memory.*
- *Understand how memory is Encoded.*
- *Know the two memory models and explain how the models affect our ability to complete different tasks.*

Cross Curricular Links:

Law, Psychology (this will be the foundation to studying it at A-Level), Sociology and philosophy and ethics,

Links to Careers:

Mental health work. Careers in the criminal justice system involving eyewitness testimony.

Cookery



Attributes: generous, loving, attentive
Knowledge: To explore cuisines of different countries and cultures and the links between them.

Skills: Basic cookery skills and apply these to varied cuisines. Learn how to independently cook meals suitable for life beyond school.

What you will learn during the elective:

- *To upskill in the methods involved in cooking including the relevant equipment used and their benefits as well as key issues in cooking.*
- *To Learn, Demonstrate and Understand complex chopping techniques for a stir fry*
- *To Learn, Demonstrate and Understand how to use the creaming method effectively for a cake*
- *To Understand and Demonstrate the rubbing in Method for chocolate shortbread*

Cross Curricular Links:

International cuisine (Stir Fry) Maths (weighing and measuring), History (victoria sponge)

Links to Careers:

Hospitality, chef, cafes, food and beverage, food development, nutritionist

Chess



*Attributes in building resilience and passion with patience and strategy.
Skills and knowledge in strategy play and probability.*

What you will learn during the elective:

- *Deepening focus and improvement of memory*
- *Elevation of mathematical creativity*
- *Boosting planning skills*
- *Remaining Calm Under Pressure*
- *Developing problem solving skills including useful tactics in different scenarios.*
- *Visualising your opponents potential future moves so that you can be prepared with your own future strategic play.*

Cross Curricular Links:

Mathematics, PE

Links to Careers:

Mathematician, engineer, accountant, judge

Basketball



Attributes are developed in being Compassionate, Eloquent and Active. Pupils will acquire skills in tactical play and working in a team to effectively succeed in a game.

What you will learn during the elective:

- *Pupils will develop their skills in dribbling, passing, shooting, defending, defensive strategies.*
- *Pupils will build upon their skills in offensive strategies, gameplay and officiating.*
- *Pupils will apply their skills to play in inter house competitions as well as moving to competitions outside St Joseph's*

Cross Curricular Links:

Maths, Biology.

Links to Careers:

Basketball Coach, Basketball Official, PE teacher.

British Sign Language



This course introduces pupils to basic British Sign Language (BSL) and provides them with an opportunity to learn a lifelong skill which celebrates the diversity in our community.

What you will learn during the elective:

- *An introduction to British Sign Language (BSL). You will also determine your “Primary Hand” and learn how to fingerspell the alphabet, and as a result, fingerspell your names.*
- *You will learn how to sign numbers and develop your ‘Sign Dub’ skills for your chosen song.*
- *You will learn how to sign colours and develop simple conversations.*
- *You will learn how to sign greeting phrases. You will learn the importance of using facial expressions, body language and lip patterns while signing.*

Cross Curricular Links:

English Language (vocabulary, spellings, communication), Drama (facial expressions, body language), PSHE (employability, diversity, equality), Music

Links to Careers:

Interpreter, careers in languages

Guitar (beginner's course)



Students become determined and resilient in learning something new that is challenging and academic as well as more creative as their skill improves. Students will develop understanding of chords, scales and how to play the acoustic guitar independently and in a group.

What you will learn during the elective:

- *Open strings, tuning, fretboard and notes in a scale*
- *How to form Major chords*
- *How to form minor chords*
- *Major scale and Minor scale*
- *Riffs and playing your first song*
- *Power chords, bar chords & pentatonic scales*

Cross Curricular Links:

Music, Maths (numeracy and sequences)

Links to Careers:

A passion for music can lead to careers in songwriting, music production and working in the music industry

