



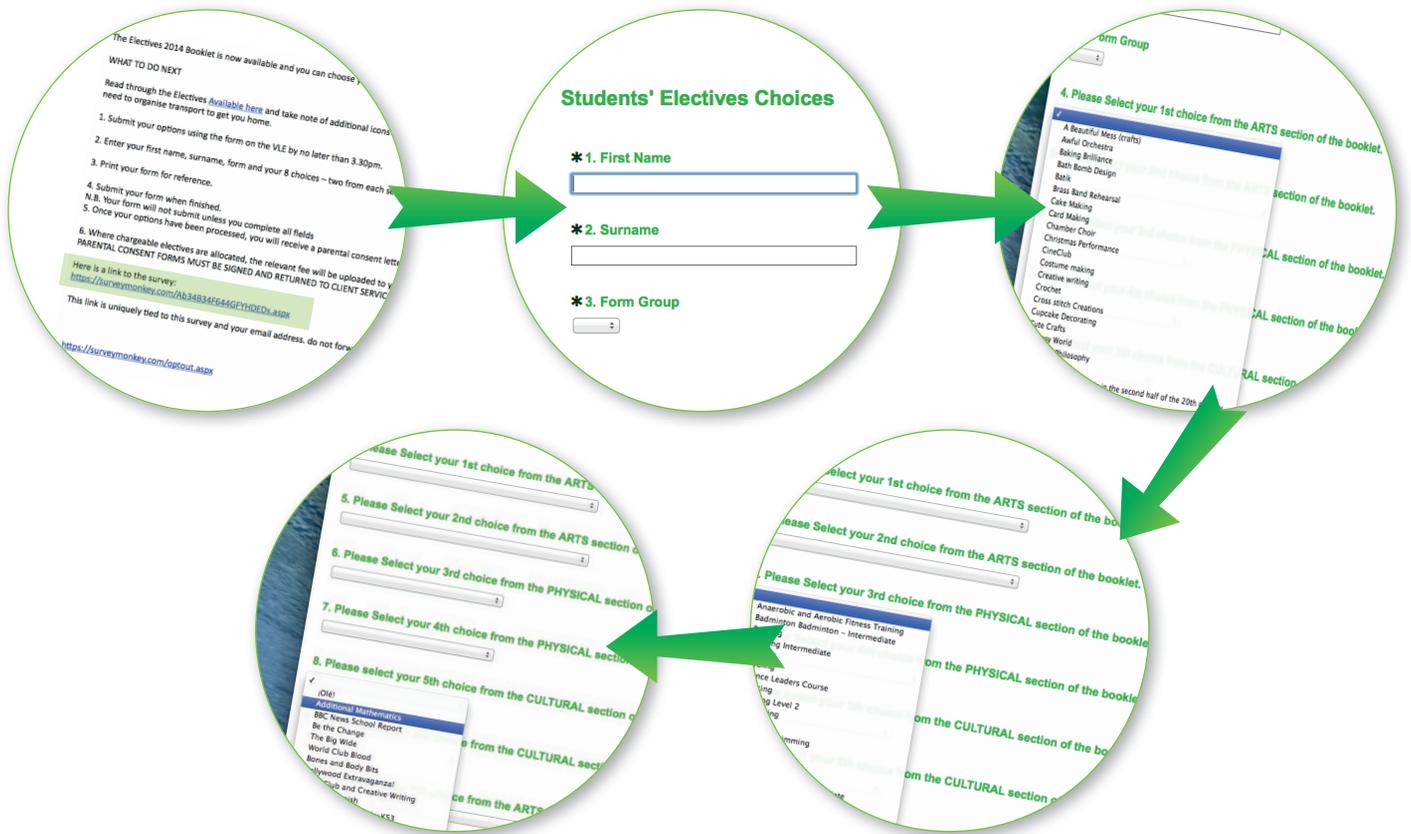
2019/20

ELECTIVES

INTRODUCTION

THE ONLINE SELECTION PROCESS

The choices form link has been emailed to students and must be completed by **9am on Thursday 23 May 2019**. Before pressing the submit button, students can print the choices selected for reference, or take a screenshot.



The organisation of the booklet and the selection process is divided into three sections:

ARTS

PHYSICAL

CULTURAL

Students select twelve courses - four different courses from each of the three sections, you will also need to select your preferred section, where possible, we will build your choices around this:

FOUR from Arts

FOUR from Physical

FOUR from Cultural

DO NOT REPEAT A CHOICE. REPEATING WILL INVALIDATE YOUR SUBMISSION.



Choices are for the entire academic year 2019/20.

N.B.

- Electives will usually include groups of students across the Year 7 – Year 10 age range.
- The Electives Programme is subsidised by the College. Financial contributions will be needed to cover materials, transport, hire of facilities and employing specialist tutors. Students can take home items made. To ensure viability of a course, enough contributions will be needed to cover these costs. Costs are included in the course detail. Financial aid is available for students eligible for free school meals.
- The cost listed is usually for the one term (6 weeks) elective. Subsequent events, sessions or courses related to the short course may well incur further costs.
- The electives listed will only run if there is sufficient interest. Electives have a minimum number required to run. In the event of this number not being reached or insufficient contributions being received, the course will not run.
- Electives run at different times during the year and there are compulsory courses that students are required to follow. It may not be possible to timetable all choices for this reason.

WHAT TO DO NEXT

Read through this booklet and take note of additional icons such as the bus logo. Electives which show this symbol finish later in the day and you will need to organise transport to get you home.

1. Submit your options using the link in your email no later than **9am on Thursday 23 May 2019**.
2. Enter your first name, surname, form, preferred section and your 12 choices – four from each section; first, second, third and fourth choice.
3. Do not repeat a choice or Share your link.
4. Submit your form when finished. Take a screenshot of your choices. Please ensure you have discussed your choices with your parent or carer, especially if it is a paid choice.

N.B. Your form will not submit unless you complete all fields. Do not share your link.

5. Where chargeable electives are allocated, the relevant fee will be uploaded to your ParentPay account prior to the elective starting.

Parental consent forms must be signed and returned to Client Services (for selected electives only.)

SYMBOLS



Electives which show this symbol are suitable for adding to CVs and will come in useful as experience for university applications or post-16 applications.



Electives which show this symbol finish later than the College day so transport will need to be arranged from College; some students may miss their school bus.



Electives which show this symbol are courses which provide certificates on completion.

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ARTS

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Artful Creation
Arts Award (Year 9 only)
CAD for Beginners
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Christmas Concert Choir
Curious Creatures
Drone 'Airgineer'
Film Club
Jewellery Making
Mask Making
Mindful Colouring
Painting with Watercolours
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Photography
Photography Iceland Trip - KS4 *(R)
Photoshop
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Prom & Yearbook Committee - Year 11
Prop & Set Design
School Musical
Shakespeare School Festival
Soft Toys
Theatre Technology
Traditional Metal Work

CULTURAL

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Competitive Cards
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Crest Award - Bronze
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CSI Catmose
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Faith Explored
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Go Wild
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Introduction to Law
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Maths Miniatures
Malaysia Expedition *(R)
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The Science of Doctor Who
Tracing Your Family Tree
UKMT Team Challenge
Wellbeing & Mindfulness
Youth Speaks

PHYSICAL

American Football
Archery (£20)
Badminton
Basketball
Boxercise
Catmose Dance Show
Choreography
Competitive Swimming
Cricket
Dodgeball
Golf (£25)
Gymnastics
Hockey
Horse Riding (£80)
Ice Skating (£40)
Improving Fitness
Let's go Outdoors
Musical Theatre Dance
Rookie Lifeguard
Rounders - Girls
Rugby - Year 9 Boys
Sailing - Introduction
Skiing (£60)
Snowboarding - Beginners (£60) *(R)
Street Dance
Swimming for Beginners
Tennis (£15)
Trampoline (£30)
Watersports (£45)

*(R) Residential trips, these electives are only open to students who are taking part in these residential trips. Your name will be automatically added if you are going on the trip.

A BEAUTIFUL MESS

25 PLACES

Don't you agree the best things in life are free? Well, in this elective, the best things in life are handmade! Through this elective, there will be the opportunity for you to work on your own handmade projects that will allow you to have your own creative freedom and create your own beautiful mess! Each week we will be creating different projects and developing ideas to make projects that you can keep - or that make great gifts! All will be documented in your very own scrapbook to keep.

TERMS 1 - 6

ARCHITECTURE

15 PLACES

Are you interested in becoming an Architect? Or have you ever wondered what your life would be like if you worked in the architecture industry? Well now you can find out, as the Royal Institute of Architecture are coming to Catmose College to run sessions with Year 9 and 10 students. Explore new ideas and ways of thinking, whilst working to a specific brief where you get to design and create your own architectural structures. This is a great elective for anyone who is interested in their future career or fancies something a little different.

TERM 4

ART OF ANATOMY

20 PLACES

Enjoy drawing AND science? Learn how to draw anatomically correct scientific drawings in a variety of mediums. There will be gory guts and beating hearts, along with pickled rats and stuffed birds. You will learn all the skills to build up to drawing a full dissection in the final week. Bring along your own sketch books, pens and pencils. Or use the selection that we have on offer. Each week will be a different selection of things to draw and specialists to help you draw in particular ways

TERMS 1 - 4

ARTFUL CREATION

25 PLACES

Make your own sketchbook from decorative papers and fabric. Use a range of techniques to fill your sketchbook including collage, stitching, mono-printing, resist techniques and recycled materials.

TERMS 1 - 4

ARTS AWARD SILVER/BRONZE

70 PLACES

The Arts Award qualification gives you the chance to gain a national certificate which shows a level of commitment and progress in the Arts. After completing the challenge you will develop personal skills, researching pathways and careers in Art and Design to gain a greater understanding of jobs in the Arts, alongside teaching an Arts skill to others. On completion after two terms, you will submit all work for the award, ready for assessment and moderation in July.

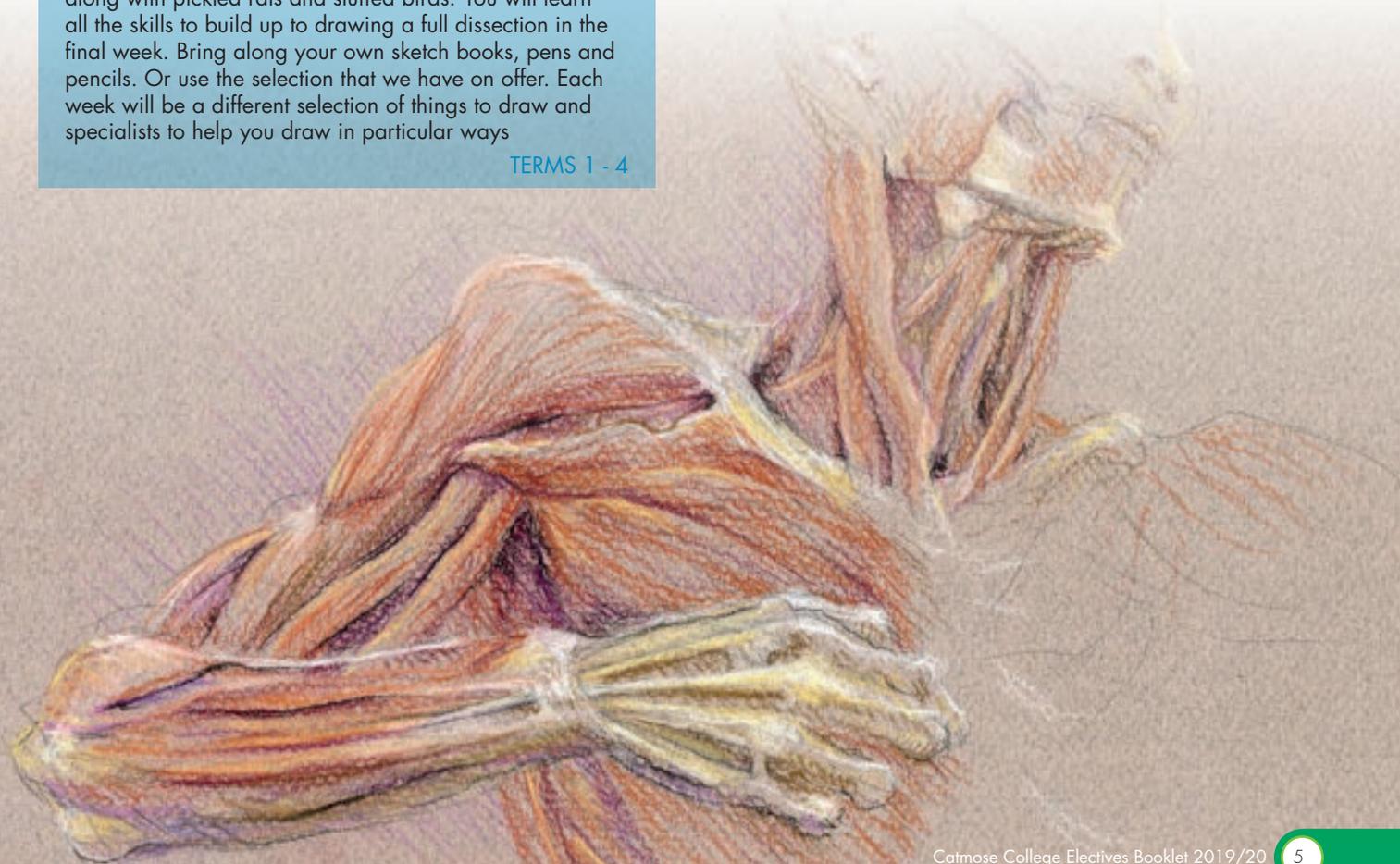
TERMS 4 - 5

CAD FOR BEGINNERS

20 PLACES

Get to grips to with 3D CAD software to design and make your own products.

TERM 4



CARIBBEAN COOKING

25 PLACES

Would you like to explore the flavours of the Caribbean? Throughout this course you will encounter dishes that I was taught to make by my mother and Jamaican grandmother. Each week you will prepare a dish that allows you to experience some of my favourite recipes.

REQUIREMENTS: Students to supply their own ingredients each week and have some cooking experience.

TERMS 1 - 6

CERAMIC HEADS

12 PLACES

You will design and make a head out of clay. You may base your idea on a person or a character and learn techniques such as building with slabs, moulding and carving. Will yours be elegant and sophisticated or a grotesque horror fest?

TERMS 1 - 4

CHRISTMAS CONCERT BAND

In this elective, members of the College music ensembles will rehearse for the Christmas Concert, which is one of the most high profile performances of the year. If you are a member of an ensemble, you will be instructed whether you need to attend these rehearsals during term 1.

TERMS 1 - 2

CHRISTMAS CONCERT CHOIR

This choir is open to anyone who wants to take part in the choir for the Christmas concert.

TERMS 1 - 2

CURIOUS CREATURES

20 PLACES

Papier-mâché model making: Learn how to create a fun and unique model using papier-mâché techniques. Create a cute or curious person or creature, dress your model in hand sewn clothes and decorate with accessories. Perfect to give as a gift.

TERMS 1 & 5

DRONE 'AIRGINEER'

20 PLACES

Work as part of team to design and make a drone using CAD software and the laser cutter and 3D printer. You will then test and race to see who has designed the best drone.

TERMS 5 - 6

FILM CLUB

60 PLACES

The College is a member of a national organisation, linked to the British Film Institute, called Film Club. This is a brilliant club as we can borrow all sorts of films, catch up on the latest techniques, enter national competitions and do live streamed interviews with famous actors.

TERMS 1 - 6

JEWELLERY MAKING

15 PLACES

Design, model and make items of jewellery using a range of materials and processes including pewter casting, enameling and hand skills. You will explore how to combine traditional craft skills with up-to-date CAD and CAM.

TERMS 2 & 6

MASK MAKING

15 PLACES

You will design and make a variety of masks from a choice of materials and techniques which will include card, papier mâché, clay or mod rock. You will then finish your masks with paint, glaze and other materials to embellish the final creation.

TERMS 5 - 6

MINDFUL COLOURING

25 PLACES

Unleash your creativity and lose yourself in the wonderful world of colouring. Whether you want to tackle the Enchanted Forest, bring Harry Potter's Magical Creatures to life, or want to challenge yourself with some of the wackiest pictures going, then this elective is for you. Take some time to unwind and enjoy the calming power of colouring!

TERMS 1 - 6

PAINTING WITH WATERCOLOURS

25 PLACES

Want to paint like the great masters of British watercolour? This elective is for you! Discover the techniques to create paintings which capture the light and mood of the natural world. Throughout this course you will build up a range of techniques and create a portfolio of watercolour "sketches". You will have the opportunity to create a final painting using all your skills.

TERMS 2 - 4

PHOTOGRAPHY

40 PLACES

Learn to improve your skills in digital photography. Find out what makes a good photograph and develop your practical skills by using a camera both around College and outside. Prepare a portfolio of your best work to share with your friends.

REQUIREMENTS: Digital camera if you have one.

TERMS 1 - 6

PHOTOSHOP

20 PLACES

Learn how edit photographs and create short animations using Photoshop.

TERMS 1 - 6

POTTERY THROW DOWN

8 PLACES

You will try out a variety of different ceramic techniques including using the potter's wheel, coil and slab hand building and using plaster moulds. Then have fun adding your own decorative finishes with oxides and glazes.

No previous experience or equipment is required for this elective but it will also suit you if want to gain further experience.

TERMS 1 - 6

PROM & YEARBOOK COMMITTEE

10 PLACES

YEAR 11 ONLY

Do you want the opportunity to have your say on the Yearbook and Prom?

During this elective you will have the opportunity to play an intrinsic role in the fundraising, planning and designing of both yearbook and the end of year prom.

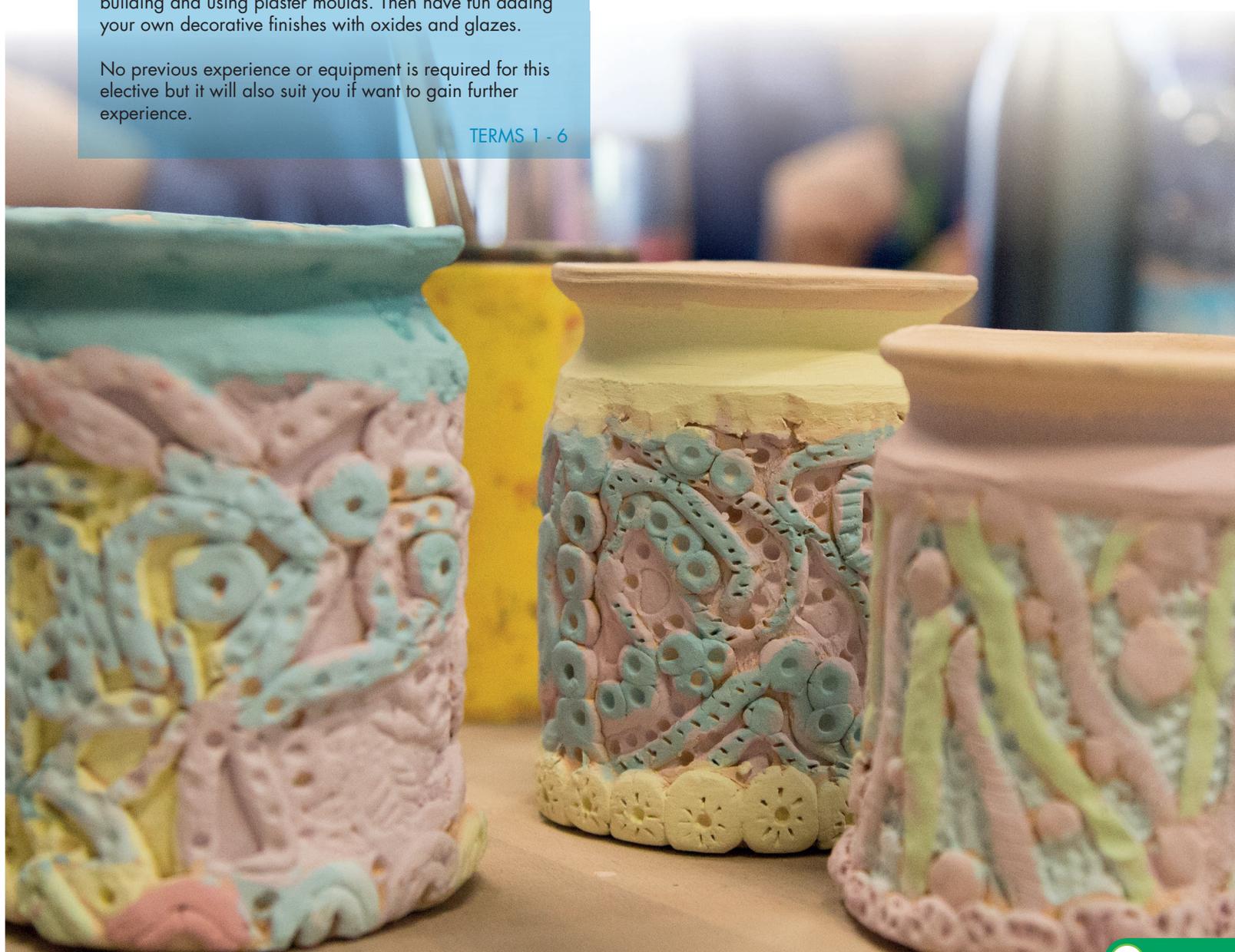
TERMS 1 - 3

PROP & SET DESIGN

20 PLACES

Design and make props and background sets for the College musicals and drama performances, including the Year 7 production of The Lion King. This will involve constructing and painting large scale background scenes.

TERMS 3 - 5



SCHOOL MUSICAL

This elective is for the whole cast of next year's school musical in March. If you enjoy acting, singing, dancing and performing then why not be in the next Catmose College Musical. If you opt for this elective you will need to audition this Summer term as either an individual (for a lead role) or as part of a group (to be in the chorus). The musical will be cast before the summer holiday. You will be required to attend the elective during terms 1-4. You will also be expected to attend after school rehearsals throughout the year.

TERMS 1 - 4

SHAKESPEARE SCHOOLS' FESTIVAL

The Shakespeare Schools Festival is a chance to rehearse for the forthcoming production at the Curve Theatre in November. **You must be available to attend after school rehearsals during Term 2.**

This elective is only for students who are in the cast.

TERM 1

SOFT TOYS

25 PLACES

Tired of your teddies? Why not come along to the soft toy elective and make one of your own? No sewing skills required! You will learn a range of stitches to make and decorate your toy. Full of ideas? You can design and make your own pattern, or use one from our collection, anything from ghosts and frogs to ugly dolls or turtles. The choice is yours!

TERMS 1, 2, 5 & 6

THEATRE TECHNOLOGY

10 PLACES

Have you ever wanted to work in the theatre? Learn all the important skills of how to run the College's theatre shows. Skill sets include lighting design, sound reinforcement, and backstage organisation.

TERMS 3 - 6

TRADITIONAL METAL WORK

10 PLACES

During this elective you will learn traditional metal work skills such as cutting, shaping and annealing. We will be working on a large centre piece for the Year 7's production of The Lion King.

TERMS 2 & 3





AMAZING ANIMALS

25 PLACES

Are you interested in animals and natural history? This elective will give you the opportunity to learn about how animals have adapted to survive in different environments and habitats around the world. Each week you will learn about a different type of environment and discuss the challenges that animals living there face. You will watch sections of natural history films and learn about the fascinating ways animals survive, compiling a portfolio of examples of the ways species have adapted.

TERMS 1 - 6

ASTRONOMY

25 PLACES

There is always something new going on in astronomy, but especially now: Tim Peake orbiting the Earth, rovers on Mars, the hunt for planets like ours, the New Horizons images of the dwarf planet Pluto and evidence of a ninth planet far out in the Solar System.

This elective concentrates on observational astronomy. Projects will involve making observations with the naked eye or simple astronomical instruments such as telescopes, binoculars, smartphone cameras and digital cameras. Everyone who is interested is welcome, whether you are a complete beginner, you enjoy watching The Sky at Night or Stargazing Live on the BBC or you already have your own telescope. There will be a mixture of theoretical and practical sessions as well as two observation evenings on the College grounds, arranged when the weather permits.

WARNING: NEVER view the sun directly, with or without optical aids.

TERMS 1, 2, 5 & 6

BBC SCHOOL NEWS REPORT

20 PLACES

TWO TERM ELECTIVE

Want to make the news for real with a deadline? Spend two terms finding out how to create a news broadcast in preparation for BBC News School Report News Day when you will work on making a news broadcast that will be linked to from the BBC News School Report website.



TERMS 1, 3 & 4

BLOOD BONES & BODY BITS

25 PLACES

This elective is for anyone who is interested in the human body and how it works. Throughout the six week elective, we will explore some of the major organ systems, carry out some dissections as well as building models of organs.

This is definitely not one for the squeamish!

TERMS 1 - 6

BOARD GAMES & QUIZZERS

20 PLACES

Students will have to opportunity to play a variety of different board games as well as developing and playing their own board game. Battle against your peers in a host of quizzes and games, from sport to celebrity gossip! You will also have the opportunity to create your own quiz or game.

TERMS 1 - 6



CHESS

14 PLACES

Spark your creativity: Playing chess helps unleash your originality, since it activates the right side of the brain. A chess match requires fast thinking and problem-solving on the fly because your opponent is constantly changing the parameters.

TERMS 1 - 6

COMPETITIVE CARDS

20 PLACES

Played by over 220 million people world wide, bridge is the most popular card game in the world. As a social game, bridge is a great way to meet new people. It can be played at many different levels, right up to local, national and international competitions. At whatever level you play, you are guaranteed to make a new network of friends!

TERMS 1 - 6

CREATIVE COMPUTING

20 PLACES

Creative computing is a good introductory course to the world of computing. Join this group to work on a project of your choice that will be aimed at your own level of experience. Whether you are a beginner or an experienced programmer, from SCRATCH through to PYTHON or even HTML, there is a project for you.

TERMS 1 - 6

CREST AWARD - BRONZE

20 PLACES

Students work independently or in groups to plan and run a project addressing a real-world STEM problem. The Bronze Crest Award introduces students to project work empowering them to work like real scientists. Students choose their own methodologies, giving them complete freedom over their work. The project process develops enquiry, problem-solving and communication skills. CREST Bronze can be used by students to enhance their UCAS personal statements. After completing the project, each student receives a personal certificate and a science badge.

TERM 1 - YEARS 7 & 8 ONLY

CREST AWARD - SILVER

20 PLACES

Students work independently or in groups to plan and run a project addressing a real-world STEM problem. Silver Awards are designed to stretch students and enrich their STEM studies. Students develop their own project idea and gain in-depth experience of the scientific method. The project process develops enquiry, problem-solving and communication skills. CREST Silver can be used by students to enhance their UCAS personal statements. After completing the project, each student receives a personal certificate and a science badge.

TERM 2 & 3 - YEARS 9 & 10 ONLY

CSI CATMOSE

20 PLACES

It's a mystery – one of the students' favourite teachers has been found with a knife sticking out of their back. Was it jealousy that they were so well liked? Was it that they had found that secret stash of whiteboard markers? Who was responsible for this hideous crime? Join the CSI Catmose squad to eliminate the suspects and discover the murderer. Week by week you will complete a series of investigations from fingerprinting to microscopy, in order to work out which of the teachers should be locked up for life.

TERMS 1 - 6



WELCOME TO THE DUKE OF EDINBURGH'S AWARD

In addition to the weekend and day training sessions throughout the year, The Duke of Edinburgh's Award will run during terms 2 and 3 covering navigation and expedition route planning.

If you wish to undertake The Duke of Edinburgh's Award, you must select this option and be prepared to commit to the organised expeditions. The number of places are limited.

The Duke of Edinburgh's Award is a fantastic way to gain confidence, discover hidden talents, make new friends, help others and challenge yourself in an exciting and enjoyable way. The Award is nationally recognised and is looked upon favourably by colleges and universities.

There are three levels of the Award: Bronze, Silver and Gold. At each level, young people choose activities from the following sections -

- Volunteering
- Skills
- Physical
- There is also an expedition to complete
- Residential (Gold Only)



BRONZE AWARD

To start your Bronze award you must be in Year 9 or above in September 2019. There are 2 expeditions involved in Bronze – a practice expedition and a qualifying expedition.

You need to be available for both expeditions to complete your Bronze award.

You must complete 2 sections of your Bronze DofE Award, 4 weeks before the practice expedition. Any student who has not completed 2 sections of their award by this date will have their practice expedition deferred until a later expedition. No student will be allowed to participate in any practice expeditions until they have completed 2 sections of their award 4 weeks before an expedition.

You must have completed 3 sections of your Bronze DofE Award, 4 weeks before the qualifying expedition. Any student who has not completed 3 sections of their award by this date will have their qualifying expedition deferred until a later expedition. No student will be allowed to participate in any qualifying expeditions until they have completed 3 sections of their award 4 weeks before an expedition.

COST

Bronze Award Scheme: £200 which includes transport costs to and from the expeditions, hire of rucksack, tent, stove, sleeping bag and other essential items.

SILVER AWARD

To start your Silver award you must be in Year 10 or above in September 2019. There are 2 expeditions involved in Silver – a practice expedition and a qualifying expedition.

You need to be available for both expeditions to complete your Silver award.

You must have completed 2 sections of your Silver DofE Award, 2 weeks before the qualifying expedition. Any student who has not completed 2 sections of their award by this date will have their qualifying expedition deferred until a later expedition. No student will be allowed to participate in any qualifying expeditions until they have completed 2 sections of their award 2 weeks before an expedition.

COST

Silver Award Scheme: £250 per student for the walking expedition which includes transport costs to and from the expeditions, hire of rucksack, tent, stove, sleeping bag and other essential items.



*NB: Places are allocated on a first come, first served basis of who pays on ParentPay.
The full cost of the programme is due even if you fail to complete.*

CULTURE

FAITH EXPLORED

20 PLACES

Would you consider yourself to be a person of faith? How does this affect the way you live at home and in College? Come along and explore Christianity in a supportive environment.

REQUIREMENTS: An openness to hear about Christianity, as well as being willing to share your views in a constructive way.

TERMS 1 - 4

GO WILD

20 PLACES

Enter the world of paws, claws, hooves and fins in this unique elective, where you can meet and learn about different animals, their homes and their needs. Hold a tarantula, have a snake slither across your shoulders and stroke a lizard. Encounter animals from many different backgrounds, which will provide you with a memory and a perfect photo opportunity. This elective consists of theoretical and practical lessons.

TERMS 1 - 6

FIRST AID

20 PLACES

During this five week course you will acquire the skills required to gain an Emergency First Aid certificate. You will learn lifesaving procedures and techniques to identify and treat the most common injuries and medical problems.

This is a certified course.



TERMS 4 - 6

HAIR & BEAUTY

20 PLACES

Welcome to Hair and Beauty College! Learn the art of salon shampooing and how to give a professional hand and nail treatment before moving on to facials, creating a natural face mask and having some fun making bath bombs!

Put your newly acquired skills into practice and have fun inviting a member of your family to enjoy a pampering session at our Hair and Beauty College, raising money for the Teenage Cancer Trust in the process.

TERMS 1 - 6

GIRLS WHO CODE

20 PLACES

The computing industry is calling out for more female leaders, come and join a group of strong like-minded young ladies that want learn how to code more effectively. This will be a safe environment for you to explore what coding is all about, release your creativity and create something amazing.

TERMS 1 - 3

HARRY POTTER CLUB

20 PLACES

The place for all Harry Potter fanatics! Find out what your Patronus is, what house you belong in and design your own wand. We'll have quizzes, crafts and debates about the wizarding world...it's the next best thing to actually going to Hogwarts!

TERMS 1 - 6



INTRODUCTION TO LAW 20 PLACES

Have you ever thought about how our laws are made? Have you ever considered studying law at university? Ever wondered if television crime series are truly representing criminal law?

In the introduction to law elective, you will learn about:

- The hierarchy of the courts and the right to appeal a court decision
- Legal professions – who is who in the legal world
- How laws are made - from previous court decisions and in Parliament
- The difference between civil and criminal law
- The rules of criminal law, elements of a crime and the principles of sentencing

TERMS 1 - 6

MAGISTRATES COURT EXPLAINED 20 PLACES

Want to stop an innocent going to prison? Or would you rather send someone down?

An excellent team of 13 aspiring legal professionals will be required for next year's Magistrates' Court Trial competition.

TERMS 3 - 5

MATHS MINIATURES 20 PLACES

Do you enjoy making your own videos? Are you a talented animator? Do you aspire to be the next Spielberg? Can you take other people's ideas and turn them into storyboards and scripts? And are you a good mathematician?

If the answer to one or more of these questions is 'yes', then this could be the elective for you!

This elective is an excellent opportunity to investigate a mathematical topic creatively. Mathematics is everywhere – it is integral to modern life and surrounds us in our natural environment, but it appears in our leisure activities too! Working as a team, you will explore the mathematics around a given theme - which still has to be announced - and make a short video. Your video must be no longer than three minutes and will include a clear explanation of the mathematics involved. Your team will be responsible for every aspect of the project from planning and research to the final editing as well as the content of the film.

In 2017, the UKMT started to run a new competition Maths Miniatures and the plan is to enter the strongest video into this UKMT competition to represent the College. The themes to date have been A Mathematical Surprise (2017), Mathematics in Nature (2018) and Mathematics in Sport (2019).

TERMS 1, 2 & 3

TRACING YOUR FAMILY TREE 20 PLACES

Would you like to find out how to trace some members of your family tree? You will be looking at records to see where your ancestors lived and what jobs they did. Then see what you can find out about the area they lived in and their working conditions.

TERMS 1 - 6

UKMT TEAM MATHS CHALLENGE 25 PLACES

Are you a good mathematician in Year 8 or Year 9? Do you enjoy thinking your way through different types of maths problems, sometimes problems you have not seen before? Can you work effectively in a team? Can you communicate your ideas, reasoning and problem-solving strategies clearly? Are you happy to share your mistakes as well as your successes with your peers? Are you resilient under pressure? Then YOU might be the one of the students we are looking for!

After the strong performance of Catmose College's team at the Regional Finals of the 2019 UKMT Team Maths Challenge, we are looking for Year 8 and Year 9 students to form a squad from which the College's team will be chosen for the 2020 Team Maths Challenge. The four rounds are fast, fun and head-bending.

Participation in this competition will be invitation only but, if you think you are one of the students we are looking for, choosing this elective is your opportunity to tell us.

TERMS 3 - 4

WELLBEING & MINDFULNESS 20 PLACES

We all have busy lives and can feel stressed at different times. This elective will equip you with practical stress reduction skills and new ways to encourage positive wellbeing, so that you can succeed mentally, physically and emotionally. From advice on mindfulness and meditation, to working with therapy dogs, these sessions will ensure that you build on your resilience. You will leave feeling confident to achieve your dreams and succeed in all areas of your life.

TERMS 3 - 4 & 6

YOUTH SPEAKS 25 PLACES

Learn the art of public speaking and enter the Youth Speaks Rotary Club competition. You will work in a team of three, speaking on a topic of your choice. Last year, once again, we were very successful in this competition bringing home certificates and winners' shields.



TERMS 1, 2, 3 & 4

PHYSICAL

AMERICAN FOOTBALL

20 PLACES

American Football is a great sport which uses skill and creativity to outwit opponents. To take part in this elective you will need to have an interest in American Football. Throughout the elective you will learn the rules and how to create plays to beat opponents. The elective will be outside on the AstroTurf so suitable clothing will be required. It doesn't matter what your previous knowledge of the sport is, as the elective is specifically for beginners.

REQUIREMENTS: PE kit with indoor trainers. For each session students are advised to bring a towel and water bottle.

TERM 5

ARCHERY

10 PLACES

Led by John Steels of Red Fox Archery, students will follow detailed instructions about technique and safety. You will get the opportunity to shoot on the line in small groups and take part in games and competitions. By the end of the series of lessons, students can expect to have acquired all the skills they need to pursue archery as a hobby or sport. The last session will be a tournament to test your skills with a prize for the winner.

COST: £20

TERMS 1, 5 & 6

BADMINTON

20 PLACES

Get fit and hone your reflexes in one of the fastest racquet sports around. Badminton is an easy sport to pick up, but a hard one to master. In this elective, you will learn the basics of badminton and play plenty of competitive games.

REQUIREMENTS: PE kit

TERMS 3 & 4

BASKETBALL

20 PLACES

Basketball is a fast-paced game that requires the knowledge and instinct to perform quickly and properly. The sport of basketball requires five basic skills. While some players might be more experienced than others, it is best to have at least some ability in all five areas.

REQUIREMENTS: PE kit

TERMS 1 - 6

BOXERCISE

20 PLACES

Come along and improve your fitness in a fun and dynamic way. Boxercise is a high intensity activity that will test all aspects of your fitness. You will learn a variety of basic boxing techniques, pad work and fitness exercises which will put you through your paces. This activity is open to both beginners and more experienced students.

TERMS 4



CATMOSE DANCE SHOW 20 PLACES

For gifted and talented dancers from any years who wish to learn a dance for Catmose Dance Show in March 2020.

TERM 3 & 4

CHOREOGRAPHY 25 PLACES

This session will teach you about different tools and techniques used to create dance routines. You will use your new skills to compose movement material on your own or in groups and the course will culminate in the creation of a group piece.

TERM 3

COMPETITIVE SWIMMING 15 PLACES

Are you a keen swimmer? Thinking about joining a swimming club or already a member of a swimming club? Competitive swimming will teach you the different points of the strokes that will make you a better swimmer. You must be able to swim at least 2 lengths of front crawl, backstroke and breaststroke if you are choosing this elective.

REQUIREMENTS: Swimming kit, towel.

TERMS 1 & 6

CRICKET 20 PLACES

To learn or develop basic skills of batting, bowling, fielding and being part of a team.

REQUIREMENTS: PE kit.

TERMS 1, 5 & 6

DODGEBALL 50 PLACES

Dip, duck, dive and dodge! This elective will give students the chance to learn a new sport. Dodgeball combines agility, speed, power and teamwork. Sessions will be game based and allow students to develop their playing, officiating and leading skills.

REQUIREMENTS: PE kit with indoor trainers. For each session students are advised to bring a towel and water bottle.

TERMS 1 - 5

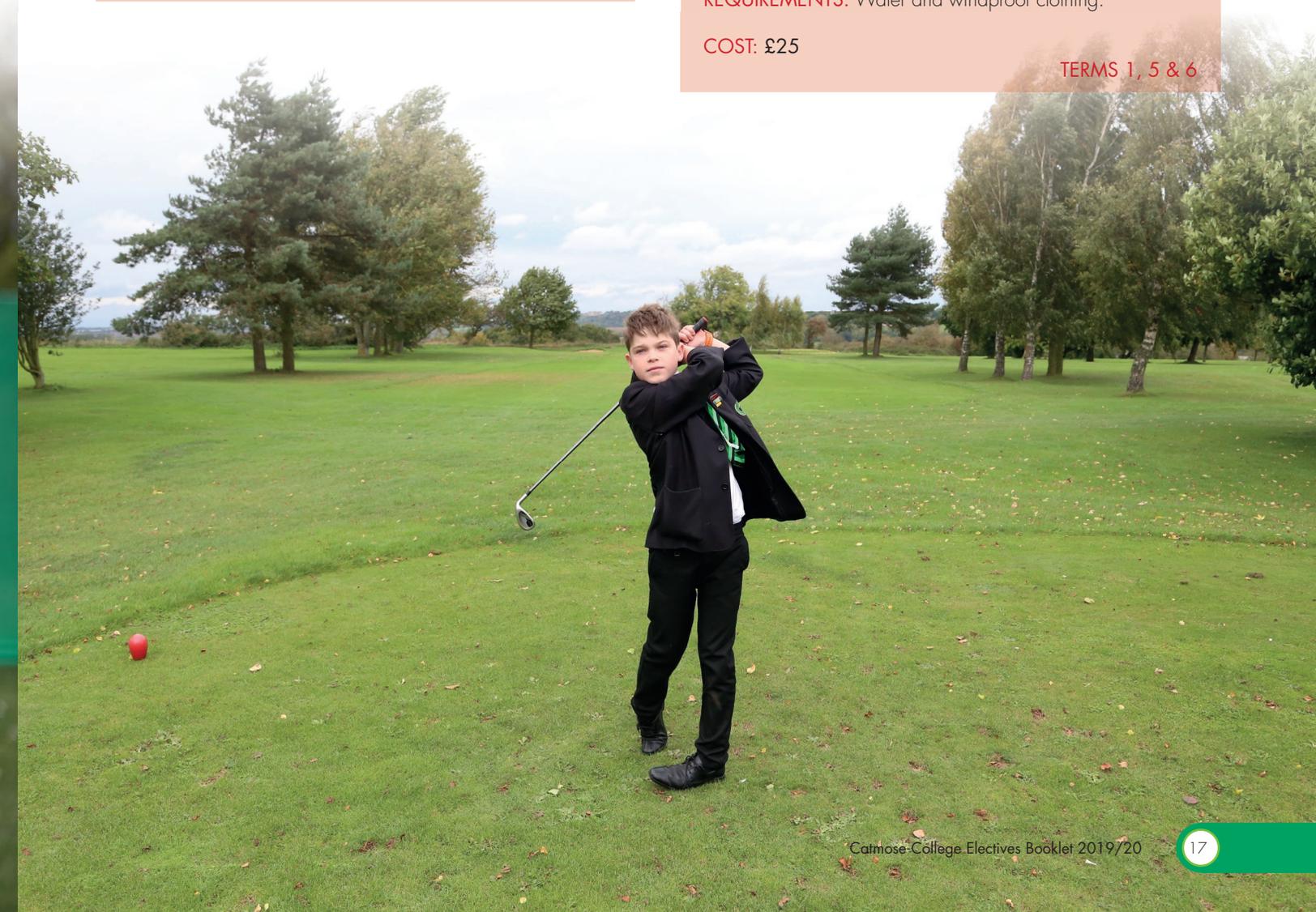
GOLF 10 PLACES

Learn how to play golf at Rutland Water Golf Club. Tuition provided by a professional golfer. Holding the club, addressing the ball and using different clubs for varying distances.

REQUIREMENTS: Water and windproof clothing.

COST: £25

TERMS 1, 5 & 6



PHYSICAL

GYMNASTICS

20 PLACES

Fancy yourself as the College's answer to Simone Biles or Max Whitlock? From forward rolls to backflips. Learn and practice gymnastics movements on floor, vault and trampette. In this elective you can expect to improve your strength, balance and flexibility. Work towards learning new moves or perfect moves you can already do.

REQUIREMENTS: PE kit.

TERMS 1, 5 & 6

IMPROVING FITNESS

20 PLACES

Improve your fitness in a 60 station gym featuring state of the art Techno gym equipment. The instructors will tailor you a programme to suit areas that you would like to work on. Improve your cardiovascular fitness on the running machines, your muscular endurance on the rowing/cycling machines. Tone up your muscles on the weight machines.

REQUIREMENTS: PE kit.

TERMS 1 - 6

HOCKEY

20 PLACES

This elective will look at introducing students to rules and basic skills of hockey and is perfect for those who are interested in trying hockey for the first time. The focus will be on developing confidence, controlling and moving the ball in different ways, before progressing onto skills to beat defenders.

REQUIREMENTS: PE kit.

TERMS 1 - 2

LET'S GO OUTDOORS

20 PLACES

Are you thinking about starting the Duke of Edinburgh's Award in Year 9? Are not sure what it's all about and want to know more before you decide? Do you love walking and generally being outside? Then this is the elective for you. You will learn how to read a map, use a compass, plan a route, learn about the countryside code and how to survive in the great outdoors (not quite Bear Grylls style!) We will then put into practice what we have learnt and spend at least two afternoons out walking and also try some basic orienteering.

TERMS 1 & 6

HORSERIDING

12 PLACES

If you have never ridden before or have had only a couple of riding experiences then this is the level for you. Learn to mount and dismount, walk and trot with confidence.

REQUIREMENTS: Suitable wet/cold weather clothing and footwear with a heel such as boots or wellingtons.

COST: £80



TERMS 2, 3 & 5

MUSICAL THEATRE DANCE

14 PLACES

This class is designed to teach a combination of Musical Theatre, jazz and Broadway dance styles. You will dance to songs from Musical productions and put together an upbeat routine to complete the course.

REQUIREMENTS: PE Kit.

TERMS 1 - 6

ICESKATING

15 PLACES

Ever watched 'Dancing On Ice' and wanted to skate like the pros? Now you can learn to skate in just 6 weeks. This elective is suitable for anyone, even if you've never skated before. We cover Skate UK Grades 1-3 which includes basic skating, gliding on one foot, backwards skating and much more!

COST: £40



TERMS 1 - 2

ROOKIE LIFEGUARD

20 PLACES

This course gives you the skills needed to be confident in the pool or the sea. The scheme begins with Stage 1 of the Bronze Award and progresses to Stage 3 of the Gold Award, starting off at an ability level suitable for brand new swimmers and progressing to the level where our Rookie Lifeguards perform impressive lifesaving tows.

REQUIREMENTS: A competent swimmer, must be able to swim at least 4 lengths.

TERMS 1 - 4

ROUNDERS - GIRLS

20 PLACES

Rounders is a fast and exciting game, which provides players with the opportunity to develop batting, bowling, fielding and running skills. These skills can be transferred to lots of other sports. It is a non-contact sport so players of all abilities and ages can participate. Most importantly, rounders is fun and fosters great team spirit. Each session will involve practising different skills and putting them into practice in a match.

REQUIREMENTS: PE kit.

TERMS 1, 5 & 6

RUGBY - YEAR 9 TEAM ONLY

This rugby elective is for the Year 9 team only. The students will get specialist coaching for the whole term in preparation for the cup competitions. Fitness, techniques and team drills will be the main focus for the team in order to continue their success from Year 8. Full Catmose rugby kit will be required each week as the group will be on the field.

REQUIREMENTS: PE kit.

TERMS 2 & 4

SAILING - INTRODUCTION

12 PLACES

Interested in sailing? This is a great way to be introduced to the sport. You will learn basic sailing skills in a Pico boat, from knowing how to use wind direction to steering alongside having lots of fun on a boat too.

REQUIREMENTS: Closed toe shoes (old trainers are fine), swimwear, thin t-shirt and towel

COST: £72



TERMS 1, 5 & 6

SKIING

20 PLACES

Dry slope skiing for beginner and intermediate skiers. Perfect introduction to the slopes for the novice and great for improving technique for those more experienced. With this six week elective you will learn the snow plough, how to turn and how to stop safely on the slopes.

REQUIREMENTS: Comfortable clothing: thick walking or ski socks; jeans are unsuitable; gloves essential - you are not allowed on the slope without them.

COST: £60



TERMS 2 & 3



PHYSICAL

STREET DANCE

25 PLACES

Come along to this high energy elective where you will learn the technique and choreography involved in street dance and musical theatre. You will be involved in learning several moves and routines that you will perform in both small groups and whole group dances.

REQUIREMENTS: Leggings and PE top.

TERMS 2, 3, 5 & 6

SWIMMING FOR BEGINNERS

20 PLACES

This elective is all about improving your technique and learning to swim effectively with all the major strokes, i.e. front crawl, backstroke and breaststroke. You will also be taught a lot of other skills involved in watersports, i.e. skulling, treading water and diving.

REQUIREMENTS: Swimming kit, towel.

TERMS 1 & 6

TENNIS

16 PLACES

You will be taught the basic technique of all the major shots within tennis i.e. forehand, backhand, volley and serve, given tips and advice from an expert coach to improve your skills and implement them in game situations. There will be the opportunity to play a variety of different games and play in singles and doubles competitions.

REQUIREMENTS: PE kit.

COST: £15

TERMS 1, 5 & 6

TRAMPOLINING

16 PLACES

Trampolining is the place to be for fun, stamina, strength, flexibility, co-ordination, confidence and helps make the garden trampoline a safer place to be! Work through your BG levels from 1 to 15 concentrating on each specific requirement.

REQUIREMENTS: PE kit.

COST: £30

TERMS 1 & 6



WATERSPORTS

20 PLACES

This is a fun introduction to the basic skills required for watersports. You will have the opportunity to experience paddle boarding, kayaking, and raft building at Whitwell, Rutland Water.

REQUIREMENTS: PE kit, change of clothes, swimming kit & trainers

COST: £45



TERMS 1, 5 & 6



RESIDENTIAL TRIPS

IF YOU ARE TAKING PART IN ONE OF THESE TRIPS, PLEASE CHOOSE THE CORRESPONDING ELECTIVE.

MALAYSIA

During this expedition the main focus will be the working at the Turtle Conservation, in a part of Malaysia dedicated to the restoration of habitats of turtles. The team will get the opportunity to undertake a project which will involve hands-on conservation work and a comprehensive introduction to turtle conservation in Malaysia. Cultural Exploration is an important part of the expedition by experiencing living in the Malaysian Culture. You will get the opportunity to tour the tea plantations of the Cameron Highlands, which are one of the most stunning areas of mainland Malaysia, alongside white water rafting at Batu Gajah. This is a great way to see this beautiful environment from a new perspective and also works to develop team work skills

ICELAND - PHOTOGRAPHY TRIP

Within your group gain further knowledge of photography skills and techniques through a range of workshops, that can be applied to your trip. Learn about the culture, breath taking landscapes, both rural and urban, prior to departing. All of the work you produce can be filtered into your photography coursework portfolio.

PERFORMING ARTS TRIP - LONDON

During this elective, students will be preparing for the Performing Arts Trip to London in November. We will be researching the storyline and other production details for the three West End shows we will be seeing. As well as this we will be researching the theatre's that we will be visiting as well as the local landmarks. This elective will ensure that students are completely prepared for the trip.

YEAR 10 ITALY ART TRIP

In this elective, students will have the opportunity to learn about Italian art and culture. Whilst in Italy, students will visit a number of iconic landmarks and experience the culture and history that the country has to offer including art, history, textiles and crafts. Students will have the opportunity to create their own Italian inspired artwork.

BELGIUM - BATTLEFIELDS TRIP

Join all Year 9 trip members to further develop your knowledge and understanding of the causes, nature and conditions of the First World war. You will have the opportunity to share fundraising ideas, learn about the Somme Battlefields and Last Post ceremony prior to your trip.

CANADA SNOWBOARDING

This elective will give the opportunity for beginner snowboarders to build on their confidence and technique at the Tallington Lakes dry slope over 6 weeks of instructor led lessons. All snowboarding equipment is included in the price (helmet, snowboard boots and snowboard) but students are expected to wear warm and waterproof clothing including waterproof gloves for their lesson and thick boot socks. Students are expected to bring a packed lunch with them. Beginners may not have had any previous snowboarding experience.

REQUIREMENTS: Comfortable clothing: thick walking or ski socks; jeans are unsuitable; gloves essential - you are not allowed on the slope without them.

COST: £60



WHAT TO DO NEXT

Remember to take note of additional icons such as the bus logo throughout this booklet.

Electives which show this symbol  finish later in the day and you will need to organise transport to get you home.

1. Submit your options using the link in your email no later than **9.00am on Thursday 23 May**.
2. Enter your first name, surname, form and your 12 choices and preferred section.
3. Take a Screenshot.
4. Submit your form when finished.

N.B. Your form will not submit unless you complete all fields

5. Where chargeable electives are allocated, the relevant fee will be uploaded to your ParentPay account.

Parental consent forms must be signed and returned to Client Services for selected electives.





CATMOSE COLLEGE, HUNTSMANS DRIVE
OAKHAM, LE15 6RP

Tel: 01572 770066
office@catmosecollege.com
www.facebook.com/catmosecollege
www.instagram.com/catmose_college_oakham
