



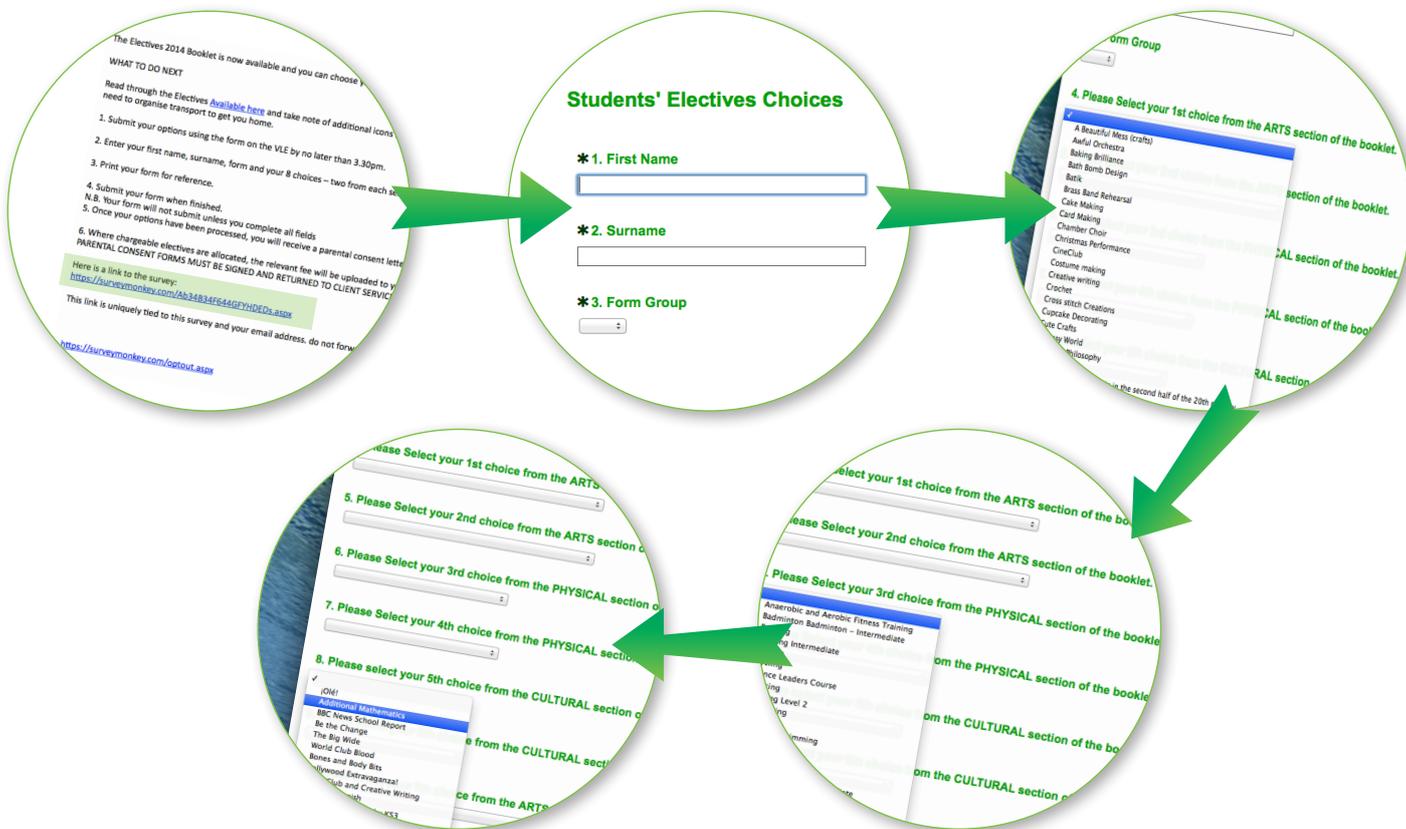
2020/21

ELECTIVES

INTRODUCTION

THE ONLINE SELECTION PROCESS

The choices form link has been emailed to students and must be completed by **9am on Friday 15 May 2020**. 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 2020/21.

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 Friday 15 May 2020**.
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.

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

Architecture
Arkwright Scholarship
Artful Creation
Arts Award (Year 9 only)
Be in a Band
Caribbean Cooking
Ceramic Heads
Christmas Concert Band
Christmas Concert Choir
Christmas Drama
Cooking From Around The World
Engineering Challenge
Gardening at Barnsdale
Jewellery Making
Painting with Watercolours
Performing Arts Trip *(R)
Pet Portrait Masterclass
Photography
Photoshop
Planes, Trains & Automobiles
Pottery Throw Down
Prom & Yearbook Committee - Year 11
School Musical
Shakespeare School Festival - Macbeth
Soft Toys
Stop Animation Movie Maker
Theatre Technology

CULTURAL

Astronomy
Art Trip Year 10 *(R)
BBC Young Reporter
Belgium Battlefields *(R)
Blood, Bones and Body Bits
Board Games & Quizzers
Brilliant Bugs
Chess
Competitive Cards
Crest Award - Bronze
Crest Award - Silver
CSI Catmose
Duke of Edinburgh's Award
Faith Explored
First Aid
Go Wild
Hair & Beauty
Harry Potter Club
Junior Editor
Kings & Queens of Britain
Maths Miniatures
Malaysia Expedition *(R)
Stars Wars Universe
UKMT Team Challenge
Warhammer and other War Games
Young Magistrates Competition
Youth Speaks

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Badminton
Basketball
Competitive Swimming
Cricket
Cross Country
Dodgeball
Elite Dance
Football
Girls Football
Golf (£25)
Gymnastics
Hockey
Horse Riding (£80)
Ice Skating (£40)
Indoor Athletics - Year 7 & 8
Improving Fitness
Multisport
Musical Theatre Dance
Rookie Lifeguard
Rounders
Rugby - Year 9 Boys
Running
Skiing (£60)
Softball
Street Dance
Swimming for Beginners
Table Tennis
Trampolining (£30)
Unihoc
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.

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

ARKWRIGHT SCHOLARSHIP 10 PLACES

Opportunity to prepare Arkwright candidates for the application including interview preparation and opportunity to work on personal projects.

TERMS 1

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

BE IN A BAND

8 PLACES

Play an instrument and want to get a group of friends together to jam and practice performing? This elective is for year 8 to 10 students who have formed a band and want to hone their skills!

TERM 1

CARIBBEAN COOKING

20 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, 2, 5 & 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

CHRISTMAS DRAMA

This elective is for those students who would like to perform some drama in the end of term Christmas assemblies. It is open to anyone in years 7-10. We will be creating our own work as well as performing published Christmas scripts.

TERM 2

COOKING FROM AROUND THE WORLD

15 PLACES

Take a culinary world tour in this elective. Each week you will make a classic dish from a different part of the world from Asia to Africa, Europe to South America. Tickle your taste buds with some new flavours, both sweet and savoury and learn some new cookery skills along the way.

TERMS 1 & 6

ENGINEERING CHALLENGE

15 PLACES

An opportunity to work on an engineering project and develop a range of problem solving and practical skills.

TERMS 5 & 6

GARDENING AT BARNSDALE

15 PLACES

This elective is for students who are interested in the outdoors, creative and want to learn more about gardening at the nationally renowned Barnsdale Gardens. The elective is offsite, requires a pack lunch and casual clothes.

TERMS 5 & 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 1 & 5

PAINTING WITH WATERCOLOURS

20 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 1 & 4

PET PORTRAIT MASTERCLASS

20 PLACES

The pet portrait masterclass will teach you basic drawing skills as well as learning how to bring animals to life through the art of drawing.

TERMS 2 & 3

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

PLANES, TRAINS & AUTOMOBILES

15 PLACES

You will be learning how to create prints, digital and also hand drawn images of your favourite cars and other vehicles. There will also be modelling challenges including who can make the longest distance travelling paper aeroplane.

TERMS 2, 3 & 4

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 2, 4 & 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

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 & 3

STOP ANIMATION MOVIE MAKER 10 PLACES

For students to create a short story-board to model and animate using simplistic stop-motion animation techniques and software.

TERMS 1, 4, 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.

TERM 1



ASTRONOMY

20 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, 5 & 6

BBC YOUNG REPORTER

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 & 4

BLOOD BONES & BODY BITS

20 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

BRILLIANT BUGS 20 PLACES

Insects are one of the most diverse groups of organisms and make up about 80% of the Earth's species. In this elective we will look at the diversity among insect species and what makes them so successful. We will also look at how insects are important for the environment and also to humans and look at how we can help protect this important group of organisms.

TERMS 2, 3 & 4

CHESS 16 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 12 PLACES

Played by over 220 million people worldwide, 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

CREST AWARD - BRONZE 15 PLACES

Students in 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 15 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.

TERMS 4 & 6 - YEARS 9 & 10 ONLY

CSI CATMOSE 25 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





CATMOSE
COLLEGE

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 2020. 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 2020. 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.



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 2 - 4

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

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

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

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, 3, 5 & 6

JUNIOR EDITOR

20 PLACES

What is the role of junior editor you may ask? Well in this elective, members of the College will produce and generally support one another in writing up editorials on celebrated events, articles for the College newsletter or website, producing pieces by students for students. You will typically help with the flow of the editorial process. Our aim for this elective is to encourage you to have fun developing on your writing skills and putting your work out there for students and staff to read. If you're aiming for a career in journalism or the media it will give you an invaluable insight, as you'll get to source, pitch, write and edit stories.

TERMS 1 - 6



KINGS & QUEENS OF BRITAIN

10 PLACES

The history of the royal family and some of the most famous Kings and Queens that have lived. From what they did to where they lived and what they wore. Trying to find new ways to make history come alive and be interesting for everyone.

TERMS 2 & 3

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 5

STAR WARS UNIVERSE

20 PLACES

An introduction to how the Star Wars Universe has become a cult franchise with an opportunity to learn about the background, characters, settings and why it is a huge part of popular culture today.

TERMS 1, 2, 5 & 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

WARHAMMER & OTHER WAR GAMES

20 PLACES

Test your strategy skills against others in a series of different games featuring Warhammer 40,000, Age of Sigma, Warmachine and other war games. Build, paint and play. New to it and veterans welcome

TERMS 1 - 6

YOUNG MAGISTRATES COMPETITION

20 PLACES

Prepare a legal criminal case, take on legal roles and act out the trial. Take part in a competition with other schools at a real court.

TERMS 1, 2 & 3

YOUTH SPEAKS

Public speaking elective where students could have the opportunity to compete to be the best speakers in the country!



TERMS 1 - 4



PHYSICAL

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

24 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 & 2

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.

TERM 2

CRICKET

30 PLACES

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

REQUIREMENTS: PE kit.

TERMS 5 & 6

CROSS COUNTRY

20 PLACES

Building up strength and endurance for distance running through a six week programme of interval, fartlek and tempo training.

REQUIREMENTS: PE kit.

TERM 1



DODGEBALL

40 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.

TERM 2

ELITE DANCE

25 PLACES

The Elite dance elective is for students with 3 or more years of dance experience (in either street dance or contemporary/ acrobatic) . Students should be dancing regularly outside college and already be confident with learning advanced choreography. Students will be preparing a dance that will be considered to be an Elite showcase at the yearly Catmose Dance Show.

REQUIREMENTS: PE kit.

TERM 2

FOOTBALL

25 PLACES

You will be given the opportunity to improve your skills through individual practices and exercises. Each week, you will play in small-sided games, interacting with all the other students in the electives within a 4 or 6 team tournament.

REQUIREMENTS: PE kit.

TERM 1

GIRLS FOOTBALL

35 PLACES

You will be given the opportunity to improve your skills through individual practices and exercises. Each week, you will play in small-sided games, interacting with all the other students in the electives within a 4 or 6 team tournament.

REQUIREMENTS: PE kit.

TERM 3

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

GYMNASTICS

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.

TERM 1

HOCKEY

24 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.

TERM 1

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 1, 2, 3 & 4

ICE SKATING

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 2 & 3

INDOOR ATHLETICS

YEAR 7 & 8 ONLY

This elective is aimed at those wishing to train towards improving their athletics skills in preparation for the indoor and outdoor athletics competitions the college enters. This elective will involve skill practices for throwing events as well as high intensity training for track and jump events.

TERM 4

PHYSICAL

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

MULTISPORT

30 PLACES

The multi sport elective is designed to offer students the chance to experience a range of different sports across the half term these will include lacrosse, football tennis, capture the flag and more. Students picking this elective should be prepared to go out side or be indoors bringing within the suitable clothing for both each week.. Students will develop new tactics and skills in teams and as individuals.

TERM 2

MUSICAL THEATRE DANCE

25 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.

TERM 3

ROOKIE LIFEGUARD

15 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 2 & 4

ROUNDERS

25 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 5 & 6

RUNNING

20 PLACES

Various sessions to develop running technique. Could just be used to keep fit and build stamina.

TERM 6

SKIING

15 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

SOFTBALL

25 PLACES

Learn the rules and skills of the game of softball. Softball is similar to baseball but played with a larger ball. Suitable for beginners and advanced. Mixed gender. Fun team game.

TERM 4

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.

TERM 2

SWIMMING FOR BEGINNERS

15 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.

TERM 6

TABLE TENNIS

12 PLACES

Learn a range of table tennis skills such as serve, forehand, backhand drive and flick shot. Suitable for beginners to advanced.

REQUIREMENTS: PE kit.

TERM 1

UNIHOOC

20 PLACES

Fast and fun indoor hockey with plastic sticks and a puc.

REQUIREMENTS: PE kit.

TERM 4

TRAMPOLINING

25 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

TERM 3

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



Court
1



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

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 ART TRIP

In this elective, students will have the opportunity to learn about Italian art and culture. Whilst abroad, 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 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.



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 Friday 15 May 2020**.
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.





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