Catmose College

SPRING/SUMMER PROGRAMME 2023/2024

ELECTIVES

INTRODUCTION

The Electives programme in 2023-24 is separated into an autumn/winter programme (Terms 1-3) and a spring/summer programme (Terms 4-6). Students will complete their choices for each programme in Term 6 (July 2023) and Term 3 (January 2024) respectively. We are excited to be able to offer more than 40 new Electives across both programmes.

Key Stage 3 and Key Stage 4 students are offered a different programme of Electives with some being common across both programmes but others being targeted to a specific cohort of students.

Students select nine courses – three different courses from each section. Students are also able to choose up to three courses from the chargeable options.

Groups will be timetabled by an algorithm which is programmed to select only from the options a student has made. The choices made by the students and the Electives in which they have been placed will remain visible on the VLE. Once timetabled, the Electives are unable to be changed.

Once places on courses have been allocated, parents and guardians will be contacted, via Groupcall, in order for payments to be made for any chargeable Electives. The Electives their child has been timetabled will also be shared. We request that any documentation requested at this time is returned promptly so that we can share this with our providers.

The choices survey will be uploaded to the VLE with each student being given the opportunity to log in and make their selections during a tutorial session in Term 3.

WHAT TO DO NEXT

1. 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.
2. Discuss your choices with your parent or carer, especially if it is a paid choice.
3. Submit options using the VLE survey during Tutorial in Term 3.
4. Where chargeable Electives are allocated, the relevant fee will be uploaded to your ParentPay account prior to the elective starting.

PLEASE NOTE

- 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 and it is recommended that each student eligible makes some selections from the chargeable section.

- 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.

- 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.

COMPULSORY ELECTIVES

Due to the demands of some courses, there are a number of compulsory Electives to be aware of.

- Students following the Sports Scholarship will complete one term of the Improving Fitness elective.
- Students following a STEM (science, technology, engineering or maths) related scholarship will complete one term of a STEM project elective.

Students following these courses should still make their other selections in the survey.

PRIVATE STUDY – YEAR 11 ONLY

This is only accessible if you have not been timetabled an intervention Elective. If you do not want to take part in the Electives programme in terms 4 and 5 and would prefer a private study group, please select this on your survey. You will be expected to arrive each week with some work to complete, you will not be able to leave the Elective to collect or print anything. You will then work quietly on the revision your wish to complete.

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 are courses which provide certificates on completion.

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.

CHOICES

KS3 PROGRAMME

CREATIVE

- Air Plants
- Bake Off
- CAD for Beginners NEW
- Ceramic bird feeder NEW
- Engineering Challenge
- Fashion Illustration NEW
- Jewellery making
- Mindful colouring NEW
- Mindful Origami
- Pet Portraiture
- Printmaker
- Soft Toys

CULTURAL

- Book Club NEW
- Card Games NEW
- Chess NEW
- Coding
- CSI Catmose
- Dungeons and Dragons
- Go Wild
- Hair and Beauty NEW
- Horses and Horse Care NEW
- Junior Reporter
- Logic puzzles
- Star Wars Universe
- The Hunger Games

PHYSICAL

- Cricket NEW
- Football
- Girls cricket NEW
- Hockey
- Improving Fitness for Sports Scholars and DofE
- Multisport
- Netball
- Rounders NEW
- Touch rugby NEW
- Trampolining
- Volleyball NEW
- Warrior's Choreography NEW

CHARGEABLE

- Climbing £35
- Dance Choreography NEW £10
- Golf £25
- Jazz musical theatre NEW £10
- RYA Junior Sailing Qualification – Stages 2 and 3 £170 per stage
- Streetdance £10
- Swimming NEW £20
- Watersports £45
- Shooting NEW £45

KS4 PROGRAMME

CREATIVE

- Advanced CAD NEW
- Engineering Challenge
- Fabric Sculpture NEW
- Fashion Illustration NEW
- Food from around the world
- Interior Design NEW
- Manga Illustrations
- Mindful Origami
- Mindful journalling NEW
- Painting with watercolours
- Photography
- Pottery Workshop

CULTURAL

- Amazing analytics NEW
- Board Games and Quizzers
- Book Club NEW
- Card Games NEW
- Chess NEW
- Dungeons and Dragons
- GeoGuessr
- Japanese language and culture NEW
- Logic puzzles
- Movie Club NEW
- Published Scientist NEW
- Sign Language
- Strategy Games

PHYSICAL

- Cricket
- Girls Cricket NEW
- Cross Country
- Touch Rugby NEW
- Improving Fitness for Sports Scholars and DofE
- Multisport NEW
- Softball NEW
- Table Tennis NEW
- Trampolining NEW
- Volleyball NEW
- Warrior's Choreography NEW

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ARTS

NEW ADVANCED CAD
Learn how to perform complex operations in Fusion 360 CAD software including patterning parts, rendering and running simulations This Elective is helpful for those taking GCSE D&T or Engineering but will also benefit those looking at careers using CAD.

AIR PLANTS
Create your very own ceramic air plant! These quirky and fun pots hang from the ceiling and look like jellyfish when you add your succulent. Fun to make, good for the environment or a perfect gift for a loved one.

NEW BAKE OFF
Bake off is back! If you love baking and want to focus on a new skill each week then this Elective is for you! Learn how to present and garnish food in an attractive way while producing a range of baked products.

NEW CAD FOR BEGINNERS
Get to grips to with 3D CAD software to design and make your own products. You will gain a mastery of Fusion 360 CAD to complete a series of increasingly complex exercises from modelling phone cases to lamps and headphones. The software you will use is the same one used in GCSE D&T and Engineering and widely in industry.

CERAMIC BIRD FEEDER
During this Elective, you will research, design and create a function ceramic bird feeder. You will learn how to construct through slab and forming techniques, creating a wonderful addition to any garden.

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

NEW FABRIC SCULPTURE
Make three-dimensional objects (trainers, cacti, toadstools, food etc.) from fabric. Develop your textile skills and expand your knowledge of textile techniques.

NEW FASHION ILLUSTRATION
Learn how to illustrate your favourite fashion trends and add new technical skills to your art practice. Discover ways to illustrate clothing and learn presentation methods for fashion portfolios.

FOOD FROM AROUND THE WORLD
Take a culinary tour on this Elective. Develop a range of skills while making a selection of dishes from countries around the world. Each week we will focus on a classic dish from a different part of the world to sample a range of new sweet and savoury flavours.

NEW INTERIOR DESIGN
Interior design is all about how we experience spaces. It's a powerful, essential part of our daily lives and affects how we live, work, play, and even heal. Comfortable homes, functional workplaces, beautiful public spaces—that's interior design at work. Designers craft spaces that anticipate our needs and appeal to our emotions while pulling from a broad set of skills and technical knowledge. In this Elective, you will consider the use of textiles, materials, colour, space planning, health and safety sustainability.

JEWELLERY MAKING
You will be using a variety of creative techniques and learning how to upcycle found materials to create your own jewellery. Create necklaces, bracelets, earrings and brooches. Perfect to give as a gift!

MANGA ILLUSTRATIONS
The Manga Illustrations Elective gives you a chance to learn how to draw the different styles of manga artists and find out about the history of Manga and Anime and how it has developed over time. You can bring in and share Manga artists that inspire you and workshops for different features in Manga.

MINDFUL COLOURING
This Elective will help pupils relax and focus through the medium of art. Mindful colouring gives an escape from the daily pressures of College life.

NEW MINDFUL - JOURNALLING
Journalling is a great way of expressing your thoughts and feelings to put them into perspective. During this Elective different journalling techniques will be explored to enable you to appreciate its therapeutic benefits.

MINDFUL ORIGAMI
Discover the art of Origami! Originating from the Japanese words ""oru"" meaning 'to fold' and ""kami"" meaning 'paper', Origami is the practice of folding paper into intricate designs. It not only creates beautiful pieces but also enhances mindfulness and focus by immersing oneself in the present moment. This Origami Elective will guide you through the fundamental techniques of paper folding, ensuring a solid understanding of the basics, before building on this to develop more complex designs. This Elective is accessible to all skill levels, learn a new skill while enhancing your focus and awareness.

PAINTING WITH WATERCOLOURS
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.

PET PORTRAITURE
Learn how to create a beautiful portrait of your favourite pet or animal. You will learn how to create a realistic sketch of a pet or animal of your choice and explore a range of techniques and materials to help you show the tones, textures and colour of your chosen animal to create a fantastic portrait to display in your home.

PHOTOGRAPHY
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.

POTTERY WORKSHOP
Your chance to try out and experiment with lots of different techniques including sculpting, hand building and even using the potters wheel

PRINTMAKER
Learn an array of modern and traditional print making techniques including etching, relief, mono, collagraph and stencil to produce creative outcomes and gifts to add to your artistic portfolio.

SOFT TOYS
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.

AMAZING ANALYTICS

All of the elements of being an analyst / data scientist. From sourcing data, processing it, analysing it, creating your own analytical branding through to presenting findings in an impactful way.

BOARD GAMES AND QUIZZERS

Students will have to opportunity to play a variety of different board games as well as developing and playing their own. 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.

BOOK CLUB

Join other book lovers to read and discuss your favourite books and discover new and exciting reads.

NEW CARD GAMES

There are 52 cards in a pack, and up to 10,000 games you can play with them - join Card Games elective to learn and play new games like Cabo and Racing Demons, or just to channel your competitiveness into a game of Snap!

CHESS

Learn the basics of opening theory, awesome tactics, spotting traps and calculating trades - all the skills students need to destroy their opponents. Then play some chess.

CODING

If you enjoy making things work, are fascinated by coding and love maths, this could be the elective for you. This is a brand new elective and it is still under development. Its aim will be to give you a glimpse into how coding can be used in maths. Computers and coding are revolutionising what we can do with maths. You will deepen your understanding of maths, develop your coding skills in Scratch (Year 7) or Python (Year 8 or above) and enrich these by guiding turtles, creating computer art, drawing fractals, encoding and decoding messages and more

CSI CATMOSE

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.

DUNGEONS AND DRAGONS

This Elective offers an opportunity to play the dungeons and dragons board game, build characters and complete a short series of games over the course of the Elective.

GO WILD

Enter the world of paws, claws, hooves and fins in this unique Elective, where students 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 them with a memory and a perfect photo opportunity. This Elective consists of theoretical and practical lessons.

NEW HAIR AND BEAUTY

Learn the importance of skincare routines and the basics of hairdressing techniques. You will be taught how to straighten and curl hair effectively, have a go at some 'up-do's', practise some nail art and perhaps even make a face mask or bath bomb. A relaxed introduction to the world of beauty therapy.

NEW HORSES AND HORSE CARE

Learn all about horses and their care, with a combination of theory work and practical activities.

JUNIOR REPORTER

Junior Reporter: Working on writing skills in order to deliver a successful speech/report.

LOGIC PUZZLES

This Elective will help students to improve their logical thinking, deduction, reasoning and organisation skills whilst having fun solving logic problems in groups or independently. There will be various levels of challenge, from beginners to advanced, but no previous experience is needed.

NEW MOVIE CLUB

Students will have the chance to watch a variety of different films and after each movie critically analyse the film in question. They will watch movies from different genres in order to allow them to broaden their understanding of cinema and then review each movie.

NEW PUBLISHED SCIENTIST

Join the Science Newsletter writing Elective to become a science news guru! This Elective teaches you how to research and write articles for the School Science Newsletter. Students will choose topics, research credible sources, and write clear and concise articles that cite their sources properly. With a focus on accuracy and clarity, they will edit and review each others articles before being published. Take the opportunity to develop their writing and research skills while staying up-to-date on the latest scientific discoveries and developments.

SIGN LANGUAGE

For beginners - finger spelling, family, feelings and real world interactions such as ordering in a cafe.

STAR WARS UNIVERSE

During this Elective we will delve into what makes the Star Wars Universe the exciting and popular place it has become. What makes a good Star Wars film? Would Chewbacca really live in trees? Why is Baby Yoda so cute?! We will look at the real life science, the story-telling process and film making journey involved in creating the most successful film franchise in the galaxy!

STRATEGY GAMES

Your game will rely on strategy, not luck in determining the course of the game. This means that players' decision-making skills have a high significance in determining the outcome of the game.

NEW JAPANESE LANGUAGE AND CULTURE

In this Elective, you will primarily be learning the foundations of the Japanese language - how to read, speak and write basic phrases and have conversations using the 3 different Japanese alphabets. You will also be introduced to the defining aspects of Japan, including key moments from its history and culture, from the ancient religion of Shintō and Haiku poetry to the modern era of technology, anime and more!

THE HUNGER GAMES

Join the dystopian world of Katniss Everdeen and explore The Hunger Games through both the text and film. As well as reading the story, you will become a gamesmaker creating your own arena and a costume designer for the unlucky tributes being sent to fight to the death.

PHYSICAL

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

NEW GIRLS CRICKET
Cricket for all years and all abilities. Developing key fundamental skills within drills and fun games as well as learning to improve your technique in batting, bowling and fielding. This activity may be seasonal and run in the summer months. Great for strategy, teamwork, problem solving and communication.

CROSS COUNTRY
A range of off and on-road runs. Techniques for running specific distances. Nutrition. From school desk to 10K.

FOOTBALL
Students will be given the opportunity to improve their skills through individual practices and exercises. Each week, they 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.

HOCKEY
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.

IMPROVING FITNESS FOR SPORTS SCHOLARS AND DoFE
Students will Improve their fitness in a 60 station gym featuring state of the art techno gym equipment. The instructors will tailor a programme to suit areas that students would like to work on. Improve their cardiovascular fitness on the running machines, muscular endurance on the rowing/ cycling machines and tone up their muscles on the weight machines. REQUIREMENTS: PE kit.

MULTI-SPORT
The multi-sport Elective is designed to offer students the chance to experience a range of different sports. These will include lacrosse, football tennis, capture the flag and more. Students picking this Elective should be prepared to go outside or be indoors bringing suitable clothing for both each week. Students will develop new tactics and skills in teams and as individuals.
REQUIREMENTS: PE kit.

NETBALL
Netball is an exciting, fast and skillful game of fair contest which can be played in different formats. It has a long history and is a game in which two teams each strive to keep or gain possession of the ball. The team with the ball, through running, jumping, throwing and catching, attempts to move the ball into its goal circle from where a goal may be scored, while the opposing team uses defensive movements and strategies to prevent this and to gain possession.

NEW ROUNDERS
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.

NEW SOFTBALL
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.. REQUIREMENTS: PE kit

NEW TABLE TENNIS
This Elective is for those who want to spin, smash and slice their way through each Wednesday. Suitable for beginners or pros.

NEW TOUCH RUGBY
Have a go at rugby - develop passing skills and learn about the rules and tactics of the game in a fun, low pressure environment. Suitable for beginners or anyone looking to work on some skills.
REQUIREMENTS: PE kit.

TRAMPOLINING
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.

NEW VOLLEYBALL
This team sport involves using your hands and arms to hit the ball over a net. Teams can work together to pass the ball between them on their side of the net using shots called sets and digs before attacking shots are played e.g. smash. The objective is to get the ball over the net in such a way that the other team can not stop it hitting the ground. Players rotate positions so everyone gets a turn at different things. REQUIREMENTS: PE kit.

NEW WARRIOR'S CHOREOGRAPHY
Are you ready to take on the ultimate martial arts challenge? This Elective offers a thrilling exploration of Mixed Martial Arts, Aikido, Krav Maga, Capoeira, Kung Fu, Bojutsu, and Iaido. You will learn each style's techniques and philosophies and then unleash their creativity to choreograph dynamic fight scenes. With every kick, punch, and slash, you will gain valuable skills in teamwork, communication, and problem-solving. So, come and join us for a high-energy, action-packed adventure through the world of martial arts.

CHARGEABLE

CLIMBING

Learn to climb on a 15 metre high climbing tower which will be a challenge for everyone. With 8 lines, each with multiple graded routes, it has a gentle slab, two vertical faces and an extreme 30 degree overhang.

COST £35

NEW DANCE CHOREOGRAPHY

Have you got a passion for dance? Ever thought about teaching it? Learn the basics of choreography in this Elective with Rutland Youth Dance, building your own routine each week.

COST £10

GOLF

A course of lessons for the beginner or intermediate player; learn the basics of the game on the range with a golf professional: tee off, the short game and putting. The course ends with a competitive game on the nine hole course.

COST £25

NEW JAZZ MUSICAL THEATRE

If you enjoy dancing for performance and would love to be on the stage, Rutland Youth Dance are offering this Elective learning Jazz techniques and dancing for musical theatre. A fun Elective for budding West End performers

COST £10

RYA JUNIOR SAILING QUALIFICATION

We are pleased to be able to offer the opportunity to follow the internationally recognised RYA Junior Sailing Qualification. During each course, the instructors will not only help you enjoy your time on the water safely, they will instruct and provide you with on-water techniques, theory-based knowledge and even share their best tips and hints, so you can get the very most of out of your time spent under instruction here at Rutland Water. Each stage will take one term, with the full qualification consisting of four stages. This course will only be available with enough student interest in each stage.

COST £170 PER STAGE

STREETDANCE

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

COST £10

NEW SWIMMING

Whether you fancy a leisurely swim or a few hints and tips on improving your technique, this is the Elective for you. Spend an hour in the pool getting fit or racing your friends but most of all enjoy yourself! REQUIREMENTS: Swimwear, towel, goggles (optional)

COST £20

WATERSPORTS

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

COST £45

NEW SHOOTING

Experience a range of different shooting activities with the team from Rutland Outdoor Pursuits, completing two weeks each of laser clay shooting, archery and rifle target shooting. Test your accuracy and skill in a number of team and solo games. Can you get the highest score?

COST £45

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