



***St Joseph's Electives  
Programme  
2024-25***

***Autumn 1***

***Unlocking Belief in All***

## **Introduction**

At the very heart of this programme is our intent to enhance your opportunities and unlock your abilities in a wide range of pursuits. Every Wednesday Period 5 every pupil at St Joseph's will be taking part in the Electives Programme which entails an extra-curricular/enrichment activity. Pupils will rotate onto another elective roughly every half term.

## **Selecting your Elective**

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

**Your top preferences are not guaranteed however we would encourage you to see the Electives Programme as an opportunity to acquire new skills, friendships and opportunities.**

<b>Electives Plan – Autumn Term 1</b>						
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>Open</b>
Art Club Scrap-Book	Beginners Guitar	Chess	Portuguese	Board Games	Art Nouveau	Legally Blonde (fixed)
Football	Board Games	Debating Society	Coding	Clay Modelling	Candle Making	Polish GCEP Prep (fixed)
Japanese	Global Ventures	Film Director's Club	Cookery	Crochet	Chess	Catholic Ethos (open)
Sew Easy	Digital Music Production	St Joseph's Magazine	First Aid	Darts	Electronics	Swimming (open)
St Ethelbert's Learning Support	Make It (DT Club)	Micro- Biology	Football	Badminton	Comic books/ Manga	Sustainability (Eco Club)
Web Design	Hair Dressing	Mindfulness	Kickboxing	Turkish	Basketball	
Judo	Netball	Golf	Resin Making	World Cultures	Make It (DT Club)	
<b>Veronica</b>	<b>Teresa</b>	<b>Peter</b>	<b>Mark</b>	<b>Jerome</b>	<b>Cecilia</b>	

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

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

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# *GROUP A*

## Art Club – ‘Scrap-Booking’



*Students will tap into their inner creativity and apply it to various artistic forms.*

*Students will be learning about different types of 'Drawing for Design'*

*They will explore Architectural and Fashion illustration*

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

*Design Technology, History, Music, English*

### **Links to Careers:**

*Architecture/Fashion Design*

# **Football**



*Students will show teamwork, leadership, determination and resilience.*  
*Develop skills in hand/foot coordination, the different roles and responsibilities for the various footballers in a game and how to maximise their position in a game of football.*

## ***What you will learn during the elective:***

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

## ***Cross Curricular Links:***

*Biology, Maths, Health and Social Care*

## ***Links to Careers:***

*Sports coaching, PE teaching*

## Beginner's Japanese



*A chance to have a taste of the charming, picturesque and unique language that is Japanese.*

*Attributes: Learned and wise, eloquent, intentional, curious*

*Knowledge: The basics of Japanese letters and grammar will be taught as well as the fascinating culture of the country*

*Skills: Metacognition, communication, adaptability, resilience, problem solving, intercultural awareness*

### **What you will learn during the elective:**

- *Hiragana alphabet system and symbols for native Japanese words*
- *How to write your name in Japanese*
- *How to introduce yourself in Japanese*
- *Basic phrases and greetings in Japanese*
- *How to count to 100 in Japanese*
- *Unique Japanese phenomena and words*
- *The main tourist spots and cultural facts of Japan*

### **Cross Curricular Links:**

*MFL, Geography, History, Cultural studies, Literature, Linguistics, Media and Communication*

### **Links to Careers:**

*Translation, Teaching languages, Tourism/hospitality, journalism, diplomacy/international relations, cultural exchange programs*

## Sew Easy



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

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

### **What you will learn during the elective:**

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

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

### **Cross Curricular Links:**

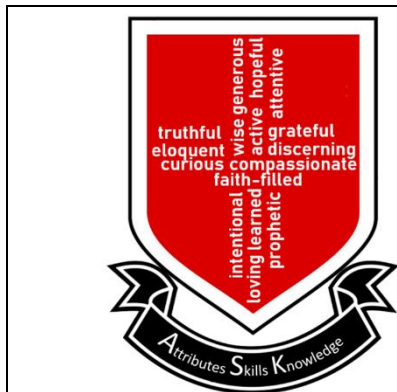
*Design and Technology, Art and Design*

### **Links to Careers:**

*Careers in design, fashion*



## Community: Learning Support at St Ethelbert's



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

### **What you will learn during the elective:**

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

**This elective is offsite and will run past the end of the day therefore you will need to have a completed Offsite Activities form with parental consent.**

### **Cross Curricular Links:**

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

### **Links to Careers:**

*Teaching and Education, Social Work,*

## Web Design



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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

*Web developer, Web designer, Graphic designer,*

## Judo



*Get fit, build confidence, and learn the art of self-defense in our exciting judo course! Join us on the mat and discover the many benefits of this dynamic sport.*

### **What you will learn during the elective:**

*During our judo lessons, students will learn how to use their body and mind in harmony to develop physical skills and mental focus. They will learn how to throw and pin opponents using efficient techniques that require minimal effort. They will develop coordination, balance, and flexibility, which can help them in other sports and activities. They will also learn how to respect and support each other, how to face challenges with courage and determination, and how to set goals and work hard to achieve them*

### **Cross Curricular Links:**

*During our judo lessons, students will learn how to work with others, building teamwork skills, and developing a strong sense of sportsmanship. Plus, it's a great way to stay fit and healthy. So come join us on the mat and discover the many benefits of judo!*

### **Links to Careers:**

*Did you know that learning judo can have cross-curricular links with other subjects and even future jobs? For example, the study of biomechanics is an essential part of judo training, which can lead to a greater understanding of physics and engineering. Judo also teaches students about nutrition and exercise science, which can be applied to careers in the health and fitness industry.*

# *GROUP B*

## Guitar (Beginner's Course)



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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

*Music, Maths (numeracy and sequences)*

### **Links to Careers:**

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

## **Board Games**



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

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

### **What you will learn during the elective:**

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

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

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

## Global Ventures



*A fantastic opportunity to learn more about the Business world and entrepreneurship.*

**Attributes:** *Attentive, Active, Learned, Compassion, Etiquette.*

**Knowledge:** *A fantastic opportunity to learn the problem solving skills, entrepreneurship and project management.*

**Skills:** *Ability to solve given problems that faces business owners, ability to plan tours for the customers, come up with different products and business ideas and use technology to be effective.*

### **What you will learn during the elective:**

- *How to start and business and make profit sustainably.*
- *Planning tours for your customers.*
- *Creating business plan, Logo, brand names for your business.*
- *To understand What is Economics and how we all participate in the economy.*
- *Become the boss of your own.*
- *How to apply business, Tourism and Economics on our daily lives.*

### **Cross Curricular Links:**

*Tourism, Vocational Business- Gives you a background of how you will do your coursework in Years 10-13.*

*Economics-You will learn about our roles in the country in helping the government achieve its goals.How to manage your finances in the business.*

*Geography-You will learn about natural attractions like mountains, effect of seasons on businesses.*

### **Links to Careers:**

*Entrepreneur, Economist, Project manager, CEO, Tour guide, Tour planner, Accountant, CFO etc.*

## Digital Music Production



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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

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



## **Make It (Design and Technology Club)**



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

### ***What you will learn during the elective:***

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

### ***Cross Curricular Links:***

*Art, Science, Maths*

### ***Links to Careers:***

*Designer, Engineer, Carpenter, Architect, Product Designer*

## **Hair Dressing**



*In this exciting and skills building elective, you will learn core hair dressing skills such as braiding and explore your creativity.*

### **What you will learn during the elective:**

- *How to look after hair to ensure its strength and durability in styling.*
- *Learn different styles of braiding.*
- *Learn different styles and tips in grooming hair.*
- *Explore customized hair styles that suit different hair types.*
- *Try out different hair styles on yourself and each other*

### **Cross Curricular Links:**

*Art, Science, Maths*

### **Links to Careers:**

*Designer, hairdresser, artist*

# Netball



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

## **What you will learn during the elective:**

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

## **Cross Curricular Links:**

*PE, Dance, Musical Theatre*

## **Links to Careers:**

*Coach, Fitness Coach, Teacher*

# *GROUP C*

## Chess



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

### ***What you will learn during the elective:***

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

### ***Cross Curricular Links:***

*Mathematics, PE*

### ***Links to Careers:***

*Mathematician, engineer, accountant, judge*

## Debating Society



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

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

### **What you will learn during the elective:**

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

*The sessions will work towards competing in regional debating competitions.*

### **Cross Curricular Links:**

*RE, PSHE, History, Law, English*

### **Links to Careers:**

*Lawyer, Teacher, Politician, Activist,*

## Film Director's Club



*A great opportunity to engage in a variety of films and exploring media forms from behind the lens.*

*Attributes: Attentive, Active, Learned, Discerning  
Knowledge: Media Language, codes and conventions of cinema.*

*Skills: Ability to dissect films and language, explore representations and conceptualise deleted scenes.*

### **What you will learn during the elective:**

- *Codes and conventions of cinema*
- *How do directors use mise-en-scene and different techniques to communicate different meanings*
- *The use of sound: diegetic and non-diegetic for effect*
- *The importance of representation – how does media language promote different representations*
- *How to use media codes and conventions to sequence film stills and scenes*

### **Cross Curricular Links:**

*English, Media Studies, Drama*

### **Links to Careers:**

*Director / Producer (Film, Music Video, TV, Advertising), Videographer, Cinematographer, Studio Technicians, Scriptwriter*

## St Joseph's Magazine



*Attributes: truthful, curious, attentive, learned, intentional*

*Knowledge: An amazing opportunity to learn how to compose magazine articles and create a magazine!*

*Skills: Ability to write a feature article and develop transactional writing skills.*

### **What you will learn during the elective:**

- *The rules of feature writing*
- *Transcribing skills*
- *Adobe Suite*
- *Photography*
- *Article writing*

### **Cross Curricular Links:**

*English e.g. learning the form of an article, develop your writing skills Art eg. Using in design & photoshop to curate the magazine*

### **Links to Careers:**

*Journalist, Author, English Teacher, Publisher, Marketing*



## Micro-Biology



*The Micro-Biology club will give you the opportunity to plan, execute and troubleshoot work with microscopes.*

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

### **What you will learn during the elective:**

- *You will fine-tune microscopy techniques learned in class and have the opportunity to take your classroom microscope work to the next level, from basic observations used in Year 7 to preparation of slides in GCSE, and on to more advanced techniques used in A-level.*
- *You will broaden your scientific experience by attempting techniques beyond the normal curriculum.*
- *Topics may include:*
  - *Using a microscope confidently and exploring different types of microscopes.*
  - *Understanding depth of field, inversion of the image and making a permanent mount.*
  - *Looking at your own cells and making a wet mount.*
  - *Understanding how different stains can make different structures in a cell visible.*
  - *Looking at xylem in a squash preparation.*
  - *Estimating size under the microscope.*
  - *Observing living organisms in a well slide.*
  - *Determining the best sucrose concentration to get pollen tubes to develop.*
  - *Using microscopes in chemistry (crystal structures).*
  - *Using microscopes in geology (in development).*

### **Cross Curricular Links:**

*Microscopy techniques are used in all sciences, from observing Brownian motion in physics, to chirality in the crystal structure of enantiomers (mirror-image molecules) in chemistry, to a wealth of applications in biology. We can also link to food technology, and design and technology through material science and material structure (in development).*

### **Links to Careers:**

*Researcher in any of biology, chemistry or physics, geology, engineering, architecture and material science, zoology, botany, horticulture.*

# Mindfulness



*Mindfulness is an opportunity to develop practices and skills that will lead you to greater well-being and attitude to life.*

*Attributes: Patience, trust, acceptance, non-judging, gratitude*

*Knowledge: Understanding and strengthening mental health and wellbeing*

*Skills: Mindfulness exercises*

## **What you will learn during the elective:**

- *You will learn different ways to cope with stress, anxiety, fear, anger etc.*
- *You will be able to celebrate your unique skills and ways to develop a growth mindset*
- *Looking at changing the ways we think about problems and how to deal with failure*
- *Look at how we nurture relationships and ensuring that we avoid toxic relationships that affect our wellbeing*
- *Identifying harmful habits and developing a healthier lifestyle*
- *Think about your goals and visions for your future that will lead to a happier and healthier you 😊*

## **Cross Curricular Links:**

*Mindfulness has links to all subjects but mainly; Music, PE, Psychology, Art, RE, English*

## **Links to Careers:**

*Coaching, Therapist, Social Worker, Counselor*

# Golf



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

*Attributes: Attentive, Active, Learned, Compassion, Etiquette*

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

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

## **What you will learn during the elective:**

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

## **Cross Curricular Links:**

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

## **Links to Careers:**

*Sports Coach, PE teachers, Jobs within Golf.*

# *GROUP D*

## Portuguese for beginners



*A fantastic opportunity to learn one of the most spoken languages in the world!*

**Attributes:** *Eloquent, Active, Learned, Curious*

**Knowledge:** *A fantastic opportunity to incorporate elements of history, culture and grammar*

**Skills:** *Ability to communicate*

### **What you will learn during the elective:**

- *The culture and history of Portugal.*
- *Basic phrases and grammar*
- *Be able to have to basic conversation in Portuguese.*
- *Connect the language to other European Languages*
- *Explore the food and drink that is popular in Portugal.*

### **Cross Curricular Links:**

*Romance languages, History, Linguistics*

### **Links to Careers:**

*Linguist, translator, interpreter, pilot, flight attendant, teacher, international relations*

## Coding



*Attributes: Teamwork, curious, active, innovative, resilience*

*Skills: Programming techniques, problem solving, algorithmic thinking, coding, critical thinking,*

*Hardware skills, collaborative skills*

*Knowledge: 3 programming constructs, functions, cybersecurity strategies*

### **What you will learn during the elective:**

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

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

### **Cross Curricular Links:**

*Art, Technology, Science, Maths*

### **Links to Careers:**

*Programmer, Software Developer, Cyber security consultant*

## Cookery



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

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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

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

## First Aid



*Attributes: patience, empathy, compassion, eloquent.*

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

*Skills: communication, basic first aid skills*

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

*Paramedic, Doctor, nurse, sports coach, teacher*



# **Football**



*Students will show teamwork, leadership, determination and resilience.*

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

## **What you will learn during the elective:**

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

## **Cross Curricular Links:**

*Biology, Maths, Health and Social Care*

## **Links to Careers:**

*Sports coaching, PE teaching*

## Kickboxing



*Attributes: Attentive, Compassionate, Learned, Active.*

*Knowledge: Basic attacking and defending techniques.*

*Skills: Combat skills and self defence*

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

*Maths and English*

### **Links to Careers:**

*Sports coach, PE teacher*

## **Resin Making**



*A fantastic opportunity to learn how to create epoxy resin products.*

*Attributes: Attentive, active, grateful, learned, intentional.*

*Knowledge: A fantastic opportunity to learn the technical strategies for making epoxy resin.*

*Skills: Ability to design and create your own products, including: stationary, jewellery, coasters, keyrings.*

### ***What you will learn during the elective:***

- *The health and safety of the craft- including the use of a heat gun.*
- *How to effectively design a product.*
- *The chemical balance of epoxy resin and hardener.*
- *How to use colour and decorations to create unique products.*
- *How to create specific products: keyrings, jewellery, coasters, stationary, decorative flowers.*

### ***Cross Curricular Links:***

*Design and technology + Art.*

### ***Links to Careers:***

*Plumbing and sealing (a use of resin), furniture making, entrepreneur to create your own business of products (e.g. keyrings, stationary, coasters), home design.*

# *GROUP E*

## **Board Games**



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

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

### **What you will learn during the elective:**

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

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

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

## Clay Modelling



### **Unleash Your Creativity with Air-Dry Clay!**

*Discover the Joy of Sculpting and Creating Art*  
*Attributes: Creativity, Imagination, Patience, Perseverance, Self-Expression, Communication, Compassion, Appreciation for Art and Culture, Confidence, Attention to Detail, Evaluation*  
*Knowledge: Dive into The World of Clay! Gain A Deep Understanding of Clay Properties, Techniques, And Applications, Unlocking Endless Creative Possibilities.*

*Skills: Fine Motor Skills, Problem-Solving, Collaboration, Time Management, Adaptability, Reflection and Improvements.*

### **What you will learn during the elective:**

- *During this elective course, you will learn a wide range of valuable skills and acquire knowledge that will inspire and enrich your artistic journey. Through hands-on exploration and creative expression with air-dry clay, you can expect to:*
- *Develop Fine Motor Skills: Refine your coordination and dexterity while moulding clay into intricate designs*
- *Cultivate Creativity and Imagination: Explore your creative potential by transforming clay into unique works of art*
- *Master Problem-Solving: Overcome challenges and discover innovative solutions in your clay creations.*
- *Foster Collaboration and Communication: Exchange ideas, provide feedback, and learn effective communication in a creative team setting.*
- *Enhance Attention to Detail: Sharpen your observation skills and precision with a focus on small details and textures.*
- *Develop Confidence: Build confidence in your artistic abilities, embracing your unique style and expressing yourself through clay creations.*

### **Cross Curricular Links:**

*Mathematics: Explore symmetry and geometric shapes in clay designs. Measure and compare dimensions and proportions of clay creations.*

*Science: Explore the properties of clay and its behaviour during the drying process.*

*Social Studies: Investigate the historical and cultural significance of clay art across civilization.*

*Physical Education: Engage the students in activities that promote hand-eye coordination and fine motor skills while working with clay*

### **Links to Careers:**

*Ceramic artist, Art teacher, Product designer, Art therapist, Museum curator*

## Crochet



*You'll learn how to do some basic crochet stitches in order to make a hat (and maybe more!)*

*Attributes: Attentive and discerning, active and curious.*

*Knowledge: how to follow crochet patterns in order to create different items.*

*Skills: making a granny square, making a hat.*

### **What you will learn during the elective:**

- *We'll start with the basics: how to create basic knots and the essential stitches.*
- *Then we'll make a granny square to practice – you can use these as coasters, or sew them together to make a blanket.*
- *Using the skills that we've practiced, we'll use the remaining sessions to make a hat.*
- *If there's time, we will move onto other simple accessories/ items.*

### **Cross Curricular Links:**

*Art, design*

### **Links to Careers:**

*Fashion design, creative industries, craft sectors.*

## Darts



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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

*Numeracy – multiplication, division, subtraction, addition*

*PE – team building, rules, scoring, skills*

### **Links to Careers:**

*Alternative sports, resilience, collaboration and problem solving skills*



## **Badminton**



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

### ***What you will learn during the elective:***

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

### ***Cross Curricular Links:***

*PE, Science, Dance*

### ***Links to Careers:***

*Coach, PE teacher, Fitness coach*

## Turkish Language



*A fantastic opportunity to learn the basics of Turkish language and its culture over the course of 6 weeks.*

**Attributes:** *Wise, curious, attentive and loving learned*

**Knowledge:** *An opportunity to experience learning a new language!*

**Skills:** *Being able to introduce yourself in Turkish as well as write/read out.*

### **What you will learn during the elective:**

*Week 1 - Introduction to Turkish alphabet and new Turkish sounds and greetings*

*Week 2 – Numbers and how old are you?*

*Week 4 – Months and Birthdays*

*Week 5 – Introducing your family*

*Week 6- Introducing important holidays in Turkish culture*

*Week 6 – Putting everything together!*

### **Cross Curricular Links:**

*MFL – Improving language learning skills*

*Geography – Learning more about Turkiye and its culture*

### **Links to Careers:**

*Translator, Travel agents, languaged-focused business careers*

## World Cultures



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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

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

# *GROUP F*

## Art Nouveau



### *Attributes:*

*Skills and knowledge: Students will explore churches stain glass windows and the arts and crafts movement. Students will produce a stain glass window painting.*

### ***What you will learn during the elective:***

- *Students will produce a stain glass window painting.*
- *Will learn the skills for the layered method of painting*
- *Develop skills in building a composition*
- *Be able to develop and convey a personal response with reference to the Arts and Crafts movement*
- *Explore pattern in Art nouveau movement and relevance to contemporary interior design*

### ***Cross Curricular Links:***

*Mathematics, RE, History.*

### ***Links to Careers:***

*Interior Design, Art teaching, Theology.*

## Candle Making



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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

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

## Chess



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

### ***What you will learn during the elective:***

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

### ***Cross Curricular Links:***

*Mathematics, PE*

### ***Links to Careers:***

*Mathematician, engineer, accountant, judge*

## **Electronics**



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

### ***What you will learn during the elective:***

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

### ***Cross Curricular Links:***

*Physics, DT, Maths,*

### ***Links to Careers:***

*Electrical Engineering, Computer design, Electronics Engineer*



## Comic books (Manga)



*Discover Your Passion in the Comic/Manga Club:  
Where Aspiring Artists and Writers Thrive.*

**Attributes:** *Attentive, Wise, Intentional, Curious*

**Knowledge:** *A unique chance to learn about  
different forms of comics around the world and  
make your own strip*

**Skills:** *Drawing, Creative Writing, Critical  
Thinking, Communication, Innovation*

### **What you will learn during the elective:**

- *Examples of Manga, Webtoons, Comics and Bandes Dessinees*
- *The differences between cultures*
- *Character Design*
- *Storytelling and Creation of StoryBoards*
- *Experimenting with different art styles*
- *Looking at dialogue and Lettering*
- *Creating your own page in your preferred style*

### **Cross Curricular Links:**

*Art/Design – Looking at art techniques and compositions*

*English – Enhancing story telling and writing ailities*

*Business – Explaining the success and current boom of the comic and manga industry*

*Travel and Tourism – Looking at literaure in different countries and the social/market trends*

### **Links to Careers:**

*Graphic Novelist, Writer, Publisher, Marketing, Entrepreneurship*

# **Basketball**



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

## ***What you will learn during the elective:***

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

## ***Cross Curricular Links:***

*Maths, Biology.*

## ***Links to Careers:***

*Basketball Coach, Basketball Official, PE teacher.*

## **Make It (Design and Technology Club)**



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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

*Art, Science, Maths*

### **Links to Careers:**

*Designer, Engineer, Carpenter, Architect, Product Designer*

***OPEN***

## Catholic Ethos



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

### **What you will learn during the elective:**

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

### **Cross Curricular Links:**

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

### **Links to Careers:**

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

## Swimming



*Students will take an active part in learning how to develop their skills in the basic strokes. They will be compassionate in learning the skills of how to save the lives of others and how to reduce the risk of the dangers of open water.*

### **What you will learn during the elective:**

Students will develop the basic techniques for: Breaststroke, Backstroke and Front Crawl

Students will learn how to enter deep water safely, how to retrieve an object at the bottom of deep water and how to bring a struggling swimmer to safety.

**This elective is offsite and will run past the end of the day therefore you will need to have a completed Offsite Activities form with parental consent.**

### **Cross Curricular Links:**

*Development of the components of fitness*

*Decision making*

### **Links to Careers:**

*Swimming instructor, life guard, fitness instructor*

## Sustainability (Eco Club)



*Welcome to Eco Club! We are excited for you to join and learn about biodiversity, the environment and how to live more sustainably. You will learn about how people interact with the world, particularly UK's wildlife.*

*Attributes: Grateful and Generous, Intentional and Prophetic, Faithfilled and Hopefull, Learned and Wise*

*Knowledge: biodiversity, sustainability, climate change, UK species.*

*Skills: Problem Solving, Creativity, Presentation,*

### **What you will learn during the elective:**

- *The native plants and animals of the UK*
- *Threats to wildlife in the UK*
- *The impacts of Climate Change*
- *How to live sustainably*

### **Cross Curricular Links:**

*Science, Biology, Art, History*

### **Links to Careers:**

*Sustainable development, ecologist, biodiversity officer, conservationist, climate scientist, environmental consultant, park ranger*

