



St Joseph's Electives

Programme

2025-2026

Spring 2

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 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.

<i>Electives Plan – Spring Term 1</i>						
<i>A</i>	<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	<i>Open</i>
<i>Art Club Scrap-Book</i>	<i>Badminton</i>	<i>Become A Critic</i>	<i>Board Games</i>	<i>Board Games</i>	<i>Afro Dancing</i>	<i>Catholic Ethos Year 11-13 (open)</i>
<i>Football</i>	<i>Beginners Guitar</i>	<i>Crochet</i>	<i>Coding</i>	<i>Creative Writing</i>	<i>Art Therapy</i>	<i>Catholic Ethos 2 Year 7-10 (open)</i>
<i>Graphic Design</i>	<i>Board Games</i>	<i>Geo Guesser</i>	<i>E Colours</i>	<i>Fitness</i>	<i>Become A Critic</i>	<i>Cookery Year 12-13 (open)</i>
<i>Microscopy</i>	<i>Global Ventures</i>	<i>Logic Puzzles</i>	<i>Football</i>	<i>Gospel</i>	<i>Candle Making</i>	<i>St Joseph's Media Crew (open)</i>
<i>St Ethelbert's LS</i>	<i>Make It (DT Club)</i>	<i>Order in the Court</i>	<i>Go Karting</i>	<i>St Joseph's Podcast</i>	<i>Electronics</i>	<i>Swimming (open)</i>
<i>Sustainability</i>	<i>Meditation</i>	<i>World History</i>	<i>Sustainability</i>	<i>World Cultures</i>	<i>Mindfulness</i>	
<i>Table Tennis</i>	<i>Science Makes Sense</i>				<i>Sketch It</i>	
<i>Peter</i>	<i>Teresa</i>	<i>Veronica</i>	<i>Cecilia</i>	<i>Jerome</i>	<i>Mark</i>	

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

Graphics Design



A fantastic opportunity to learn the how to create and design various graphics.

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:

- *Introduction to graphic design*
- *Principles of design(Balance, Contrast, Alignment)*
- *Colour Theory*
- *Typography in Graphic Design*
- *Working with images*
- *Creating a graphics*

Cross Curricular Links:

- *Art and design- Sketching designs and importance of colour*
- *Computing- Skills in software*
- *Psychology- Colour Theory- Is key to influencing emotions through designs*
- *Maths- Used in layout design, proportions and creation of grid systems*

Links to Careers:

Graphic designer, Web designer, Illustrator, Publication designer, Marketing Designer and many more.

Microscopy



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.

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,

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

Table Tennis



Develop speed, coordination, and strategic thinking as you learn key techniques, compete in friendly matches, and enjoy the fast-paced challenge of this dynamic sport.

What you will learn during the elective:

Forehand and backhand drive

Forehand and backhand spin

Serve

Push

Block

Smash

Cross Curricular Links:

PE, Maths and Science

Links to Careers:

PE teacher, Coach, Athlete

GROUP B

Badminton



Students will show teamwork, leadership, determination and resilience.
Develop skills in hand/eye coordination, the different roles and responsibilities on players and officiators in Badminton.

What you will learn during the elective:

- *Serving*
- *Backhand*
- *Forehand*
- *Overhead clear*
- *Drop shot*
- *Smash*
- *Singles and doubles game play*

Cross Curricular Links:

Maths and Science

Links to Careers:

Coach, PE teacher

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 game.*
- *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 a 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.

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

Meditation



The main purposes of this elective are to help calm the mind, reduce stress and improve focus.

What you will learn during the elective:

- **How to focus your attention** on a single object, sound, or sensation.
- **Awareness of thoughts**—noticing them without getting carried away.
- **Emotional regulation**, such as recognizing feelings before reacting.
- **Relaxation techniques** that calm the body and mind.
- **Mind-body connection**, becoming more aware of physical sensations.
- **Patience and persistence**.

Cross Curricular Links:

Health & Wellbeing - understanding stress, emotional regulation, self-care, and healthy lifestyle habits.

Physical Education - connecting breath with movement, improving body awareness, balance, and focus.

Science (Biology/Psychology) - exploring how the brain works, the nervous system, and the effects of mindfulness on stress hormones.

PSHE / Social Studies - developing empathy, communication skills, and awareness of emotions in social situations.

Religious Education - learning about spiritual traditions where meditation originated or is practiced (e.g., Buddhism, Hinduism).

Literacy / English - using mindfulness to improve concentration during reading and writing; reflective journaling about experiences.

Art - using calm, focused attention to support creativity, observation skills, and mindful drawing.

Music - practicing deep listening and using sound (like bells or simple rhythms) to enhance attention.

Links to Careers:

Yoga instructors, mindfulness coaches, meditation teachers, therapists, psychologists, counsellors, social workers, emergency responders, public safety.

Science - Makes Sense



Science is all around us and used in our everyday lives.

Have you ever thought about the science behind aspects of your everyday life? Thought about how and what triggers scientific development?. Or questioned what is around you and why things happen? If this is the case then this elective group is for you.

What you will learn during the elective:

- *Promote scientific understanding*
- *Plan and make scientific models*
- *Understand scientific discoveries through time*
- *Discuss science and its importance to the future*
- *Research worldwide developments in science*
- *Look into careers in science and the importance of these roles for the future.*

Cross Curricular Links:

Science, Maths, Art

Links to Careers:

Careers which are biology, chemistry or physics based.

GROUP C

Becoming a Critic



Do you consider yourself a connoisseur of food, an aficionado of the latest music, or a fanatic about the coolest gadgets? If so, this elective is tailor-made for you!

In this course, you'll have the opportunity to share your opinions on a wide range of products, from delicious biscuits to exciting games, captivating music to cutting-edge gadgets. We'll spend our time evaluating the newest, latest, and tastiest items on the market.

Do you have the expertise to back up your opinions? Put your words to the test and become a critic extraordinaire!

What you will learn during the elective:

Each week, you'll encounter a fresh array of products to evaluate. Your task is to provide your opinion and substantiate it with solid reasoning.

We'll hone our speaking skills by discussing our thoughts and the rationale behind them. Additionally, we'll enhance our writing skills by creating a small blog where we share our opinions.

Ready to become a master critic? Let's get started!

Cross Curricular Links:

English: By discussing and writing about various products, students will improve their speaking and writing skills. This includes developing persuasive arguments, enhancing vocabulary, and practicing grammar.

Technology: Evaluating gadgets and considering how they're made, links to product design and determining whether the product is fit for purpose

Critical Thinking: Students will learn to analyze and evaluate products critically, which is a valuable skill across all subjects.

Media Studies: Discussing music and games can tie into media studies, helping students understand different forms of media and their impact.

Business Studies: Evaluating products teaches students about consumerism, marketing, and making informed choices.

Links to Careers:

Journalist: Reporting on new trends in food, music, technology, and more.

Marketing Specialist: Evaluating and promoting products for companies.

Consumer Analyst: Studying consumer behaviour and preferences to help businesses improve their products.

Digital Marketer: Creating and managing online marketing campaigns.

Public Relations Specialist: Managing the public image of brands and products.

Media Critic: Reviewing and critiquing music, games, and other media forms.

Technical Writer: Writing manuals and guides for gadgets and technology products.

Logic Puzzles



Unleash Your Logic with Sudoku! Train your brain with patterns, deduction and focus. Attributes: Focus, Patience, Perseverance, Attention to Detail, Resilience, Growth Mindset, Healthy Competition Knowledge: Rules, candidates, and step-by-step solving methods. Explore how Sudoku evolved from Latin-square ideas into the modern 'Number Place' puzzle. Skills: Problem-Solving, Critical Thinking, Pattern Recognition, Concentration, Time Management, Self-Evaluation

What you will learn during the elective:

During this elective, students will build confidence and sharp thinking through increasingly challenging Sudoku puzzles. We focus on logic-based methods (not guessing) and track progress with weekly sprints and a mini tournament. • Master core strategies: scanning, elimination and 'singles' to finish many puzzles quickly. • Use clean notation: write and update candidates to stay organised on harder grids. • Level up your reasoning: learn simple pair techniques to eliminate possibilities. • Improve speed and accuracy: timed sprints teach focus, checking habits and attention to detail. • Develop resilience: stay calm, restart logically and learn from mistakes. • Optional challenge: take part in school leaderboards and (if desired) UK Sudoku & Puzzle events.

Cross Curricular Links:

Mathematics: patterns, constraints, logical deduction, accuracy and checking work. Computing: algorithmic thinking, step-by-step problem solving and debugging strategies. PSHE/Wellbeing: focus, perseverance, managing frustration and healthy competition. English: explaining reasoning clearly when sharing

Links to Careers:

Data analyst, Software engineer, Mathematician, Engineer, Researcher, Teacher

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.

Geo Guesser



Geo Guessing isn't just a game—it's a skill that sharpens observation, logic, and global awareness. This activity challenges you to analyse landscapes, architecture, and cultural clues to pinpoint locations around the world.

Attributes: Observant, Analytical, Curious, Adaptable, Strategic

Knowledge: Learn how geography, climate, and cultural markers influence environments and how to interpret them effectively.

Skills: Develop the ability to make informed guesses, construct logical reasoning, and adapt strategies based on visual and contextual clues.

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What you will learn during the elective:

- **Spotting Geographic Clues in Images**

You'll practice identifying countries based on subtle hints in Google Street View pictures—like road markings, vegetation, architecture, and language.

- **Budgeting & Travel Planning Skills**

Once you know your location, you'll learn how to plan a route back to St Joseph's School with a strict budget of **£999.99**, balancing cost and speed.

- **Decision-Making Under Time Pressure**

You'll have **72 hours** to return, so you'll develop strategies for quick, logical choices when comparing transport options.

- **Global Awareness & Problem-Solving**

This challenge will expand your knowledge of world geography and teach you how to use real-world tools (maps, flight search engines, currency converters) to solve complex travel problems.

Cross Curricular Links:

Maths, Geography

Links to Careers:

International business analyst, travel planner, logistics coordinator

Order in the Court



In this activity, students are given a fictional case file along with a variety of “evidence beds” such as witness statements, photos, physical clues, and procedural documents. Working in small teams, they rotate through each evidence station, analyzing the materials to determine relevance, credibility, and potential legal significance. After examining all evidence beds, students regroup to build a theory of the case and present their reasoning as if they were legal teams preparing for trial. This hands-on activity not only deepens their understanding of courtroom procedures and critical thinking, but also immerses them in the investigative side of the justice system in an exciting, accessible way. If you’d like, I can adapt this for a specific subject, age group, or case theme.

What you will learn during the elective:

- **How to analyze different types of evidence** (documents, photos, witness statements, physical clues).
- **Critical thinking and inference skills**, including identifying what information matters and why.
- **Understanding relevance and credibility**—distinguishing strong evidence from weak, biased, or unreliable sources.
- **Basic legal concepts**, such as burden of proof, admissibility, and the roles of courtroom participants.
- **Teamwork and collaborative problem-solving** as they work together to form a theory of the case.
- **Communication skills**, including explaining reasoning clearly and persuasively.
- **Insight into judicial processes**, giving them a realistic sense of how investigations and trials unfold.
- **Ethical decision-making**, such as recognizing fairness, bias, and integrity in legal reasoning.

Cross Curricular Links:

Law, English

Links to Careers:

Lawyer, Solicitor, Judge

World History



A unique insight into how History helps us to better understand modern day issues.

Attributes: Eloquent, Attentive, Learned, Compassionate, Grateful

Knowledge: The opportunity to acquire a deeper understanding of the world around us.

Skills: Develop the ability to look at events objectively and debate key issues

What you will learn during the elective:

- *The interpretation of events that have changed the world as depicted by the media*
- *How to analyse and understand what caused these events and how they are presented to us*
- *How to practise the skill of empathy*
- *How to learn from the mistakes of the past to ensure a better future*
- *Ways in which to broaden your mind*

Cross Curricular Links:

RE – looking at ethics and morality, links to Law and Politics. Geography – understanding the culture of different people around the world. Science – understanding how the development of science has shaped the world. Media – how the world is portrayed to us onscreen. English – analysing information and how it's communicated.

Links to Careers:

Law, Politics, Diplomatic Corps, Advertising, Research, Police, Teacher, Lecturer, Journalist, Producer.

GROUP D

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 game.*
- *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)

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

E Colours



In this elective, you have the opportunity to find out more about yourself, through understanding the strengths of your personality and the personalities of others

What you will learn during the elective:

- Understand the four E-Colours (Red, Yellow, Green, Blue) and what each one typically values, needs, and contributes
- Identify your own E-Colours profile and what it reveals about your natural working and communication style
- Recognise your key strengths – and how those strengths can become “limiters” under pressure
- Spot common stress triggers and typical stress behaviours (in yourself and others)
- Learn how different colours prefer to communicate (WHAT / WHO / HOW / WHY) and how to tailor your message
- Improve teamwork by understanding differences in pace, decision-making, organisation, and relationship-building
- Build strategies for reducing friction, resolving misunderstandings, and handling conflict more constructively
- Strengthen leadership and influence by motivating different people in different way

Cross Curricular Links:

PSHE, Science, RE

Links to Careers:

Life Coaching, Teaching, Counselling, Communication

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

Go Karting



Attributes: Active, curious, intentional, learned, wise

Knowledge: An opportunity to explore the **physics of motion, mechanical systems, and aerodynamics** in real-world settings

Skills: curiosity, creativity, critical thinking

What you will learn during the elective:

During go-karting, you learn valuable skills such as how to control a vehicle at high speeds, improve your reaction time, and understand racing lines and braking points. It teaches you focus, patience, and how to make quick decisions under pressure.

Cross Curricular Links:

Maths and Science

Links to Careers:

Driver, Race team analyst, Race team technician, Engineering

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

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.

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- *Boardgame: Pandemic - To work as a team to prevent a global crisis.*
- *To make discerning decisions in order to succeed in a game.*
- *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.*
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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)

Creative Writing



Attributes: Creativity, Empathy, Originality, Curiosity

Skills: Short Story Writing, Oral Storytelling

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

What you will learn during the elective:

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

Cross Curricular Links:

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

Links to Careers:

Publishing, Journalism, Marketing, Teaching

Fitness



Attributes: Active, curious, intentional, learned, wise

Skills: Coordination, agility, balance, strength, fitness

Knowledge: A fantastic opportunity to improve fitness, strength and conditioning, whilst also learning the importance of nutrition.

What you will learn during the elective:

- The importance of fitness, nutrition and strength.
- Tangible ways to enhance your strength, fitness and motivation.
- Safe and effective ways to use gym equipment, both at home and in school.

Cross Curricular Links:

PE, Maths and Science

Links to Careers:

Coach, PE teacher, Physio, Personal training

Gospel



Attributes: Focus on faith, worship and Christian experience

Skills: Engages the audience, often featuring interactive elements between singer and listeners

Knowledge: Encompasses a range of styles, including traditional hymns, contemporary worship, urban gospel and gospel blues

What you will learn during the elective:

- 1. Faith and Trust:** It emphasizes the importance of faith in difficult times, encouraging listeners to **trust in a higher power**.
- 2. Hope and Resilience:** Many of its songs convey messages of hope, inspiring perseverance through struggles.
- 3. Community and Fellowship:** **Gospel and music** often fosters a sense of community, highlighting the strength found in unity and support.
- 4. Love and Forgiveness:** Themes of love, compassion, and forgiveness encourage listeners to practice these virtues in their lives.
- 5. Emotional Healing:** The music serves as a medium for expressing emotions, helping listeners process joy, sorrow, and everything in between.

Cross Curricular Links:

Music: Study the history and evolution of gospel music, its musical elements, and its impact on other genres.

Literature: Analyze the lyrics of gospel songs as poetry, exploring themes, imagery, and storytelling techniques.

Religious Studies: Discuss the theological themes present in gospel music and its connection to various religious beliefs and practices.

Links to Careers:

Reverend Minister, Worship leader, Motivational Speaker, producer, content creator, media producer

St. Joseph's Podcast



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

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

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

What you will learn during the elective:

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

Cross Curricular Links:

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

Links to Careers:

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

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

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GROUP F

Afro Dancing



A fantastic opportunity to rediscover your personal rhythm, improving your physical health by enhancing coordination, flexibility and strength, while also boosting mental health by reducing stress and increasing serotonin levels, promoting happiness and wellbeing.

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

Knowledge: A fantastic opportunity to learn how to improve your cognitive performance through learning, memorizing and performing coreography

Skills: Ability to develop your coordination and master your rhythm

What you will learn during the elective:

- *Mastering your rhythm*
- *The mastery of your body weight*
- *Developing your coordination*
- *Control over the use of your legs and the use of your upper body*

Cross Curricular Links:

Links to PE, Science, PSHE and Travel & Tourism

Links to Careers:

Sports Coach, PE teachers and Jobs within performing arts

Art Nouveau



Attributes:

Skills:

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.

Become a Critic



Do you consider yourself a connoisseur of food, an aficionado of the latest music, or a fanatic about the coolest gadgets? If so, this elective is tailor-made for you!

In this course, you'll have the opportunity to share your opinions on a wide range of products, from delicious biscuits to exciting games, captivating music to cutting-edge gadgets. We'll spend our time evaluating the newest, latest, and tastiest items on the market.

Do you have the expertise to back up your opinions? Put your words to the test and become a critic extraordinaire!

What you will learn during the elective:

Each week, you'll encounter a fresh array of products to evaluate. Your task is to provide your opinion and substantiate it with solid reasoning.

We'll hone our speaking skills by discussing our thoughts and the rationale behind them. Additionally, we'll enhance our writing skills by creating a small blog where we share our opinions.

Ready to become a master critic? Let's get started!

Cross Curricular Links:

English: By discussing and writing about various products, students will improve their speaking and writing skills. This includes developing persuasive arguments, enhancing vocabulary, and practicing grammar.

Technology: Evaluating gadgets and considering how they're made, links to product design and determining whether the product is fit for purpose

Critical Thinking: Students will learn to analyze and evaluate products critically, which is a valuable skill across all subjects.

Media Studies: Discussing music and games can tie into media studies, helping students understand different forms of media and their impact.

Business Studies: Evaluating products teaches students about consumerism, marketing, and making informed choices.

Links to Careers:

Journalist: Reporting on new trends in food, music, technology, and more.

Marketing Specialist: Evaluating and promoting products for companies.

Consumer Analyst: Studying consumer behaviour and preferences to help businesses improve their products.

Digital Marketer: Creating and managing online marketing campaigns.

Public Relations Specialist: Managing the public image of brands and products.

Media Critic: Reviewing and critiquing music, games, and other media forms.

Technical Writer: Writing manuals and guides for gadgets and technology products.



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.

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

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

Skills: Mindfulness exercises

Knowledge: Understanding and strengthening mental health and wellbeing

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

Sketch it



Attributes: Active, curious, intentional, attentive, discerning, learned, wise
Knowledge: An introduction to sketching for people who can't draw - why your brain gets in the way and stops you drawing what you can see.
Skills: Coordination, focus, mindfulness.

What you will learn during the elective:

- Why your brain gets in the way and stops you drawing what you can see.
- A series of exercises and strategies to help drawing and sketching with greater accuracy and confidence.

Cross Curricular Links:

Art, Design

Links to Careers:

Art, Illustration, Design

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

Cookery- Year 12 and Year 13



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

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

