



Christ's Love **is Our** Foundation

# ELECTIVES

Read through the details of each Elective carefully and then scan the link to let us know what Electives you would like to take part in.



*"Building New Horizons Through Love, Faith and Excellence"*

# ELECTIVES

At Thomas Becket Catholic School we recognise the value of education beyond the confines of the traditional classroom environment. As such, we have sought to develop learning opportunities for our students that enrich and support their studies, but also allow them to discover and develop new ideas and talents.

Our new Electives Programme gives students the opportunity to take part in up to 6 different enrichment opportunities every school year; each one with a clear vision and aim in developing key skills and attributes of value.

*Through our Electives Programme we aim to:*

- Develop relationships with peers and celebrate children learning from, and inspiring each other.
- Provide opportunities for students to understand elements of their subject areas in a greater depth.

At the beginning of each school year we ask that each student reads through and carefully selects 7 Electives they wish to take part in. Each half term they will be allocated a new Elective.

We are keen to ensure that every student is able access the same opportunities, therefore we have ensured many of these Electives are free of charge. Some of our Electives involve outside companies and sometimes a small charge for a course is unavoidable.

We have so many opportunities we can offer our students, and can not wait to develop a culture of learning beyond the boundaries of our classrooms for every Thomas Becket student.

- Provide opportunities for students to develop their leadership, problem solving, time management, organisation and teamwork skills.
- Reinforce the application of skills from different curriculum areas.





# Year 9

## The Duke of Edinburgh's Award



It's time to grab your hiking kit and head for the great outdoors!

As part of our new, prestigious, Bronze Level Duke of Edinburgh Award, you will have the chance to explore the countryside and to spend a night away with your friends, in what we hope will be one of your most memorable adventures.

Learn what it takes to plan, organise and complete an expedition with a team of like-minded people around to support you.

Acquire valuable new life skills, learn about your peers, whilst also improving your communication and leadership skills.

Although you'll come home with a rucksack full of washing, you'll also have an experience you will never forget.

To ensure every student receives adequate time to complete all 4 areas of the Bronze Award, this Elective last 4-5 rotations. Here is an example of the types of activities you will complete during your D of E sessions:

Objectives	You will gain an understanding of the Scheme - where you'll be going, what you'll be doing and what you'll be expected to do. You'll be introduced to some of the equipment that you will be using and selecting a task or a subject for your personal focus.
Navigation and Route Planning	You'll be introduced to the skills and equipment needed to plan your routes. What considerations will you need to take into account?
Observation and Recording	Clarification of your task objectives, communicating, recording and reporting on findings and information.
Safety and First Aid	Learn about the Countryside Code; procedures to follow in the event of an emergency when you are on Expedition.
Practice Sessions	Practical sessions with camping equipment, map reading and navigation, first aid, recording data, route planning etc.
Debrief	Hand in reports, review your trips and plan for your next adventure - Celebrate!

To successfully achieve your Bronze Award you will complete 3 months of:

**Volunteering**  
undertaking service to other individuals or the community

**Physical**  
improving in an area of sport, dance or fitness

**Skills**  
developing practical and social skills of personal interest

**Expedition**  
planning, training for and completing an adventurous journey

Cultural Capital: Learning to enjoy the countryside and how to behave when out in it. Learning what needs to be considered when planning a trip for you and others. Gaining a deeper insight into an area, understanding its history and geography. How to work together in a team, encountering new experiences and learning the various skills required for hiking and camping

#### FIVE BENEFITS OF DOING YOUR DofE PROGRAMME



##### SENSE OF IDENTITY

The DofE bring a sense of identity as you start to explore your likes and dislikes through the different sections.



##### GIVING BACK TO THE COMMUNITY

It is a chance to give back to your own community at those in need.



##### TEAMWORKING SKILLS

It builds your communication skills and strengthens your ability to lead others as well as to work in a team. This is highly valued by employers and schools alike.



##### TIME MANAGEMENT

It teaches you how to manage your time and use it efficiently as you are required to balance the different sections.



##### ACADEMIC BOOST

A DofE Award is a great way to demonstrate and evidence your 'soft skills' in practice and this is highly valued by universities.

#### Curriculum Links:

English – Writing clear plans and objectives and also a short report of your trip

Science – Reporting on some of the flora and fauna encountered on the trip

Geography – Learning about map reading, route planning and navigation, as well as the local geography of the area

PE – Reaching the levels of fitness required to complete the hiking stage

Food – Learning about nutrition on the move



# Seasonal Community Crafts



Depending on the time of year, we will focus on creating different seasonal crafts that will develop your understanding of materials, professions, creativity and project based work whilst also generating products that can be used to benefit our wider community.

Planning	Outlining and planning – research into designs of different planters, pots, understanding of conditions needed for planting tulips / daffodils.
Designing	You will begin to design your planters. This could be a pre-made pot or one you will make yourself.
Creation	Create your designs ready for planting.
Planting	Choose the bulbs you wish to plant and fill up your pots.
Marketing and Raising Money	How can you use your creations to raise money for our local hospice? What other ways can you continue to build funds towards this very important local charity?



**Cultural Capital:** Understanding the role a local hospice plays in the community and the careers/professions associated with it

**Personal Development:** Well-being – Understanding the wider community

## Curriculum Links:

Art and design – Use of materials / equipment

English – Use of linguistic contribution to design

Maths – Accuracy and measurements

History – Understanding heritage of crafts

Geography – Understanding the geographical influences on crafts / activities

Science – Understanding characteristics of materials and equipment

Faith life – Links of seasons crafts to liturgical seasons and school values



# Primary Outdoor Learning Environments

Your chance to work with and support some of our feeder schools with the development and maintenance of their outdoor learning areas and Forest Schools.

Initial Meeting	You will meet with key personnel at the local school to establish their needs, wants, plans for the Forest School / Outside Learning Area. You will need to ask key questions prior to the meeting so you can lead the conversation and glean relevant information from it.
Planning	Based upon session 1, you will create a 6 week plan of action of tasks that need completing. You will learn about the safe use of equipment, and purpose of equipment.
Realisation of the Project	Using your plan as a guide and working with your team you will transform the outside area of the school, this could be the construction of a working area to serve a purpose for example, a Forest School or Outside Learning Area like a reading area, art 'room', camp fire or woodland walkway.
Celebration and Reveal	You will reveal to the students of the primary school their new Outdoor Learning Area.



Cultural Capital:  
Engaging in the outdoor environment

Personal Development:  
Working collaboratively, resilience,  
communication and problem solving

Curriculum Links:  
Geography - Sustainability  
D&T - Design and planning  
English - Oracy  
Science - Ecosystems





Whether your scientific interest lies in Biology, Chemistry, Physics or all three, you will have the opportunity to choose an area of interest. Using your own methodology you will conduct a "hands-on" scientific investigation in areas such as Crime, Safety and Security, Travel, Sport and Entertainment, Healthy Living and Medicines.

### **Bronze Award**

**Group 1 Yrs 7 & 8**  
**Group 2 Yrs 9 & 10**



Research	You will research and reference your areas of interest uncovering specific areas to investigate.
Decision Making	Deeper and more specific research will lead to a decision and you will begin to make plans about your project. Your project will either be a practical-based or a design / make and build.
Planning and Designing	You will plan and design your investigation or method.
Practical Work	You will complete your practical investigation or make your prototype product.
Concluding and Presenting	Review your work, draw conclusions and consider whether your project could address and real world problems. Present your findings.

#### **Curriculum Links:**

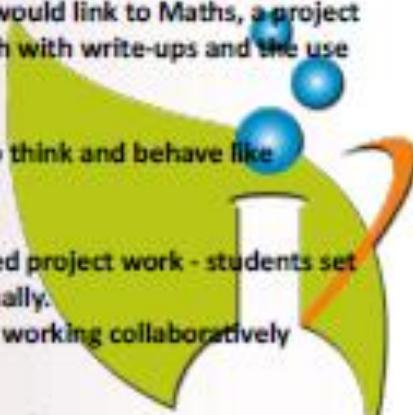
Potentially any subject area(s) dependent on the topic chosen, for example, an ecology-based project would link to Geography, a project involving data analysis would link to Maths, a project involving design would link to DT and all projects will link to English with write-ups and the use of key terminology.

**Cultural Capital & Personal Development:** Inspires young people to think and behave like Scientists and Engineers.

Introduces students to the language and method of project work.

Encouraging independent, reflective learners through enquiry based project work - students set their own agenda and chose a project which interests them personally.

Encourages decision-making, problem-solving skills, resilience and working collaboratively with others.



# Badminton

You will develop your badminton skills, and benefit from opportunities to develop as leaders, following and applying the rules as players and umpires.

Serving,  
Forehand &  
Backhand

You will discover and learn the correct technique for serves and apply these to small game based situations.

Rallying

You will combine your hand-eye coordination with movement to develop your rallying technique.

Drop Shots, Smash  
Shots & Overhead  
Shots

You will develop the correct technique for drop shots and smash shots and apply this to a modified game of badminton bingo, using target zones.

Umpiring

You will play full games of badminton and rotate between playing and umpiring.

Curriculum Links  
PE - Fitness, racket games  
Maths - Scoring



Cultural Capital: Competition  
Personal Development: Health and wellbeing,  
confidence, fitness

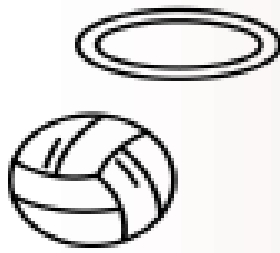


You will have the opportunity to develop your rounders skills, learn new skills, work as part of a team, play games against each other and officiate games. You will develop your tactical awareness and understanding for game play, and use this to stop your opponents scoring.

Bowling	You will discover and apply the correct bowling technique.
Batting	You will learn to apply the correct batting technique.
Fielding	You will work in small groups to discover how creating and using a long barrier will make your fielding more effective and prevent the other team from scoring. You will understand which bases need to be stumped in order to stop teams scoring and get opponents out in games.
Rules & Games	You will apply what you have learnt to game situations, following the rules of rounders in order to score runs. Once you have shown you can apply the rules effectively as a player you will be able to officiate.

Cultural Capital: Competition  
Personal Development: Teamwork, fairness

Curriculum Links  
PE - Fitness



# Netball

You will refine your technique, and be given the opportunity to develop yourself as a leader, following and applying the rules as players and umpires.

Passing	You will discover or develop your passing techniques.
Footwork	Learn the correct technique for footwork and use this in small game situations.
Shooting	Develop your shooting technique through small competitions.
Marking & Defending	Learn how to mark and defend effectively to improve your team's performance.
Umpiring	You will play full sized games and will rotate umpires accordingly. This means you will get the chance to umpire the games for your friends and lead the activities.



Curriculum Links  
PE - Fitness

Cultural Capital: Engaging in competition  
Personal Development: Health and wellbeing,  
confidence, teamwork, fitness

# DARTS

Learn numeracy skills whilst playing darts!

Learn through a variety of different fun darts activities and then learn how to score a game, add up your own score, how to check out correctly and your timestables.



Introduction to Darts	Learning to throw, how to stand, how to aim and about the different scores. Play a game of Highest Wins.
Rules	Learn how to set up a game, how to score correctly, how to check out and win a game, look at how to score big on each go and the etiquette of darts.
Half-It & 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 the last man or woman standing. More explanation to follow....!
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 and then outer bull and bullseye to win. The quickest person is the champion. Or if you play it in a group you can time how long the team takes to get round the board and try to beat it each time. To make this more difficult you can try only hitting doubles and then triples!
Tournaments	We will be playing a singles competition, then a doubles and then a team tournament. There will be prizes for the champions of the day!

Cultural Capital & Personal Development:  
Alternative sports, Resilience, collaboration and problem-solving skills

Curriculum Links:  
Numeracy – multiplication, division, subtraction, addition

# Cricket



*Exploring the rules and history of the game, as well as coaching in batting, bowling and fielding techniques.*

Culture	You will explore the cultural history of cricket across the British Empire. You will be researching and learning about different areas of the world and their relationship to the game.
History	You will develop an understanding of how the game is played from Test Matches to Indian Premier League (IPL).
Batting	You will develop and perfect the correct batting technique and learn how to play certain shots in response to the type of bowling you are faced with.
Bowling	Learn to fast bowl and spin bowl perfectly to ensure you get the batsmen out.
Fielding	Focus on close in-fielding and quick reactions, deep fielding and ground cover alongside effective throwing and catching techniques.
11 v 11 Game	Show off your new skills in a 5 over game.

Cultural Capital & Personal Development:  
Cultural awareness of the popularity of the sport across the world, especially in the countries that were formerly part of the British Empire  
Providing students with the opportunity to learn a new sport

Curriculum Links:  
PE: Game skills, history of sport.  
History: British Empire



# Basketball

*Develop your Basketball skills, tactics and game*



## Taco Bells Skills Challenge

Learn fundamental skills to help you 'break ankles' like Kyrie, 'drop dimes' like CP3, 'attack the rack' like LeBron James and 'make it rain' like Steph Curry.

## 'Be like Mike' – Air Jordan

Learn the 5 offensive strategies that every coach should employ to destroy your opponent.

## Milwaukee Bucks – Denial

Learn defensive strategies that set the tempo first rather than reacting to an opponent's game plan.

## Rising Stars Challenge

Refine your techniques and tactics in fun skill games which are used in the NBA All-Star Weekend. Will you be one to watch out for in the future?

## Play-off Finals

Show us what you've got. Let's see who will be crowned Thomas Becket champions this year.

Did you know: Michael Jordan, the greatest player to ever play basketball, was told in high school that he was no good and that he should try something else? I think he more than proved them wrong!

### Curriculum Links:

PE - Team sports, fitness

**Cultural Capital:** There will be an opportunity for students to win tickets for some professional basketball events

**Personal Development:** communication, confidence, problem solving, teamwork, fitness

# Tennis



Tricks of the Trade	Basic racket control, footwork drills, basic forehand technique.
Refine	Refine your new skills and test your forehand and footwork technique in practice matches.
Double Backhand	There's more than one way to smash a ball out of the park. Develop your racket skills further with some backhand.
Serving and Ground Strokes	Beat Hawk-eye and equip yourself with the skills to smash an ace and reach the lowest of bounces to return a ball.
Tournament Time	With all bases covered, you are competition ready.

Curriculum Links:  
PE - Team sports, fitness

Cultural Capital: Opportunity to develop skills in a new sport

Personal Development: communication, confidence, problem solving, teamwork, fitness

# Athletics



*Perfect your all-round sports ability and develop your skills in the many athletic disciplines.*

Long Jump & Triple Jump	You will learn the correct techniques to be successful at Long Jump and Triple Jump.
Javelin	Learn how to throw a Javelin using the correct techniques.
Track Skills	Put your sprinting techniques into practice and compete with each other over a series of distances.
Shot Putt & Discuss	Develop your understanding of Shot Putt and Discuss techniques and try your hand at both of these.
Mini Olympics	Showcase all of your new athletics skills in a Thomas Becket Mini Olympics.

Cultural Capital: Competition

Personal Development: Health and wellbeing, confidence, teamwork, fitness

Curriculum Links:

PE - Fitness

Maths- Measurements

Physics - Speed and distance

# FOOTBALL

You will have the opportunity to develop your skills within football, learn new skills, work as part of a team and play games against each other. You will develop your tactical skills and improve your overall game.



Skills Development	Learn how to ping a pass like Beckham, tackle like Van Dijk, bag goals like Aguero and dazzle defenders with skilful dribbling like Messi.
'Take the ball, pass the ball' – Pep Guardiola	Learn key attacking principles of how to maintain possession effectively and breakdown defences like the famous Barcelona team of 2006.
Park the bus? – Jose Mourinho	Learn the value of solid defensive strategies to keep your opponents at bay and how to transition quickly into attack.
Soccer Am Challenge	Refine your techniques and tactics in fun skill games and matches which have been used in Soccer Am for the past decade.
World Cup Final	Do you have what it takes to take the glory in the Thomas Becket World Cup? Which country will you represent this year?

Curriculum Links  
PE - Fitness

Cultural Capital: Students who take part will be entered into a draw for Cobblers tickets

Personal Development: Health and wellbeing, confidence, teamwork, fitness



What is democracy? What is good and bad about it?  
And how can you use it to make your voice heard?  
Do you want to change the world?

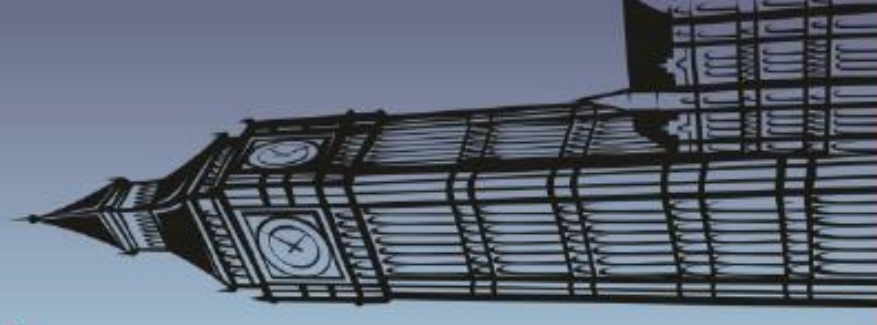
We'll explore your rights as a citizen to make yourself heard.  
We'll ask how democracy works.

We'll look at things you can do you to express yourself including  
letter writing, the right to vote, the right to protest and how laws are made.

This Elective will help you learn who it is you need to persuade in order  
to change the world and how it is you might go about persuading them.

Curriculum Links:  
History, Performing  
Arts, PHSE

Cultural Capital: Debate, World Issues, Politics,  
Personal Development: Communication, British Values



What is democracy? Is there only one type?	What does democracy mean to you? Original ideas of government: Autocracy vs. Oligarchy vs. Democracy. Exploring different types of democracy.
The right to participate: Making your voice heard	How does democracy help you to make your voice heard? What issues make you angry? What things do you want to change? Exploring the advantages and disadvantages of Free Speech, Letter Writing, Poster campaign, Protest, Petitions, Voting & Getting elected!
The right to vote: Elections and voting systems	Elections, Voting, and Parliament: What it is, how does it work? Voting systems - the difference between Political Parties: What are they? Do we know anything about them? Do we think they are useful? Money, power and corruption: What impact can it have?
The right to protest: Taking direct action	Why might people protest? How might people protest? What are the consequences? Lawless protest. Risks of getting arrested. Consequences on your future. Is it still worth it? When? Can lawbreaking be ethical? (Martin Luther King, animal rights protests, Black Lives Matter) The importance of law and order (May Day Protests vs. Tiananmen Square)
The right to justice: Human rights and are they justified?	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?
Putting it into practice: Making your voice heard	Choose an issue - How are you going to achieve this goal? What would happen if you did this for real? Do you want to? What might stop you?



# Food

The purpose of this task is for you to prepare, cook and serve themed dishes about holidays and observance in the United

Kingdom. We will also celebrate specific Catholic celebrations as well as other religions too. Students will work in pairs or small groups to research our weekly themes and create dishes that can be made in the following session.

## Research and Planning

You will research and plan meals to celebrate religious festivals and dedications such as Rosh Hashana, Saints' Days (All Saints Day for example).

## Practical

Using your research and planning you will prepare and present your planned meal.

### Curriculum Links:

RE - Holy days and religious celebrations.  
History - Food traditions  
Maths and Business - Costings and portioning  
IT - Internet research skills  
Science - Food science

Cultural Capital: Awareness of other cultures, traditions and religions

Personal Development: Independent thinking, teamwork, confidence, nutrition, cooking skills

# Coding

It's proven that learning to code can help you do better in other subjects that you're studying or learning. Within programming, you learn how to break down a problem into individual steps and to use a language that the computer understands to logically create a working programme.



Curriculum Links: Maths, Graphics, Languages

Cultural Capital: International links

Personal Development: Productive and positive mindset, problem solving

Introduction to Animation	You will learn about the 5 types of animation and what is the techniques of animation. In order to create your animation, you will learn programming techniques and how to input all the information you need.
International Partners	Through various international collaboration, you will develop competences through eTwinning. Working in teams with pupils from various countries will most certainly help you to develop your communication skills in foreign languages!
Creating a 2D Animation	You will look at all the elements of the process how to create your own animation and will develop and refine the techniques required to do this effectively.
Keyframing	In this session you will learn how are keyframes used in animation and what software do 2D animators use.
Finetuning	You will look at how you can implement adjustments to the animation on your own. You will explore which Adobe programme is best for animation, will learn more about fine tune animations.

# Crochet



Stitches	An introduction to crocheting. You will learn how to hold the crochet hook and yarn, create slip knots and chain stitches, slip stitch, double crochet, half treble crochet and treble crochet.
Squares	Learn how to crochet the classic "granny square" which will allow you to practise some of the basic stitches.
Patterns	We will begin to read and understand patterns which will allow you to begin to crochet independently.
Increasing and decreasing stitches	We will learn to crochet a "magic circle". This will allow you to learn how to increase and decrease stitches which will be fundamental to crocheting a beanie or anything else with a circular pattern.
Scarf and Beanie project	By the end of the Elective you will have completed crocheting your own scarf and beanie.

**Cultural Capital:** Crocheting is a skill that can be used in a students' later life. More than that, learning a skill, that can be evidenced with tangible garments, in a relatively short amount of time is confidence boosting.

**Personal Development:** Spiritual and cultural development - learning about themselves and expressing themselves in a creative way

**Curriculum Links:** Art





**tenner  
challenge**

## Young Enterprise Tanner Challenge

Introduction	What is enterprise? What are the skills necessary to be an entrepreneur; characteristics of an entrepreneur? Research famous entrepreneurs.
Deciding on a Business Idea	Research and decide on a product to invest £10 in. Design a logo for your group or product.
Market Research	Conduct research into whether your idea is viable.
Getting started	Decide on materials needed, source these, create a sales pitch, plan where and how you will sell your product.
Creating and Selling Products	Create products, create promotional materials, sell products, keep financial records.
Evaluation	Review the skills and characteristics you have learned. Evaluate how successful you have been in raising money.

### Curriculum Links:

Business - Enterprise skills, marketing, finance  
Graphics – Logo design  
ICT – Using IT software

### Cultural Capital &

### Personal Development:

communication, confidence,  
problem solving, finances,  
teamwork, commercial awareness,  
growth mindset

# Thomas Becket School Newspaper

*Do you dream of becoming a journalist?  
Perhaps you are a budding photographer  
or graphic designer?*

*Then this elective is for you!  
In 6 short weeks you will be responsible for creating, designing  
and distributing the school's very own newspaper.*

*We need students to investigate and capture  
the everyday life of Thomas Becket, as well as reporting  
on global issues that affect us all.*





Introduction	You will have allocated jobs on a weekly rotation system and discuss what topics are to be covered in this edition of the Newspaper.
Journalism-Local and Global Events	Generate material for the newspaper about local and global events, think specifically about the impact of these events of our school and local community, organise interviews.
Journalism-Popular Culture	Gather together reports about our sports teams, trending hot topics, music, books, film reviews and suggestions. Create material for specific KS3, 4 or 5 pages.
Creative Content	Unleash your creative ideas - examples of creative writing, comic strips, recipes and opinion columns.
Graphic Design	Ensure your publication looks perfect - experiment with digital artwork, corporate style of typography, mast head design and pagination, position and distribution of body copy, photography and image manipulation.
Editing and Publishing	Proof read and edit your journalistic work. Arrange your articles into the newspaper template along with all graphic design elements. Export to PDF - create digital versions to be emailed and for the school website.
Celebrate	Publish and deliver your newspapers.

#### Curriculum Links:

English – Transactional writing  
 Art and Design – Graphic design and publishing skills  
 Geography – Global issues  
 RE – Upholding the Thomas Becket core values  
 PE – Reporting on sport fixtures  
 Food Tech – Providing recipes to students for independent living

Cultural Capital: Daily news, understanding global issues, formal communication skill

Personal Development:  
 Communication, teamwork



# Sew Easy

Come and create a stylish cushions using scraps of fabric.

You will learn how to:

- Draw up your own design
- Cut pattern pieces correctly
- Use a sewing machine
- Create simple hand embroidery
- Learn how to applique (apply fabric shapes to a background)
- Embellish with threads, beads, buttons and ribbons

Design	Sketch out several different design ideas for your cushion – annotate and use initial design ideas and observational sketches. Look at notable textile artists' work for some ideas.
Cutting Out	Using your template design – you will select the fabric you wish to use and draw around the template, cut out your fabric pieces before arranging and tacking them to your background fabric.
Handstitching Skills	Learn how to thread a needle, how to use it and how to identify the difference between threads. Create your own samples; you will learn some basic stitching techniques including running stitch, basting stitch, back stitch, catch stitch (cross-stitch), slip stitch, blanket stitch, rice stitch, daisy stitch and also how to sew beads and buttons on securely.
Sewing Machine	Learn how to set up a sewing machine – threading the bobbin and preparing the sewing machine to use. Identify and understand the different feet available and their usage. Learn some basic stitching techniques on the sewing machine.
Cushion Construction	Start to applique and construct your cushion using you new sewing skills. Select from a variety of different fabrics and decorative additions to add detail and fully personalise your creation.

**Curriculum Links:**

Art and Design – drawing techniques and designing.

Design Technology – designing and planning.

Mathematics – correct measurements and placement of the template and design.

Understanding how to measure fabric parallel to the grain and selvedge

English/MFL – terminology regarding sewing techniques and origins / definitions.

Science – man made and natural fabrics.

History – development of textiles and involved in the industrial revolution – cotton and silk.

Languages – understanding the French term 'Cushion' and 'applique' French and Anglo Saxon 'Samplers'

Geography – specific locations certain fabrics are manufactured and why

Performing Arts – how design impacts on the overall effect of a costume

**Cultural Capital:** Understanding how manufacturing goods are produced in various parts of the world. Considering the impact of the textile industries on the environment and how the textile industry is one of the most successful industries in the world.

**Personal Development:** Independent thinking, using different equipment such as a sewing machine and hand stitching, designing, textile artists – British and International, time management, use of fine motor skills, and sharing equipment.

How to sew basic stitches, including a button for future self-sufficiency.





*Learn basic yoga routines and relaxation techniques to benefit both your physical and mental strength.*

*Physically you will be more flexible and develop greater core strength and stability, improving your posture.*

*Mentally, you will benefit from learning different techniques used in meditation and this will improve your levels of concentration as well, helping you to cope with stress and anxiety.*

<b>Introduction</b>	You will be introduced to new posture and breathing techniques.
<b>Asanas</b>	You will develop and learn how to do basic asanas.
<b>Yoga Flow</b>	You will develop individual postures into Yoga flow of sun salutation
<b>Sun Salutation</b>	You will develop sun salutation
<b>Bends, Twists and Inversions</b>	You will develop more complex asanas through the use of back bends / twists / inversions.
<b>Full Routines</b>	Using your Yoga skills you will use your newly developed routine to fully relax.

**Curriculum Links:**

PE: Health, fitness

PSHE: Mindfulness, Health and Wellbeing

Performing Arts: Physical awareness; Posture

**Cultural Capital:** Knowledge of different cultures and their ways of exercising

**Personal Development:** Confidence, self worth, health and wellbeing, fitness



# Horticulture

Our garden area needs quite a lot of tender loving care. We need your help to turn this space into a place all staff and students like to spend time, whether that be to enjoy a spot of gardening or to take a moment to enjoy the peace and quiet to think and reflect.

We want to restore Thomas Becket's garden to its former glory and ensure that it becomes a valuable outdoor learning space we can be proud to call our own.

Health and Safety	Understand how to use the gardening equipment correctly and safely, know which tool is for what job.
Decision Making	Discuss and make plans for the area you have been given to work on.
GO!	Begin your renovations, this will include clearing, weeding, repairing, painting and planting.
Celebrate	Look at what you have achieved! Compare your before and after pictures. Don't be a stranger, keep checking in on your handy work as the year progresses.

## Curriculum Links:

Science- Life cycle of plants, what plants need to grow  
 Geography- Soil, ecosystems, environment  
 Art and Design - Photography, plans and designs  
 PSHE - Wellbeing, teamwork, awareness of surroundings

## Cultural Capital & Personal Development:

Working collaboratively, resilience, problem-solving, engaging with an outdoor, environment, communication



# Becket to 5K



*Physical exercise is a key ingredient to develop healthy, happy, and successful adults. You will learn to enjoy physical activity with this challenge which will also contribute to your ability to apply yourselves in the classroom as well as your overall physical and mental wellbeing.*

Moving	Warming up and cooling down your body before and after exercise is important to ensure you don't injure yourself or spend the next few days wishing you hadn't bothered. Learn the best way to do this.
Sprinting Tips	Learn about and experiment with techniques you can use to make your running style more effective and as effortless as possible.
2K, 3K, 4K, 5K...	How far dare you go? You will set yourself a challenge to complete one of the distances and using the skills you have gained, aim to set a personal best.

Cultural Capital: Opportunities to participate in charity events

Curriculum Links: PE

Personal Development: Health and wellbeing



The LAMDA Award in Performance is designed to enable you to develop a range of acting skills.

You will perform two contrasting scenes from memory as well as participate in preparation activities for the knowledge element of the course where you will answer questions based on your text and presentation to the examiner.

LAMDA - accredited exams can count towards the UCAS points system when applying to universities and colleges.

Each session will start with both a vocal and physical warm up, you will then move on to a focus skill for the workshop and begin applying that skill to your monologue or duologue, you will have plenty of opportunities to perform and receive feedback before your exam as well as prepare and develop your knowledge base.

Cultural Capital: Preparing a researching performance material, exposure to the examples of professional theatre repertoire

Curriculum Links: Drama and Performing Arts



# Brain Train

*learn to use your brain in a different way, with puzzles, meditation, mindfulness and discussion to improve your ability to relieve stress, express your opinions, listening skills and critical thinking.*

Meditation	By taking ourselves away from our everyday lives we can use meditation to reduce anxiety and stress. We learn various meditation techniques to help us achieve this.
Mindfulness	We will learn how to use a single activity to calm our minds.
Have you ever thought about?	How you could train your brain to use it in a different way?
Perspectives	We will use videos and discussion to look at the world from different perspectives. Have you heard about synaesthesia - where some people can hear the colour of or see sound?
Your Senses	Use your senses to your advantage. Did you know that if you concentrate on the sound and movement of your breath, you can calm yourself even in a busy, stressful environment?

Cultural Capital & Personal Development:  
Appreciation of other cultures, ability to relieve stress, critical thinking, expressing emotions



Curriculum Links:  
RS: Critical thinking, cultures and beliefs  
PSHE - Wellbeing, teamwork, awareness of surroundings



# Book Club

**Book Club will give you a chance to explore a Carnegie nominated text in a small group environment, encouraging questioning, debate and discussion.**  
**Text: On The Come Up by Angie Thomas**

**Foregrounding the text**

An introduction to key issues surrounding race/BAME/BLM/teen life/music.

**Reading**

Student led reading and discussion.

**Cultural Capital & Personal Development:**

The author, Angie Thomas, is the author of one of our prescribed DEAR time books

'The Hate U Give'. BAME-related issues. BLM campaign



**Curriculum Links:**

Literacy across the curriculum.

Reasoning and debating skills for discussion-based subjects

The main character is BAME and key themes of the text are expression, individuality and freedom of speech so clear links to the RE, English, History and PSHE curriculums

# CLASSICAL CIVILISATIONS

AN INTRODUCTION TO GREEK MYTHOLOGY.  
YOU WILL LEARN ABOUT WHAT MAKES A  
MYTH, WHAT MAKES IT LAST AND HOW  
MYTHS RELATE TO ANCIENT SOCIETY AS WELL  
AS MODERN SOCIETY.

Cultural Capital & Personal Development:  
Classical literature, modern story telling,  
communication skills and critical thinking

Curriculum Links:  
English: World Literature, 20th Century  
poetry and media, critical comparisons and  
structured discussion  
Drama: Characterisation, story telling,  
classical playtexts  
History - Ancient Greece





**Introduction to Myths**

We will learn about the 12 Olympian Gods, what they are responsible for and how they are all related. You will also explore the culture surrounding the myths.

**Morals**

You will explore how myths can be used to express moral virtue and teach people the correct way to behave. You will learn about Midas, Icarus and a selection of Aesop's Fables.

**War**

Understanding the causes of the Trojan War by exploring extracts of the Iliad. You will be able to reason and understand what it means to be a hero or a villain.

**Monsters**

How did Medusa, the Minotaur and Arachne become monsters? You will have to decide whether their treatment was fair.

**Women**


You will explore the role of women in myth, you will use modern comparisons to discover how the perception of mythology changed through time and why.

**Witches**

Ancient Greek magic and how this impacts Greek stories such as Medea.

**Modern Myth**

Focusing on the Hercules myth; you will compare ancient sources to modern film adaptations of the same story. You will make decisions and justify why aspects are omitted or added and be able to consider how myth is formed.





***"Building New Horizons Through Love, Faith and Excellence"***