

Year 7 & 8 electives

3 hours dedicated to your electives

Week A (Thursday period 3)

Week A (Thursday period 5)

Week B (Monday period 3)



What happens next?

Listen to the presentations from the staff teaching the electives

Speak to parents about your favourite subjects and areas of interest

When you receive your Google form, put the electives in order of preference for each period: <https://forms.gle/U89ZEmpUBrEo6x9d8>

Thursday A3

Thursday A3	Elective title
Miss White	Book club
Mrs Fordham	Band Factory
Mr Miley	Football
Mrs Lewis	Anatomy & Physiology
Mr Baxter	Athletics
Miss Ricketts	Programming
Mrs Farrington	Journaling
Mr Worbey	Further Maths
Mrs Williamson	Textiles
Mrs Sherman	Timbers
Miss Gardiner	Illustration/Art
Mrs Williams	Business
Miss Maher	Drama/ Musical Theatre

Thursday A5

Thursday A5	Elective title
Mr Harvey	Mythology
Miss Moss	Law
Mr Finn	Basketball
Mrs Lewis	Netball
Mr Baxter	Athletics
Miss Ricketts	Programming
Mr Bergh	Digital photography
Mr Worbey	Football
Mrs Murray	Science of spying
Mrs Sherman	Paper and boards
Miss Gardiner	Illustration/Art
Mrs Williamsb	Business

The elective blocks

Monday B3

Monday A3	Elective title
Mr Harvey	Mythology
Mrs Bonner	Psychology
Mr Miley	Trampolining
Mrs Lewis	Strength and conditioning
Mrs Thomson	First Aid
Mrs Kelly	Our earth, your future
Mr Porter	World-building in Fiction
Mr Worbey	Maths support
Mrs Williamson	Food
Mrs Sherman	Paper and boards
Miss Gardiner	Illustration/Art
Mrs Williams	Business
Mrs Squire	Spanish

Business & Young Entrepreneurs

With Mrs Williams



Areas we will be looking at

- What is a business?
- Why do we need businesses?
- Why set up a business?
- Discovering why being a business owner/entrepreneur is awesome
- Finding your big business idea
- Creating a business plan
- Budgeting for success
- Planning how to market your business
- Setting up shop (opening your business)



Why pick this option?

Freedom

Becoming a business owner can be very rewarding and also working on something that you enjoy and this option will give the tools to support you on this journey to discover your responsibilities and future success.

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM



- Do you love reading?
- Not enough time in your day to sit down with a good book?
- Normal lessons getting in the way of finishing that book?

Then BOOK CLUB is for you!

This will be a quiet space for you to read your book, team up with friends to discuss what you're reading, or even create your own mini book club within the class where you and a small group choose a book to read together and discuss it during our lessons!

Mrs Squire





¿ Por qué ?

Spanish is EVERYWHERE!

There are around 400 million Spanish speakers in the world!
This makes it the 4th most commonly spoken language in the world! Only Mandarin, English and Hindi have more speakers!

Spanish is the mother tongue in 21 countries across 4 different continents.



¡ VIAJAR !



Spain is VERY close to the UK, many of
you have travelled there before!
Knowing some of the language would
be very helpful!

Native Spanish speakers live in some of the most interesting places in the world!

South and Central America have some of the most beautiful beaches in the world!

There are incredible rainforests and amazing historical sights!

Speaking Spanish is a huge advantage for you when you're visiting these places!





¿ Qué voy a aprender ?

How to hold a basic conversation in Spanish where you can introduce yourself and other people.

You will also learn about different Spanish festivals such as ¡ día de los Muertos”

BAND

FACTORY

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Band Factory - Mrs Fordham

The aim of this option is to create ensemble (band) performances. It's an opportunity to use the skills used in Music lessons and play for fun.

An ensemble performance is compulsory at GCSE so this is ideal preparation for the course.

Accessible by everyone as you will all get some keyboard and chair drumming experience. You can bring your instruments from home.

Band Factory - Mrs Fordham

Music from a range of styles can be included dependant on the pupils and instruments in the group.

Chance to represent the school in the Christmas Concert and the Beds Band Factory competition.



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

A close-up photograph of two notebooks and two pencils. One notebook has a white cover with a grey marble pattern, and the other has a solid pink cover with the word 'JOURNAL' embossed on it. Two light-colored wooden pencils, one with a red eraser and one with a pink eraser, are resting on the pink notebook. The word 'Journaling' is written in large, bold, black letters across the center of the image.

Journaling



What is Journaling?



Journaling is the act of keeping a record of your personal thoughts, feelings, insights, and more.

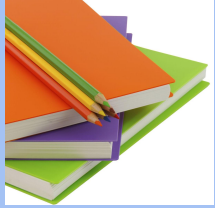
You can use your imagination, let your mind wander, connect new information with things you already know.

Why Journal?

- To help to manage stress & anxiety.
- Boost self-esteem & mindfulness by encouraging reflection & personal growth.
- Support goal setting, creativity & overall wellbeing.



How do you journal?



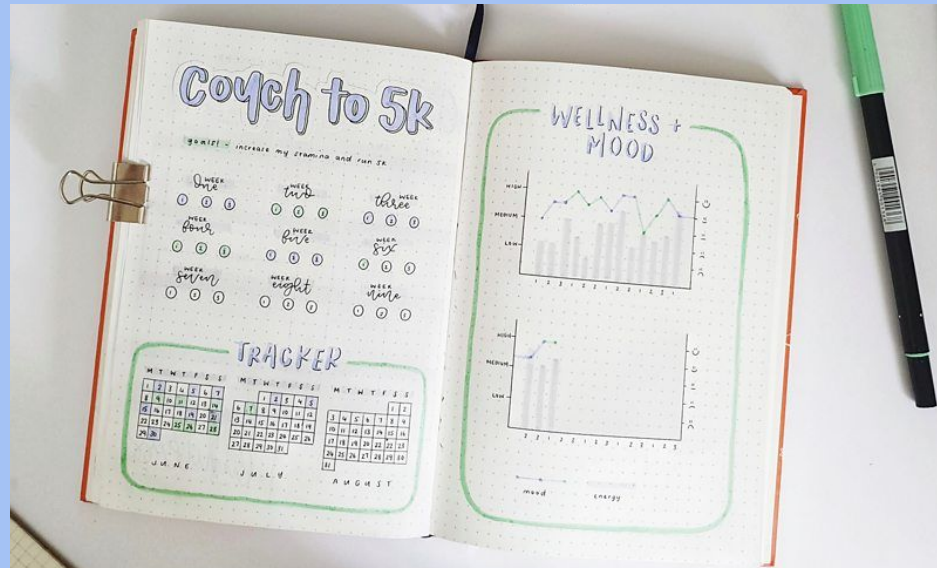
The very first step to starting a journal is simple.
All you need is an empty notebook and your favorite pen.



Coloured pens, stickers and photos of fond memories can all be used to make your journal feel like a safe space to share your thoughts. There are no rules.



Journals as Trackers



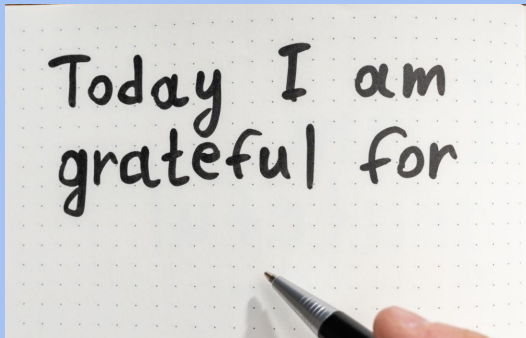
Journals can serve as powerful trackers by using their flexible layout to record and visualise data, from daily habits and mood to study goals and project progress

Gratitude Log

Gratitude logs are a great way foster a deeper awareness of ourselves and the world around us.

They give us a chance to stop and think about what we're grateful for and what truly makes us happy.

To start a gratitude log, simply write the date and then what you are grateful for on that day.

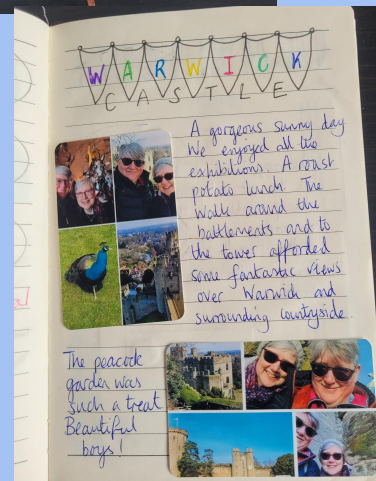
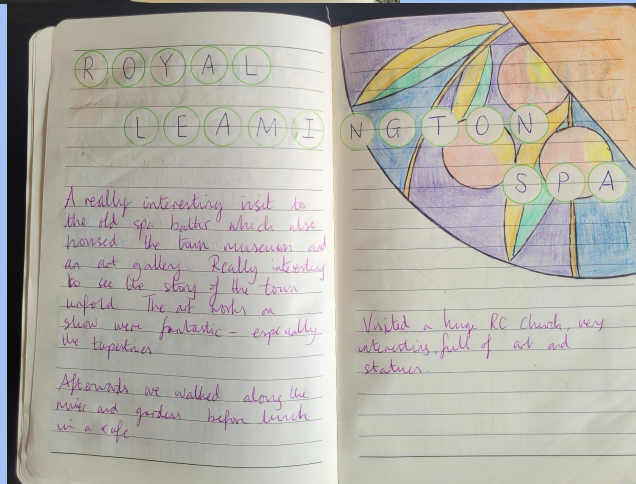
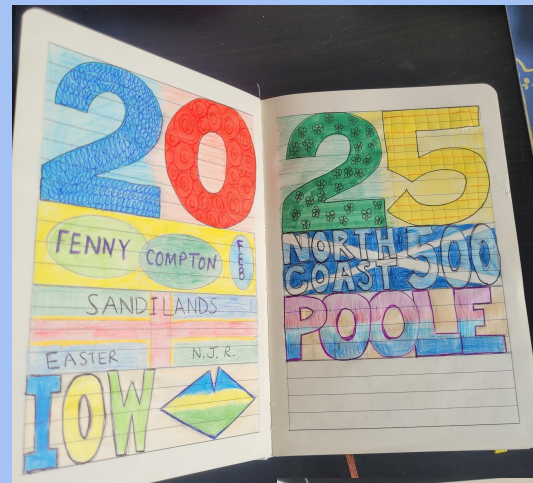
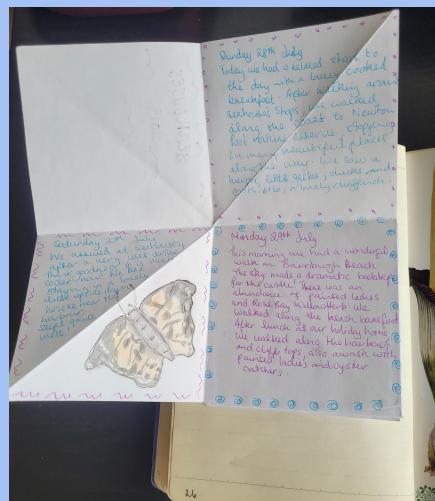
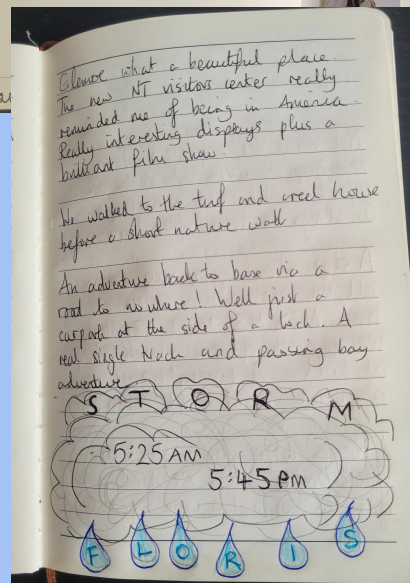
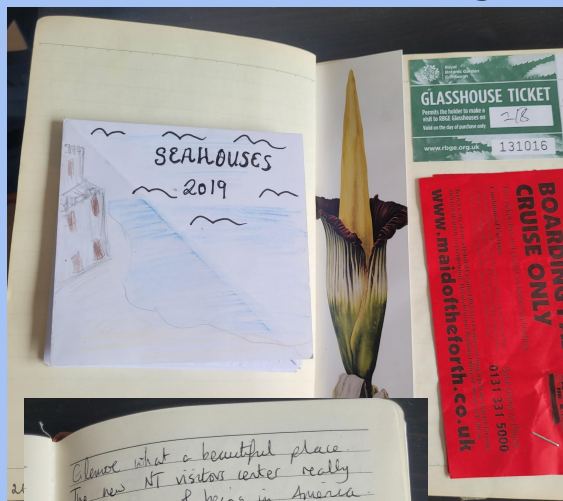


Travel Log



Journals can be travel logs providing a space to record thoughts, feelings and photos from trips and creating a personal keepsake of all your adventures.

Here are some pages from Mrs Sharp's and my journals





DRAMA/ MUSICAL THEATRE

Miss Maher



WHY PICK THIS OPTION!...

- If you are an individual who likes to act, sing or dance!
- Working and collaborating well in groups
- Musical theatre can help you build up your self-confidence
- Get an opportunity to act, sing and dance in front of other students and an audience
- Learn about different musicals and take part in scenes/ songs from them

MUSICALS SUCH AS...

Matilda!



Oliver Twist!



Annie!

ORIGINAL MOTION PICTURE SOUNDTRACK

Annie



Wicked!



**HENLOW ACADEMY
PRESENTS**

THE SUMMER SHOWCASE

**THURSDAY 10TH JULY
6:00PM ~ 7:30PM**

TICKETS £3 AVAILABLE ON PARENTMAIL



Trampolining

Monday B3

The best option to choose...

Here's why:

Mr Miley

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

What your lesson will look like...



Accessible sport for all, whether you are a beginner or experienced.

Coaching / judging opportunities.

It's fun!

Football

Thursday A3

This option sells itself...

The most popular and played sport in the world.
Matches, tournaments, leagues.
Games based, lots of fun!

Mr Miley





Miss Gardiner

Illustration



(Extra Art)



What is illustration?

An illustration is a piece or pieces of artwork designed for integration in print and digital published media.

This includes things like posters, magazines, book covers, picture books, graphic novels/ comics, album artwork, apparel, greetings cards, animation, advertising and much much more!

Quentin Blake



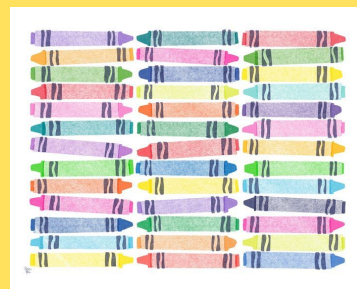
Oliver Jeffers



Axel Scheffler



Sara Fanelli



E H Shepard



What will we be doing?

Throughout the course we will be working on a range of projects - some will be short and some will take a few weeks to complete.

We will use all sorts of media including pencil, pen, paints, collage, sculpture, articulation, digital etc

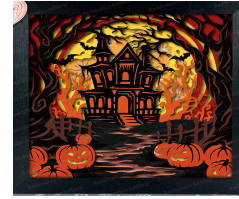
Possible projects

- Monster alphabet
- Spotify / apple music artwork
- Film poster
- Surface pattern design
- Jungle book project
- Bird garland
- Hanging boats

Options in Design & Technology: Papers and boards in the Design suite

(Thurs week A Lesson 5 and Mon Week B Lesson 3)

Autumn Term: The birth of Jesus, Christmas, Diwali, Hanukkah, Kathin, Gurburab or Halloween 3D layered cards



No printing, using your design and hand skills on paper and card only!



Summer Term:
Party decorations
Bunting and
Party hats

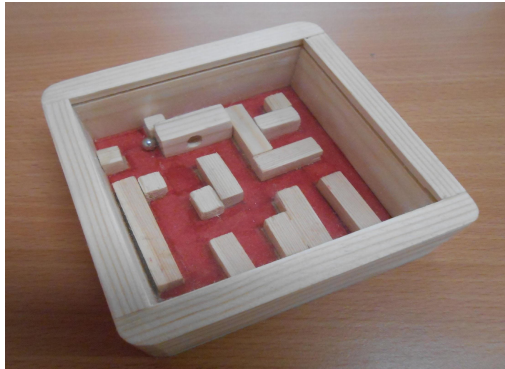
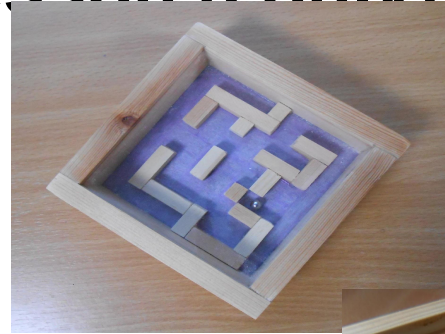
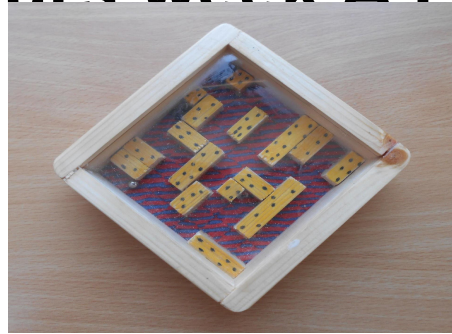
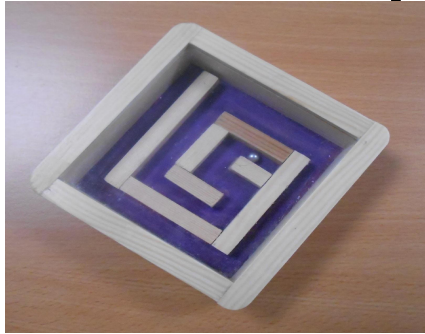
Celebration

Spring Term: Easter church decorations, Lunar New Year, Eid and Hajj or an Easter Hunt package



Options in Design & Technology: Timbers in the Workshop

(Thurs week 4 Lesson 3 only)



**Design
(booklet) and
make your own
maze game**



Food Styling & Basics





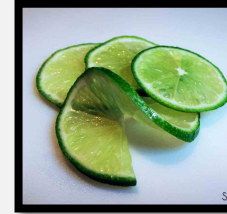
Why is food presentation important?

Food presentation is the art of shaping, arranging, or decorating food to enhance its aesthetic appeal.

'We eat with our eyes' is an old fashioned saying but it reflects the fact that often the first sense that we use in relation to eating and meals is the visual appearance of a food product.







Vegetables and fruit as a garnish



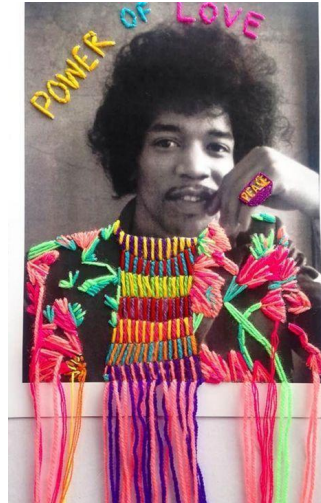
Tunnock Teacake Challenge- Culture & Celebrations



EMBROIDERY PROJECT

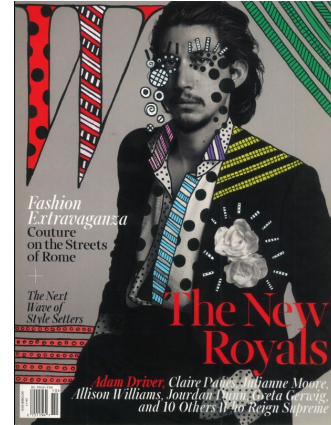
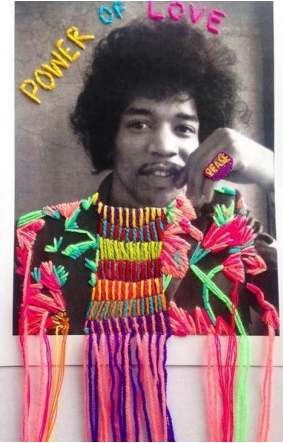
We will be looking at doodle artists, and hand embroidery techniques combined to create colourful, detailed portraits with a difference as we will be stitching paper.

These skills will develop your fine motor skills from which you can adapt and utilise throughout your life not just if you are continuing with art or textiles in KS4.



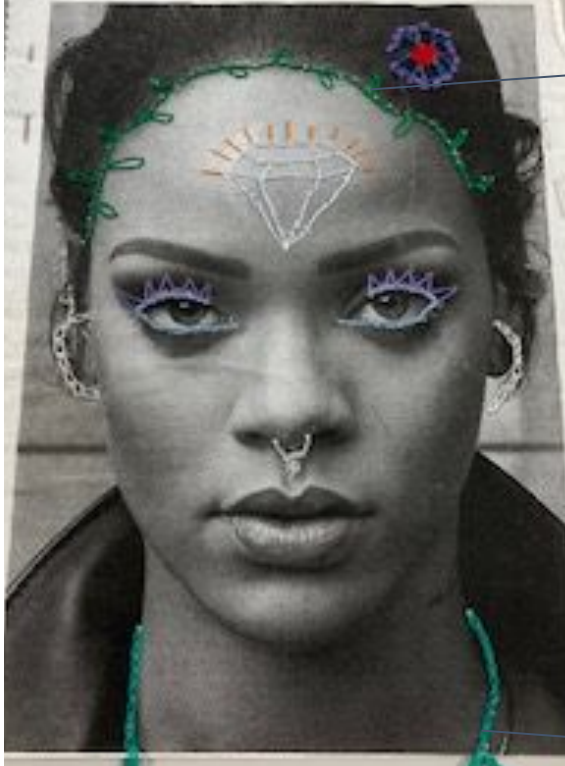
ARTIST STUDY

- The main inspiration for this project are these three artists; Victoria Villasana, Ana Strumpf and Hattie Stewart.



FINAL OUTCOME

It's important to think about colour and pattern. How they compliment each other and how it works with your image.



Stem stitch

Chain stitch



FINAL OUTCOME

Pupil examples

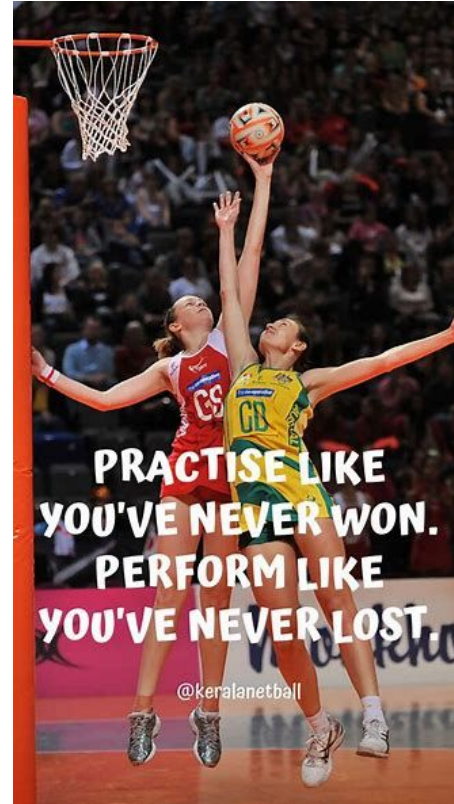


Strength and Conditioning for Invasion Games



Netball Academy

Follow a county training programme.



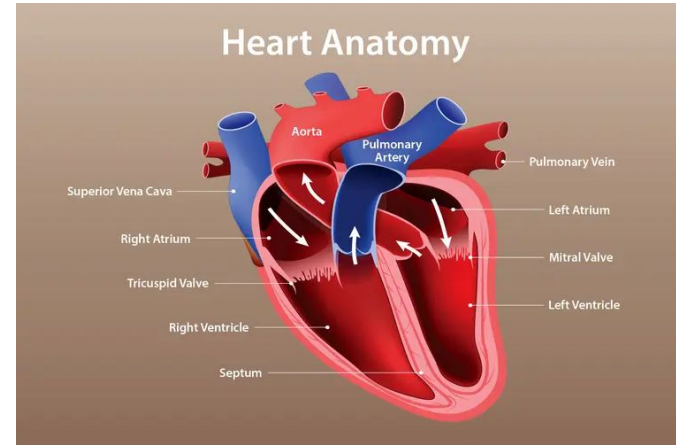
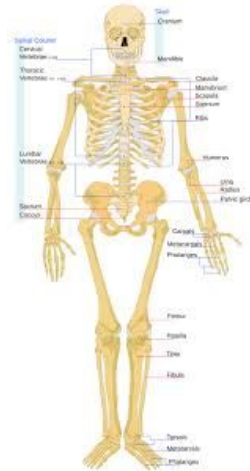
Anatomy & Physiology

Complete modules from the GCSE PE unit.

Look at the 4 body systems and how they work together to optimise sports performance.

Excellent link to KS3 Science

Pathway to GCSE PE



Year 7/8 Electives: Programming

Ms Ricketts

```

    ", name))
    =drop", name))
    ],
    ],
    {name :

```

What is Programming?

- A set of instructions for a computer to follow.

What Can Programming do?

- Solve problems (step-by-step solutions)
- Build apps, games, and websites
- Control robots & devices

Autumn Term

Programming Concepts using Scratch

- **How to Use Scratch**
- Sequencing
- Algorithms
- Variables
- Iteration (Loops)
- Subroutines

Spring Term

Introduction to Python

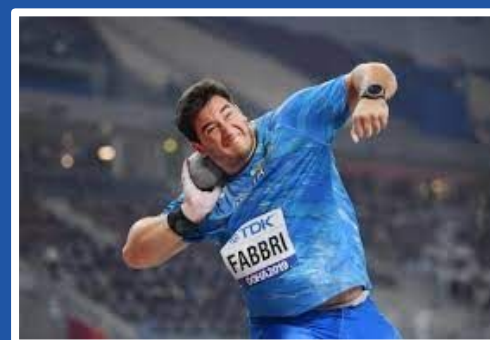
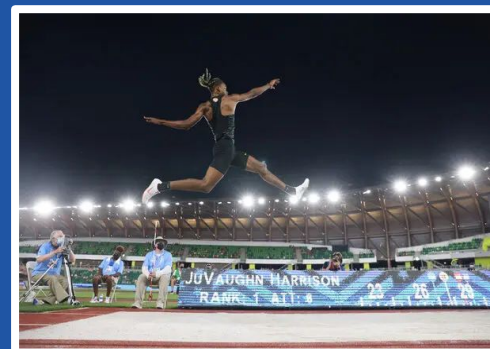
- **How to Use Python**
- Boolean Logic
- Data Types
- Data Structures
- Selection

Summer Term

Further Python

- **Gaining Confidence in Using Python**
- Experimenting with Micro Bits
- Thinking about your own project...

Athletics GBA



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Athletics

All aspects of athletics

- Sprinting
- Long distance running
- Jumping
- Throwing

You need to be prepared to do them all

Athletics


We will cover

How to improve performance

How to analyse yours and others performance

Rules

Officiating



Mythology

with Mr. Harvey

Hands Up

Who Knows Who this is?



Hands Up

Who Knows Who this is?



Now for 5 Merits

Who can tell me who this is?





Study of Ancient Religions and Cultures

We will cover:

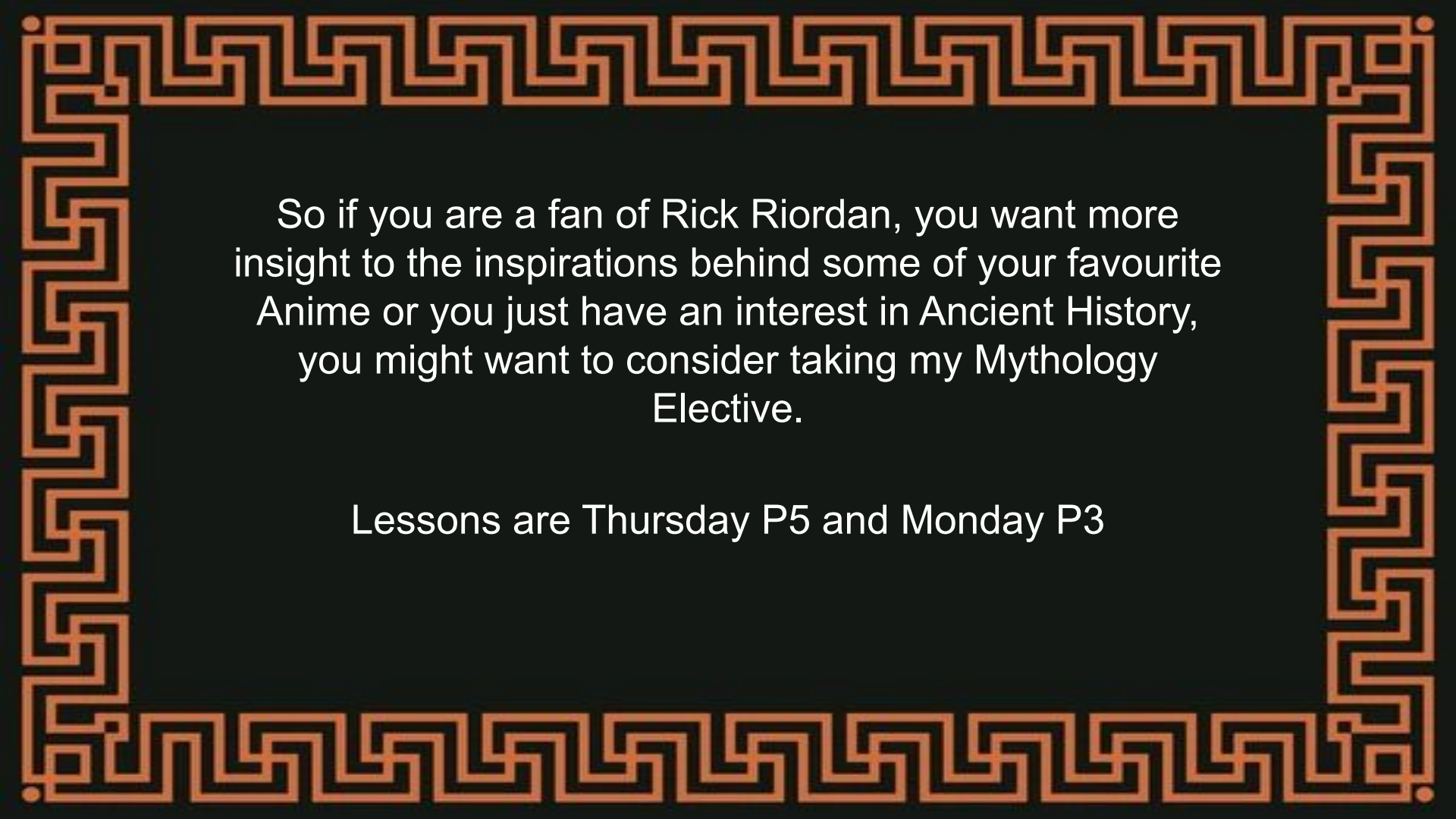
- The Core beliefs of ancient religions, including creation and afterlife Myths
 - Important stories from various ancient cultures
- The Importance of these stories to these ancient Cultures
 - What lessons can be learned from these Myths
- Ancient Mythologies like Greece, Egypt, China and Japan



Each lesson we will take a look at a particular ancient culture, myth or religion in general and analyse it.

We'll start by looking at Creation Myths and the most important Figures in each religion, before slowly working way up to individual myths and Epics, like The Trojan War, Journey to the West and Gilgamesh





So if you are a fan of Rick Riordan, you want more insight to the inspirations behind some of your favourite Anime or you just have an interest in Ancient History, you might want to consider taking my Mythology Elective.

Lessons are Thursday P5 and Monday P3

INTRODUCTION TO PSYCHOLOGY

MRS BONNER




WHAT IS PSYCHOLOGY?

Imagine you're a detective, but instead of solving crimes, you're solving the mystery of **why people think, feel, and act the way they do.**

That's a good way to think about psychology. It's the scientific study of the mind and behavior. Psychologists are like scientists who observe and study people and animals to understand:

- **How our minds work**
- **What makes us feel certain emotions**
- **Why we act in certain ways**


WHY LEARN ABOUT PSYCHOLOGY?

- **Helps you understand yourself and others.**  Psychology provides insight into human behavior, emotions, and thought processes. It can help you understand why you and others act the way you do, improving your self-awareness and relationships.

WHY LEARN ABOUT PSYCHOLOGY?

- **Improves communication.** By learning about social psychology and nonverbal communication, you can become a more effective communicator, which is essential for personal and professional success.

WHY LEARN ABOUT PSYCHOLOGY?

- **Provides a foundation for various careers.**  A background in psychology is useful in many fields, not just clinical practice. Careers in marketing, education, human resources, law, and social work all benefit from an understanding of human behavior.

WHY LEARN ABOUT PSYCHOLOGY?

- **It's interesting!** 🤔 The subject covers a vast range of fascinating topics, from how the brain works to why we dream and how our memories are formed.

WHY LEARN ABOUT PSYCHOLOGY?

- **Offers a scientific approach to understanding the mind.** Psychology uses the scientific method to study behavior. This can help you appreciate the importance of evidence-based reasoning and challenge misconceptions about mental health and human nature.

WHAT ANIMAL CAN YOU SEE?



Mr Finn - Total Basketball



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Mr Bergh

Digital photography



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Mr Bergh

- Different types of cameras including film
- Different types of lenses and focal lengths
- 3 elements of exposure
 - shutter speed
 - aperture
 - ISO
- Project - building a portfolio
- Lots of fun!

Please note, for safety reasons we will not be using phones as part of this course.

Further Maths

with Mr Worbey

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

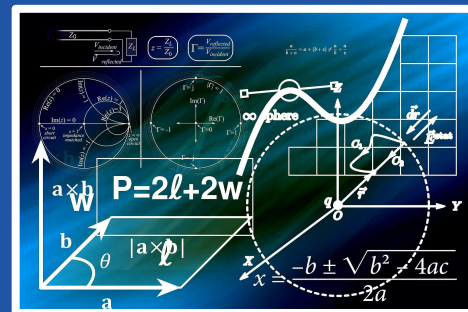
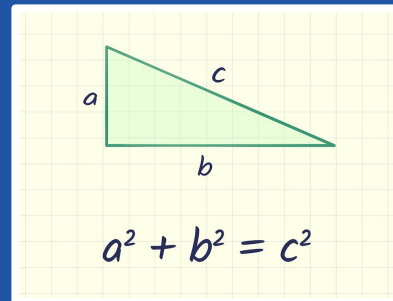
What is further Maths?

Introducing Mathematical theories and understanding them further.

Catch up sessions that involve revisiting previous topics to give deeper understanding.

Looking into Maths investigations and analysing them.

Practicing GCSE exam technique and how to approach the exams.



Supportive Maths (Mr Worbey)

If you find maths tricky, this is the option for you.

This will be an opportunity to practice topics already covered as well as pre-learn new topics before the rest of your class.



THE SCIENCE OF SPYING



What will we be looking at ?

Codes: History, Types, Examples
Writing coded letters.
Decoding secret messages

Invisible inks: Using, Reading, Making our own

Identifying suspects: Fingerprints, Research, interrogation

Booby traps: Making & avoiding.

Spying techniques

Observation

Tailing a suspect & avoiding detection

“Dead letter boxes”



Miss Moss- Law

What is law?

Why do we need laws?

Can you imagine a world without laws?

Does motive matter?

How do you know if somebody is guilty?

Do laws reflect current times?

I'm going to read out a law put your hand up if you think it is a real law and don't do anything if you think it is fake

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

It is illegal to sell gum in Singapore...

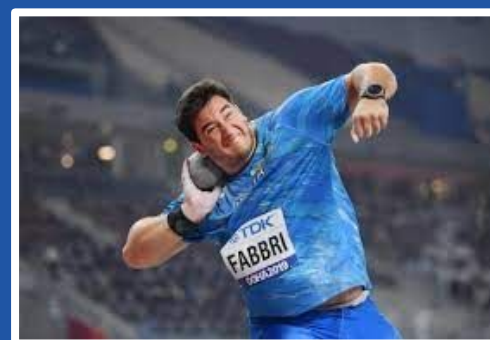
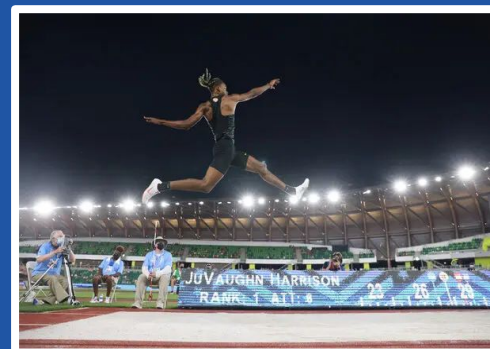
In Arizona a donkey cannot sleep in a bathtub...

In England and Wales it is illegal to hold a salmon under suspicious circumstances...

In Italy it is illegal not to walk your dog at least 3 times a day...

In the UK it is illegal to keep a wild animal as a pet...

Athletics GBA



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Athletics

All aspects of athletics

- Sprinting
- Long distance running
- Jumping
- Throwing

You need to be prepared to do them all

Athletics

We will cover

How to improve performance

How to analyse yours and others performance

Rules

Officiating

First Aid - Mrs Thomson



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

What will the session be like?

- Writing up learning and understanding.
- Extending understanding of the human body.
- Discussions.
- Sharing examples with class.
- Working in small groups.
- Practical:
 - create a sling for someone who has damaged their upper arm.
 - Acting out a situation or being a first aider.

Why do this option?



HONESTY - ENTHUSIASM - NURTURE - LOVE - ORIGINALITY - WISDOM

Mrs Kelly



Introduction to Our Earth, Your Future

**Every single thing alive today can trace its heritage
back 4 billion years.**

**99% of all species that have ever existed are now
extinct. Life today is the 1% that made it through.**



Topics

- Biomes
- Climate change
- Ocean and river pollution
- Food waste



Biomes and who lives there

In this option we will explore some of the worlds major biomes and who on Earth inhabits these.

We will discuss what adaptations animals and plants have in order to survive and thrive in these environments.

We will learn about what is happening in these biomes and what impact humans are having on them.

We will aim to understand what we can do in order to preserve the flora and fauna that call these biomes home.

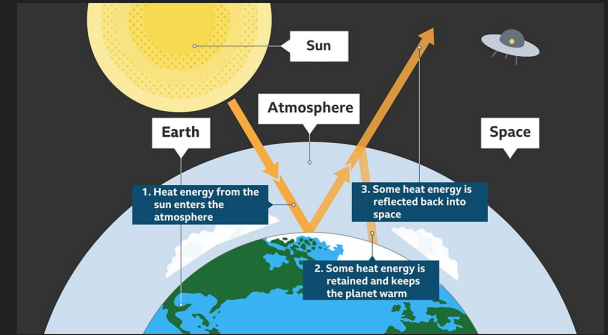


Climate Change

We will explore the evidence of climate change and what processes scientists use to study these changes.

We will learn about the different effects climate change is having on our planet, looking at the greenhouse effect and rising sea levels.

We will discuss ways we can reduce and learn to adapt to these climate changes.



Ocean and River Pollution

We will learn about the causes, effects and solutions of marine pollution.

How plastic in bodies of water affects wildlife.

We will discuss ways which we can help minimise plastic pollution.

We will explore how 80% of our plastic ends up in the ocean, even if it isn't thrown in there.





Interested in Humanities?

Our Earth, Your future (Mrs Kelly)

World-building in fiction (Mr Porter)

Business (Mrs Williams)

Law (Miss Moss)

Mythology (Mr Harvey)

Interested in sport and health?

Football (Mr Miley / Mr Worbey / Mr West)

Athletics (Mr Baxter)

First Aid (Mrs Thomson)

Netball (Mrs Lewis)

Strength & conditioning (Mrs Lewis)

Basketball (Mr Finn)

Trampolining (Mr Miley)



Interested in language?

Journaling (Mrs Farrington)

Book club (Ms White)

Spanish (Mrs Squire)

Interested in DT, Art, Food or Textiles?

Papers and boards (Mrs Sherman)

Illustration (Mrs Gardiner)

Embroidery project (Mrs Williamson)

Food: The basics (Mrs Williamson)

Photography (Mr Bergh)

Timbers (Mrs Sherman)

Interested in Music and technology?

Band practice (Mrs Fordham)

Drama/Musical Theatre (Miss Maher)

Computer Programming (Miss Ricketts)

Further Maths (Mr Worbey)

Interested in Science?

Science of spying (Mrs Murray)

Psychology (Mrs Bonner)

The elective blocks

Thursday A3

Thursday A3	Elective title
Miss White	Book club
Mrs Fordham	Band Factory
Mr Miley	Football
Mrs Lewis	Anatomy & Physiology
Mr Baxter	Athletics
Miss Ricketts	Programming
Mrs Farrington	Journaling
Mr Worbey	Further Maths
Mrs Williamson	Textiles
Mrs Sherman	Timbers
Miss Gardiner	Illustration/Art
Mrs Williams	Business
Miss Maher	Drama/ Musical Theatre

Thursday A5

Thursday A5	Elective title
Mr Harvey	Mythology
Miss Moss	Law
Mr Finn	Basketball
Mrs Lewis	Netball
Mr Baxter	Athletics
Miss Ricketts	Programming
Mr Bergh	Digital photography
Mr Worbey	Football
Mrs Murray	Science of spying
Mrs Sherman	Paper and boards
Miss Gardiner	Illustration/Art
Mrs Williamsb	Business

Monday B3

Monday A3	Elective title
Mr Harvey	Mythology
Mrs Bonner	Psychology
Mr Miley	Trampolining
Mrs Lewis	Strength and conditioning
Mrs Thomson	First Aid
Mrs Kelly	Our earth, your future
Mr Porter	World-building in Fiction
Mr Worbey	Maths support
Mrs Williamson	Food
Mrs Sherman	Paper and boards
Miss Gardiner	Illustration/Art
Mrs Williams	Business
Mrs Squire	Spanish