



West Exe School

community • opportunity • success

Electives 2025-26



Electives Programme

Community • Opportunity • Success

The West Exe Electives Programme

What is the Electives programme?

The Electives Programme is a vital part of our enrichment curriculum, designed to support the development of student attributes beyond the academic curriculum. We offer a wide range of exciting courses that enable students to develop new skills and engage in shared experiences.

The programme takes place every Wednesday afternoon from 2:05 to 3:05 p.m., as part of the school timetable. Students can choose courses that interest them, and throughout the programme, they will have the opportunity to learn and experience a variety of skills and areas of knowledge. These experiences not only support future career and employment goals but also foster personal growth within our community.

Each elective runs for 12 weeks (one cycle), and students must select options from the following three areas:

- Physical/Active
- Skill Development
- Community/Volunteering

To ensure a well-rounded experience, students should choose at least one course from each area.

Course selections are made before the start of the term, with support from tutors and/or key workers during the induction session. It is important that students carefully review the courses on offer and use the Electives Booklet to make informed decisions about course content and expectations. Once a course has begun, students will not be able to change their selection.

Choosing the Right Course:

- Read all course information carefully.
- Choose something that genuinely interests you.
- Avoid simply selecting the same course as your friends—this is a great opportunity to meet new people, and their choice might not suit you.
- Select something new or challenging—that's the whole point of the programme!
- If you're unsure, ask a teacher for guidance.

How the Electives Programme Benefits Our Students:

- Provides access to a broad range of opportunities and enhances global and cultural awareness.

- Develops transferable and employability skills.
- Encourages self-discovery by allowing students to try new skills, explore creative and innovative ideas, build confidence, and step outside their comfort zones.
- Supports the development of key employability skills that will help students gain confidence in their future career pathways and make meaningful contributions to their communities.

Making your Electives choices:

1. Your tutor will share an introductory presentation with a general overview of the courses on offer.
2. You should make a note of any courses that interest you.
Remember you will need **select 10 choices** from the 3 areas. There is no limit on the number of choices from the different areas, but you should try to select from each area. You cannot repeat any choices, and you should not choose courses you have done previously.
 - **Physical/Active** – this is where you will be doing something *physical/sporting*. The benefits of developing a healthy and active lifestyle are well known and we hope that your choice of activity will help you develop some good lifelong habits or even help you find an activity you will want to keep doing.
 - **Skill development** – this is where you will be learning a new skill. This could be learning a language, making something, using something different or developing an existing skill to a higher level of difficulty. E.g. cooking skills, crafting skills, performing skills, art skills, design etc.
The benefits of acquiring and developing a range of new skills...
It gives you motivation. ...
It helps beat boredom. ...
It boosts confidence. ...
It keeps you healthy. ...
It helps you be flexible. ...
It can benefit others. ...
It can boost your happiness.
 - **Community/Volunteering** – this is where you are working with others on a community project e.g. Community Art or School production or Sports leaders or are helping others by giving your time and skill in the community. The benefits of volunteering and gaining worthwhile experiences include developing confidence and demonstrates a commitment to a cause, as well as a proactive nature, an ability to communicate effectively and work as part of a team. ...
Community focus. ...
Make beneficial connections. ...
Develop skills. ...
Enhance post-school applications. ...

Understand passion.

3. Use the booklet to read up and find out about the courses you are interested in. Each course will give you a flavour of what to expect and should tell you if there are additional enrichment activities offsite. There may be additional optional opportunities offered which may involve some cost. If you are not sure, please ask.
4. Once you have your choices, you will need to make your sections using your device or i-pad.
5. From the student voice, you told us you would like to be allocated with your friends. We have asked you to nominate 4 friends and we will endeavour to put you with at least one of these (although we cannot guarantee this).

Don't forget to send it!

- If you repeat a choice – it will be ignored and you will be allocated randomly.
 - If you don't select from the 3 different areas, you will be allocated randomly.
6. Your form tutor will inform you of you allocated places. Please note that we cannot guarantee all choices, so it is important that ALL selections made interest you.

Electives Options for 2025-26

Elective:	Category	Page No.
Make sure you read about the options you are interested in.		
Hockey (C1 – only)	Physical/Active	5
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History Heroes	Skills	37
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Junior Master Chef (Year 7-9 only)	Skills/Community	44
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Dream to Scheme - Run your own business	Skills/Community	49
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Science club	Skills	67
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Prop and Set Design	Skills	70
B-HUGs – Diversity and Culture	Community	72
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Hockey (Cycle 1 Only)

Physical Focus



What you can expect:

Over the course of 12 lessons, you will gradually build your skills, understanding, and confidence in the game. We will begin with the basics—grip, stance, and ball control—before progressing to passing, dribbling, and shooting techniques. As you become more comfortable, we will introduce tactical elements such as positioning, teamwork, and defensive strategies through small-sided games and drills. Each lesson will include skill development, fun challenges, and match-play opportunities. You will soon have a solid foundation in field hockey and the ability to participate confidently in a structured game. We could also arrange some matches against other schools.

Which year groups can take part?	Year 7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	N	Cycle 3	N
Which WES Student Attributes does this elective promote?	 Adaptable Kind Ambitious Resilient Proud Curious					
Does this elective contribute towards the Duke of Edinburgh award?	You can use this for your physical section – 3 months					
Important information	You will need to bring your WES Pe kit and a gum shield and shin pads. We can lend these out if you don't have your own. You need to tie long hair back and remove all jewellery Bring a water bottle!					

	What you can expect to cover:
Week 1	Introduction to hockey: safety, rules, basic grip, and dribbling- Mini games
Week 2	Developing control: push pass and receiving the ball -Mini games
Week 3	Dribbling under pressure and basic movement with the ball - Mini games
Week 4	Passing and receiving in pairs and small groups - Mini games
Week 5	Shooting techniques: slap shot and hit - Mini games
Week 6	Defending: basic block tackle and positioning - Mini games
Week 7	Small-sided games focusing on attack and defence roles - Mini games
Week 8	Introduction to formations and team positioning - Mini games
Week 9	Tactical play: creating space and support play - Mini games
Week 10	Full gameplay: applying skills in a structured match setting
Week 11	Tournament play
Week 12	Tournament play

How does this elective link with wider opportunities?

- You can use hockey as one of your sports in Sports Vocational course as your TEAM SPORT – ask Mrs Davies to assess you!
- There is an opportunity to play against other schools and join the local schools league
- Local hockey clubs are always looking for players - ISCA & University and Exeter Teams

CrossFit Games

Learning to move more and push yourself to new heights.



What you can expect:

CrossFit is a high-energy fitness program that combines exercises from weightlifting, gymnastics, and cardio to help people become stronger, faster, and more flexible. Each workout, called a WOD (Workout of the Day), is different, which keeps things exciting and helps train the whole body. CrossFit is done in groups where everyone supports each other, and the exercises can be adjusted to suit any fitness level, making it great for beginners and athletes alike. It's a fun and challenging way to stay active, build confidence, and improve your overall health.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	Skills – Physical Activity					
Important information	Please bring PE kit and trainers for these sessions along with a water bottle.					
Summary of the key skills and knowledge you will learn:						
- Emotional Regulation - Social connections - Resilience - Habit forming - Confidence - Teamwork						
Weekly schedule						
	What you can expect to cover:			Other opportunities:		

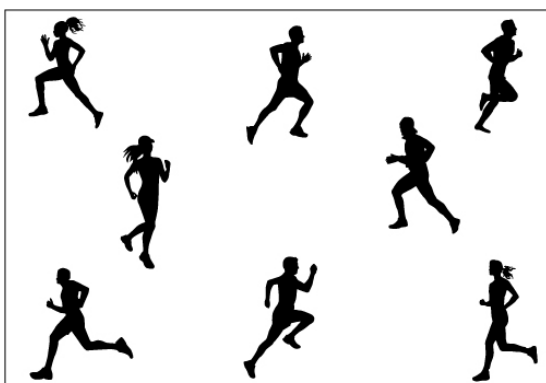
Week 1	Introduction to CrossFit	Use of new equipment
Week 2	Functional Fitness Basics	
Week 3	Jump, Push, Pull	
Week 4	Core and Coordination	
Week 5	Introduction to dumbbells	
Week 6	Midterm Challenge	
Week 7	Building Strength	Looking into diet.
Week 8	Cardiovascular Conditioning	
Week 9	Partner Power	
Week 10	Light Weight Circuit	
Week 11	Retest week	
Week 12	Celebration & Team Workout	CrossFit competition
Assessment		
Assessment in the 12-week CrossFit program will be based on a combination of participation, skill development, and personal improvement. Students will complete a benchmark workout in Week 6 and again in Week 11 to track physical progress in movements like squats, push-ups, and sit-ups. In each session, teachers will observe and give feedback on technique, effort, and teamwork , using simple checklists. Students will also reflect on their progress through fitness journals or short self-assessments , helping them take ownership of their learning. This well-rounded approach ensures all students are recognised for their growth, not just athletic ability.		

How does this elective link with wider opportunities?

- Health and Well- being
- Mental, Physical and social
- Physical Me - Fitness
- Social Me – Working in teams and supporting one another
- Mental Me - Boosting mental health

Fitness - Physical

Learning to move more, and feel better in a friendly way.



What you can expect:

Within these fitness elective sessions we will be working together to get ourselves moving more to help us feel healthier and happier. The sessions will include a mixture of different warm ups, exercises, and movements, along with some music. The sessions will be completely based around what you feel confident doing and tailored to making you feel comfortable and happy in the session.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	Skills – Physical Activity					
Important information	Please bring PE kit and trainers for these sessions along with a water bottle.					
Summary of the key skills and knowledge you will learn:						
- Emotional Regulation - Social connections - Resilience - Habit forming - Confidence - Teamwork						
Weekly schedule						
	What you can expect to cover:			Other opportunities:		

Week 1	HIIT introduction to the programme and fitness questionnaire. - Learning about what HIIT is - Why it is good for the Mind/ body	Les Mills fitness programme
Week 2	12-minute cooper run. - To explore base level fitness	Les Mills fitness programme
Week 3	Reflection of the 12-minute cooper run and identifying key exercises in a HIIT programme. - Practicing these routines	Les Mills fitness programme
Week 4	Mini Team Hyrox and Fitness questionnaire reflection. - Team work task	Les Mills fitness programme
Week 5	Team score circuit session - Building on team work from previous week	Les Mills fitness programme
Week 6	Building on our existing knowledge – Incorporating it into a HIIT routine.	Les Mills fitness programme
Week 7	Consolidating the exercises used in HIIT workouts and reflection on fitness questionnaire.	Les Mills fitness programme
Week 8	Extending the HIIT programme – Focus on Design of own HIIT programme in groups.	Les Mills fitness programme
Week 9	Own HIIT programme to perform. - Performing the HIIT programme that was created in groups the previous week.	Les Mills fitness programme
Week 10	Team Score circuit session round 2 - Aiming to improve from previous week	Les Mills fitness programme
Week 11	12-minute cooper run -reassessment	Les Mills fitness programme
Week 12	Reflection on the programme and exercises learnt. -week 2 cooper run compared to week 11 progression	Les Mills fitness programme
Assessment		
Students will have the chance to create their own HIIT workouts and share with their Peers. This will enable peers to feedback to each other on their programmes. This will allow a chance for students to develop a sense of belonging and trust within their class and a chance for students to work together to encourage healthy and active lifestyles to boost both mental and physical health in a fun and positive way.		

How does this elective link with wider opportunities?

- Health and Well- being
- Mental, Physical and social
- Physical Me - Fitness
- Social Me – Working in teams and supporting one another
- Mental Me - Boosting mental health

Alternative Sport Physical Focus



What you can expect:

You will be participating in a range of sports and activities that you may not have participated in before. Learn new games and skills that you can transfer to your favourite sports and activities.

You will develop an understanding of a range of sports, including their rules, skills and tactics needed in order to be successful. You will also have the opportunity to combine all the elements of your favourites sports and activities by planning your own new sport which you will organise and participate in.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Adaptable, Curious, Kind, Resilient, Proud, Ambitious					
Does this elective contribute towards the Duke of Edinburgh award?	Physical – developing healthy lifestyles					
Important information	Students will need to bring their PE kit to school in order to participate and gain the most out of the sessions.					
Summary of the key skills and knowledge you will learn:						
Key movement skills (throwing, catching, running, jumping). Sportsmanship; Fair play; Planning. Organisation; An understanding of various rules and tactics.						

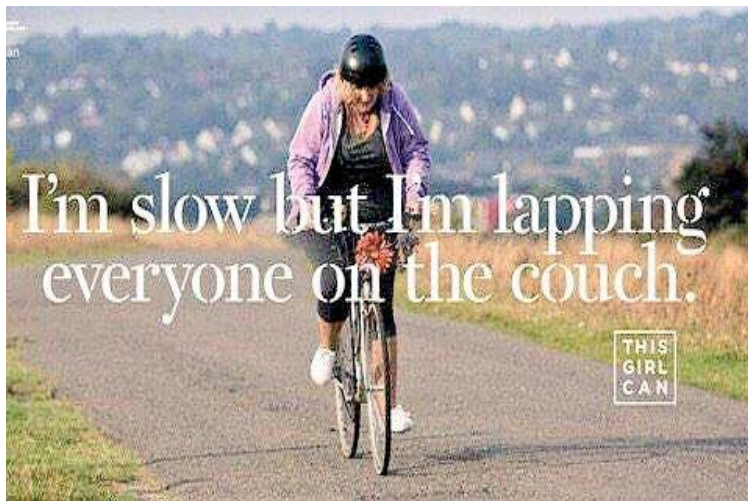
Weekly schedule

	What you can expect to cover:	Other opportunities:
Week 1	Dodgeball	Throughout, students will have opportunities to compete, develop leadership skills and develop a range of components of fitness.
Week 2	Quidditch	
Week 3	Floorball	
Week 4	Tchoukball	
Week 5	Wallball	
Week 6	Kinball	
Week 7	Football golf	
Week 8	Korfball	
Week 9	Disc golf	
Week 10	Capture the flag	
Week 11	Plan your own alternative sport	
Week 12	Participate in your own alternative sport	
Assessment		
Students are assessed through an ongoing process of observations and discussion. Students will be provided with verbal feedback and guidance to support their learning and participation.		

How does this elective link with wider opportunities?

- College/ FE: Development of sports leadership skills.
- Develop confidence to lead sporting sessions.
- Develop a range of physical skills and knowledge of health and fitness.
- Appreciate the importance of being active and the impact this can have on physical wellbeing.

#This Girl Can Physical Focus



What you can expect:

To complete a programme of activities that empowers individuals to take on new sporting challenges.

Which year groups can take part?	7-10.					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote? 	This will focus on each of the attributes with a focus on each of the values to create a culture within the group. Kind-Being kind to each other and encourage each other to take part. Adaptable- To overcome different challenges each week. Resilient- To keep going even when it becomes challenging. Proud- To be proud of what you do each week. Ambitious- To give your very best each week. Curious- Try new activities.					
Does this elective contribute towards the Duke of Edinburgh award?	This could be used for the physical part of DoFE.					
Important information	PE kit. Water Bottle.					
Summary of the key skills and knowledge you will learn:						
To take part in a variety of different sports sessions that will enable to you to demonstrate each of the West Exe attributes and develop an understanding of a variety of sports and fitness activities.						
	What you can expect to cover:			Other opportunities:		
Week 1	Intro to programme of study and overview of activities.					

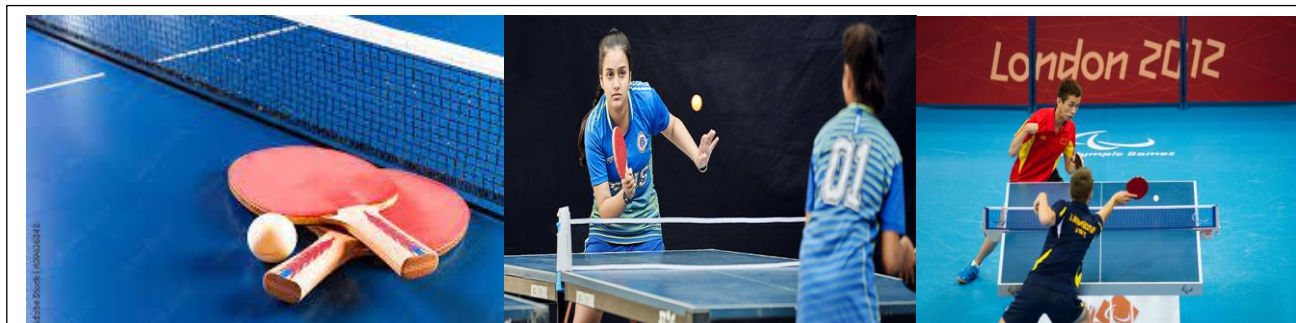
Week 2	Boxercise- An opportunity to take part in a high intensity interval training class based on boxing training to music.	
Week 3	Boxercise- An opportunity to take part in a high intensity interval training class based on boxing training to music.	
Week 4	Rugby- A chance to take part in different Rugby based games and develop your skills.	
Week 5	Rugby- A chance to take part in different Rugby based games and develop your skills.	
Week 6	Football- A chance to take part in different Football based games and develop your skills.	
Week 7	Football -A chance to take part in different Football based games and develop your skills.	
Week 8	Fitness Suite- An opportunity to complete fitness suite-based training.	
Week 9	Fitness Suite -An opportunity to complete fitness suite-based training.	
Week 10	Trampolining- An opportunity to develop your trampolining skills and develop a routine.	
Week 11	Trampolining- An opportunity to develop your trampolining skills and develop a routine.	
Week 12	An opportunity to ensure reflection booklet is complete and complete final fun activity.	
Assessment		
Students will complete a reflection booklet weekly to note down observations and thoughts/feelings.		

How does this elective link with wider opportunities?

This is a great chance to develop your physical and emotional wellbeing in a range of different activities.

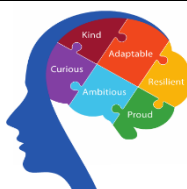
Table Tennis

Physical Focus



What you can expect:

You will be participating in a practical table tennis session in the gym. Table tennis (also known as ping-pong) is a racket sport derived from tennis and can be played as singles or doubles. You will develop an understanding of the rules, skills and tactics needed in order to be successful. Each week you will focus on developing part of your skill repertoire and tactical application. You will also have an opportunity to play competitively against other opponents.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Adaptable, Curious, Kind, Resilient, Proud, Ambitious					
Does this elective contribute towards the Duke of Edinburgh award?	Physical – developing healthy lifestyles					
Important information	Students will need to bring their PE kit to school in order to participate and gain the most out of the sessions.					
Summary of the key skills and knowledge you will learn:						
Key movement skills Forehand and backhand shots Service Scoring Sportsmanship. Fair play. An understanding of various rules and tactics.						
Weekly schedule						
	What you can expect to cover:			Other opportunities:		

Week 1	Grips and backhand push technique	Students will have an opportunity to play in various school competitions e.g. House matches, lunchtime clubs. Devon Schools competition (if selected)
Week 2	Forehand topspin	
Week 3	Backhand topspin	
Week 4	Serve	
Week 5	Doubles play	
Week 6	Singles play	
Week 7	Forehand slice	
Week 8	Backhand slice	
Week 9	Tactical play for doubles	
Week 10	Tournament	
Week 11	Tournament	
Week 12	Tournament	
Assessment		
Students are assessed through an ongoing process of observations and discussion. Students will be provided with verbal feedback and guidance to support their learning and participation. The Tournament will provide a competitive opportunity for students to test their newly developed skills and tactical appreciation.		

How does this elective link with wider opportunities?

- College/ FE: Development of sports leadership skills.
- Develop confidence to lead sporting sessions.
- Develop a range of physical skills and knowledge of health and fitness.
- Appreciate the importance of being active and the impact this can have on physical wellbeing.

Bouldering/Climbing Elective

Physical /Skills/ Community Focus



What you can expect:

Climbing indoors at either The Hangar or the Quay, Exeter.

Fun sessions designed to develop confidence and knowledge of indoor bouldering/climbing

Which year groups can take part?	8-10					
During which cycle can you do this elective?	Cycle 1	N	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Resilience, Kind, Curious, Proud					
Does this elective contribute towards the Duke of Edinburgh award?	Yes					
Important information	-Elective has a cost per session to the parent. -Sessions will run until 3:30pm -Students will walk home or require collection at the end of the session.					
Summary of the key skills and knowledge you will learn:						
- Opportunity to mentor students - How to climb using good technique - Climbing grading systems - Types of holds - Types of climbing - Climbing terminology - Safety procedures and risks when in centre						

Weekly schedule

	What you can expect to cover:	Other opportunities:
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Week 1	Centre facilities explained, safety procedures, warm up, introduction to climbing	Meet centre staff – discuss roles Potential for careers discussions/talks
Week 2	Handout about climbing provided. Warm up, Climbing (focus on straight arms, weight over feet)	
Week 3	Warm up, Climbing (recap and introduce good footwork)	
Week 4	Warm up, Climbing (recap and discuss hold types)	
Week 5	Warm up, Climbing (recap and discuss route reading)	
Week 6	Warm up, Climbing (recap and discuss flagging - 3 types)	
Week 7	Warm up, Climbing (recap and introduce drop knee)	
Week 8	Warm up, Climbing (recap and introduce dynamic movement)	
Week 9	Warm up, Climbing (recap and introduce mantling)	
Week 10	Warm up, Climbing (recap and introduce grading systems)	
Week 11	Warm up, Climbing (recap and introduce speed climbing)	
Week 12	Warm up, Final session – recap, review and self score Climbing.	
Assessment		
• Initial targets set by students with their aims considered • Tracking progression throughout sessions – seeing progress through grades and ease of completing these as technique improves • Timed speed climb progression • Recap questions and demonstrations each week • Summative friendly competition • Review of initial targets – where these were achieved and targets to take away for future development		

How does this elective link with wider opportunities?

- Potential jobs in Leisure Industry – At a centre as a qualified instructor/manager or as a route setter. More advanced training available, such as Mountain Leader.
- Personal development of climbing skills and progression through grades.
- Great for confidence – achievement of skills and friendship development.

First Aid

Skills/Community Focus



What you can expect:

This course introduces you to basic first aid :

- What to do in a first aid emergency
- Basic treatment for common injuries
- Life-saving skills, including how to administer CPR
- The purpose of defibrillators and when one might be needed
- How young people can stay safe
- Behaving with kindness
- Coping skills in challenging situations

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Adaptable, Curious, Kind, Resilient, Proud					
Does this elective contribute towards the Duke of Edinburgh award?	Skills – Basic First Aid Volunteering – Junior First Aider					
Important information	You will need to work with others doing the practical work.					
Summary of the key skills and knowledge you will learn:						
Basic treatment for common injuries • Principles of emergency aid. • Basic Life Support (CPR) • Recognition and control of bleeding. • Choking and unconsciousness. • Treatment of burns and scalds Life-saving skills, including how to administer CPR The purpose of defibrillators and when one might be needed						

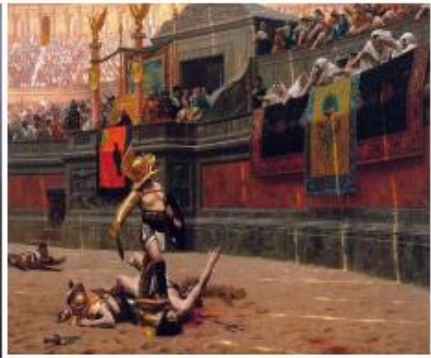
Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Basic Life Support : To be able to carry out a primary survey To be able to place an unresponsive casualty who is breathing normally into the recovery position.	
Week 2	Basic Life Support : Know when and how to administer CPR to an unresponsive casualty who is not breathing normally Ensure the safety of myself and others.	
Week 3	Allergies : Be able to recognise when someone is having an allergic reaction and be able to help them Know when to call an ambulance for someone who is having an allergic reaction.	
Week 4	Bleeding: Know the symptoms of internal and external bleeding And assess and provide first aid to a casualty who is bleeding	
Week 5	Choking: Be able to recognise when someone is choking and give first aid. Be able to demonstrate a suitable technique for back slapping and stomach thrusts	
Week 6	Bandages – arm slings; bandaging an arm, elbow or knee,	
Week 7	Head Injuries Be able to identify a minor and severe head injury and give first aid	
Week 8	Hyperthermia and Hypothermia, Heatstroke	
Week 9	Chest Pain - Symptoms and treatment for chest pain	
Week 10	First Aid scenarios	
Week 11	First Aid scenarios	
Week 12	Final Assessment	▪
Assessment		
Students will be given a first aid scenario and will need to use their learned skills to assess and treat the casualty. This will involve some role play.		

How does this elective link with wider opportunities?

- Students could go on to do a First Aid qualification with St John's Ambulance or the Red Cross
- Volunteering at events.
- Sharing knowledge with friends and family – being aware and knowledgeable.
- Careers in nursing, ambulance service, medicine, sports injuries.

The Roman Empire

Veni Vidi Vici



Weekly schedule

What you can expect:

We will explore the Roman Empire from 50BC to 68AD. The end of the Republic and the rise of the Imperial age of the eternal city. From plots to murder and assassinate to scandalous affairs, the emperors were anything but boring. We will explore the rise of Julius Caesar, the Golden Age of Augustus, the succession of Tiberius and the tyrannical, sadistic emperors Caligula and Nero. We will also look at gladiators and Roman life in the city for the average Plebian.

Which year groups can take part?	7-10 (if only KS4 please state)					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	Curiosity					
Does this elective contribute towards the Duke of Edinburgh award?	If you are not sure I will add					
Important information	NA					

Summary of the key skills and knowledge you will learn:

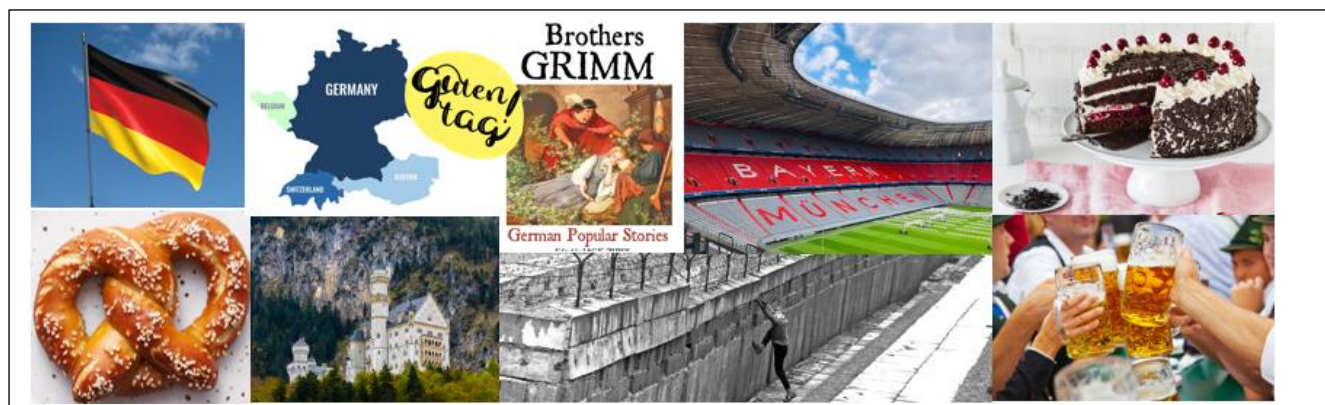
Diving into the Julio-Claudian dynasty is like stepping into a real-life drama full of power plays, intrigue, and politics! You'll sharpen your skills in analysing history, thinking critically, and digging into ancient sources to uncover juicy details. You'll explore the wild power struggles between emperors, the Senate, and the military, all while learning how these rulers left their mark on Roman culture, art, and society. It's history with a twist of excitement!

Week 1	The Gods! Who did the Romans worship and how?	
Week 2	Foundation stories of Rome: Romulus and Remus and the she-wolf. Aeneas and the Trojan war.	
Week 3	Caesar's rise to Pontifex Maximus and influence in the Senate	
Week 4	Caesar's power after he crosses the Rubicon and the fallout for the first Triumvirate	
Week 5	Caesar's fall and his murder!	
Week 6	Octavian/ Augustus' rise as he proclaims his place as Caesar's rightful heir (although not everyone agrees)	
Week 7	Augustus' rule and the Golden Age of Rome	
Week 8	Augustus' propaganda/succession	
Week 9	Tiberius' rule and the problem of succession	
Week 10	Caligula's rise and rule as the 'mad' emperor	
Week 11	Nero's rise and rule and his complicated relationship with women; especially his mother!	
Week 12	Roman life – Gladiators and Charioteers	
Assessment		
Make a PowerPoint on one of the Roman figures that we have covered detailing their personality, rise to power and influence on Rome.		

How does this elective link with wider opportunities?

Studying the Roman Empire is a great introduction to the study of Classical Civilisation. At College level you will cover some of the individuals discussed in this elective such as the first emperor Augustus. Classics is also a well-respected course at University with many previous politicians and celebrities having taken the course.

German Community/Skills Focus



What you can expect:

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Introductions: learn how to introduce yourself and say some basic greetings in German.	
Week 2	Numbers: learn how to say numbers 1-20, and how to ask and answer how old you are.	
Week 3	Geography: did you know that German is the official language of 6 different countries?	
Week 4	History: this week you will learn about the history of the Berlin Wall and how it came to be constructed and then eventually taken down years later.	
Week 5	Escape room! All will be revealed...	
Week 6	Food and drink: learn about traditional German food and drink and talk about what you like/dislike.	
Week 7	Food and drink: an opportunity to try some traditional German food and drink!	
Week 8	Art and colours: learn about some famous German artists and music!	
Week 9	Film: the Grimm brothers. Who are they and how did their stories evolve into the Disney films we watch today?	
Week 10	Film: this week we will watch a German film (yet to be confirmed which one!)	
Week 11	Germany and its many cities: we will research and create presentations about different German speaking cities.	
Week 12	Seasonal/festivals: depending on which Cycle you do this elective – you will either learn about Christmas, Easter or another German festival such as Oktoberfest!	Potential visit to Christmas markets (Cycle 1)

How does this elective link with wider opportunities?

- It is a great opportunity to get a taster for learning another language, it might be that later on in college or further education you wish to learn another language or even take up a new one.
- This elective will give you a broader cultural understanding and empathy for others from different cultural backgrounds.

Language Leaders

Community/Skills Focus

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	This elective could link to the skills section of your DofE as you will be learning a new language!					
Important information						
Summary of the key skills and knowledge you will learn:						
Please see the weekly schedule below to see the skills and knowledge you will be acquiring whilst you are learning German for your electives.						

British Sign Language

Skills Focus



What you can expect:

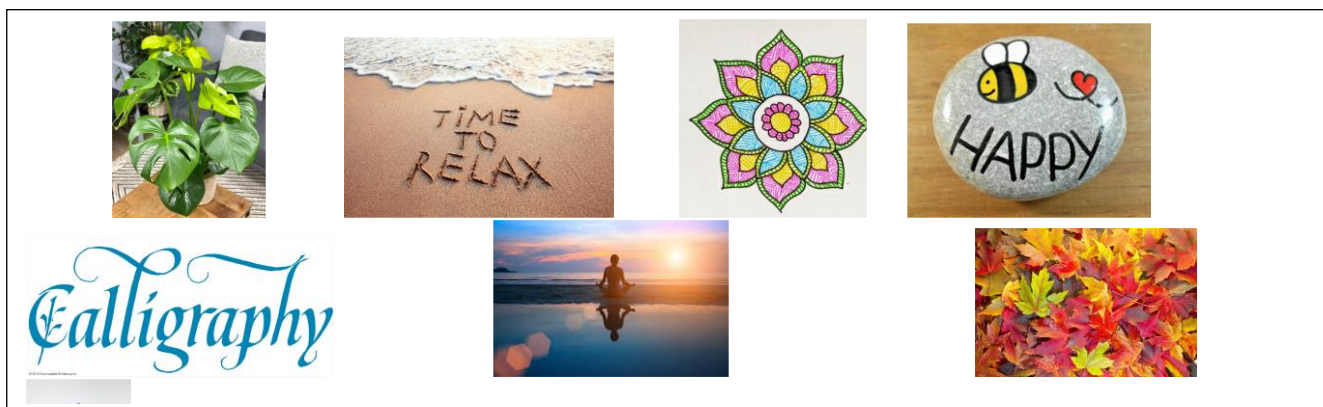
You will learn why British Sign Language is so important and basic signs, including your name, emotions and animals. As the weeks go past, we will look at more complex signs and start having simple conversations. We will watch a TV episode that is signed and learn about the jobs that BSL translators do.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Adaptable, Curious, Resilient, Proud					
Does this elective contribute towards the Duke of Edinburgh award?						
Important information	You will just need your normal school equipment.					
Summary of the key skills and knowledge you will learn:						
Why BSL is so important The alphabet Finger spelling and how to say your name Colours Family Likes and dislikes Hobbies						
Weekly schedule						
	What you can expect to cover:			Other opportunities:		

Week 1	Why is BSL so important	Team games using senses other than hearing
Week 2	The alphabet	Can you spell your name?
Week 3	Numbers	Can you sign codes and phone numbers?
Week 4	Colours	What is your favourite colour? Can you recognise other colours. Colour treasure hunt.
Week 5	Hobbies	What do you like doing?
Week 6	Emotions	Test your decision making and survival skills
Week 7	Animals	What are your favourite things?
Week 8	Days, months and seasons	Can you tell someone what date it is today and when your birthday is?
Week 9	Food and drink	What do you like eating and drinking?
Week 10	Likes and dislikes	Can you remember the colours, animals, hobbies, foods and drinks we have learnt?
Week 11	Family and descriptions	Learn to tell each other about your family and friends.
Week 12	BSL translations	Lets put what we have learnt to the test, how much of a signs TV programme can you recognise?
Assessment		
Students will show off their skills to each other and in small groups. Test what you have learnt by trying simple conversations and answering signed questions. You will: • Learn why BSL is so important • Learn the alphabet and finger spelling • Learn how to express your emotions • Learn why body language is so important to BSL and verbal conversations		

Mindfulness

Community Focus



What you can expect:

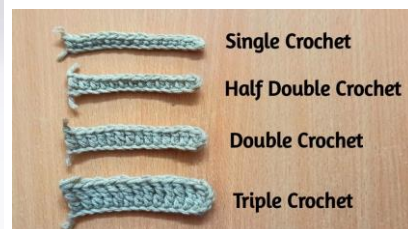
In this elective you will learn how to be present in the moment, notice your thoughts and feelings without judgment, and develop self-awareness. It's a way to help them manage emotions, increase focus, and cope with challenges by building valuable life skills. We will look at ways to feel relaxed and more peaceful through art, journaling, relaxation, calligraphy, and botany.

Which year groups can take part?	7-10 (if only KS4 please state)					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?						
Important information	Coloured pens and pencils!					
Summary of the key skills and knowledge you will learn:						
This elective will enhance your thinking skills, you will learn about relaxing your mind, it will be a technology free activity, connecting with nature and documenting your thoughts, some crafts and journaling, seed germination and developing ways to slow down in a hectic, busy fast paced worlds.						
Weekly schedule						
	What you can expect to cover:			Other opportunities:		
Week 1	Introduction to Mindfulness and journaling					

Week 2	Relaxation methods	
Week 3	Botany	
Week 4	Relaxation	
Week 5	Botany	
Week 6	Mandala design	
Week 7	Journaling	
Week 8	Botany	
Week 9	Mindfulness activities	
Week 10	Calligraphy	
Week 11	Expression – Pebble Painting	
Week 12	Journaling and reflection	
Assessment :		
Completion of a Wellbeing journal		
How does this elective link with wider opportunities? • College/ FE • Personal development • Well-being and Mental health		

Crochet and Macrame

Creative Skills Focus



What you can expect:

In these sessions, you will learn how to use different stitches and create various items such as blankets, clothes, bags or even amigurumi toys.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Curious, Adaptable, Resilient, Ambitious					
Does this elective contribute towards the Duke of Edinburgh award?	No					
Important information	Basic equipment and yarn will be provided. If you wish to work on your own specific projects, you will need to supply any other materials.					
Summary of the key skills and knowledge you will learn:						
• Equipment used for crochet • Different types of yarn • Range of stitches used • How to read and follow a pattern						
Weekly schedule						
	What you can expect to cover:			Other opportunities:		

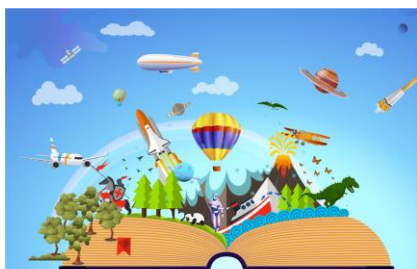
Week 1	Getting started with crochet: how to hold the hook and create a chain.	
Week 2	Learning stitches: double and treble crochet	
Week 3	Using stitches: 'Granny Squares'	
Week 4	Using stitches: Changing rows and changing colours	
Week 5	Gaining confidence: corner to corner	
Week 6	Gaining confidence: making flowers	
Week 7	Learning stitches: half trebles and double trebles	
Week 8	Gaining confidence: V-Stitch Infinity Scarf – how to read patter	
Week 9	Project Week 1	
Week 10	Project Week 2	
Week 11	Project Week 3	
Week 12	Project Week 4 and self-evaluation	
Assessment		
Students will have: • Feedback each session to support development of stitches • Collection of swatch pieces to demonstrate progress of skills • A final project of their choosing • The opportunity to reflect on their new skills and final project		

How does this elective link with wider opportunities?

- Personal development
- Well-being

Page Turners

Skills



What you can expect:

On Wednesdays we are turning the page to your next adventure. Whether you want to jump forward to a dark and twisted future, explore the Amazon with your favourite adventurer or run off into the woods to live with the fairies, the Page Turners elective has got you covered!

The Page Turners elective aims to immerse you in the wonderful world of reading. Each week we will be exploring a new genre (fiction and non-fiction). We will read extracts from some top texts from these genres and use them as inspiration for a deeper dive into the genre or for our own creative endeavours.

Page Turners aims to expose students to a wide range of different styles of writing while giving them the opportunity to respond creatively to what they have read.

Which year groups can take part?	7-10 (if only KS4 please state)					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	Skills section					
Important information						
Summary of the key skills and knowledge you will learn:						
• Understanding of the different genres of writing • Understanding of the key features of each genre covered • Exposure to a wide range of different texts/styles of text • Recognition of different conventions and styles of writing.						

Weekly schedule

	What you can expect to cover:	Other opportunities:
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Week 1	Adventure writing	Create your own island setting for an adventure to take place on.
Week 2	Crime Fiction	Design your own super villain.
Week 3	Non-Fiction	Research then create a fact file about a topic you are interested in
Week 4	Fantasy	Create your own fantastical character
Week 5	Pre-19 th Century Fiction	Research Britain in the 1800s and use your research to complete a piece of creative writing
Week 6	Teen Issues	Write a letter to a character from a book we have looked at giving them advice.
Week 7	Biographies	Pick someone you are inspired by and write about one of their key life events.
Week 8	Horror	Create your own monster.
Week 9	Reading Around the World	Design and write a postcard from one of the countries we've explored today.
Week 10	Historical Fiction	Create a 'Wanted' poster for one of the characters discussed today.
Week 11	Creative Project – create something taking inspiration from everything we have read. This could be a short story/piece of creative writing, it could be a piece of art, it could be a research project.	
Week 12	Creative Project Continued– continue working on projects and an opportunity to share and celebrate your wonderful work!	
Assessment		
Students will be given a reading passport they can complete each lesson.		
They will also spend the final 2 weeks working on a creative project of their choosing inspired by the texts we have covered.		

How does this elective link with wider opportunities?

- College/ FE – opportunity to explore a range of different texts and skills relevant to English Language A Level
- Personal development – expand and develop own knowledge of literature and embed a love of reading.
- Well-being – each lesson students will be given some quiet time to explore the topics we have covered in the session. This could be time to read calmly or express their thoughts creatively.

West Exe Esports Student Champs Skills



What you can expect:

Training in teams in either League of legends or rocket league to compete against other schools and participate in the British Esport championships.

Competitions are held on Wednesdays at 15:30, so elective time will be spend practicing and preparing for the competition.

Cycle 1 and Cycle 2 will have teams practicing and competing. The best teams from both cycles will come back for Cycle 3 and participate in a competition at Exeter college.

Which year groups can take part?	7-9					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	Skills Section					
Important information	They will need an account (which is free) to league of legends and/or rocket league					

Summary of the key skills and knowledge you will learn:

Esports is quickly becoming a viable career option for young people, and one of the best ways to succeed in the industry is to have a strong set of hard skills. Here is a detailed list of the hard skills you learn from esports:

- **Critical Thinking:** Esports requires players to think and strategize on the fly in order to win. This requires quick, creative thinking and problem solving.
- **Teamwork:** Esports teams must work together in order to succeed. This requires a strong sense of collaboration, communication, and compromise.
- **Leadership:** Esports players must be able to take charge and lead their teams in order to win. This requires strong organizational and management skills.
- **Adaptability:** Esports require players to adjust to changes quickly, as the situation can change in an instant. This requires players to be flexible and quick-thinking.

- **Time Management:** Esports teams must be able to manage their time effectively in order to win. This requires players to be able to plan and prioritize tasks effectively.
- **Technical Skills:** Esports requires players to utilize a variety of software, hardware, and other technologies. This requires a strong understanding of computer systems and networks.
- **Strategy:** Esports requires players to have a deep understanding of the game and its strategies in order to win. This requires players to develop and implement effective strategies.

Ultimately, esports is an exciting career option and a great way to gain experience in the industry. Having a strong set of hard skills will help players succeed in the industry, and this list provides an overview of the hard skills you learn from esports.

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Set up of teams and accounts. Rule of play etc.	Throughout the cycle there will be other opportunities to go out of school to visit esports events such as Williams Racing esports, Exeter college league and the British Championships in London.
Week 2	Practice in teams and participate in competitions.	
Week 3		
Week 4	This will depend on when the competition take place.	
Week 5		
Week 6		
Week 7		
Week 8	The focus on the elective will depend on the strategy or skill the team need to focus on and will be tailored to each team/ team member.	
Week 9		
Week 10		
Week 11		
Week 12		
Assessment		
Participation in competitions		

How does this elective link with wider opportunities?

Esports isn't just about professional gamers, it's a rapidly growing industry with a wealth of career prospects and opportunities.

From event management to data analysis, shout casting or esports psychology, explore the diverse and exciting career avenues that await in the ever-evolving landscape of competitive gaming.

Whether you're an aspiring esports enthusiast or a professional looking for a career change, the world of esports has something for everyone.

History Heroes

Skills



What you can expect:

Like history? Then this elective is for you! Over the cycle we'll be learning about unknown history and bringing history to life. You'll have an opportunity to build a castle, make your own Roman pot and create a portrait of your favourite person from history.

Can you put up with Miss Knight's history themed jokes? Then sign up today!

Which year groups can take part?	7-10 (if only KS4 please state)					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Curiosity, Pride, Adaptability, Ambition					
Does this elective contribute towards the Duke of Edinburgh award?	No					
Important information	N/A					
Summary of the key skills and knowledge you will learn:						
• Working together as a team • Skills we use in history as historians • Broaden your knowledge of the past						

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Romans overview and pot design	
Week 2	Design your own Roman pot	
Week 3	How did castles defend and attack?	
Week 4	Build your own castle defences	
Week 5	History mysteries: can you solve some of history's biggest mysteries?	
Week 6	Come dine with me: recipes from the past	
Week 7	Weird and wonderful stories from the past	
Week 8	Source detectives – what can sources tell us about the past?	
Week 9	What's our history?	
Week 10	How has our world changed over time?	
Week 11	Who's your history hero?	
Week 12	Create your own history hero living portrait	
Assessment		
This could be: Your history hero living poster will show us what you've learnt about the past		
How does this elective link with wider opportunities? - College/ FE: History skills - Wider community: Potential trip to the RAAM		

Latin Skills Focus



Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 • Ambitious • Curious • Resilient • Proud					
Does this elective contribute towards the Duke of Edinburgh award?	Skills Section					
Important information	You will be given all of the textbooks and equipment to work from, you simply need a pen and a positive mindset. You will learn a range of new Latin vocabulary and learn the skill of translation. From the very beginning – you will be able to read and translate an entire passage of Latin!					
Summary of the key skills and knowledge you will learn:						
Knowledge: Grammar: The Nominative and Accusative 3rd Declension nouns Adjectives Vocabulary: Amphitheatre and Gladiators Animals Skill: Translation – you will be able to translate passages of Latin text perfectly into English! The Vivarium Gladiators and the Emperor Life as a Gladiator						

Weekly schedule

What you can expect to cover:

Week 1	Grammar: 1 st and 2 nd Declension Nouns
Week 2	Translation: <i>The vivarium</i>
Week 3	Grammar: Nominative and Accusative
Week 4	Translation: <i>The Animals and the Amphitheatre</i>
Week 5	Grammar: 3 rd Declension Nouns
Week 6	Translation: <i>Gladiators and the Emperor</i>
Week 7	Grammar: Adjectives
Week 8	Translation: <i>Life as a Gladiator</i>
Week 9	Consolidation: Vocabulary
Week 10	Consolidation Roman Civilisation
Week 11	Consolidation Grammar
Week 12	Final Assessment
Assessment	
• Vocab tests throughout to check vocab accumulation • Final assessment is an independent task that will test pupils vocab, civilisation knowledge and their Grammar skills.	

How does this elective link with wider opportunities?

Your experiences...

There will be an opportunity to embark on a trip abroad during the school year. Everyone who has taken Latin as an elective over the course of the academic year will be invited to join us on a trip to Italy, whereby you may encounter many examples of Latin scripture at its origin!

Your classwork...

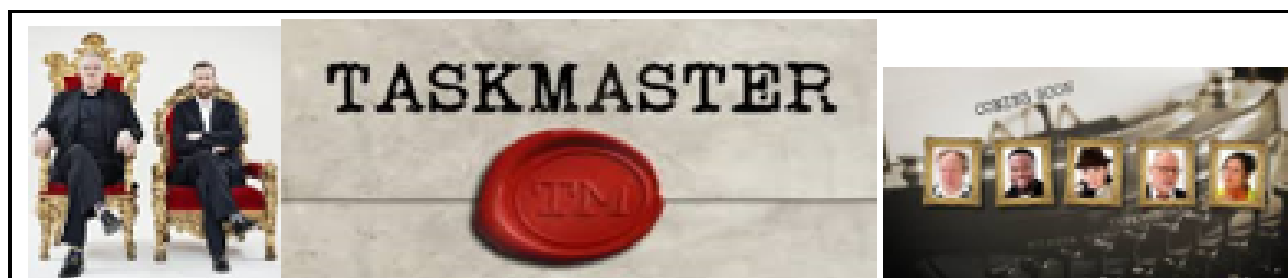
Latin has also been linked to improving Maths abilities, English abilities, History, Geography and a lot of your other school subjects. Studying the language of Latin means you will have an even better understanding of your English!

Your future...

Learning Latin is an impressive feat! As a prestigious subject in its own right, it will be a valuable addition to your CV's that you send to college and Universities. Some Universities will look for subjects such as Latin on your record as it demonstrates your determination and drive in learning something regarded as difficult! Fields such as law, medicine, philosophy, science and many, many others regularly use Latin language and ideas, having a knowledge of the subject will help you work with terminology within these subjects.

Taskmaster: Your Time Starts Now

Skills Focus



What you can expect:

Inspired by the popular TV show Taskmaster, this elective will challenge your wit, creativity, problem-solving and teamwork through a series of bizarre, hilarious, and unpredictable classroom-based tasks.

From building the tallest spaghetti tower, to writing and performing the most dramatic soap opera scene about a pencil – no two weeks will ever be the same!

Which year groups can take part?	7-10 (if only KS4 please state)					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Proud – taking pride in your tasks will be key in racking up enough points to take home the coveted West Exe Taskmaster Trophy! Kind – a kind, warm and supportive atmosphere is non-negotiable - both during team tasks and when watching others present their attempts Resilient – some tasks will put you out of your comfort zone, and that's ok! When the tasks get tough, the tough get tasking. Adaptable – You can train all you <u>like</u>, nobody knows what's on the task until you open it. Adaptability, creativity, and some out of the box thinking are a must! Ambitious – "It is better to fail aiming high than to succeed aiming low. We at Taskmaster have set our sights so high, that even failure will have in it an echo of glory." Curious – If you weren't curious, you wouldn't be opening that task!					
Does this elective contribute towards the Duke of Edinburgh award?	No					
Important information	Each week (after week 1) will begin with the presentation of a 'prize task'. This could be a specific item which you need to bring					

	in (e.g. 'shiniest thing'), a picture that you will have submitted beforehand (e.g. 'best sign') or the presentation of a home task. Some weeks may require P.E. kit, but this will be advertised ahead of time
Summary of the key skills and knowledge you will learn:	
• Lateral thinking and problem-solving skills • Verbal and visual creativity • Collaboration, teamwork, and leadership • Reflection and evaluation • How to think outside the box	

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Welcome to Taskmaster – Introduction and explanation of rules	
Week 2	Tasks – each week will consist of a 'prize task' presentation at the start, followed by one or multiple tasks to complete. These will vary and may be individual or team tasks. Tasks cannot be revealed ahead of time, but they will be <u>similar to</u> those on the TV shows 'Taskmaster' and 'Junior Taskmaster'. Students will also all get a turn to play 'taskmaster's assistant', <u>and</u> help the taskmaster to act as judge and scorer for their classmates' efforts. Weekly prizes will be on offer, as well as the coveted West Exe Taskmaster Trophy for the end of cycle overall winner.	
Week 3	Tasks	
Week 4	Tasks	
Week 5	Tasks	
Week 6	Tasks	
Week 7	Tasks	
Week 8	Tasks	
Week 9	Tasks	
Week 10	Tasks	

Week 11	Tasks	
Week 12	Grand Final – Tasks and presentation of the coveted West Exe Taskmaster Trophy	
Assessment		
Students will complete a booklet each week detailing tasks, what they did, their score (as judged by the taskmaster), and a self-reflection. Points will tally over the course of the cycle, with prizes for effort, creativity, and a trophy for the overall winner.		

How does this elective link with wider opportunities?

This elective will help with personal development by cultivating numerous desirable attributes within students, such as creativity, problem-solving, and communication.

This elective will also positively impact student well-being, as a fun, hands-on elective with lots of opportunities for celebration and positivity.

Junior Master Chef

Skills & Community Focus



What you can expect:

Junior Master Chef will challenge students to prepare and cook different cuisines from around the world. We will take our young chefs on a culinary journey, exploring a wide range of international cuisines such as Italian, Mexican, Chinese, Indian, and American, among others. We will create and cook dishes that showcase the flavours, techniques and cultural aspects of each cuisine.

To enhance your learning and provide a real-life experience, we will take our young chefs on trips to renowned restaurants and culinary institutes. One such notable excursion is the visit to the Michael Caines Academy, where the junior chefs have the opportunity to learn and be inspired.

We aim to nurture and encourage the culinary talents of young chefs. Providing them with a platform to showcase their skills and passion for cooking.

Which year groups can take part?	7-9					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Adaptable, Curious, Kind, Resilient, Proud & Ambitious					
Does this elective contribute towards the Duke of Edinburgh award?	Skills section					
Important information	Food will be supplied for each recipe, we just ask you to bring a container should you wish to take your food home. We will provide training on how to safely handle and prepare meat.					
Summary of the key skills and knowledge you will learn:						
1. Cooking Techniques 2. Food safety and hygiene 3. Menu planning and recipe development						

4. Time management
5. Adaptability and creativity
6. Ingredients knowledge
7. Culinary terminology
8. Plating and presentation
9. Handling kitchen equipment
10. Communication and teamwork
11. Resilience and handling pressure

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Week 2	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Week 3	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Week 4	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Week 5	Immerse yourself in the vibrant world of restaurants and the food industry, where tantalizing aromas, creative menus and exceptional service converge to create unforgettable dining experience that celebrate the art of gastronomy.	Menu planning Recipe development Communication Team work
Week 6	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Week 7	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Week 8	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Week 9	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation

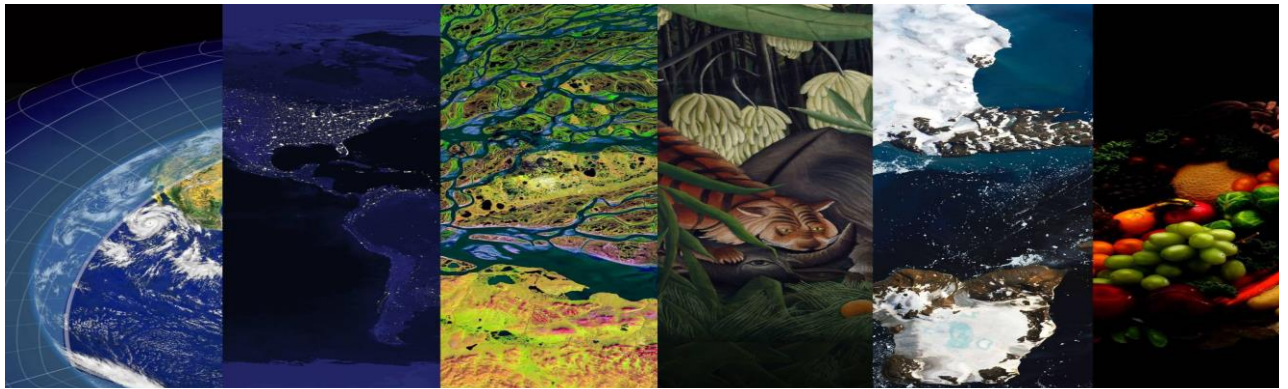
		Culinary terminology
Week 10	Immerse yourself in the vibrant world of restaurants and the food industry, where tantalizing aromas, creative menus and exceptional service converge to create unforgettable dining experience that celebrate the art of gastronomy.	Menu planning Recipe development Communication Team work
Week 11	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Week 12	Explore the rich tapestry of global flavours as you embark on a culinary journey, cooking cuisines from around the world.	Preparing and Handling Food safety Cooking techniques Plating and presentation Culinary terminology
Assessment		
This could be: • a verbal analysis of what they have learnt/achieved – recorded presentation • something they make by the end- competition??? • a presentation • Something the group produce as a collective – e.g. book club – review of books for the library. • In sporting events this could be a tournament/competition Your elective should have something that students can reflect on their learning journey.		

How does this elective link with wider opportunities?

- Exeter College Michael Caines Academy.
- Working in the hospitality industry.
- Volunteering to provide meals to support the wider community.
- Cultivate a balanced and mindful approach to food, nurturing your physical, mental and emotional health along your culinary journey.

All About the Environment!

Community Focus



What you can expect:

We will be looking at different geographical and environmental issues and topics. This elective won't be all theory based, instead we will be doing lots of creative tasks. For example, we will be creating a weather forecast like you see on the news and creating a tool for measuring the wind, like a windmill!

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Kind, Curious, Proud					
Does this elective contribute towards the Duke of Edinburgh award?	Skills section					
Important information	Bring some plastic bottles or plastic materials for week 1, 2 and 3.					
Summary of the key skills and knowledge you will learn:						
You will learn the skills needed for becoming the new Greta Thunberg or David Attenborough! We will practice our creative skills, our speaking skills, our computer skills, to just name a few. This elective will have a range of skills and will be applicable to the majority of your school studies.						
Weekly schedule						
	What you can expect to cover:			Other opportunities:		

Week 1	Introduction and Earth Day	
Week 2	The plastic problem	
Week 3	Create 'rubbish' art	
Week 4	Climate change	
Week 5	Being eco-friendly	
Week 6	Understanding the weather – creating a barometer and anemometer (wind measure)	
Week 7	Forecasting the weather – MetOffice and creating lightning	
Week 8	Volcanic eruptions	
Week 9	Earthquakes	
Week 10	Tsunamis	
Week 11	Google Map GIS	
Week 12	Environmental debate	
Assessment		
Google Map GIS of an issue we have covered in the cycle. For example, plotting on a map the locations of the 10 biggest volcanic eruptions!		

How does this elective link with wider opportunities?

- These skills will help you in science, geography and environmental studies.
- Understanding and being able to lead change in the wider community
- Taking a role in active citizenship

Dream to Scheme: Start Your Own Business

Community Focus



What you can expect:

In collaboration with Young Enterprise Charity, pupils will explore the exciting world of entrepreneurship. From brainstorming ideas to pitching a final developed product, this elective will guide pupils through the journey of building a business from the ground up.

Which year groups can take part?	7-10 (if only KS4 please state)					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	Yes					
Important information	Work will be completed on Chromebooks					
Summary of the key skills and knowledge you will learn:						
- Business planning and strategy - Marketing and branding - Financial literacy and budgeting - Communication and presentation skills - Problem-solving and adaptability - Teamwork and leadership						
Weekly schedule						
What you can expect to cover:			Other opportunities:			

Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		
Assessment		
Dragons' Den style business pitch competition with SLT judges on Week 12.		

How does this elective link with wider opportunities?

- Links to business studies, economics, enterprise competitions, and future career pathways in entrepreneurship.

Musical Theatre Club

Skills Focus



What you can expect:

Immerse yourself in the world of musical theatre, watch some of the best shows and most talented singers, dancers and actors in action. Either sing along or take to the floor to perform your own tributes to the best the West End and Broadway have to offer.

Channel your inner Alexander Hamilton or Eliza Schuyler, Troy Bolton or Gabriella Montez as you embody famous characters and belt out their most loved songs.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Resilience: Show your bravery and confidence as you step and show off your musical talents in front of peers. Kindness: Support and encourage your peers as they pluck up the courage to perform in front of the group. Ambition: Push yourself to new limits as you learn new songs and try to imitate the stars. Curiosity: Widen your horizons as you engage with new songs, musicals and characters or simply try out new talents!					

	Pride: Be proud of the progress you make over the 12 weeks, and of every time you perform – this is an amazing opportunity to work with others and let your talents shine!
Does this elective contribute towards the Duke of Edinburgh award?	Yes the skills section – 3 months
Summary of the key skills and knowledge you will learn:	
Develop your confidence, creativity and resilience as you embrace the wonderful world of musical theatre, where individuality and self-expression are celebrated in this vibrant community. Consider key ideas, moral messages and the emotions conveyed through the medium of music, drama and dance, and develop your communication and teamwork skills as you attempt to recreate some theatrical masterpieces. Show your unwavering kindness and support for the courage of your peers as they too show off their musical talents.	

Weekly schedule		
	What you can expect to cover:	
Week 1	Musical Theatre Study 1– watch the show and sing along!	Musical Theatre studies may include: Grease Mamma Mia Les Miserables High School Musical Hamilton Hairspray The Sound of Music The Greatest Showman And many more...
Week 2	Rehearsal time: Pair up, work in groups or go it alone to prepare a karaoke style number from the musical.	
Week 3	Claim the spotlight and share your hard work with the class.	
Week 4	Musical Theatre Study 2 – watch the show and sing along!	
Week 5	Rehearsal time: Pair up, work in groups or go it alone to prepare a karaoke style number from the musical.	
Week 6	Claim the spotlight and share your hard work with the class.	
Week 7	Musical Theatre Study 3 – watch the show and sing along!	
Week 8	Rehearsal time: Pair up, work in groups or go it alone to prepare a karaoke style number from the musical.	
Week 9	Claim the spotlight and share your hard work with the class.	
Week 10	Musical Theatre Study 4 – watch the show and sing along!	
Week 11	Choose one of the songs you have already performed or a new one to show off during the final week.	
Week 12	Final Performance: Competition time! Give it your best and celebrate your strengths.	

Assessment		
This could be: • Verbal feedback after every performance, with prizes up for grabs for the best effort. • Continue to develop your singing, dancing and acting skills each week as you perform your favourite musical theatre hits. • Collaborate with peers to perform duets and group numbers, or go it alone and become the star of the show!		

How does this elective link with wider opportunities?

- Personal development - develop your confidence in front of a crowd.
- Well-being – enjoy connecting with the music, unwinding

School Production

Physical /Skills/ Community Focus



What you can expect:

This Elective runs during cycle 1 and cycle 2 only, and you will be expected to do both cycles. The aim is to use the elective to prepare a performance as the school production. You should only choose this if you really want to be part of performing. This is a really exciting opportunity to contribute to the West Exe and wider community, as you will perform to a wider audience at the end, and to the local Primary schools. There will be read throughs of our chosen script, casting and many, many rehearsals. You also need to be prepared to give up time outside of the normal elective time, especially as we get nearer the final performances.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	
Which WES Student Attributes does this elective promote?	 Adaptable, Curious, Kind, Resilient, Proud, Ambitious,					
Does this elective contribute towards the Duke of Edinburgh award?	Skills Section					
Important information	Be prepared for extra rehearsals – there may be weekend rehearsals nearer the production date or during the Feb half term holiday Line learning will need to be done independently, outside of normal elective sessions					
Summary of the key skills and knowledge you will learn:						
The main skills you will learn are those related to performing. Depending on your role, you may learn songs, dance routines, but almost certainly some dialogue. You will learn to take direction and how to move on from advice given. You will become a brilliant team player, as during a production, everyone has to work together. You will learn and develop effective time management, and build your confidence. You will develop strategies to remember lines and movements.						
Weekly schedule						
	What you can expect to cover:			Other opportunities:		

Week 1	Casting the play/show	Chance to meet with new people and work with them
Week 2	Ice breaker activities – getting to know you	
Week 3	Read through of script in parts that you have been given – discussion of characters and context of each scene	
Week 4	Read through of script in parts that you have been given – discussion of characters and context of each scene	
Weeks 5 - 22	Rehearsal of specific scenes	
Week 23	Technical Rehearsal	You will see how all the sounds/set and music fit with the performing
Week 24		
Assessment		
This will be the final performances, whereby you perform to the Primary schools and to a wider audience.		

How does this elective link with wider opportunities?

By the end of the elective, you will have grown in confidence and developed key time management skills. You will have developed performing skills that you perhaps didn't know you had. You will contribute to the wider West Exe Community and beyond by showing your work to younger pupils and to the wider community.

Duke of Edinburgh Award – Bronze (Yr9) or Silver(Yr10)

Physical /Skills/ Community Focus

BRONZE

Volunteering **3 months**

Physical **3 months**

Skills **3 months**

Expedition **2 days 1 night**



PLUS a further 3 months in the Volunteering, Physical or Skills section.



What you can expect:



Award Level	Service	Fitness	Skills	Additional Requirements	Expeditions	Minimum Time Requirement
Bronze	3 months: in each section 1h/week			extra 3 months in one of the sections („major“)	2 days/1 night (min. 1 practice expedition)	6 months
Silber	6 months: in each section 1h/week			For all, who do not have a Bronze Award: extra 6 months in one of the sections	3 days/2 nights (min. 1 practice expedition)	6 or 12 months



Which year groups can take part?	Bronze – Year9Silver – Year10					
During which cycle can you do this elective?	Cycle 1	N	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Kind, Curious, Proud, Ambitious, Adaptable, Resilient. Teamwork, Organisation, Communication, Navigation					
Does this elective contribute towards the Duke of Edinburgh award?	Yes					
Important information	There is a cost for this activity - £25 registration Expedition costs – TBC (will depend on the level) You will need to register for this in September and attend an initial meeting to set you up on EDofE. You will then need to complete a practice and qualifying expedition in one of the cycles. You will need some equipment but can borrow this.					
Summary of the key skills and knowledge you will learn:						
 You will need to develop your skills in 4 sections: • Volunteering • Physical • Skills • Expedition You can use 2 of your other Elective Cycle choices to support this. 						
Weekly schedule	What you can expect to cover:			Other opportunities:		

Week 1	Introduction to DofE programme – what you need to do in each section – volunteering, physical, skills and expedition.	
Week 2	Map skills – OS Symbols and grid references – application for route planning	Practical orienteering
Week 3	Map skills – Heights & Contours, map scales and distances – application of pace and distance for route planning	Virtual climb of Snowdon.
Week 4	Navigation Skills – Compass work and taking bearings.	Practical orienteering
Week 5	Preparing for Expedition - Equipment and rucksack packing	
Week 6	Camp craft – Menu planning for expedition and use of Trangia's. for cooking.	Practical session
Week 7	Campcraft – Tents, safety and weather	Practical session
Week 8	Route planning – completing a route card. Describing the route, bearings, pace, distance – checkpoints.	
Week 9	Planning for Expedition – Planning the practice route (Bronze -2 days and a camp) (Silver – 3 days and 2 days camping)	Practice walk and camp – weekend (Sat-Sun) in east Devon (Bronze) Bodmin (Silver)
Week 10	Planning your project – and planning for expedition	
Week 11	Planning for Expedition – Planning the Qualifier route (Bronze -2 days and a camp) (Silver – 3 days and 2 days camping)	Practice walk and camp – weekend (Sat-Sun) in East Devon (Bronze) Dartmoor (Silver)
Week 12	Present the project. Review expedition. Check sections.	
Assessment		
Students will need to collect evidence for their 3 sections and upload to EDofE – logbook, photos, written accounts, diaries, citations. An online assessors report will need to be completed when each section has been completed for the duration. On completion of all sections this will be sent for verification before an award can be presented. Students will receive a certificate and a DofE badge and will be invited to receive these at the annual awards celebration evenings.		

How does this elective link with wider opportunities?

Benefits- What do you get?

- Helping people.
- Community action and raising awareness.
- Coaching, teaching and leadership.
- Working with the environment or animals
- Helping a charity or community organisation

This award is recognised internationally and employers like to see this on your CV – it shows that you are committed and have skills outside the academic set.

The WestExpress Community Focus



What you can expect:

Calling all budding journalists, writers and photographers...

This elective will help to create the WestExpress newspaper, highlighting the wonderful events going on at West Exe School. During the cycle you will use your detective skills to uncover some of the most shocking and stirring stories ready to send to print to exhilarate readers everywhere.

It will deepen your understanding of how and why news is produced, to critically navigate the news you see and empower you to write your own articles.

Reports, reviews, quizzes, comic strips, star stories and much, much more!

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Curiosity, resilience, pride/proud, ambitious, adaptable					
Does this elective contribute towards the Duke of Edinburgh award?	Skills section - 3 months					
Important information	Brains and a sense of creativity!					

Summary of the key skills and knowledge you will learn:

You will develop and apply your knowledge of English language.
 You will learn about media production and communication.
 You will learn and develop the skills to be thorough and pay attention to detail.
 You will learn and develop the skills to accept criticism and work well under pressure.
 You will improve your written communication skills, verbal communication skills and thinking and reasoning skills.

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Basic layout of a newspaper. What sections makes up a newspaper? Looking at different types of newspaper – Broadsheets and Red Tops. What makes a good newspaper?	
Week 2	Understanding the news: How is news produced? Newsworthy stories. Spotting Fake news.	
Week 3	Producing balanced news reports. Analysing bias in the news .	
Week 4	Selecting an interesting news story. What articles do readers want to know about? How will you bring out the topics or the matter of interest in the limelight?	
Week 5	Researching and getting information for a news story Where to look for information? What type of info/photos do you need to support your article?	
Week 6	How to write a newspaper article- how will the article provide information on the topic? How will it offer suggestions and pieces of advice? How will it influence the readers and urge them to think?	
Week 7	Editing and producing a finished news report	
Week 8 -11	Producing the final newspaper for printing	
Week 12	Printing and uploading	
Assessment		
Your assessment will be the final publication of your newspaper. Peer and self-assessment		

How does this elective link with wider opportunities?

- College/ FE – Career in journalism
- Wider community – working for local newspapers
- Personal development
- Well-being

Intro to Psychology Skills



What you can expect:

Over the twelve weeks of the cycle, you will have small introductory lessons to different key areas of psychology. These include learning about the brain, psychological issues and how social interactions influence our behaviour.

This would be a great elective for you if you are thinking of going on to do psychology at college as it will give you an insight into what to expect.

Which year groups can take part?	Only KS4					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Curious, ambitious, resilience					
Does this elective contribute towards the Duke of Edinburgh award?	Skills section					
Important information						
Summary of the key skills and knowledge you will learn:						
Develop critical analysis skills when looking at research and findings. Develop an understanding of how the human brain works and factors that can affect it. Gain an overview of key areas of psychological research.						

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Development How do we develop? What is a growth mindset? How does our brain change as we grow up?	
Week 2	Memory How does our memory work? What can go wrong with our memory?	
Week 3	Psychological problems What are psychological problems? Case studies. How do we know when we are affected by psychological problems?	
Week 4	Psychological problems How do psychological problems develop? Nature and nurture.	
Week 5	The brain and neuropsychology Structure of the brain. How does our brain work?	
Week 6	Social influence How do others affect us?	
Week 7	Criminal psychology What causes people to become criminals?	
Week 8	The self What makes you who you are?	
Week 9	Perception How do you interpret the world around you?	
Week 10	Sleep and dreaming Why do we need sleep? What are dreams?	
Week 11	Language, thought and communication How do we communicate with others?	
Week 12	Final project Choose one topic that you have enjoyed and create an informative presentation about the topic using what you have learnt.	
Assessment		
Students will complete an end of cycle presentation on a topic of their choice that they will present to the class. Ongoing assessment of engagement will be undertaken throughout the elective and verbal feedback of presentations will be given.		

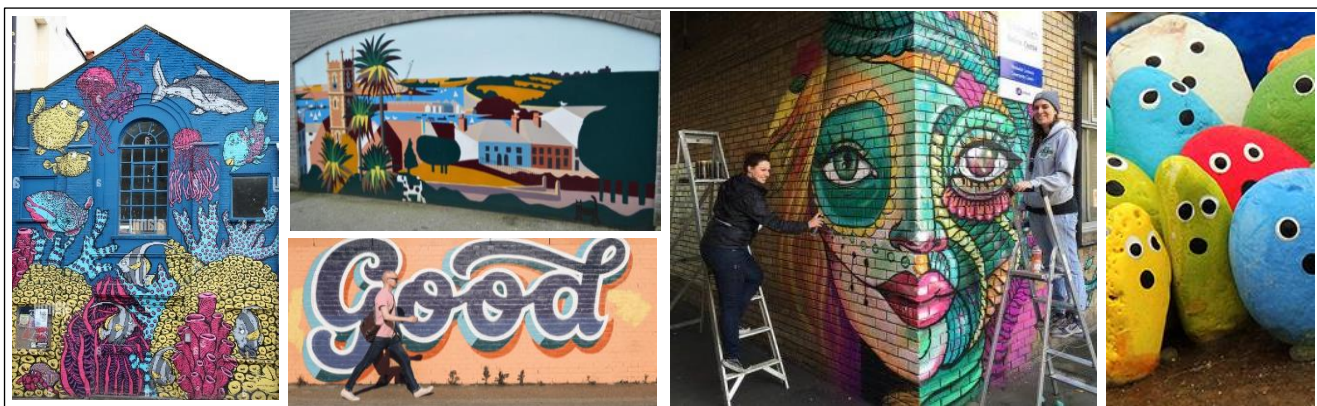
How does this elective link with wider opportunities?

A great elective for students who potentially would like to study psychology post-16.

Potential for visits from Exeter college for talk about psychology?

Community Art and Photography Project

Creativity Skills and Community Focus



What you can expect:

You will be working with your teacher and local community groups. The projects will be internal within school to brighten up communal areas as well as local projects. You will produce a range of art and photography work celebrating our school and local community with the potential for a community exhibition. You will gain a range of skills in designing, collaboration painting, drawing and photography. These projects will be about creating Art to be seen and have a positive impact on the school and Exeter community.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Adaptable, Curious, Proud- CREATIVE!					
Does this elective contribute towards the Duke of Edinburgh award?	Skills Section -Creativity and design Volunteering Section-Supporting community projects Collaboration- Working and sharing ideas					
Important information	This elective will involve working with community groups and may mean participating in one off out of school day activities and tasks.					
Summary of the key skills and knowledge you will learn:						
Learning about artist and art styles Researching and collecting ideas Creating and developing individual designs Team work, combining and refining images Working on a large scale Communication and discussion.						

Sports Leadership Activity Volunteer Programme

Community Focus



What you can expect:

You will be working with your teacher and the primary school. You will develop the skills necessary to becoming a good Sports Leader. You will have both classroom and practical sessions where you will work towards the Sports Leaders Qualification.

Which year groups can take part?	Year 8 & 9 only					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	Yes – Volunteering- You will be helping in Primary Sporting Festivals as a leader/ coach and official					
Important information	You will need to bring your PE kit to every session and a positive mindset to help others and be					
Summary of the key skills and knowledge you will learn:						
The Activity Volunteer Programme will provide you with; Opportunity to developing skills such as communication, self- belief, Team work, self-management and problem-solving skills. Communication- The ability to listen and share. Self-Belief- Building confidence in your own ability Team Work – Enabling you to successfully work with others Self-Management- Thinking responsibly for your own action and doing things to the best of your ability. Problem Solving- Understanding a problem and using logic to find a solution						

You will have opportunity to put these skills into practice by helping in Primary Sports events at WES. In these Primary Sports events you will take on the role of coach, official and tournament organiser.

On completion of the Elective you have the opportunity to be accredited certification for the Sports Leaders Qualification.

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Introduction to the Elective and Sports Leadership	
Week 2	Growing your confidence- Activities to develop confidence.	Complete Volunteering Skills Profile
Week 3	Communicating as a volunteer- Activities to develop confidence	Complete Volunteering Skills Profile
Week 4	Bringing your ideas as a volunteer – Activities to develop	Complete Volunteering Skills Profile
Week 5	Learn how to officiate – Handball/ Football/ Netball	Complete Volunteering Skills Profile
Week 6	Being a team player- What does it take to be a good team player?	Complete Volunteering Skills Profile
Week 7	Learn how to coach- what skills can you lead? Learn how to lead warm up, skill practices, and fun games	Complete Volunteering Skills Profile
Week 8	Learn how to organise a tournament – structure a Order of Play, Results table and learn about different competition formats	Complete Volunteering Skills Profile
Week 9	Outreach session in a local primary school	Complete Volunteering Skills Profile
Week 10	Learn how to officiate – Handball/ Football/ Netball	Complete Volunteering Skills Profile
Week 11	Outreach session in a local primary school	Complete Volunteering Skills Profile
Week 12	Evaluation of skills learnt- pledging your skills	Complete Volunteering Skills Profile
Assessment		
This could be: • Verbal Presentation or Power point presentation of what they have learnt/achieved during the Elective Programme. • Completion of Volunteering Skills – Profile Booklet • Participation in Primary Sports Events. • Accreditation of Sports Leaders Qualification.		

How does this elective link with wider opportunities?

- Great on your CV and for future college applications
- Developing Leadership skills to help in local primary schools
- Personal development- Opportunity to develop vital personal skills
- Well-being. Helping others gives a great sense of purpose and enjoyment.

Digital Music Production Skills



This elective will give students the opportunity to develop some of the skills required to form a digital band.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	All WES student attributes are promoted. Proud: Students are encouraged to take pride in their compositions and arrangements and will develop confidence through creativity. Ambitious: Students will have the opportunity to set the bar high for their own work and will develop transferrable creative skills that will demonstrate their creative ambition Curious: Students will have the freedom to explore the software and also musical elements, as well as digital promotion opportunities. Resilient: Students will undoubtedly come up against technical, creative and interpersonal challenges. They will develop their resilience by working together to overcome these challenges by using creativity to find solutions as a group. Adaptable: Students will need to adapt to the challenges of the tasks and also adapt to the needs of their group.					
Does this elective contribute towards the Duke of Edinburgh award?	Yes: Skills Section					
Important information	For this course, students will need: - Creative passion - A willingness to try new things and to move out of their comfort zone - To develop team skills so as to work effectively with others - Empathy so as to support others from different year groups - No prior musical knowledge is required!					
Summary of the key skills and knowledge you will learn:						
Build a Band will give students the opportunity to develop some of the skills required to form a digital band. It will introduce all students to YuStudio on Chromebooks with which students will compose original music and/or arrange cover versions of songs they like. There may also be opportunities to develop digital promotion of the songs that have been produced.						

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	Introduction to course & designing a virtual band	
Week 2	Intro to YuStudio & account set up	
Week 3	Creating a basic recording track: drums	
Week 4	Creating a basic recording track: bass	
Week 5	Creating a basic recording track: keyboards/synth	
Week 6	Creating a basic recording track: adding effects	
Week 7	How to create a cover version from scratch	
Week 8	Work on compositions/covers	
Week 9	Work on compositions/covers	
Week 10	Work on compositions/covers	If students complete their pieces early, they can produce promotional work in order to market their work, such as a music video or advert.
Week 11	Work on compositions/covers	
Week 12	Presentation of work	
Assessment – Presentation of songs & self-assessment		
The assessment will comprise of students listening back to their own work and analysing it in terms of composition, arrangement and production. If students have created any marketing materials, these will also be analysed.		

How does this elective link with wider opportunities?

Wider community

Personal development

Well-being

Practical Science Club

Skills Focus



What you can expect:

An opportunity to gain some practical science skills through investigations and experiments.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	Curious and ambitious					
Does this elective contribute towards the Duke of Edinburgh award?	Skills Section					
Important information	Bring your creativity and problem solving skills!					
Summary of the key skills and knowledge you will learn:						
Thinking and working scientifically						
Using practical equipment						
Planning and carrying out investigations						
Weekly schedule						
	What you can expect to cover:				Other opportunities:	
Week 1	Methane bubbles / flame tests					
Week 2	Microscope photography and hunting for tardigrades					
Week 3	Making bath bombs					
Week 4	Making rubber band car racers					
Week 5	Reuben’s Tube and sound exploration					
Week 6	Building air rockets					
Week 7	Egg drop					
Week 8	Optical illusions					
Week 9	Film cannister rockets and the whoosh bottle					
Week 10	Optical illusions					
Week 11	Huddling penguins					
Week 12	Bridge building					
Assessment						

By the end of the elective students will gain confidence in practical science. They'll be able to use their skills to plan, test and evaluate different hypotheses.

How does this elective link with wider opportunities?

- Interest in science
- Developing critical thinking skills

Self Defence

Physical/Skills Focus



What you can expect:

Get fit, stay fit - Our martial arts classes are designed to keep you moving! We exercise the heart as well as the brain with the perfect combo of cardio, strength and stretching in every lesson.

Positive vibe and great atmosphere - Although we work hard here at New Dawn we believe that learning should be fun, our classes are packed with activities and games for the younger ones that are taught in a light and uplifting way, boosting confidence and building new friendships

part?						
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote? 	Curiosity, Kindness, Ambition, Resilience, Proud, Adaptable					
Does this elective contribute towards the Duke of Edinburgh award?	Physical or Skills section – 3 months					
Important information	You will need to bring your WES PE kit to each session.					

Summary of the key skills and knowledge you will learn:

Skills that last a lifetime

In our classes you will learn a variety of skills and techniques from many different styles. We have had the opportunity to train with Senseis, Gurus, and masters from all over the world, expanding on our martial arts knowledge so that we can develop our own style to pass on to our students, these skills will stay with you for life

You will learn different styles of martial arts and self-defence, holds, take downs, striking and weapons training.

Expect to build your confidence with compassion and understanding for others.

Prop and Set design

Skills/Community Focus



What you can expect:

We will be working closely with the school production team to create THE set and large props which can transport the audience to the shows setting, and work for the actors and actresses to move around and use.

We will design, sketch and model throughout the elective.

Which year groups can take part?	7-10 (if only KS4 please state)					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	Skills Section - 3 months					
Important information	Where possible bring in scrap materials such as cardboard for prop making. (you will be directed which to bring this)					
Summary of the key skills and knowledge you will learn:						
Understanding how a set will look and be used by the audience and by the cast. You will learn how to make your creative visions come to life. You will learn how to work as part of a large team.						

Weekly schedule

What you can expect to cover:	Other opportunities:
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Week 1	Understanding what the production is. What makes a good set?	
Week 2	Starting to design sets. Idea generation	
Week 3	Experimenting with layout	
Week 4	Modelling set in paper and card	
Week 5	Modelling set and props continued	
Week 6	Prop design - sketches	
Week 7	Prop design - modelling	
Week 8	Prop design – making	
Week 9	Prop design – making continued	
Week 10	Prop design – making continued	
Week 11	Set design – construction	
Week 12	Set design – construction	
Assessment		
You will be assessed in your team work, and how affective the set and prop design for the production is.		

How does this elective link with wider opportunities?

- Wider community – theatre groups, amateur dramatic societies.
- Design skills and practical building and modelling
- Personal development
- Well-being

B-HUGS – Diversity and Culture

Community Focus



What you can expect:

You will be offsite at Exeter University, with a chance to meet a range of professors and graduates from a whole range of subjects. These are individuals who want to provide a safe space and explore your cultural heritage.

Each week will be a new workshop from film and television to radiography.

This is a chance to mix with students from other schools and make links with the university as well as exploring your own cultural heritage and diversity.

Which year groups can take part?	Year 7-10					
During which cycle can you do this elective?	Cycle 1	N	Cycle 2	N	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Adaptable Resilient Kind Proud Ambitious Curious					
Does this elective contribute towards the Duke of Edinburgh award?	You can use this for your volunteering section if you get involved in a community project – 3 months					
Important information	You will need to leave school during lunchtime but will have lunch provided by Exeter University. There will be a mentoring programme in C1 and C2 as an introduction to this elective.					
Summary of the key skills and knowledge you will learn:						
- Teamwork - Presentation - Adaptability - Communication - Entrepreneurship - Confidence. - Ambition						

What you can expect to cover:	Other opportunities:
Over the 12 weeks you will be working with staff from Exeter University on diversity and cultural themes. There will be a series of workshops where you will have an opportunity to look at black heritage culture and help raise awareness of minority groups in our local community. You will go to Exeter University and meet different role models who will share their experiences and offer guidance and support.	You could become a cultural and diversity ambassador. You could take a lead in our Cultural and Diversity Drop down Day in 2025

How does this elective link with wider opportunities?

This elective links to Reach and links with Higher education.

There are opportunities to educate other people in your community about diversity and culture.

This elective will cover such a broad range of topics from science, business, geography. And will help you grow in confidence and network with some amazing role models from the university.

The Agatha Christie Detective Club

Skills



What you can expect: Calling all budding detectives and solvers of mysteries! You will be transported back in time to the 'golden age' of crime writing and introduced to the work of the world's most successful novelist, Agatha Christie. Together, we will find out about Agatha herself and her links to our beautiful county of Devon. We will read one of her greatest Hercule Poirot detective novels and you will try to use the clues to (hopefully) find the murderer before the truth is revealed. You will also have the opportunity to rehearse and perform one of her stories as a character in a play before visiting some of the locations that inspired her works. Find out for yourself why Agatha Christie has sold an estimated 2-4 billion books and why her play, 'The Mousetrap' is still drawing in crowds in London over 70 years since it was first performed.

Which year groups can take part?	Years 7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?	 Curious, adaptable and resilient					
Does this elective contribute towards the Duke of Edinburgh award?	No					
Important information	You will need to bring a keen mind, the ability to spot clues in the least-likely of places and a willingness to take on a key role in one of Agatha Christie's plays.					
Summary of the key skills and knowledge you will learn:						
• The story of Agatha Christie's life and how Devon helped to shape her writing • Some of the skills of being a great detective like Hercule Poirot • How Agatha Christie structured her novels to mystify and amaze her readers • How to work as part of a team to bring one of Agatha Christie's great detective stories to life						

Weekly schedule		
	What you can expect to cover:	Other opportunities:
Week 1	An introduction to Agatha Christie – her life and local links. The beginning of one of her greatest novels...	
Week 2	Investigating how Agatha Christie wrote her books. Continuing with one of her greatest novels...	
Week 3	Research into a key Agatha Christie location. Continuing with one of her greatest novels...	Selecting and using research and information (IT).
Week 4	Selecting an Agatha Christie play and beginning rehearsals. Continuing with one of her greatest novels...	
Week 5	Rehearsing your Agatha Christie play. Continuing with one of her greatest novels...	
Week 6	Rehearsing your Agatha Christie play. Continuing with one of her greatest novels...	
Week 7	Rehearsing your Agatha Christie play. Continuing with one of her greatest novels...	
Week 8	Rehearsing your Agatha Christie play. Concluding one of her greatest novels. <i>Have you unmasked the murderer?</i>	
Week 9	Performing your Agatha Christie play.	The chance to watch your classmates' plays and enjoy their performances.
Week 10	Visit to Torquay and walking 'The Agatha Christie' mile in order to see key locations in her life and work. (TBC)	
Week 11		
Week 12		
Assessment		
- You will create a presentation about a key feature of Agatha's life or work. - You will gather case notes to try and unmask the murderer in one of her greatest 'golden age' novels. - You will rehearse and perform an Agatha Christie play before an audience. Here, teamwork is the key to success. - You will complete a trail in Torquay when following 'The Agatha Christie Mile'.		
How does this elective link with wider opportunities? - For those interested in English literature and great writing, this is a chance to explore the work of the world's most popular novelist. - You will explore the local and wider area to discover some hidden gems on our doorstep. - You will develop your team-building and teamwork skills as you rehearse and perform your play. - You will develop your confidence as you perform your play before a live audience.		

Physical /Skills/ Community Focus



What you can expect:

You can join other members of the programme to get involved in mock trial competitions, philosophical debates and other challenges designed to make you think and develop a number of key interpersonal and employability skills. There will also be guest speakers talking on a range of subjects.

Which year groups can take part?	7-10					
During which cycle can you do this elective?	Cycle 1	Y	Cycle 2	Y	Cycle 3	Y
Which WES Student Attributes does this elective promote?						
Does this elective contribute towards the Duke of Edinburgh award?	No					
Important information	N/A					
How does this elective link with wider opportunities? Development of interpersonal and employability skills – skills top universities, employers are looking for. Personal development through learning new skills.						