CHARACTER AND ENRICHMENT: ELECTIVES OPTIONS

FORTITUDINE CRESCAMUS

NEWSTEAD WOOD SCHOOL

"creating opportunities for success"

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THE ELECTIVE OPTIONS CYCLE AT NEWSTEAD WOOD SCHOOL YEAR 10, YEAR 11, AND YEAR 12

At Newstead Wood School, our three-year Elective Options Cycle provides students with exciting opportunities for enrichment, challenge, and independent learning beyond the GCSE and A-Level curriculum. These electives compliment your academic studies and help develop key life skills.

Character Education is a key part of the Newstead experience. Our Elective Options aim to develop enriching life and employability skills, while also fostering key values and behaviours that will prepare you for success in the future:

INTERESTS	**TEAMWORK**
ARTICULACY	**INTEGRITY**
RESILIENCE	**FRIENDSHIP**
LEADERSHIP	**SERVICE**

Elective Sessions by Year Group:

- **Year 10:** every Friday afternoon
- **Year 11:** every Thursday afternoon.
- **Year 12:** every Wednesday afternoon including personal statement and UCAS application support for top universities.

Students select their electives at the start of each term for the entire year. Once electives are chosen, they can only be changed in exceptional circumstances, requiring a meeting with Mr. Bournat. We encourage students to carefully consider their career interests and personal goals when making their choices.

It is important to note that it is not compulsory to choose a Sports elective alongside an Academic elective — students are free to select whichever combination best supports their personal interests and future ambitions.

We believe that students learn just as much outside the classroom as they do inside it. Our co-curricular programme encourages participation in a variety of activities, helping students to step out of their comfort zones, build confidence, and ignite new passions. Excellence and participation are both highly valued at Newstead Wood School.

If you have any questions or need guidance, please do not hesitate to contact me - mbournat@newsteadwood.co.uk

Sincerely,
Mr. M Bournat
Assistant Head

Year 10 Elective Options 2024-25

Students choose two electives per term in Y10.
(Total 6 electives over the course of the year).

- Badminton
- Bharanatyam Dance
- Crest Science – Bronze Award
- Dance (Jack Petchey – Step Into Dance Programme)
- iGCSE Environmental Management
- Fencing
- First Aid
- Medical, Dental and Veterinary Elective (over 3 years)
- Multi-Gym & Fitness
- Neuropsychology
- Outreach Work at a Local Primary School
- Reading Group
- GCSE Statistics
- Table Tennis
- Team Sports: Volleyball, Football, Dodgeball, and Benchball
- Yoga

Year 11 Elective Options 2024-25

Students choose two electives during the first two terms in Y11.
(Total 4 electives over the course of the year).

- Badminton
- Bharanatyam Dance
- Crest Science – Silver Award
- Dance (Jack Petchey – Step Into Dance Programme)
- iGCSE Environmental Management
- Fencing
- First Aid
- Medical, Dental and Veterinary Elective
- Multi-Gym & Fitness
- Neuropsychology
- Outreach Work at a Local Primary School
- Reading Group
- GCSE Statistics
- Table Tennis
- Team Sports: Volleyball, Football, Dodgeball, and Benchball
- Yoga

Year 12 Elective Options 2024-25

Students choose 1 elective per term in Y12.
(Total 3 electives over the course of the year).

- Advanced Maths: Preparation for STEP, MAT & TMUA examinations
- Core Mathematics
- CREST Gold Award study period
- First Aid
- Medical, Dental and Veterinary Elective
- Model United Nations
- Neuropsychology
- Oxbridge Elective
- Sport - badminton and football
- Sports Leadership Award
- Teaching English as a Foreign Language (TEFL)

ELECTIVE OPTION SUMMARY

ADVANCED MATHS: PREPARATION FOR STEP, MAT & TMUA EXAMINATIONS

Aim: To provide high level maths support to Year 12 students in order for them to achieve the highest possible grades in STEP, MAT, TMUA and Olympiad examinations.

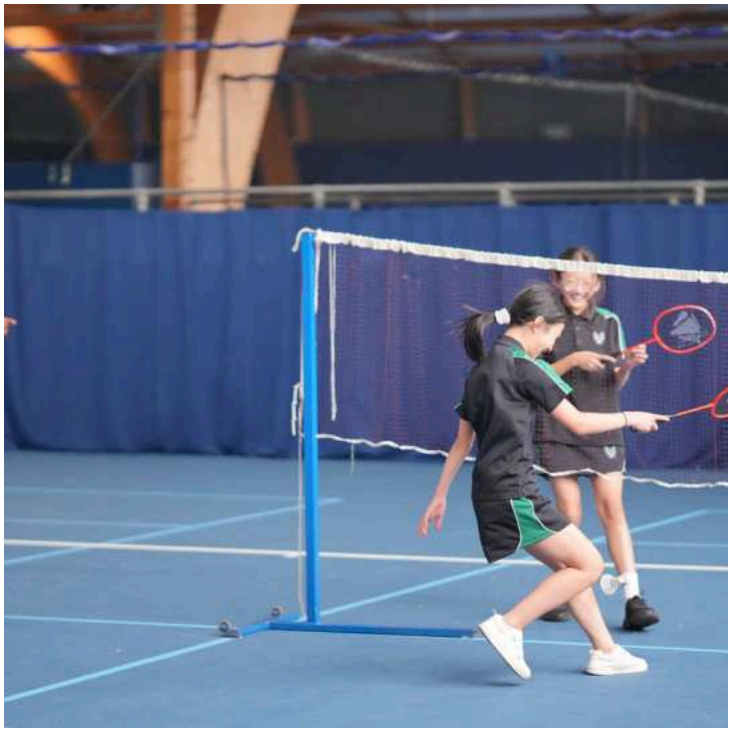
Students will cover the following topics: Geometry, Trigonometry, Functional Equations, Number Theory, Algebra and Combinatrics.

Course content: Six strands are covered; each topic will be roughly be two weeks of teaching. Most of the lesson will be spent working through questions. We will also cover a few additional formulae that are not covered at GCSE or at A level which may be needed. Students will also be given additional questions to work on. In class we will look at how answers need to be laid out and how they are marked. Enrichment opportunities: In June of Year 12 followed by STEP 2 and 3 in Year 13. MAT: November of Year 13. TMUA: November of Year 13. Maths Olympiad: October of Year 12.

BADMINTON

Year 10 and Year 11 students have the weekly opportunity to take Badminton in the elective session on a Thursday afternoon. Students will practice techniques, given guidance by PE staff, and are free to play competitive matches or just for fun!

There is also a lunchtime Badminton club on Tuesdays and Thursdays for KS4 where students can practice their shots, make friends, and get some exercise. Badminton is a great sport to learn, given its social nature and the fact it is relatively easy for beginners to pick up. We also enter a team into the national competition and recent successes demonstrate that the students' efforts are paying off. All of these opportunities take place at the nearby Bromley tennis centre and remains supervised by school staff.



BHARATANATYAM DANCE

Course aim:
The Bharatanatyam elective introduces students to the classical Indian dance form of Bharatanatyam, focusing on its intricate footwork, expressive hand gestures (mudras), and storytelling through dance. Students will develop physical coordination, artistic expression, and an appreciation for Indian culture through dance.

Students Will Learn:
- Basic Bharatanatyam Techniques: Learning the foundational steps (adavus), body posture, and hand gestures (mudras).
- Rhythm and Timing: Understanding the complex rhythms (tala) and incorporating them into dance movements.
- Expression (Abhinaya): Developing facial expressions and body language to convey emotions and stories.
- Classical Music: Introduction to the music used in Bharatanatyam, including the connection between rhythm, dance, and the accompanying Carnatic music.
- Choreography: Learning short classical dance pieces and sequences, as well as the storytelling aspect of dance (Natya).

Course Content:
1. Introduction to Bharatanatyam: History, cultural context, and significance of Bharatanatyam in Indian classical arts.
2. Basic Adavus: Learning fundamental steps and postures, focusing on footwork, hand gestures, and body alignment.
3. Rhythm and Tala: Introduction to rhythmic patterns and learning to dance in sync with the beat.
4. Mudras (Hand Gestures): Mastering the different hand gestures used to convey meaning in dance.
5. Abhinaya (Expression): Developing skills in facial expressions and storytelling through dance.
6. Choreography: Learning simple choreographed pieces that combine adavus, expressions, and music.
7. Performance Skills: Preparing for a final performance to showcase learned material.

This course offers students a chance to explore and express themselves through the ancient art of Bharatanatyam, enhancing both physical coordination and emotional expression.

CORE MATHEMATICS

Course Aim:
The Core Mathematics elective is designed to strengthen students' understanding of key mathematical concepts and improve problem-solving skills that are essential for everyday life, further study, and careers in fields like science, economics, and technology. The course focuses on practical applications of mathematics, building confidence and competence in key areas such as algebra, statistics, and financial mathematics.

What Students Will Learn:
- Algebra: Develop a deeper understanding of algebraic expressions, equations, and inequalities, and learn how to solve complex problems.
- Statistics: Learn how to collect, analyze, and interpret data, and use statistical methods to make informed decisions.
- Financial Mathematics: Apply mathematical concepts to real-world financial scenarios, including budgeting, interest calculations, and investments.
- Graphs and Functions: Explore the use of graphs and functions to represent and solve problems in a variety of contexts.
- Problem-Solving Skills: Enhance logical thinking and reasoning to tackle real-world mathematical challenges.

Course Content:
1. Algebra: Working with linear and quadratic equations, manipulating algebraic expressions, and solving inequalities.
2. Statistics: Understanding data collection methods, calculating averages (mean, median, mode), and interpreting statistical charts and graphs.
3. Financial Mathematics: Learning about budgeting, simple and compound interest, loans, mortgages, and tax calculations.
4. Graphs and Functions: Plotting and interpreting different types of graphs (linear, quadratic, exponential) and understanding their applications.
5. Probability: Basics of probability theory, including outcomes, events, and probability distributions.
6. Mathematical Reasoning: Using logic and reasoning to approach and solve complex problems, including real-life scenarios like risk assessment and decision-making.
7. Applications of Mathematics: Using mathematical models to solve practical problems in areas such as economics, engineering, and health.

This course provides students with the foundational mathematical skills needed for academic success and everyday life, focusing on practical applications that enhance both their analytical thinking and decision-making abilities.

CREST SCIENCE – BRONZE, SILVER, GOLD AWARD

Course aim: CREST is the British Science Association's highly regarded scheme for STEM project work that inspires young people to think and behave like scientists and engineers.

Students will learn to: Plan, design and carry out their own STEM investigation either individually or in a small team. They will have the support of our Science department including technicians to carry out their experiments. In order to gain the Bronze Award, students will have to demonstrate that they have invested roughly 30 hours of work into their project in total. They will have lesson time once a week and planning time in advance of starting the Elective will be necessary to ensure that they can hit the ground running once they start their Elective. If any extra time is needed during lunchtimes, after school or at the end of the term to wrap up the Award, we will endeavour to support students with this.

Course content:
CREST Bronze Award: Year 10 students will have the chance to choose their own subject and methodology when completing their hands-on investigation.

CREST Silver Award: building on the Bronze Award which students can achieve in Y10 at Newstead, Year 11 students will have the chance to choose their own subject and methodology when completing their hands-on investigation

CREST Gold Award: Year 12 students complete a scientific project, which makes an original contribution to a STEM field of study. They will then submit their findings on an online platform. Gold Awards are externally assessed by experts from industry, academia or the education sector.

DANCE

(Total price for course: £5)

Aim: To enable students to learn and develop skills in various types of modern dance.

Course content: Through the Jack Petchey Step into Dance programme, students will encounter various dance styles in order to develop their own physical and technical dancing ability.

Enrichment opportunities: Students will be able to enter Jack Petchey Dance Competitions, representing the school.

FENCING

(Total price for course: £60)

There are only 14 places available per term for this option.
Aim: Fencing is an exciting and vibrant sport and students will have the opportunity to cover all of the basic moves and look at defensive and offensive strategies. Footwork and movement are key to successful fencing.
Kate Neave, an international fencer who has represented the UK, will lead this course.

Students will learn to:

- Develop footwork and movement.
- Teach how to use the épée (sabre) to defend oneself and attack their opponent.
- Understand the rules of Fencing.
- Have opportunities to compete against fellow students.
- Very useful for the 'Learning a New Skill' area of the Duke of Edinburgh award.

Course content: Students work in pairs each week to practise épee work, movement and strategy excercises. Lessons are hands-on and interactive. All kit will be provided.

FIRST AID

Aim: In these guided sessions students will be taught the basic First Aid course provided by St. John's Ambulance. These will be overseen by staff with First Aid training.

Students will learn to: Manage First Aid situations arising, such as cuts and bruises, and how to respond safely to serious situations such as strokes and heart attacks.

Course content: This will enable them to feel more confident facing situations where First Aid is required. Throughout the 12-week course students will watch videos and scenario-based examples to explore the requirements of First Aid.

IGCSE ENVIRONMENTAL MANAGEMENT

(Total price for course: £220)

Aim: The purpose of this course is to draw upon a multi-disciplinary understanding of Geography and Science at GCSE together with wider aspects of Earth Science, Anthropology and Economics to produce a holistic view of humans' use of our planet. This approach encourages a more independent view of the planet's systems, their human uses and the ethical perspectives of future developments.

Students will learn to: Develop an integrated view of Environmental Issues through a student-centred learning process. Students will be expected to commit weekly independent study time to use support materials as a guide through the course. This is supplemented by a weekly lesson This approach will draw upon both the Science and Geography GCSE courses and push the boundaries into new areas. Ultimately this course can be examined as an IGCSE in Environmental Management which will compliment both Geography and Science GCSEs.

Course content: Environmental Management IGCSE is centered on the concept of sustainable development and limits to growth of the human population. The course is divided into the four broad areas of Lithosphere, Hydrosphere, Atmosphere and Biosphere. It explores how each of these planetary systems work, how people use them and how people impact on them and ultimatley how they might be sustainably managed.

Enrichment opportunities: The nature of the course lends itself to visits, fieldwork and laboratory work.

GCSE STATISTICS

(Total price for course: £220)
Aim: To complete GCSE Statistics in one year.

Course content: This elective covers the collection of data, processing, representing and analysing data and probability. The elective lasts one year and is open to students in Maths sets 1-3 in Year 10. Statistics is a useful course with the skills learned used in many A level courses such as Biology, Geography, Psychology and many more. It also overlaps with GCSE Mathematics and is excellent preparation for the Statistics elements in A Level and Further Mathematics A Level.

Enrichment opportunities: Free talks hosted by the Advanced Mathematics Support Programmes which cover areas outside the Maths and Statistics curriculum. Use of graphical calculators to explore statistics using software.

MEDICAL, DENTAL AND VETERINARY ELECTIVE

Students aiming for a medical career have a bespoke pathway and support to help them make a successful application. We run a dedicated programme for students who want to apply to study medicine, veterinary science or dentistry at university. The programme provides advice on UKAT and BMAT preparation, work experience, personal statement writing, course choices and interview preparation.
This is in addition to our well-established MEDSOC (Medical Society). A reading list of suggested periodicals is provided to all students to complete in their own time.

Course aims (over 3 years):

- To provide an overview of the application process and differing requirements of different medical schools.
- To ensure all students understand early the admissions tests and provide practice in each of the skill areas.
- To guide and develop wider critical reading linked to entry to MDV.
- To support the MDV application process.
- To ensure every student has the skills, knowledge and experience to succeed.
- To provide interview practice (individual and multi-member interviews).
- To provide opportunities for debates and public speaking linked to medical ethics.
- To consider a range of ethical issues from differing view-points.
- To use the Pillars of Medical ethics as a basis for making judgements.

In **Year 10** we will start to consider academic reading and discussion of ethical topics. Students will grow in confidence in discussing and debating these and become adept at framing opinions and justifying actions using the medical ethics frameworks. Students will grow their scientific literacy, become proficient in reading journal articles and extend their scientific knowledge beyond the exam specifications. Students will start to practise some BMAT and UCAT style questions.

In **Year 11** we ensure students have a thorough understanding of the application process and the requirements of different medical schools. Work experience is considered and wider reading are developed with a view to how this will feed into students Personal Statements'. Medical Ethics and ethical situations are debated and frameworks used to justify decisions. Confidence is built in making difficult decisions. BMAT and UCAT skills are practised.

In **Year 12** students are now working fully towards their UCAS Application. All aspects of the application process are covered and opportunities to develop skills and knowledge exploited fully. Visiting speakers are utilised where possible to provide first-hand examples and case studies. Timeframes are planned and entrance exams scheduled. Wider reading, BMAT/UCAT, knowledge of the National Health Service are all included.

A reading list of suggested periodicals/podcasts is provided to all students to complete in their own time

MODEL UNITED NATIONS

Aim: To promote public speaking and debate skills.

Students will learn: Debating skills, widen their knowledge of current affairs and learn to empathise with different international cultural, economic and social perspectives.

Course content: Participants in Model United Nations conferences, known as delegates, are placed in committees and assigned countries to represent, or occasionally other organizations or political figures, where they represent members of that body. Delegates are assigned countries before the conference, along with receiving a topic, or topics, that their committee will discuss. Delegates conduct research before conferences, formulate positions and come up with policy proposals that they will then debate with their fellow delegates in the committee, staying true to the actual position of the member they represent.

Enrichment opportunities: Participate in higher education led Model UN conferences. This year students from Newstead took part in the London School of Economics Model UN Conference

MULTI-GYM & FITNESS

Aim: To get fitter, stronger, motivated and to take a moment to escape from classroom work/stress and work on your strength and fitness.

Students will learn to: One of the PE team will give all students an induction about how to use the range of
equipment we have in the multi-gym. Students will then have the opportunity to work individually or in pairs to develop their personal fitness.

Course content: Students will work independently to develop their personal fitness and will be able to design their own weekly fitness routine.

NEUROPSYCHOLOGY

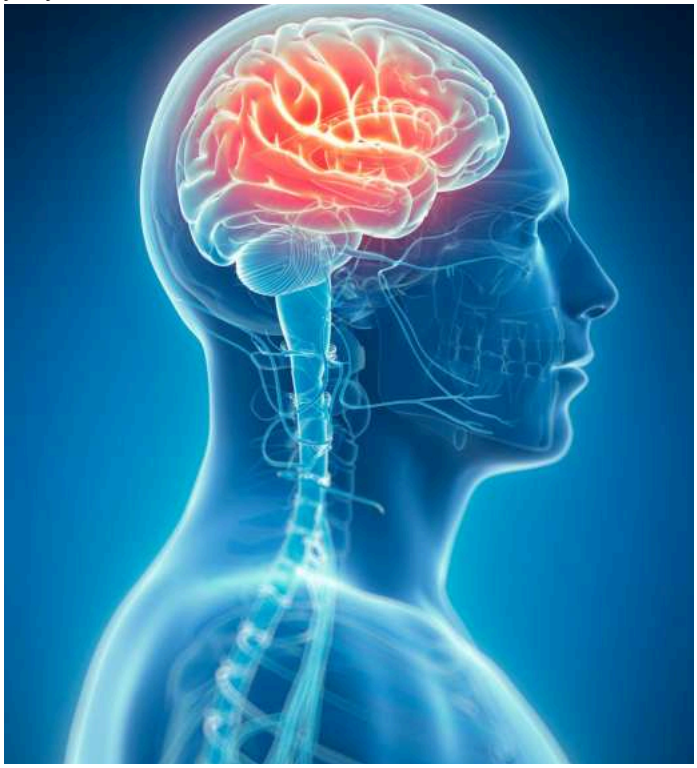
Course Aim:
The Neuropsychology elective explores the relationship between the brain and behavior, helping students understand how brain function influences cognition, emotions, and actions. The course introduces key concepts in neuroanatomy, cognitive neuroscience, and brain disorders, with a focus on real-life applications and current research in the field.

What Students Will Learn:

- Brain Structure and Function: Learn about the anatomy of the brain and how different regions are involved in cognitive functions like memory, language, and decision-making.
- Neuroplasticity: Understanding how the brain changes in response to learning, experience, and injury.
- Cognitive Functions: Explore how processes such as attention, perception, memory, and problem-solving are managed by the brain.
- Neurological Disorders: Study the impact of brain injuries and disorders like Alzheimer's, Parkinson's, stroke, and trauma on behavior and cognition.
- Research Methods: Introduction to how neuropsychologists conduct research, including brain imaging and testing techniques.

Course Content:
1. Introduction to Neuropsychology**: Overview of neuropsychology, its history, and its role in understanding human behavior.
2. Brain Anatomy: Learning the structure of the brain and its key functions (e.g., frontal lobe, hippocampus, and amygdala).
3. Neuroplasticity: How the brain adapts and reorganizes itself in response to learning, injury, or experience.
4. Cognitive Functions: Study of attention, memory, language, and executive function, with practical examples of how these functions are assessed.
5. Neurological Disorders: Exploring conditions like dementia, epilepsy, and traumatic brain injuries and their effects on behavior and cognition.
6. Brain Imaging and Assessment: Introduction to tools like MRI, EEG, and neuropsychological tests used to study brain function.
7. Applications of Neuropsychology: Understanding how neuropsychology applies to education, mental health, and rehabilitation.

This course provides an exciting introduction to how the brain controls behavior, enhancing students' understanding of both basic brain science and its practical applications in everyday life and health.



OUTREACH WORK AT A LOCAL PRIMARY SCHOOL

Aim: To provide students with an opportunity to spend a term working in a local primary school or special school for students with learning difficulties.

Students will learn to:

- Work as part of a team and develop self-confidence.
- Relate to others in their community.
- Develop creative ideas and deliver them.
- Develop their communication skills and confidence in a professional environment.

Course content: If students go to one of our mainstream, local primaries, they will be able to work closely with Key Stage 1 and 2 students who require extra support or challenge with Numeracy and Literacy and devise their own creative, educational projects which they will then be able to deliver to younger students. Currently we work with Tubbenden Primary, Darrick Juniors, St James' Primary and Warren Road Primary. Some students will have the opportunity to work at the Marjorie McClure School, a school for students with learning difficulties in Chislehurst.

Enrichment opportunities: Visits, projects and competitions.

Some students may be involved in the school drama productions, sports days, and other events that are organised by our local partners.

OXBRIDGE ELECTIVE

Aim: To give students an insight into what makes a competitive application to Oxbridge.

Students will learn to: Navigate their way through the Oxbridge tutorial system, the UCAS application cycle, how to write persuasive and impressive personal statements, pre-university examination practice and the importance of super-curricular activities, and how to choose an Oxford or Cambridge college.

Course content: Students will learn how to prepare for the Oxbridge admissions process.

Enrichment opportunities: Opportunities to take part in mock interview practice in November with Oxbridge alumni

READING GROUP

Aim: 'Reading is to the mind what exercise is to the body', Richard Steele. 'A book is a device to ignite the imagination', Alan Bennett. Evidence suggests that students who read for pleasure expand their imagination and develop a broader vocabulary, have an increased general knowledge and a better understanding of other peoples' cultures and way of seeing the world.

Students will learn to:

- Explore both fiction and non-fiction titles.
- Expand their knowledge of classical literature, as well as building creative interpretation skills.
- Evaluate different authors and genres, while exploring techniques for text analysis.
- Explore a wide range of different formats (graphic novels, plays, novels) and how to appreciate them.

Course content: The group will discuss and evaluate a wide range of fiction and non-fiction books, as well as taking part in a variety of literature-based activities. This option will be led by our school librarians.

SPORTS LEADERSHIP AWARD

The 12-month programme is taught by trained PE staff through the school elective programme. Weekly lessons introduce students to the theory and practice of sports leadership, and students will go on to coaching younger students in a variety of team and racket sports. Sports leaders will often give up lunchtimes to referee interhouse or regular sporting fixtures, and they develop into assets for the school PE department.

For those considering A level PE, this is a great opportunity to discover more about the theory of Physical Education. For those eager to demonstrate soft skills in their CV, like communication, teamwork and leadership, the Sports Leadership Award is an opportunity not to be missed!

TABLE TENNIS

Aim: In these divided court games students will be taught the basic shot techniques to be able to return the ball/shuttle to land in the court. These shots will then be refined and developed throughout the 10 week course to enable them to play the ball/shuttle in various ways and to a variety of places on the court alongside developing their tactical play; using a variety of shot combinations that will enable them to beat their opponent.

Students will learn to: Students will work on technique to develop the key strokes. Doubles and singles matches will be played to develop knowledge of rules and strategy. Effective team-work and tactical play will also be studied.

Course content: Develop doubles play and a good knowledge of rules and tactics. Competitions will be played in class. Students will develop a knowledge of leagues/round robin/ladder competitions. An extension for some students may be to develop their coaching and officiating skills within this competition structure.

TEACHING ENGLISH AS A FOREIGN LANGUAGE (TEFL)

Aim: To introduce students to the fundamentals of teaching English to non-native speakers, focusing on language acquisition, teaching methods, and practical skills.
Students will learn: Key language teaching theories and methods.
How to teach listening, speaking, reading, writing, grammar, and vocabulary.
Techniques for creating lesson plans and managing classrooms.
How to assess student progress and give feedback.
The importance of cultural awareness in language teaching.

Course Content:

1. Introduction to TEFL and the role of the teacher.
2. Language acquisition theories and challenges for learners.
3. Various teaching methods and student-centered approaches.
4. Strategies for developing language skills.
5. Lesson planning, classroom management, and assessment.
6. Cultural sensitivity in teaching.
7. Practical teaching experience and feedback.

This course is ideal for students interested in language teaching and international education.

TEAM SPORTS:
VOLLEYBALL, FOOTBALL, DODGEBALL, AND BENCHBALL

Aim: In all of these ball game activities students will be taught the basic skills required to play and outwit their opponents. These skills will be refined and developed throughout the twelve-week course.

Students will learn to: Alongside these skills they will do small sided game activities which will introduce tactical play and the rules and these will gradually be expanded until the full game is being played.

Course content: Once the students can play a full game with good knowledge of rules and tactics then competitions will be played to develop knowledge of leagues/round robin competition structure and organisation. An extension for some students may be to develop their coaching and officiating skills within this competition structure.

YOGA

(Total price for course: £5)

Course Aim:
The Yoga elective aims to promote physical wellness, mental clarity, emotional resilience, and self-discipline through the practice of yoga. Students will learn various yoga poses, breathing techniques, meditation, and mindfulness practices to improve overall well-being.

What Students Will Learn:

- Yoga Asanas (Postures): Basic to intermediate poses, including standing, seated, and balancing asanas, with a focus on alignment and breathing.
- Pranayama (Breathing): Techniques like Ujjayi, Nadi Shodhana, and Kapalbhati to regulate energy and manage stress.
- Meditation & Mindfulness: Techniques to enhance concentration, relaxation, and emotional regulation.
- Yoga Philosophy: Basic principles like the Yamas and Niyamas, and the core teachings of the Yoga Sutras of Patanjali.
- Restorative Practices: Techniques like Yoga Nidra for relaxation and stress relief.

Course Content:

1. Introduction to Yoga: History, benefits, and basic breathing techniques.
2. Yoga Asanas: Standing poses, seated poses, balancing poses, and Sun Salutations.
3. Pranayama: Breathing techniques for energy and relaxation.
4. Meditation & Mindfulness**: Practices for focus and mental clarity.
5. Yoga Philosophy: Exploration of key yoga principles and texts.
6. Restorative Yoga: Techniques for relaxation and deep rest.
7. Self-Practice: Developing a personal yoga routine and reflecting on growth.

This course provides students with tools for improving physical health, mental focus, and emotional well-being through yoga and mindfulness.

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Newstead Wood School
Avebury Road
Orpington
BR6 9SA
T: 01689 853626