

Wakefield Girls' High School



ENRICHING & DEVELOPING
GIRLS' EDUCATION

2022 - 2023

EDGE takes place on Thursday afternoons and involves every girl at WGHS, from Year 7 to Year 11. It is a chance for them to customise a small corner of their timetable by choosing from a wide range of activities led predominantly by WGHS staff. Above all, we hope that the girls really enjoy their EDGE experiences and perhaps discover a hidden talent! Each girl will choose a number of EDGE activities, depending upon her Year Group:

- Year 7 girls will choose one EDGE option in the summer term, and will also experience the following set activities:
 - ◇ A Herculean Odyssey
 - ◇ Pottery
 - ◇ STEM Project
 - ◇ Study Skills
- Years 8 and 9 will complete five EDGE activities during the academic year.
- Year 10 will complete four EDGE activities they have selected along with the compulsory personal care unit.
- Year 11 will complete three EDGE activities (blocks 1, 3 and 4) allowing them to utilise blocks 2 and 5 for mock exams and GCSE revision.

Carefully read the wide range of choices on offer, paying particular attention to any age-specific criteria which are shown for each EDGE activity.

The cost of the majority of EDGE activities will be covered by the normal school fees. Some specialist activities may, as you would expect, attract additional costs and these are clearly highlighted (cost per EDGE). Payment details will be communicated once places are confirmed for each EDGE activity

<p>1. ABRSM Medals</p> <p>Want to hone your performance skills on your instrument or voice? Want experience playing in a group? Want to improve your aural or theory understanding? There will be the opportunity to gain bronze, silver, gold or platinum ABRSM Music Medal certification at the end of the project.</p>	Years 7 8 9 10 11	<p>9. Chess</p> <p>Whether you're a beginner or a grand master, this is a chance to improve your chess skills and challenge your friends in a mini-tournament. You can also qualify to play against students from other schools, but this is voluntary.</p>	Years 7 8 9 10 11
<p>2. African Drumming</p> <p>African drums have a unique and more profound symbolic meaning when compared with western music, and when you drum as a group it's a fun social activity that anyone can do.</p>	Years 7 8 9 10 11	<p>10. Christmas Decorations</p> <p>What better way to decorate your home than with personal, hand-made Christmas decorations? They are beautiful gifts for friends and family, and so much fun to make!</p>	Years 7 8 9 10 11
<p>3. Archery £60</p> <p>Release your inner Katniss Everdeen with a chance to learn how to use a bow and arrow! All you need is a steady hand, a good eye, and a bit of ruthlessness.</p>	Years 7 8 9 10 11	<p>11. Circus Skills £50</p> <p>Novice or a pro? Here's your chance to learn some amazing circus skills, such as: Juggling, Plate Spinning, Diablo, Devil Stick & Balance, as well as some more challenging activities such as Unicycling and Rolla-Bolla. Everyone will discover and develop new skills under the guidance of a professional Variety Entertainer.</p>	Years 7 8 9 10 11
<p>4. Badminton</p> <p>With one of the largest participation rates in the UK, badminton is the original 'sport for all'. Come and learn the basics or take some of the skills you already have and move forward. Exercise with friends, advance towards competition levels, or just to make sure you don't feel awkward when your new university friends ask 'fancy a game of badminton?'</p>	Years 7 8 9 10 11	<p>12. Cooking Skills</p> <p>Designed with beginners in mind, this is a perfect introduction to the essential kitchen skills you'll need to produce tasty meals for years to come. Learn simple recipes and impress your family with your new cooking ability.</p>	Years 7 8
<p>5. Basketball</p> <p>Have you always wanted to be a Harlem Globe Trotter? If so, come and try your hand at a slam dunk and alley-oop. In these sessions the focus will be on game play and having fun.</p>	Years 7 8 9 10 11	<p>13. Cricket</p> <p>Do you want to be the next Charlotte Edwards? Learn how to hit a six and bowl a googly. Players of all abilities are welcome.</p>	Years 7 8 9 10 11
<p>6. Board Games</p> <p>From firm family favourites like Cluedo, to contemporary classics such as Cranium and Pandemic, play a variety of board games, think about what makes them tick, and even have a go at creating your own!</p>	Years 7 8 9 10 11	<p>14. Cross Stitch</p> <p>Release your inner Jane Austen heroine and join us for a little gentle needlework. Relaxing and easy to master, with a little patience you will soon be creating your own mini-masterpieces from old-fashioned samplers to more complex old masters. No experience required.</p>	Years 7 8 9 10 11
<p>7. Bollywood Movies</p> <p>India produces more movies every year than any other country, and Bollywood movies have their own amazing style. In this EDGE you'll experience magic, romance, musical dance numbers and high drama, often in the same afternoon!</p>	Years 8 9 10 11	<p>15. Cross-Fit Training £70</p> <p>CrossFit is constantly varied functional movements performed at high intensity. Our professional coaches will introduce aspects of gymnastics, weightlifting, rowing and many more functional movements. These are the core movements of life.</p>	Years 8 9 10 11
<p>8. Books and Biscuits</p> <p>What better way to spend an afternoon than reading a good book and a tasty treat? We will also design some displays inspired by our favourite books.</p>	Years 7 8 9 10 11	<p>16. Dance</p> <p>We'll cover a variety of dance styles and techniques, such as modern, jazz and ballroom. Pick your favourite style, choreograph a performance and put on a show.</p>	Years 7 8 9 10 11

17. Debating and Public Speaking Fancy yourself as a barrister, politician, lobbyist or simply an afterdinner speaker? Learn some of the arts of speaking in public including voice projection, posture, humour, metaphor and preparation. Even if you're scared stiff of being in front of a microphone, this is the way to build confidence.	Years 7 8 9 10 11	24. Felt making During the 7 week programme you will create a 3D needle-felted animal of your choice and if time allows a wet felted bag.	Years 7 8 9 10 11	31. Pitch and Putt Golf £20 Develop your golf skills on a local Pitch and Putt course. This is aimed at beginners, or those who want to improve.	Years 7 8 9 10 11
18. Defining Gravity Ever since the apple (maybe) fell on Newton's head, physicists have been obsessed with gravity. Each week you will learn a new experimental way to measure the strength of gravity on Earth.	Years 7 8 9 10 11	25. Field Target Air Rifle £135 This is a competitive outdoor target shooting discipline with standard power air rifles. No experience is necessary, this EDGE provides an introduction and includes professional instruction and equipment. The discipline is about skill, technique and accuracy, not strength or physical attributes	Years 7 8 9 10 11	32. Green Team There are many environmentally-friendly things you can do at school or college to help protect the planet and prevent climate change. These include setting up recycling schemes and finding greener ways to travel to school. As well as doing your bit at home, you and your friends can also do some things at school that can help.	Years 7 8 9 10 11
19. Dog Handling & training £55 Bring your dog along to this activity for the opportunity to work with a qualified Dog Trainer. Learn basic dog obedience and have a go at novice agility courses. Parents must be available to drop off/pick up dogs for this activity.	Years 7 8 9 10 11	26. Fitness Trails The world is your gymnasium! We'll take you out to try various exercise trails and outdoor equipment in parks throughout the area. Fresh air and fitness - the perfect combination.	Years 7 8 9 10 11	33. Ice Skating £70 Skating takes practice, so with seven weeks to build up confidence you'll be taking to the ice and showing off your skills in no time. It's great exercise, and it could be the start of a lifetime hobby.	Years 7 8 9 10 11
20. Duke of Edinburgh Awards For Year 9 students who wish to challenge themselves for the Bronze Duke of Edinburgh Award, this is your chance to plan and train for your expedition. You will form your group, plan your route and learn important skills such as cooking, first aid and building a tent.	Years 9	27. Football Enjoy this fast and furious version of the world's favourite sport. Play the shortened version of the game on astro pitches. All skill and experience levels are welcome	Years 7 8 9 10 11	34. Interior Design Have you ever wondered how an Interior designer develops their ideas? During the 7 week programme we will explore colour, pattern and texture, combining these together to create successful design schemes for a room of your choice.	Years 7 8 9 10 11
21. Dungeons and Dragons Grab your sword and spell book and go adventuring! In D&D you will create a character and join a party as you work together to solve a mystery and defeat the forces of evil. No experience is required, but a love of fantasy will serve you well. Roll for initiative!	Years 7 8 9 10 11	28. Foreign language Film Club Embrace the subtitles and enjoy the best of cinema from Europe, Asia and beyond. Experience cultures that are both very different and yet the same. A whole world of movie wonders await.	Years 8 9 10 11	35. Japanese Culture A to Zen This EDGE is perfect for those with a love for all things Japanese. We will learn about the customs, food and geography and you may pick up some of the language. 会いましょう!	Years 7 8 9 10 11
22. Fakeaways Would you like to ditch the takeaway menus and learn how to make fragrant, nutritious and delicious 'fakeaway' dishes that are easy to make at home? Then this is the Edge activity for you. Think classic favourites such as fish and chips, curries, mixed starters and pizza to name a few.	Years 7 8 9 10 11	29. Fun With Dyes Around the world, colour is applied to fabrics in a variety of ways. You will experiment with applying natural dyes, chemical dyes, resist dyeing techniques and silk painting onto a variety of fabrics. There will be no cost involved, but you may need to bring in some vegetables and other natural dyes. Beware, you will go home with colourful hands!	Years 7 8 9 10 11	36. Karate £56 This ancient Japanese martial art (literally meaning "empty hand") goes beyond self defence. It will develop your balance, coordination, strength and flexibility, as well as mental alertness. It could well become a new way of life!	Years 7 8 9 10 11
23. Falconry £70 Falconry gives you the chance to explore the world of raptors (birds of prey). You will learn all about their habitats and how they hunt for prey, as well as getting the chance to handle and fly birds of prey under the guidance of experienced falconers.	Years 7 8 9 10 11	30. Geocaching Everywhere you go, little boxes have been hidden, waiting to be discovered. When you go Geocaching, your job is to find them. Armed with a GPS, we'll go to towns and countryside and hunt them down. Maybe even hide your own!	Years 7 8 9 10 11	37. Knitting and Discussion Group This EDGE provides the opportunity to learn a new skill or develop a skill in the company of like-minded people! Knitting is a skill which develops and stimulates brain activity as well as enhancing fine motor skills. While we knit we will discuss topics including: politics, human rights, feminism, cultural events and world issues	Years 7 8 9 10 11

38. Lacrosse Is it time to release your inner 'wild child'? Come and learn how to cradle and dodge your opponent in this fast and furious game.	Years 7 8 9 10 11	46. Multisports Do you enjoy variety in your sports? So do we! In this EDGE, you'll play a variety of games including Dodgeball, Hockey, Benchball and more	Years 7 8 9 10 11	54. Pre-Prep assistant This is a chance to gain experience of working with children, helping out in our Pre-Preparatory School. You'll have to apply for the role, but this could be a very rewarding way to spend your afternoons.	Years 10 11
39. Laser Tag £70 Develop your tactical and teamwork skills in combat scenarios out in the field. Outdoor laser tag is an exciting game using infra-red technology and a variety of game scenarios to try over the seven week block.	Years 7 8 9 10 11	47. Music Ensemble Take your class band to the next level. You'll get time to learn and practice new songs, building your skills so you are ready to perform.	Years 7 8 9 10 11	55. Puzzle Club Gain tips on how to solve "cryptic and quick crosswords" as well as the occasional "lateral thinking" problem. No experience required, no pressure here - relax and grow your solving skills. You can even bring along your own puzzles to challenge your friends.	Years 7 8 9 10 11
40. Lego Robot League Join the team as we design and program robots to solve problems and compete in the schools' Lego League competition. We had a winning robot last year, so can you help us win again?	Years 8 9 10	48. Music Theatre Showcase If you enjoy acting and singing, this is for you. In this EDGE we will edit down a well-known Music Theatre piece, then cast and rehearse it. This is a great opportunity to develop your solo and ensemble performance skills. There will be an informal performance at the end of the project!	Years 7 8 9 10 11	56. Quiz of the week Test your general knowledge, or delve deep into your specialist subject. Each week we will have a custom-made quiz to challenge you, and you can write your own to challenge your friends.	Years 7 8 9 10 11
41. Magician Impossible £50 Ever wondered how the likes of Dynamo and Troy pull off their illusions and magic tricks? An introduction to some of the secrets of magic making which will develop not just your sleight of hand but also your presentation skills and self-confidence.	Years 7 8 9 10 11	49. Novel Writing It is said that everyone has a novel in them. This is your chance to make a start. This workshop-based activity will take you through the processes of generating ideas for, structuring and writing a longer narrative.	Years 7 8 9 10 11	57. Rock Climbing/Bouldering If you would like to learn how to rock climb, belay using top ropes, lead climb and boulder then this activity is for you. Beginner and advanced climbers are welcome, with three instructors working with up to 16 girls. Equipment and transport are provided.	Years 7 8 9 10 11
42. Mindfulness and Meditation It's important to take time out from your busy school life, and practicing Mindfulness is a great way to stop and reflect. Over the weeks you will learn the techniques that will help you become more aware of yourself and those around you, working towards peace and inner calm.	Years 7 8 9 10 11	50. Orienteering Orienteering is an exciting outdoor adventure sport which involves walking or running whilst navigating around a course using a detailed map and sometimes a compass. Will your team be the first to make it back?	Years 7 8 9 10 11	58. Rocket Building Countdown to blast off! In this EDGE we will be designing, launching our own rockets, building towards competing in the UKROC challenge - a national competition for aspiring astronauts and rocket scientists. To infinity and beyond!	Years 9 10 11
43. Mock Courtroom Trial In this EDGE you'll learn about the role of law and the justice system in our society. This is a great opportunity to develop your critical thinking and argument building. You'll prepare for, rehearse and take part in a full mock court trial at the end of the block.	Years 8 9 10 11	51. Origami Learn the Japanese art of paper folding. Origami is excellent for engaging your whole brain. Produce beautiful models to take pride in, whilst also developing eye-hand coordination, sequencing skills, attention to detail and patience	Years 7 8 9 10 11	59. Rounders A game for strikers and bowlers. A firm favourite with all age groups and students of all abilities.	Years 7 8 9 10 11
44. Mountain Biking This is an introduction to the delights of off-road cycling. Through a variety of routes around the local area you will learn the basic skills of bike handling. Expect routes to get more challenging as the weeks go on, but you will be guided and assisted throughout. Please note: You must supply your own mountain bike.	Years 7 8 9 10 11	52. Personal care Unit These sessions will explore interesting and sensitive PSHE topics that are all about you. The information covered will be useful to you now and also for your future. During the sessions we will use a variety of learning approaches such as discussion, debate, research and presentations. This unit is compulsory for Y10.	Years 10	60. Self Defence Learn to defend yourself from unwanted acts of aggression. These sessions will incorporate some fitness and physical contact. Led by a qualified instructor, Gary Hillam. All abilities welcome.	Years 7 8 9 10 11
45. Multigym An opportunity to come and improve your individual fitness. Take some time out in our Multi Gym to look after your physical and mental wellbeing	Years 10 11	53. Poetry Workshop Experiment with writing poetry in different styles and forms, to produce your own anthology of poetry	Years 7 8 9 10 11	61. Senior Anatomy and Physiology Club Ever wanted to look inside a frog, a fish or even a rat? Now is your chance! Dr Korosi will help you perfect your surgical dissection skills. Definitely not for the squeamish!	Years 11

<p>62. Sewing Bee Technical Challenge</p> <p>Do you love the Great British Sewing Bee? Do you want to learn how to follow a commercial dressmaker's pattern and sew a precision garment from scratch? If so, the WGHS Sewing Bee is for you. Come and test yourself with a Sewing Bee Technical Challenge. The pattern will be provided but you will need to go shopping after the first session for your fabric and this will be at your cost.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>70. Table Tennis</p> <p>An ideal time to practise your forehand and backhand drive as well as learning new shots. These table tennis sessions will give you the opportunity to learn new skills and have fun playing against different year groups.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>78. Urban Sketching</p> <p>Get out and about and get inspired by your local environment. You'll get to try a variety of materials and media, and create fantastic, eye-catching works of art based on the things you see around you.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>
<p>63. Ski Lessons £140 (inc equip hire)</p> <p>This EDGE will take you from a novice on the slopes to being a competent recreational skier. You will work with an expert instructor to develop your technique and also enjoy time to practise and have fun on the slopes.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>71. Tag Rugby</p> <p>Take the opportunity to play this fast-paced, non-contact version of rugby. Hone your passing and catching skills along with developing your fitness.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>79. Volleyball</p> <p>A fast-moving, non-contact sport involving speed of thought and spiking, blocking, setting and passing skills. No previous experience is needed as basic instruction is provided. Teams of up to 6-a-side compete.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>
<p>64. Snooker £30</p> <p>Snooker is a fun, competitive game of accuracy and tactics, as well as a relaxing way to spend the afternoon. Whether you're a complete beginner or a cueball queen, you'll have loads of fun potting balls as you search for that elusive 147 break.</p>	<p>Years</p> <p>10 11</p>	<p>72. TED Talks</p> <p>Standing for "Technology, Entertainment, Design", TED Talks have quickly become famous for bringing interesting new ideas to curious minds. In this activity, you will research an idea, prepare your presentation and deliver it to an audience. The possibilities are endless, and you'll pick up essential skills along the way.</p>	<p>Years</p> <p>10 11</p>	<p>80. WGHS Bake Off</p> <p>Expect signature bakes and technical challenges based on both sweet and savoury baked products. Each week we pick a Star Baker, but don't worry, nobody will be eliminated as it's all for fun. Who will produce a showstopper and be crowned the WGHS Bake Off champion? On your marks. Get set. Bake!</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>
<p>65. Snowboarding Lessons £140 (inc equip hire)</p> <p>Learning to snowboard is a really rewarding and exhilarating experience; in this EDGE you will have expert coaching to help you learn the basics and develop some skills and tricks as you improve.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>73. Tennis</p> <p>Whether you are looking for a fun knockabout, or you take your matches more seriously, tennis is one of the most social sports around. It gives a workout for your whole body, and is a great stress-buster.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>81. Y11 Supervised Study</p> <p>Use your time wisely, preparing for your mocks and GCSEs. Silent work rooms are available to enable you to focus.</p>	<p>Years</p> <p>11</p>
<p>66. Sound and Light Team</p> <p>SALT are the secret heroes who make every WGHS production look and sound great. By training to join SALT, you'll learn how to operate the microphones, mixers and amplifiers. If you wish, you can become a full-fledged member of the team and help out on the big school plays and assemblies.</p>	<p>Years</p> <p>9</p> <p>10 11</p>	<p>74. Theatre Making</p> <p>Create and perform your own play! Take inspiration from anything and everything and develop it in rehearsal with others to engage a live audience. Comedy or tragedy, this will suit those who enjoy scriptwriting, acting and performing, or technical skills like lighting and sound.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>82. Young Engineers</p> <p>Develop your team working skills and enhance your creative thinking through a variety of engineering based challenges that require you to apply your scientific knowledge to real world problems.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>
<p>67. Squash £40</p> <p>With Brits having much success in the world men's and women's game, now is the time to improve your skills in this fast-paced and demanding game. Some experience is needed and you will need your own racket.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>75. Touch Typing</p> <p>Would you learn to play the piano with two fingers? Why settle for less on the most useful keyboard of all? A structured touch typing course for those looking to develop their keyboard skills. Save yourself hours in the future on your coursework, dissertations or business reports.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>83. Zumba</p> <p>More like a dance party than a fitness class, Zumba offers a total body workout by combining the moves used in different Latin dances such as samba, mambo and salsa, as well as belly-dancing, hip-hop and martial arts. Together, these various Zumba fitness elements provide exciting, rhythmical exercise routines that are great fun. It's like a disco in a gym.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>
<p>68. Stop Motion Animation</p> <p>From Wallace and Gromit to Disney Classics, Stop Motion Animation brings artwork to life. Whether you choose hand-drawn, clay modelling or Lego people, you'll have 7 weeks to create a mini-movie of your own.</p>	<p>Years</p> <p>7 8</p>	<p>76. Trail Running</p> <p>Time to take your running to the great outdoors. Explore some beautiful scenery and get fit at the same time. The world is your gymnasium!</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>		
<p>69. Street Foods Made Easy</p> <p>Expect a fusion of smells, flavours, textures and fast cooking methods from around the world. You will learn about cultural food preferences and eating habits from many countries such as Thailand, Japan, Italy and France and will leave with a repertoire of trialed, tested and delicious recipes.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>	<p>77. Treasure Trails</p> <p>Can you discover whodunit, find the location of the buried treasure, or complete the mission like a true secret agent. A Treasure Trail involves taking a self guided themed walk while cracking clues.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p>		