

# Wakefield Girls' High School



ENRICHING & DEVELOPING  
GIRLS' EDUCATION

2023 - 2024

EDGE takes place on Thursday afternoons and involves every student at WGHS, from Year 7 to Year 13. 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. Each student will choose two activities from the following categories: Creative (C), Educational (E), Fitness (F), Hobbies (H), Life Skills (L) and Team Sports (T) (optional) Above all, we hope that the students really enjoy their EDGE experiences and perhaps discover a hidden talent!

- Year 7 students 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. They will have the option to do supervised study in Block 4 leading up to the summer assessments.
- Year 11 will complete two EDGE activities (blocks 2 and 3) allowing them to utilise blocks 1, 4 and 5 for mock exams and GCSE revision. If they would prefer to do EDGE activities at this time we can facilitate that.
- Year 12 will complete four EDGE blocks allowing them to study in block 4.
- Year 13 will complete the first three EDGE blocks allowing them to revise for A-levels in blocks 4 and 5.

**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 block). Payment details will be communicated once places are confirmed for each EDGE activity.

<p><b>1. ABRSM Medals (E)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>9. Books and Biscuits (H)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>2. African Drumming (C)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>10. Chess (H)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>3. Archery £100 (H)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>11. Circus Skills £70 (H)</b></p> <p>Novice or a pro? Here's your chance to learn some amazing circus skills, such as: Juggling, Plate Spinning, Diablo, Devil Stick &amp; 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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>4. Badminton (F)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>12. Cooking on a Budget (L)</b></p> <p>As food costs continue to rise, eating healthy on a budget can be a challenge. The more you focus on purchasing local, unprocessed food, preparing meals at home, and reducing waste, the healthier and tastier your diet will be, the better you'll feel, and the more money you'll save. This edge activity will challenge you to think carefully when planning meals to save money while considering a balanced diet.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>5. Basketball (T)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>13. CREST Award (E)</b></p> <p>Work independently or in groups to plan and run a project addressing a real -world STEM problem. You can do different types of projects on any STEM subject. Stretch yourself and enrich your STEM studies.</p> <p>Y8-9 will be 1 EDGE block for the Bronze award.</p> <p>Y10-11 will be 2 EDGE blocks for the Silver award.</p>	<p>Years</p> <p>8 9</p> <p>10 11</p>
<p><b>6. Biology for Life (E)</b></p> <p>Play the Biopoly game and delve deeper into how Biology affects us all.</p>	<p>Years</p> <p>11</p> <p>12 13</p>	<p><b>14. Cricket (T)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>7. Board Games (H)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>15. Cross Stitch (C)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>8. Bollywood Movies (H)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>16. Cross-Fit Training £80 (F)</b></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>	<p>Years</p> <p>8 9</p> <p>10 11</p> <p>12 13</p>

<p><b>17. Dance (F)</b></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>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>24. Fantastic Beasts and how to protect them (E)</b></p> <p>Calling all conservationists! Research your favourite species, learn more and teach others about how we can protect them.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>31. Fun With Dyes (C)</b></p> <p>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!</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>18. Debating and Public Speaking (L)</b></p> <p>Fancy yourself as a barrister, politician, lobbyist or simply an after dinner 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.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>25. Field Target Air Rifle £140 (H)</b></p> <p>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</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>32. Geocaching (H)</b></p> <p>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!</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>19. Defining Gravity (E)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>26. Fitness Trails (F)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>33. Glow up (H)</b></p> <p>This EDGE activity is based around the successful BBC 3 programme Glow up. You will explore art through makeup and test the limits of your abilities in fun challenges each week. You will learn about the origins of makeup and how makeup can be a form of self-expression.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>20. Dog Handling &amp; training £60 (H)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>27. Folk Music (C)</b></p> <p>Develop your existing skills or learn new ones using traditional instruments -bodhran, ukulele, accordion, concertina, penny whistle etc. or be part of the band, playing your own instrument. We will put performances together using traditional tunes to create music for dancing.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>34. Golf - Pitch and Putt £20 (H)</b></p> <p>Develop your golf skills on a local Pitch and Putt course. This is aimed at beginners, or those who want to improve.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>21. Duke of Edinburgh Awards (L)</b></p> <p>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.</p>	<p>Years</p> <p>9</p>	<p><b>28. Football (T)</b></p> <p>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</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>35. Green Team (E)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>22. Fakeaways (L)</b></p> <p>Ditch the Friday night takeaways and whip your own healthier and cheaper version. This is an ambitious EDGE for students who would like to develop their food preparation and hygiene skills and add a selection of popular cultural takeaway recipes to their recipe repertoire.</p>	<p>Years</p> <p>8 9</p> <p>10</p> <p>12 13</p>	<p><b>29. Foreign language Film Club (E)</b></p> <p>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.</p>	<p>Years</p> <p>8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>36. Ice Skating £70 (F)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>
<p><b>23. Falconry £80 (H)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9</p> <p>10 11</p> <p>12 13</p>	<p><b>30. French Desserts (L)</b></p> <p>This is an ambitious EDGE for students who would like to develop their skills and add a selection of popular French desserts such as Tarte Tatin, Mousse au chocolat and Bûche de Noël to their repertoire of recipes. Key skills will be demonstrated by your teacher to ensure you develop your technical ability. Madame Walker will be available to discuss French Cuisine too. Ideal for students interested in or currently studying Food and Nutrition at GCSE.</p>	<p>Years</p> <p>9</p> <p>10 11</p> <p>12 13</p>	<p><b>37. Interior Design (C)</b></p> <p>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</p>	<p>Years</p> <p>8 9</p> <p>12 13</p>

<p><b>38. Japanese Culture A to Zen (E)</b></p> <p>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.</p> <p>会いましょう!</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>45. Magician Impossible £70 (H)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>52. Music Ensemble (C)</b></p> <p>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</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>
<p><b>39. Japanese Food Culture (L)</b></p> <p>This is an ambitious EDGE for students who would like to learn about Japanese Food culture, develop their skills and add a selection of popular Japanese recipes such as sushi and katsu curry to their recipe repertoire. Key skills will be demonstrated by Mrs Oldale to ensure you develop your technical ability. Mrs Keegan - Phipps will teach you all about Japanese 'eating etiquette, how to use hashi (chopsticks), traditional &amp; modern eating traditions and other elements of Japanese food and drink culture.</p>	<p>Years</p> <p>9 10 11 12 13</p>	<p><b>46. Make a Show -Part 1 (C)</b></p> <p>In this EDGE block you will create an imaginative KS2 performance piece exploring a specific KS2 curriculum topic through the medium of dance, drama and/or music in preparation for workshoping the piece in a local junior school.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>53. Music Technology (E)</b></p> <p>Use the studio recording facilities and Garageband and Logic software to gain the skills required to create musical tracks of your own.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>
<p><b>40. Junior Bake Off (L)</b></p> <p>A newly revised programme for one of our most popular EDGE choices. Prepare to upskill yourself with a variety of technical, signature and showstoppers challenges. Each week a star baker will be awarded house points.</p>	<p>Years</p> <p>7 8 9</p>	<p><b>47. Make a show -Part 2 (C)</b></p> <p>In this EDGE block you will share the 'show' created in EDGE block 1 with a group of KS2 children at a local junior school, teaching them the dances, sketches and songs created in EDGE block 1 so that they can perform it.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>54. Ninja Warrior £70 (F)</b></p> <p>Do you have what it takes to be a Ninja Warrior? Inspired by the hit ITV show, have fun tackling the courses and inflatables. Whether you start as a Ninja in training or you're a bit more of a master, can you beat the wall?</p>	<p>Years</p> <p>8 9 10 11</p>
<p><b>41. Karate £70 (F)</b></p> <p>This ancient Japanese martial art (literally meaning "empty hand") goes beyond self defense. It will develop your balance, coordination, strength and flexibility, as well as mental alertness. It could well become a new way of life.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>48. Matilda Awards (E)</b></p> <p>The Matilda Reading Awards give you a chance to spend a lot of time reading a fabulous selection of books. The books on our reading list this year are all connected by the theme of exploring and challenging gender identity and are a mixture of fiction, biography and other non-fiction writing. You will have a chance to read and discuss these books together, as well as working on a range of reflective and creative responses to what you have read.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>55. Novel Writing (C)</b></p> <p>It is said that everyone has a novel in them. This is your chance to make a start.</p> <p>This workshop-based activity will take you through the processes of generating ideas for, structuring and writing a longer narrative.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>
<p><b>42. Knitting and Discussion Group (L)</b></p> <p>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</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>49. Mock Courtroom Trial (E)</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p>	<p><b>56. Orienteering (F)</b></p> <p>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?</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>
<p><b>43. Lacrosse (T)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>50. Mountain Biking (F)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>57. Origami (C)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>
<p><b>44. Lego Robot League (E)</b></p> <p>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?</p>	<p>Years</p> <p>8 9 10</p>	<p><b>51. Multisports (T)</b></p> <p>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.</p>	<p>Years</p> <p>7 8 9 10 11 12 13</p>	<p><b>58. Personal care Unit</b></p> <p>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.</p>	<p>Years</p> <p>10</p>

<b>59. Poetry Workshop (C)</b> Experiment with writing poetry in different styles and forms, to produce your own anthology of poetry.	Years 7 8 9 10 11	<b>67. RSPB Volunteering (L)</b> A unique opportunity to volunteer helping the RSPB at their Fairburn lngs nature reserve. You will conduct conservation work for all the wildlife that are dependent on the area. You will work with the centres staff to build and maintain areas of habitat; open water, wet grassland, reedbed and wet woodland.	Years 7 8 9 10 11 12 13	<b>75. Snowboarding Lessons £150 (inc equip hire) (F)</b> 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.	Years 7 8 9 10 11 12 13
<b>60. Positive Power of Art (H)</b> Learn how art can help with our mood and general well being. Take part in positive art projects on paper and modelling in clay.	Year 8 9	<b>68. Science Reading Challenge (E)</b> Relax with your favourite Science Reading Challenge books and discuss your discoveries.	Years 7 8 9 10 11 12 13	<b>76. Sports Leadership Award (E)</b> In this two week block course you will plan, lead and evaluate a sport/physical activity in school or in the community. Develop your leadership skills and gain a Sports Leader Level 1 qualification.	Years 10
<b>61. Pre-Prep assistant (L)</b> 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	<b>69. Self Defence £70 (E)</b> 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 12 13	<b>77. Stop Motion Animation (C)</b> 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.	Years 7 8
<b>62. Puzzle Club (H)</b> 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 12 13	<b>70. Senior Anatomy and Physiology Club (E)</b> Explore the anatomy of a varied range of organisms, from frogs to fish. Discover how your organ systems have evolved, as you work through simple but equally fascinating species. This would suit students with an interest in the wider subject of Biology.	Years 11 12 13	<b>78. Table Tennis (F)</b> 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.	Years 7 8 9 10 11 12 13
<b>63. Quiz of the week (L)</b> 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 12 13	<b>71. Sewing Bee Technical Challenge (C)</b> 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.	Years 7 8 9 10 11 12 13	<b>79. Tag Rugby (T)</b> Take the opportunity to play this fast-paced, non-contact version of rugby. Hone your passing and catching skills along with developing your fitness	Years 7 8 9 10 11 12 13
<b>64. Rock Climbing/Bouldering £80 (F)</b> 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 12 13	<b>72. Skateboarding £50 (inc equip hire) (F)</b> Do you want to become the next Sky Brown? Whether you have skateboarded before or are completely new to the sport the talented coaches will guide you through how to skate on ramps and flat ground and teach you new tricks.	Years 7 8 9 10 11 12 13	<b>80. TED Talks (L)</b> 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.	Years 10 11 12 13
<b>65. Rocket Building (E)</b> 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	<b>73. Ski Lessons £150 (inc equip hire) (F)</b> 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.	Years 7 8 9 10 11 12 13	<b>81. Technical Garment Making (C)</b> Learn how to use a commercial pattern to make a garment. Students will have to provide their own fabric but the pattern will be provided.	Years 9 10 11 12 13
<b>66. Rounders (T)</b> A game for strikers and bowlers. A firm favourite with all age groups and students of all abilities.	Years 7 8 9 10 11 12 13	<b>74. Snooker £35 (H)</b> 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.	Years 10 11 12 13	<b>82. Tennis (F)</b> 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.	Years 7 8 9 10 11 12 13

<b>83. Touch Typing (L)</b> 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.	Years 7 8 9 10 11 12 13	<b>101.</b> Create your own bespoke EDGE to develop the skills and experiences that are relevant to you. Examples of individual approved activities could be work experience, voluntary work, driving lessons and other super curricular activities.	Years 12 13	<b>109. Musical Museum</b> Discover how the attitudes to musical 'value' have changed over the years, based on Prof Nicholas Cooke's book 'A Very Short Introduction to Music'.	Years 12 13
<b>84. Trail Running (F)</b> 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!	Years 7 8 9 10 11 12 13	<b>102. CSLA</b> In this three block course you will plan, lead and evaluate a sport/physical activity in school or in the community. Develop your leadership skills and gain a Sports Leader Level 2 qualification.	Years 12	<b>110. Sixth Form Rocketry</b> Learn about the basic physics of rocketry through building and launching a series of rockets of increasing sophistication.	Years 12 13
<b>85. Treasure Trails (H)</b> 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.	Years 7 8 9 10 11 12 13	<b>103. The Apprentice</b> Learn about higher level apprenticeships, organise house activities and go head to head on a business idea.	Years 12 13	<b>111. University Life Skills</b> Can you cook on a budget? Do you know how to budget? Can you do basic DIY? Everything you need to know about how to survive your first year at university that we haven't taught you yet.	Years 12 13
<b>86. Urban Sketching (C)</b> 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.	Years 7 8 9 10 11 12 13	<b>104. Teaching</b> Gain an insight into the complexities of this essential profession. You will have the opportunity to work in a classroom environment alongside a teacher in WGHS JS. You will develop your communication skills and resilience.	Years 12 13	<b>112. EDGE Leader</b> Would you like to improve your leadership skills by helping to run an onsite EDGE activity? If so please have a look at the menu and write down the number of the activity in the EDGE options G-Form.	Years 12 13
<b>87. Volleyball (T)</b> 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.	Years 7 8 9 10 11 12 13	<b>105. MOOCs</b> Massive Open Online Courses (MOOCs) are free online courses which allow you to learn new skills and are considered a super curricular activity to support a university application. There are over 3000 + courses to choose from so something for everyone.	Year 12	<b>113. UCAT Preparation</b> Are you applying for a competitive course such as Medicine, Veterinary Medicine or Dentistry? Then this course will give you invaluable help in order to prepare for this admission test.	Year 12
<b>88. Y11 &amp; 10 Supervised Study (E)</b> Use your time wisely, preparing for your mocks and GCSEs. Silent work rooms are available to enable you to focus.	Years 10 11	<b>106. Mock Court Trials competition</b> Using specially written criminal cases, you'll prepare legal arguments before taking part in a regional heat, going head-to-head with other schools to prosecute and defend each case.	Years 12 13	<b>114 Oxbridge</b> An essential pick for everyone who is interested in studying at Oxford and Cambridge. This seven-week course prepares you for the challenge of an Oxbridge application. From choosing a college, interview support and guidance on your admissions assessment, to reflecting on your wider reading, super curricular activities and personal statement.	Years 12 13
<b>89. Yoga (F) £60</b> Lyengar yoga is suitable for all abilities and levels of fitness. You will be taught through a carefully graded and systematic programme of Asana [postures]. Find your inner calm.	Years 7 8 9 10 11 12 13	<b>107. Sixth Form STEM</b> Complete a STEM-based research project in miniature. Researching and presenting work on an area you find interesting, developing a testable hypothesis within this area, collecting your data, and reporting your findings.	Years 12 13	<b>115. Multigym</b> 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 12 13
<b>90. Young Engineers (E)</b> 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.	Years 7 8 9 10 11	<b>108. Global Perspectives</b> This course teaches the skills needed to engage with issues of global importance and to analyse arguments on both sides critically in order to form your own conclusions. From the environment and development to healthcare and energy policy, you will learn how to research into the evidence and work with others to suggest solutions.	Years 12 13	<b>116. Aerial Yoga £50</b> Aerial yoga is a hybrid type of yoga combining traditional yoga poses, pilates, and dance with the use of a hammock. You will be supported above the ground allowing you to perform more difficult mat-based yoga poses with ease.	Years 12 13