

Q EDGE D

2024-25



Wakefield Girls'
High School



Queen Elizabeth
Grammar School

Welcome to QED/EDGE

2024-25

QED/EDGE takes place on Wednesday afternoons and involves every student at WGSF, 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 Foundation staff.

Each student will choose three activities from the following categories: Creative (C), Educational (E), Fitness (F), Hobbies (H) and Life Skills (L). Team Sports (T) and Sixth Form Options are optional and do not need to be chosen. Above all, we hope that the students really enjoy their QED/EDGE experiences and perhaps discover a hidden Talent!

- Year 7 at WGHS will choose one option in the summer term, and will also experience the following set activities:
 - A Herculean Odyssey
 - Pottery
 - STEM Project
 - Study Skills
- Year 7 at QEGS are recommended to choose Swimming and Lifesaving skills, Study Skills, Touch Typing - however, they are free to choose from the whole brochure if they choose to.
- In Years 8 and 9, both students of QEGS and WGHS will complete five QED/EDGE activities during the academic year.
- Year 10 at WGHS 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 10 at QEGS will complete up to five QED activities alongside the HPQ if they so choose (2 QED sessions).

- Year 11 at WGHS will complete two EDGE activities (blocks 2 and 3) allowing them to utilise blocks 1, 4 and 5 for mock exams and GCSE revision. Block 4 will include academic support for students of all abilities e.g. booster sessions and Further Maths. If they would prefer to do EDGE activities at this time we can facilitate that.
- Year 11 at QEGS will complete up to four QED activities alongside their sporting and study requirements as discussed below. They will utilise Q5 for Study Leave.
- Year 12 at WGHS will complete four EDGE blocks allowing them to study in block 4.
- Year 12 at QEGS will complete up to four QED activities alongside their sporting and study requirements as discussed below. They will follow a bespoke UCAS course in Q5.
- Year 13 at WGHS will complete the first three EDGE blocks allowing them to revise for A-levels in blocks 4 and 5.
- Year 13 QEGS will complete up to four QED activities alongside their sporting and study requirements as discussed below. They will utilise Q5 for Study Leave.

For Year 11 to 13 Boys at QEGS, the usual Team Sports will run as normal on Wednesday afternoons as part of QED which aids to complement our hugely successful Senior Sports Team programme. All squad members will be expected to participate in their sport and will need to liaise with the member of staff i/c of their sport to confirm their commitments. There is also the option for boys in Y11 to 13 to undertake Supervised Study in School, instead of partaking in QED options. This opportunity must be clearly selected as any changes to paid activities at a later date may incur charges. WGHS Indoor Hockey and Senior Netball/National School Netball training for U18 and U16's will run in the winter and spring terms during EDGE.

Years 12 and 13 at both schools do have the opportunity to select off-site Alternative Approved Activities via the AAA scheme (QED)/Sixth Form Approved Activity (WGHS) in discussion with their Heads of Year. Everyone in Y12 and 13 is also strongly recommended to aid the running of QED/EDGE by choosing to be activity leaders, a useful skill for UCAS and CV building.

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

The cost of the majority of 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 Activity). Please choose options carefully as changes at a later date cannot be guaranteed and may incur charges.

WGHS QEGS



1. ABRSM Medals (E)

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.

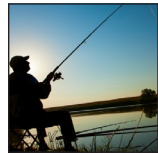
Year Groups	Year Groups
All years	



2. Advanced Baking/Cooking Techniques (L)

For experienced bakers and cooks - learn more advanced techniques, eg mousses, french macarons and crème pâtissière as well as more complex savoury dishes. You will need to have baked previously and demonstrated a higher level of skills in order to participate in this challenge and fast paced activity.

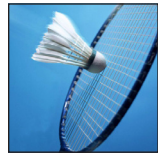
Years 7, 8, 9, 10, 12	
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3. Angling Society (L) - £40

Angling is aimed at those wishing to begin or perfect the art of angling on rivers and lakes. Each week we will visit a different venue in pursuit of coarse and game fish. Staff will be on hand to offer help and advice. All boys will need to acquire their own Environment Agency Rod Licence and most weeks will return late (approx.7-9pm).

Years 7, 8, 9, 10, 12	
Cost: £40	



4. Badminton (F)

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?'

All years	
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5. Baking (L)

If you hear the name 'Hollywood', what springs to mind? The bright lights of the movie industry or cake making and baking? If the Great British Bake-off hasn't inspired you already, then 'Baking' will give you the chance to sift through your baking skills, whip up some new techniques and serve some delicious creations to your friends and family.

All years	
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6. Basketball (T)

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.

All years	
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7. Bath Bombs and Beyond (C)

Are you interested in making your own bath bombs, soaps and other beauty products? In this activity you will have the opportunity to explore different smells, colours and textures whilst creating your own beauty products.

All years	
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8. Biology for Life (E)

Play the "Biopoly" game and delve deeper into how Biology affects us all.

Years 11,12, 13	
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9. Board Games (H)

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!

Year Groups	Year Groups
All years	



10. Bollywood Movies (H)

India produces more movies every year than any other country, and Bollywood movies have their own amazing style. In this activity you'll experience magic, romance, musical dance numbers and high drama, often in the same afternoon!

All years	
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11. Books and Bisucits (H)

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.

All years	
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12. Bridge (Improvers and Beginners) (H)

Bridge is a member of the family of trick-taking games and is a development of the family Christmas party special, Whist, which had become the dominant such game and enjoyed a loyal following for centuries. The idea of a trick-taking 52-card game has its first documented origins in Italy and France as early as the 16th Century. Come along and be taught how to play this game from a professional tutor and play amongst your friends with the potential to enter local and National competitions.

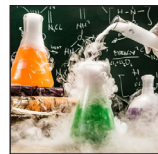
All years	
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13. Celebration Creations (C)

Using your crafting skills, you will have the chance to make decorations to celebrate different festivals. You can make pom pom robins and Christmas puddings, paper fans, baubles or bring your own ideas to this session, to create decorations to celebrate whatever festival you like.

All years	
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14. Chemistry Film your experiment (L)

Any budding chemists or Steven Spielbergs who would like to help film some exciting experiments to be put on show? You could be in front of the camera doing the experiment or filming it yourself.

Years 7, 8, 9	
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15. Chess (H)

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.

All years	
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16. Codes Ciphers and Cryptography (E)

Learn about the history of secret messages and codes right through from the ancient world to modern times. How did Roman generals communicate? How was Mary Queen of Scots betrayed? How did the allies crack the Enigma and Lorenz machines? How do modern online communications remain secure? What will quantum computing mean for the future of cryptography? Develop practical skills which include making invisible ink, pen and paper ciphers, frequency analysis using python code and inventing your own unbreakable(?) ciphers

All years	
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17. Cooking on a Budget (L)

As food costs continue to rise, eating healthily 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 activity will challenge you to think carefully when planning meals to save money while considering a balanced diet.

Year Groups	Year Groups
All years	



18. CREST Award (E)

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. Y8-9 will be 1 block long for the Bronze award. Y10-11 will be 2 blocks long for the Silver award.

Years 8, 9, 10, 11	
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19. Cricket (T)

Do you want to be the next Charlotte Edwards/Freddie Flintoff? Learn how to hit a six and bowl a googly. Players of all abilities are welcome.

All years	
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20. Crochet (L)

Create textiles using a crochet hook to interlock loops of yarn, thread, or strands of other materials. The name is derived from the French term 'croch', which means 'hook'.

All years	
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21. Cross Stitch (C)

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.

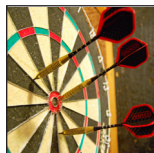
All years	
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22. Cross-Fit Training (F) - £90

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.

Years 8, 9, 10, 11, 12, 13	
Cost: £90	



23. Darts (H)

Learn the best checkouts, hone your skills, find out what it takes to be the next Luke Littler or Fallon Sherrock. This activity will show you what it takes to be the best at the oche!

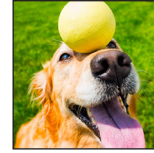
All years	
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24. Debating and Public Speaking (L)

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.

All years	
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25. Dog Handling and Training (H) - £70

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.

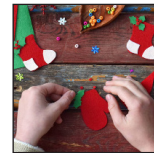
Year Groups	Year Groups
All years	
Cost: £70	



26. Drama Production (E)

The session is open to the cast and supporting crew of the Foundation production - Mr Besford will be available to help rehearse, organise sets, make costumes and generally get ready for the performances.

All years	
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27. DT does Christmas (C)

Use your DT skills to design and make a festive gift for a relative or friend. Projects will depend on experience and skills but could range from rustic reindeers to electronically enhanced christmas cards. There could be a cost depending on materials and components used.

Years 8, 9, 10, 11, 12, 13	
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28. Duke of Edinburgh Awards (L)

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.

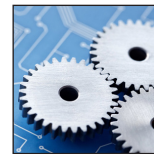
Year 9	
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29. Dungeons and Dragons (H)

Welcome to the world of Dungeons and Dragons, where your wildest fantasies and heroic tales come to life! Embark on epic quests, battle fearsome monsters, and forge unforgettable memories. Whether you're a seasoned player or a curious newcomer, you can unleash your creativity and sharpen your skills. From exhilarating combat to intricate puzzles, from immersive roleplaying to hilarious antics, there's something for everyone. So grab your dice, your imagination, and your courage, and join the adventure.

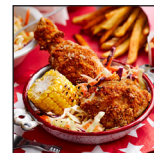
All years	
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30. Engineering Challenges (E)

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.

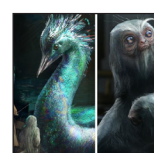
Years 8, 9, 10, 11, 12, 13	
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31. Fakeaways (L)

Ditch the Friday night takeaways and whip your own healthier and cheaper version. This is an ambitious activity 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.

All years	
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32. Fantastic Beasts and how to protect them (E)

Calling all conservationists! Research your favorite species, learn more and teach others about how we can protect them.

All years	
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33. Field Target Air Rifle (H) - £160

This is a competitive outdoor target shooting discipline with standard power air rifles. No experience is necessary, this activity provides an introduction and includes professional instruction and equipment. The discipline is about skill, technique and accuracy, not strength or physical attributes.

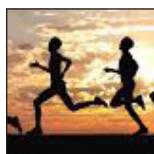
Year Groups	Year Groups
All years	
Cost: £160	



34. Film Studies (E)

Have you ever wondered if we are part of The Matrix? Do you ever worry if the world is nothing more than a very realistic dream? Have you ever thought about if you are making choices or are you simply a very complex machine? If so, Philosophy Through Film might be the activity for you. Join Mr. Affleck to watch some of the greatest films of all time and then discuss what implications they might have for you...

Year Groups	Year Groups
Years 10, 11, 12, 13	



35. Fitness Trails (F)

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.

Year Groups	Year Groups
All years	



36. Football: Recreational Grass (T)

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.

Year Groups	Year Groups
All years	



37. Football: Recreational Indoors (T) - £45

Play the shortened version of the game on astro pitches. This is fast and furious, requiring skill and stamina.

Year Groups	Year Groups
All years	
Cost: £45	



38. Forensics for KS3 (E)

How do Crime Scene Investigators solve crimes and find the culprit? Try your hand at some of the skills that are used in modern police forensics to examine evidence and solve crimes.

Year Groups	Year Groups
Years 7, 8, 9	



39. French Desserts (L)

This is an ambitious activity 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. Ideal for students interested in or currently studying Food and Nutrition at GCSE.

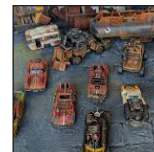
Year Groups	Year Groups
All years	



40. Fun With Dyes (C)

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!

Year Groups	Year Groups
All years	



41. Gaslands (H)

Get ready for high-octane action and vehicular combat with Gaslands! Build your own post-apocalyptic war machines using toy cars and let the mayhem begin. Whether you're a seasoned gamer or just looking for a fun way to spend a Wednesday afternoon, Gaslands has something for everyone. Customize your vehicles with a variety of weapons and upgrades, then battle it out on a tabletop arena. With easy-to-learn rules and endless customization options, Gaslands offers hours of thrilling gameplay.

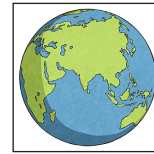
Year Groups	Year Groups
All years	



42. Geocaching (H)

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!

Year Groups	Year Groups
All years	



43. Geography beyond the Classroom (E)

Take the opportunity to experience Geography beyond the classroom. In this activity you will have the opportunity to delve deeper into the fascinating subject of Geography, and explore new places, cultures and environmental issues. Activities will involve Fieldwork activities, Geography films, quizzes and many more. There may also be the opportunities to take part in local quizzes and national photo or essay competitions. By joining this activity, you will develop critical thinking skills, gaining a deeper appreciation for diversity, and a greater understanding of the world we live in.

Year Groups	Year Groups
All years	



44. Glow up (H)

This 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.

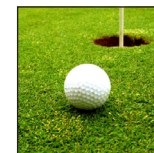
Year Groups	Year Groups
All years	



45. Golf: Driving Range (H) - £60

Driving ranges offer golfers a place to practise golf without the investment in time required by a full round. Playing 18 holes on a golf course usually takes a minimum of about four hours – and often longer. However, it is possible to effectively practice on a driving range in as little as an hour. Golfers new to the sport may find driving ranges less intimidating than a golf course when you can practise on your game without the pressure of keeping score or competing against others. Advanced players can also come and hone their skills.

Year Groups	Year Groups
All years	
Cost: £60	



46. Golf - Pitch and Putt (H) - £35

Develop your golf skills on a local Pitch and Putt course. This is aimed at beginners, or those who want to improve.

Year Groups	Year Groups
All years	
Cost: £35	



47. Gravity HIIT (F) - £120

As you can tell from the name, high-intensity interval training (HIIT) is challenging. It takes your cardio workout to another level, as you push your pace out of your comfort zone. You'll work up a sweat fast, working at a very intense level and then backing off for a slower recovery period, followed by another round of high intensity. Each of the sessions contain workouts designed to help you burn calories, improve your cardiac and oxygen capacities, and build your overall strength and muscle tone.

Year Groups	Year Groups
All years	
Cost: £120	



48. HA's History Essay Competition (E)

Every year, the Historical Association hosts an international essay writing competition (with cash prizes!). If you enjoy researching and writing about WW1, WW2, any modern world event or indeed your local area, then enter this prestigious competition. This option will give you time to prepare and write your entry in plenty of time for a late July deadline. We had remarkable success in recent years with a Year 9 even having his essay published in the monthly magazine The Historian.

Year Groups	Year Groups
All years	



49. House Competitions (C)

If you want to aid your own House's cause come along to these sessions where we will run various activities, indoors and out as the weather allows to top up your totals.

Year Groups	Year Groups
All years	



50. HPQ (2 blocks needed) (E)

The Level 2 Higher Projects Qualification (HPQ) is the perfect way for you to extend and develop beyond the material being covered in class and enable you to explore your subject passion. It will help you discover the joys of independent learning, take responsibility for your own study and develop new life skills. It is worth half a GCSE and you will be expected to complete a taught skills program in the first session, with the project being completed in the second session. There are two options to complete the work, either a 2000 word essay or an artefact with a 500 word essay.

Year 10	
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51. Ice Skating (F) - £80

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.

All years	
Cost: £80	



52. Interior Design (C)

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 8, 9, 12, 13	
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53. Japanese A to Zen (E)

This activity 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.

All years	
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54. Japanese Food Culture (L)

This is an ambitious activity 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 Maher to ensure you develop your technical ability. Mrs Keegan - Phipps will teach you all about Japanese 'eating etiquette, how to use hashi (chopsticks), traditional & modern eating traditions and other elements of Japanese food and drink culture.

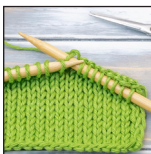
All years	
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55. Junior Bake Off (L)

A newly revised programme for one of our most popular choices. Prepare to upskill yourself with a variety of technical, signature and showstoppers challenges. Each week a star baker will be awarded house points.

Years 7, 8, 9	
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56. Knitting and Discussion Group (L)

This activity 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, cultural events and world issues.

All years	
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57. Lacrosse (T)

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.

Year Groups	Year Groups
All years	



58. Lawn Games (H)

A staple at any summer BBQ - turn off your device and get outside to be competitive for your House. Jenga, cub, croquet, frisbee golf, welly wanging and many other games are available to be discovered and bring on your House totals.

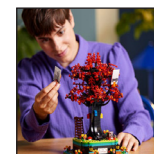
All years	
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59. L.A.M.D.A (2 blocks needed) (C) - £65

The benefits of taking L.A.M.D.A Speech and Drama lessons either as part of a group or as an individual include; Improved Reading Skills and Comprehension, Diction, Presentation Skills, Vocal Projection, Enhanced Memory Skills and Literary Knowledge, Stagecraft, Breath Control, Concentration and Increased Self Esteem and Confidence The exams are also fully accredited and students who progress to the higher grades are able to accrue valuable points towards UCAS University entry.

All years	
Cost: £65	



60. Lego Design Masters (C)

Join the exciting world of Lego Design Masters, where your imagination comes to life! Unleash your creativity and build incredible structures, vehicles, and characters using the iconic Lego bricks. Whether you're a budding architect, a future engineer, or just love to build, Lego Design Masters is the perfect place to explore your talents. Compete in fun challenges and share your amazing creations.

Years 8, 9, 10	
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61. Make a Show - Part 1 (C)

In this 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 workshopping the piece in a local junior school.

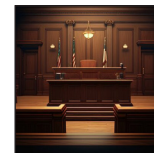
Years 9, 10, 11, 12, 13	
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62. Make a show - Part 2 (C)

In this block you will share the 'show' created in block 1 with a group of KS2 children at a local junior school, teaching them the dances, sketches and songs created so that they can perform it.

Years 9, 10, 11, 12, 13	
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63. Mock Courtroom Trial (E)

In this activity 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	
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64. Model Train Building (C) - £25

Maybe you started with a Hornby-style beginners train set and are wondering how and where to go next or you're returning to the hobby after a break and want to refresh and learn what's new, what works and what doesn't. This will cover the basics for those just starting out and advanced topics for those already well advanced with their layouts progressing from a train set to a proper railway: with baseboard building to electrics to scenery and model making.

All years	
Cost: £25	



65. Model United Nations (E)

A chance to debate, argue and make decisions whilst pretending to be one of the World's Superpowers. Could you solve the Cuban Missile Crisis? Could you prevent the war in Iraq? Or will the world fall into chaos whilst you argue about the exact wording of your resolution?

Year Groups	Year Groups
Years 10, 11, 12, 13	



66. Modern Language Film Club (E)

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.

All years	
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67. Mountain Biking (F)

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 and be aware of returning at approx. 5pm - not the normal school finish time.

All years	
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68. Multisports (T)

Do you enjoy variety in your sports? So do we! In this activity, you'll play a variety of games including Dodgeball, Hockey, Benchball and more.

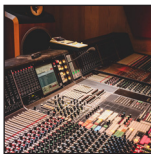
Years 8, 9, 12, 13	
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69. Music Ensembles (C)

If you have a band and struggle for rehearsal time or space, choose this option for exactly that! You will also have the opportunity to join forces with the Recording Studio QED course to have your songs recorded and mastered into your very own album. All bands of all shapes and sizes, but you must be serious about committing to using this time to practise and improve as a band.

All years	
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70. Music Technology/Recording Studio (E)

For those interested in recording and electronic music production. This will include planning a recording session, setting up a digital studio, pre-production and post-production techniques, microphone techniques, using Logic Pro, Sequencing, Software Instruments, Sound Design and Synthesis, Sampling and manipulating Audio, and more. This will be a helpful introduction for anyone wanting to go on to study music and production techniques or who has a keen interest in studio production.

All years	
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71. Natural History with Attenborough (E)

From Life of Mammals to Life in the Undergrowth, watch classic episodes from the full range of iconic series by the grand master of wildlife documentaries, and discuss over some topically themed snacks.

Years 7, 8, 9	
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72. Ninja Warrior (F) - £80

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?

All years	
Cost: £80	

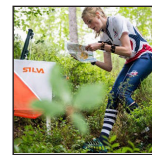


73. Novel Writing (C)

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.

Year Groups	Year Groups
All years	



74. Orienteering (F)

If you enjoy running but like a thinking challenge, want to explore new venues and develop your skills then look no further. Armed with maps and compasses we will explore several different areas around West Yorkshire, and hone your skills so that you should end up with the confidence to enter a competitive orienteering event. A reasonable level of fitness and a sense of adventure are needed for this activity!

All years	
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75. Origami (C)

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.

All years	
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76. Pandemic Legacy (E)

After conquering Hill House last year, the legacy games continue with Pandemic Legacy. This time around, we will try to cure a global pandemic that has many twists and turns. Only open to those who have done previous legacy games or speak to Mr. Affleck!

Years 10, 11, 12, 13	
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77. Percy Jackson from Paper to Screen (C)

Percy Jackson & the Olympians is a series of fantasy novels written by American author Rick Riordan. The first book series in his Camp Half-Blood Chronicles, the novels are set in a world with the Greek gods in the 21st century. The series follows the protagonist Percy Jackson, a young demigod, who must prevent the Titans, led by Kronos, from destroying the world. Utilise these sessions to discuss how the books became reality.

All years	
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78. 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 WGHS Y10 Students.

Year 10	
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79. Philosophy through Film (E)

Have you ever wondered if we are part of The Matrix? Do you ever worry if the world is nothing more than a very realistic dream? Have you ever thought about if you are making choices or are you simply a very complex machine? If so, Philosophy Through Film might be the activity for you. Join Mr. Affleck to watch some of the greatest films of all time and then discuss what implications they might have for you.

Years 10, 11, 12, 13	
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80. Physics beyond the Classroom (E)

Take the opportunity to experience Physics beyond the classroom. In this activity you will have the opportunity to delve deeper into the fascinating subject of Physics and Science in the wider, more theoretical sense. Exploring new concepts, maths and theoretical discussions of the new exciting developments in this field. By joining this activity, you will develop critical thinking skills, gaining a deeper appreciation for out of the box thinking, and a greater understanding of the world we live in. Not for the faint hearted.

All years	
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81. Poetry Workshop (C)

Experiment with writing poetry in different styles and forms, to produce your own anthology of poetry.

Year Groups	Year Groups
All years	



82. Positive Power of Art (H)

Learn how art can help with our mood and general well being. Take part in positive art projects on paper and modelling in clay.

Years 8, 9	
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83. Pre-Prep assistant (L)

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.

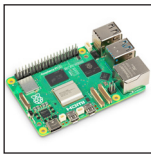
Years 10,11	
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84. Quiz and Puzzle Club (H)

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.

All years	
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85. Raspberry Pi programming (C)

Would you like to learn to write computer code and then watch your code come to life on actual hardware that you have built? This activity will give you the chance to build an electronic device from components such as circuit boards, resistors, LEDs and LCDs. Once built, you will then learn program your device using a Raspberry Pi computer and the Python 3 Programming language. This will give you a fascinating insight into how computer hardware and software can be used to make an embedded electronic device.

All years	
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86. Rock Climbing/Bouldering (F) - £90

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 students. Equipment and transport are provided.

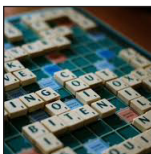
All years	
Cost: £90	



87. Science Reading Challenge (E)

Relax with your favourite Science Reading Challenge books and discuss your discoveries.

All years	
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88. Scrabble (L)

Are you a closet wordsmith? Do you enjoy pitting your wits against others who also enjoying scrabbling letters to create words? Then Scrabble, a game that combines both chance and skill, is for you.

All years	
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89. Senior Anatomy and Physiology Club (E)

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.

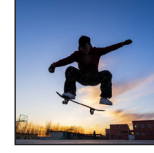
Year Groups	Year Groups
Years 11, 12, 13	



90. Sewing Bee Technical Challenge (C) - £20

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 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.

All years	
Cost: £20	



91. Skateboarding (F) - £60 (inc equip hire)

Do you want to become the next Sky Brown/Tony Hawk? 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.

All years	
Cost: £60	



92. Ski Lessons (F) - £175 (inc equip hire)

This activity 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 8, 9, 10, 11, 12, 13	
Cost: £175	



93. Snooker (H) - £40

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	
Cost: £40	



94. Snowboarding Lessons (F) - £175 (inc. equip hire)

Learning to snowboard is a really rewarding and exhilarating experience; in this activity you will have expert coaching to help you learn the basics and develop some skills and tricks as you improve.

Years 8, 9, 10, 11, 12, 13	
Cost: £175	



95. Softball and Rounders (T)

A game for strikers and bowlers. A firm favourite with all age groups and students of all abilities.

All years	
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96. Squash (F) - £60

Come and try the healthiest sport in the World! Squash is a fast and furious game that develops your hand to eye co-ordination and all round fitness. Learn a new sport or develop your skills with a world champion coach and you could be in with a chance to win prizes! No experience required and you will be provided with a racquet if necessary.

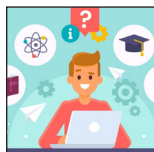
All years	
Cost: £60	



97. Stop Motion Animation (C)

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.

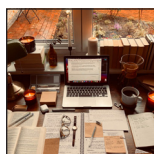
Year Groups	Year Groups
	Years 8, 9



98. Study Skills (E)

This is a chance for you to reflect on how you approach learning and whether you can be more efficient when you study. Learn how to adopt good study habits including: organisation (self, time, equipment, resources), make revision resources, practice active recall and practice good exam technique. The learning process will be broken down into chunks and you will be encouraged to explore strategies to help with tricky areas. You will have the opportunity to apply these skills to subjects of your choice (it is not a specific subject clinic).

All years	
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99. Y11 & 10 Supervised Study (E)

Use your time wisely, preparing for your mocks and GCSEs. Silent work rooms are available to enable you to focus. Advice on Study Skills will also be provided.

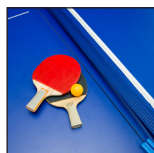
Years 10,11	
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100. Swimming and Lifesaving (L)

Life-saving techniques give individuals the ability to survive and also save other people during life-threatening situations. Any life-saving skill becomes useful in these cases. When an individual's life is at risk, people tend to panic and people die when attended to by unskilled persons. Life saving skills are easy to learn. These techniques don't need you to be a health professional in order to learn. They are basic first aid techniques that could save your life and the lives of other people.

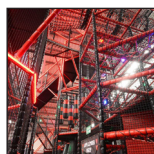
Years 7, 8	
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101. Table Tennis (F)

Table tennis, also known as ping pong, has been an Olympic sport since 1988 with several event categories. Play is fast and demands quick reactions so if you can't keep still this could be the activity for you!

All years	
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102. Tag X (F) - £60

An indoor course consisting of 3 different zones. Aim to better yourself each week and beat others & by swiping as many tag points as you can whilst climbing, crawling, running, balancing your way through the three different zones. Great for agility & overall fitness! Lots of fun too.

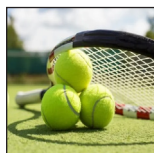
All years	
Cost: £60	



103. Technical Garment Making (C)

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.

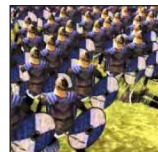
Years 9, 10, 11, 12, 13	
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104. Tennis (F)

Do you want a knock about or one-on-one coaching? Tennis is for all abilities. For the recreational player, this provides the opportunity to keep fit and have fun

Years 8, 9, 10, 11, 12, 13	
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105. Time Commanders (E)

Could you out-smart Julius Caesar? Are you a better tactician than Napoleon Bonaparte? Could you beat the greatest generals in history? Then this activity is for you. Using specialist computer software, you will refight the world's greatest battles and maybe even re-write the history books.

Year Groups	Year Groups
	Years 7, 8, 9



106. Touch Typing (L)

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.

All years	
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107. Trail Running (F)

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!

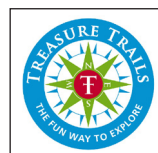
All years	
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108. Trash to Treasure (C)

Turn everyday items into amazing new creations. Imagine turning old bottles into cool vases, or cereal boxes into fantastic toy houses. See the potential in things around you and make something new and unique. Join the trash to treasure movement and become a creative eco-warrior, making the world a cleaner and more imaginative place, one up-cycled project at a time!

All years	
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109. Treasure Trails (H)

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.

All years	
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110. Ultimate Frisbee (F)

A fast moving, non-contact sport involving throwing and catching skills; speed of thought is required. Teams of up to 8 a-side compete where no previous experience is required and basic instruction is provided.

All years	
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111. Urban Sketching (C)

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.

All years	
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112. Volleyball (T)

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.

All years	
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113. Volunteering: RSPB (L)

A unique opportunity to volunteer helping the RSPB at their Fairburn Ings 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.

Year Groups

Year Groups

All years



114. Warhammer 40K (H)

Welcome to Warhammer 40,000, the thrilling hobby of tabletop wargaming! The game is set in the grim darkness of the far future, where mighty armies clash on countless war-torn worlds and Humanity stands alone, beset on all sides by the threats of the heretic, the mutant and the alien. There is no mercy. There is no respite. Prepare yourself for battle. Armies are provided but you may bring your own if you have them.

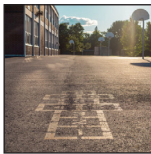
All years



115. Wellbeing (L)

Simple, fun and practical activities to support you in trying to develop a healthy body and mind.

All years



116. Yard Games (T)

You use the yard every day to play cricket, football, tag and other random activities. Now is the time to use it during the afternoon too... come wind, hail or shine ! Put down the blazers, set up some posts, grab a dustbin for stumps and play on without everyone else's games getting in the way! Just watch the windows please.

Years 7, 8, 9

WGSF Sixth Form Options

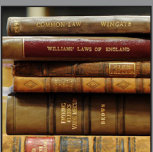
2024-25

(Includes some activities for Y11)



117. AAA/Approved Activity

Create your own bespoke QED/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.



118. Aspiring beyond School - Law and History

Working with Mr Binney, you will have small group sessions detailing how best to go about your application, interview practice, general discussion and other UCAS pointers that will be of use.



119. Aspiring beyond School - Olympiads

Designed to challenge and inspire, the UK Science and Maths Olympiads are the leading competition for students in secondary education across the British Isles. This enriching experience is a unique opportunity for students to push themselves further and excel in these STEM fields. Budding students will develop critical problem-solving skills, learn to think more creatively and get a chance to test their knowledge in new, real-world situations. They could even find themselves flying off to represent the UK at the various prestigious International Olympiads.



120. Aspiring beyond School - UCAT

The University Clinical Aptitude Test (UCAT) is an admissions test, used by a consortium of UK Universities and non-UK associate member universities to help select applicants for their medical and dental degree programmes. Use this time to aid your preparation with on hand staff who can try and work through it too - it is hard!



121. Cricket Coaching (Advanced)

Want to be the next Ben Stokes, Harry Brooke or Harry Duke? Take this opportunity to get some pre-season training and coaching at Stumps, Wakefield. A small group will be netting and working on our fast bowling, spin bowling and batting as well as some work on fielding ensuring you are ready to hit the ground running in April. You must have your own cricket equipment to participate in this activity.

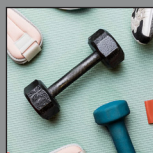
Includes Year 11



122. CSLA

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.

Year 12 only



123. Fitness

Learn proper fitness, strength and conditioning techniques which actually work and that are individual, specific and relevant to your aspirations. This is a practical course not for the faint hearted!



124. Football (Performance)

This is your opportunity to be part of the inaugural QEGS 1st XI Football Squad representing the school in the IFSA Bowl and Cup. This option is for students who are selected for the squad and want to improve their understanding of the game and develop their skills.



125. Global Perspectives

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



126. Hockey

QEGS regularly competes in the National Finals at indoor and outdoor and this option is for 1st XI and U16 squad training and 2023-24 season fixtures

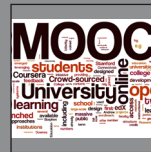
Includes Year 11



127. Hockey Indoor Squads

The faster, 6 aside version of the game is where the 1st VI and U16 squads will practise their indoor craft in preparation for the regional and National competitions that we enter. These are competitions that we have traditionally performed very well in and we hope to start the season well before we head out.

Includes Year 11



128. MOOCs

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.



129. 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.



130. Mock Court Trials competition

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.

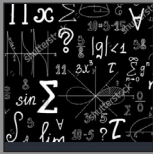
Year 12 only



131. Oxbridge

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.

Year 12 only



132. Pre-U Maths for Physics

This course will give learners an excellent foundation for using mathematics in higher education courses or other career pathways. It will lead its learners to acquire skills they can apply in a wide range of contexts, to encourage teaching and learning which enable learners to develop a positive attitude towards the subject. The course develops an understanding of mathematics and mathematical processes in a way that promotes confidence and enjoyment as well as giving you a headstart to the rigour needed for these types of courses.



133. Rugby XV

Play your part in representing the best rugby day school in the North. This is your chance to help maintain this proud record. This is for squad players who want to push their understanding of the game and develop their skills and fitness

Includes Year 11



134. Rugby 7s and 10s

Take the opportunity to play the lightning quick short version of rugby, now part of the Olympic Games. Participants in the squads will be eligible to play in 7s / 10s festivals, including the Rosslyn Park 7s competition

Includes Year 11



135. Supervised Study

Aimed at Y12 and 13 primarily, this is the opportunity to catch up with your studies, get ahead or simply maintain your efforts if you need to. If entering the 'Xtra Study programme, you will be agreeing to work in the LRC and on site. If you want to work at home, complete a Sixth Form AAA/Sixth Form Approved activity instead.



136. STEM

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.



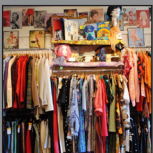
137. The Apprentice

Learn about higher level apprenticeships, organise house activities and go head to head on a business idea.



138. University Life Skills

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.



139. Volunteering: Charity Shops

You may think there's no point doing work that doesn't involve earning money. It's a waste of time, right? Wrong. Volunteering opportunities are sometimes just as beneficial as going to class - choose this option if you would like to contribute to your local community or give back to a charity you support. Along the way you will learn new skills that are useful in later life as well as building your CV and potentially your D of E portfolio



140. Volunteering: QED/EDGE Leader

Would you like to improve your leadership skills by helping to run an onsite QED/EDGE activity? If so please have a look at the menu and write down the number of the activity in the options form.



141. Volunteering: QJ Forest School (Y3+Y4)

This is a chance to gain experience of working with children, helping out in our own Junior Schools but doing so in the outdoor classroom. You'll have to apply for the role, but this could be a very rewarding way to spend your afternoons.



142. Volunteering: Teaching in JS (Y12/13)

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 JS. You will develop your communication skills and resilience.



143. Volunteering - Various

You may think there's no point doing work that doesn't involve earning money. It's a waste of time, right? Wrong. Volunteering opportunities are sometimes just as beneficial as going to class - choose this option if you would like to contribute to your local community or give back to a charity you support. Along the way you will learn new skills that are useful in later life as well as building your CV and potentially your D of E portfolio.



Wakefield Girls'
High School



Queen Elizabeth
Grammar School

BRINGING OUT THE BEST IN BOYS AND GIRLS