# Q EDGE D

2025-26





#### Welcome to QED/EDGE

2025-26

QED/EDGE takes place on Wednesday afternoons and involves every student at WGSF, from Year 7 to Year 13. It offers pupils the opportunity to customise a small part of their timetable by choosing from a wide range of activities, led predominantly by Foundation staff.

Each student selects 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 available but optional, and do not need to be chosen. Above all, we hope students thoroughly enjoy their QED/EDGE experiences — and perhaps even discover a hidden talent!

Please read the wide range of choices carefully, paying particular attention to any age-specific criteria listed for each activity.

The cost of the majority of activities is included within the normal school fees. However, some specialist options may, as you would expect, carry an additional charge — these are clearly highlighted (cost per activity).

We kindly ask that options are chosen carefully, as changes at a later date cannot be guaranteed and may incur additional charges.



#### 1. Advanced Baking/Cooking Techniques

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 challenging and fast paced activity.

Years: All years

CODE: E

Cost: Ingredients



#### 2. Airfix - NEW

Do you want to make your own mini planes, tanks and aircraft carriers? Then make your own Airfix models as part of QED/EDGE - must bring your own models!

Years: All years

CODE: C

Cost: Various



#### 3. Archiving - NEW

Delve into the history of WGHS and QEGS by working with the Development Office to help organise and review the Foundation Archives. Learn how to catalogue historical information and help to pull information together for events, displays and publications. This session will also include a visit to the West Yorkshire Archive Service with a tour of their strong rooms and conservation studio, to learn more about working with archives and archival material.

Years:

All years

CODE: E



#### 4. Badminton

An ideal time to practise your drop-shot, perfect your smash and have your opponent running around the court. These Badminton sessions will give you the opportunity to learn some new skills and have fun playing against different year groups and to be coached by an England International player.

Years:

All years

CODE: F



#### 5. Baking

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 QED/EDGE 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.

Years:

All years

CODE: L

**Cost: Ingredients** 



#### 6. Basketball

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.

Years: All years

CODE: S



#### 7. Bath Bombs and Beyond

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.

Years: All years

CODE: C



#### 8. Beyond Belief - NEW

This new activity offers a unique platform for exploring the complexities of faith and spirituality in the 21st century, encouraging our students to engage with diverse perspectives and consider the profound impact of belief systems on individuals and society in general.

Years: All years

CODE: E



#### 9. Board Games

Learn and play some of the world's favourite board games: Cluedo, Risk, Monopoly, Othello amongst many. Pit your wits against other students to be the QED/EDGE champion! Years: All years

CODE: H



#### 10. Book and Biscuits

A book club is a reading group, usually consisting of a number of people who read and talk about books based on a topic or an agreed-upon reading list. ... Depending on your desires and favourite genres, it can be focused on literary critique, less academic topics or even just a time to sit and read in your own literary world for an hour, away from the stresses of the real world.

Years: All years

CODE: E



#### 11. Card Making and Paper Craft - NEW

Card making and paper craft activities offer a versatile and accessible way to express creativity, develop skills, and create personalized items using using paper and various craft materials. These activities are popular hobbies that offer a creative outlet and can be enjoyed by people of all abilities.

Years: All years

CODE: C



#### 12. Celebration Creations

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.

Years:

All years

CODE: C



#### 13. Chemistry: Film your Experiment

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: 7-9

CODE: L



#### 14. Chess

Whether you're a beginner or a grand master, this is a chance to improve your chess skills and challenge your friends in a minitournament. You can also qualify to play against students from other schools, but this is voluntary.

Years: All years

CODE: H



#### 15. Choir - NEW

The Key stage 3 choir aims to build on the sessions that have been held during registration over the previous years and offer longer and more constructive time periods to rehearse and gain an understanding of musical structures, styles, genres, and traditions.

Years:

7-9

CODE: C



#### 16. Codes, Ciphers and Cryptography

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.

Years:

7-11

CODE: E



#### 17. Cooking Around The World - NEW

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.

Years:

All years

CODE: L

**Cost: Ingredients** 



#### 18. CREST Award

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:

8-11



#### 19. Crochet

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 croc, which means 'hook'.

Years: All years

CODE: L



#### 20. Cross Stitch

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.

Years: All years

CODE: C



#### 21. Cross Fit Training

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:

8-13

**CODE: F** 

Cost: £95



#### 22. Darts

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!

Years: All years

CODE: H



#### 23. Debating and Public Speaking

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. This course might appeal to seasoned veterans from last year as well as those scared stiff of being the person at the front!

Years: All years

CODE: L



#### 24. Dog Handling and Training

Learn how to develop a more positive relationship with your dog from animal behaviourist Sheriden Murphy. As well as working on basic socialisation and obedience you will have fun with your four legged friend, tackling the agility course and learning how to compete at flyball. Years:

8-10

CODE: H



#### 25. Drama Production

The session is open to the cast and suporting crew of the Foundation production - Mr Besford will be availabe to help rehearse, organise sets, make costumes and generally get ready for the 25/26 performances.

Years: All years

CODE: C



#### 26. Duke of Edinburgh

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 putting up a tent.

Year:

9

CODE: L

Cost: Various



#### 27. Dungeons and Dragons

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.

Years:

8-13

CODE: H



#### 28. Fabric Creations - NEW

Fabric creations is the group for anyone who loves to sew, knit, crochet, and everything in between, or is interested in learning a new skill.

Years:

All years

CODE: C



#### 29. Fashion Upcycling - NEW

Upcycling fashion involves creatively transforming old or discarded clothing and textiles into new, higher-value items. This practice reduces textile waste, extends the life cycle of clothing, and promotes a more sustainable approach to fashion. Upcycling differs from recycling, which involves breaking down materials into raw components before reuse.

Years: All years

CODE: H

Cost: Various



#### 30. Films Of The World

A chance to explore American and world cinema! We will discuss Scorsese, Tarantino, Kubrick, Kelly Reickhardt and Lynne Ramsav.

Years:

10-13

CODE: H



#### 31. Football: Recreational Grass

Take the opportunity to play the beautiful game. No great experience is required, just an ability to listen and learn. Sessions will be done jointly with both QEGS and WGHS students.

Years: 7-8

CODE: S



#### 32. Football: Recreational Indoors

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

Year: All years

CODE: L

Cost: £80



#### 33. Fun with Dyes

Around the world, colour is applied to fabrics in a variety of ways. You will experiment with applying natural dyes, chemical dyes, resist dyeing techniques and silk painting onto a variety of fabrics. There will be no cost involved, but you may need to bring in some vegetables and other natural dyes. Beware, you will go home with colourful hands!

Years:

All years

CODE: C



#### 34. Further Maths - NEW

This module will be needed for anyone intending to study further maths in year 11. This course will require two blocks of time and if you are entered to sit GCSE Further Maths this module will supercede any options you choose or may be allocated.

Years:

11

CODE: E



### 35. Gardening and Allotmenteering - NEW

Allotmenteering is the practice of renting and cultivating a piece of land, known as an allotment, to grow vegetables, fruits, or flowers. It involves the activities associated with maintaining and using an allotment plot, such as digging, planting, weeding, and harvesting. Allotmenteering is a popular hobby and sometimes a source of fresh produce for individuals and families

Years: All years

CODE: L



#### 36. Geography Beyond The Classroom

Take the opportunity to experience Geography beyond the classroom. In this option 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 QED/EDGE, you will develop critical thinking skills, gaining a deeper appreciation for diversity, and a greater understanding of the world we live in.

Years:

7-9



#### 37. Golf: Driving Range

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 practise 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.

Years: All years

CODE: H

Cost: £65



#### 38. Gravity HIIT

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. Combining HIIT with a trampoline? Surely that's the most fun you can have while keeping fit! 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. The workouts are unique, interesting and tough, leaving you feeling energised and invigorated at the end of each class.

Year: All years

CODE: V

Cost: £145



#### 39. HA's History Essay Competition

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. The Foundation has had remarkable success in recent years with a Year 9 even having his essay published in the monthly magazine 'The Historian'.

Years: 8-13

CODE: E



#### 40. History of Art - NEW

The history of art encompasses the study of visual arts and architecture across different cultures and time periods, examining their development, styles, and cultural significance. It delves into the circumstances of an artwork's creation, the artist's choices, the materials used, and the reception of the artwork.

Years: All years

CODE: E



#### 41. HPQ

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 passion for a subject. It will help you to discover the joys of independent learning, take responsibility for your own study and develop new life and study skills. It is worth half a GCSE and you will be expected to complete a taught skills program in the first Q, 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.

Years: 10-11

CODE: E



#### 42. Hurculaen Odyssey - NEW

Hercules, a demigod, was the strongest and most celebrated of the heroes of classical mythology. He was the son of the god Zeus and the mortal Alcmene. He had superhuman strength and protected his people from a succession of monsters and villains. Learn about this and more in this module designed to enrich and further your classical studies. Year:

7



#### 43. Ice Skating

Skating takes practice, so with seven weeks to build up confidence you'll be taking to the ice and showing off your skills in no time. It's great exercise, and it could be the start of a lifetime hobby.

Years: All years

**CODE: V** 

Cost: £80



#### 44. Interior Design

Have you ever wondered how an Interior designer develops their ideas? During the 7 week programme we will explore colour, pattern and texture, combining these together to create successful design schemes for a room of your choice

Years:

8, 9, 12, 13

CODE: C



#### 45. Japanese A to Zen

Learn the traditional Japanese art of paper folding which has evolved into a modern art form. Learn basic folds then create a huge range of intricate designs using books and the internet for instructions.

Years:

All years

CODE: E



#### 46. JSLA Level 1 - NEW

The Junior Sports Leadership Award (JSLA) Level 1 is a nationally recognized qualification that introduces young people to leadership skills through sports and physical activities. It's designed for younger students and it helps them develop skills like organization, communication, teamwork, and confidence in leading activities. The course typically involves 5-6 hours of guided learning and practical sessions but you will have plenty of time to practice subsequently. This module will require 2

Years:

9

CODE: E



#### 47. K-Culture - NEW

K-culture, also known as the Korean Wave or Hallyu, refers to the global popularity of South Korean culture, including music, dramas, film, fashion, and food. It encompasses various aspects of South Korean life and has seen significant growth and influence in recent years. Take this course to immerse yourself and learn about this growing experience.

Years: All years

CODE: E



#### 48. Knitting and Discussion Group

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.

Years:

All years

CODE: H



#### 49. Lego Masters

If your idea of a good hour's entertainment is watching Lego Masters Australia and wishing you could have a go yourself, then look no further! Hope you know you SNOT techniques! Years: All years

CODE: C

Cost: £25



#### 50. Model Train Building

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.

Years: All years

CODE: H

Cost: £25



#### 51. Model United Nations

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?

Years: 10-13

CODE: L



#### 52. Modern Languages Film Club

Embrace the subtitles and enjoy the best of cinema from Europe, Asia and beyond. Experience cultures that are both very different and yet the same. A whole world of movie wonders await. Years: All years

CODE: E



#### 53. Mountain Biking

Enjoy the challenges of off-road mountain biking. A variety of routes around the local hills and woods will provide the training ground for all and, for the experienced older off-roaders, the Pennine routes across a range of terrains are designed to develop any skills you already have. Expect a challenge but you will be guided and assisted throughout. You will pick up basic bike maintenance and skills. A well maintained mountain bike is essential. Return time is typically 5 o'clock.

Years: 8-13

CODE: F



#### 54. Multisports

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: All years

CODE: F



#### 55. Music Ensembles

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 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.

Years: All years

CODE: C



#### 56. Music Technology/Recording Studio

For those interested in recording and electronic music production. This will include planning a recording session, setting up a digital studio, preproduction 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.

Years: 10-13

CODE: E



#### 57. Ninja Warrior

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?

Years:

All years

CODE: F

Cost: £80



#### 58. Novel Writing

It is said that everyone has a novel in them. This is your chance to make a start.

Years: All years

CODE: C



#### 59. Orienteering and Trails

This workshop-based activity will take you through the processes of generating ideas for, structuring and writing a longer narrative.

Years: All years

**CODE: F** 



#### 60. Padel - NEW

Padel is a racket sport typically played in doubles on an enclosed court slightly smaller than a doubles tennis court. It has the same scoring system as tennis, but different rules, strokes, and technique. The balls are similar but softer. The bats are solid and balls can be played off the court walls, similar to squash. This activity will take place in the new courts at College Grove.

Years:

All years

CODE: F



#### 61. Pandemic Legacy

The legacy games continue with Pandemic Legacy. This time around, we will try to stop a pandemic from spreading across the planet. Only open to those who have taken part in previous legacy games or speak to Mr. Affleck!

Years: 10-13

**CODE: H** 



#### 62. Philosophy through Film

Have you ever wondered if you are in the Matrix? What parts of your life would you fast forward or pause? Watch and discuss such issues in Philosophy Through Film.

Years: 10-13

CODE: E



#### **63. Physics Beyond The Classroom**

Physics beyond the classroom aims to increase the uptake of physics post-16 by supporting physics education and engagement for all young people. This course is for those who are interested in physics, and science in general and are committed to learning beyond the traditional specification.

Years: All years

CODE: E



#### 64. Pottery and Sculpture - NEW

Pottery and sculpture, while distinct art forms, are closely related, particularly in the use of clay as a medium. Pottery refers to the process and products of forming vessels and other objects from clay, while sculpture is a broader term for three-dimensional art forms, often involving modeling, carving, or assembling materials. Clay is a common material for both, and sculptors often use it to create initial models (maquettes) before casting in other materials.

Years:

CODE: C



#### 65. Quiz and Puzzle Club

Fancy yourself as an Egghead, Mastermind or are you simply Pointless? Come and prove your mind is a combination of intelligence, useless trivia, random facts and bizarre recollections of films, cartoon characters, football clubs or political heavyweights. Enter as a team or as a singular powerhouse.

Years: All years

CODE: E



#### 66. Raspberry Pi Programming

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.

Years:

All years

**CODE: F** 



#### 67. Rock Climbing/Bouldering

Bouldering offers a physically and mentally challenging activity for all individuals, irrespective of stature or age. No previous experience is necessary, all instruction and equipment is provided at CityBloc in Leeds. Bring your own climbing shoes and chalk bag if you have them! The cost is £10 per week.

Years: All years

**CODE: V** 

Cost: £70



#### 68. Science Reading Challenge

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

Years: 7-8

CODE: E



#### 69. Sewing Bee Technical Challenge

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.

Years:

All years

CODE: C

Cost: £20



#### 70. Skateboarding

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.

Years:

7

**CODE: F** 

Cost: £60



#### 71. Skiing

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:

8-13

CODE: F

Cost: £210



#### 72. Snooker

Snooker is only mastered with practice and patience. You may not make your shot the first few times, or the first few dozen times, but if you keep honing your skills, get a lucky break and aim for a whitewash, you too could be the next Mark Williams.

Years:

11-13

CODE: H



#### 73. Snowboarding

Novice or experienced on the slopes, come learn and develop your skills before you go on holiday. Snowsports offers a range of opportunities for skiers and boarders of all levels to practise their skills and techniques and keep in shape for their next time in resort. Years:

8-13

**CODE: V** 

Cost: £210



#### 74. Softball and Rounders

A game for strikers and pitchers! Once an Olympic sport, sadly no longer, this high intensity game is big at WGSF. Baseball hats allowed. Strike one!

Years:

7-11

**CODE: F** 



#### 75. Squash

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.

Years:

All years

CODE: F

Cost: £60



#### **76. STEM - NEW**

Science, Technology, Engineering and Mathematics is an educational approach that integrates these disciplines to encourage problem-solving, critical thinking, creativity, and innovation. In today's rapidly evolving world, STEM skills are more important than ever, as they prepare young people for a wide range of future careers and help them understand the technology-driven society around them.

Years:

7

CODE: E



#### 77. Stop Motion Animation

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:

8-9

CODE: C



#### 78. Supervised Study for Year 10

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 available.

Years:

10



#### 79. Tag X

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.

Years: All years

CODE: F

Cost: £70



#### 80. Time Commanders

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

Years: All years

CODE: E



#### 81. Touch Rugby (mixed) - NEW

Touch rugby refers to games derived from rugby league in which players do not tackle each other but instead tag their opponents using their hands. A formal, competitive variety, known as Touch, developed from rugby league and now exists as a sport in its own right. However, choose this option for a more informal social sport where students of both schools will be mixed.

Years:

7-9

CODE: S



#### 82. Touch Typing

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 when it comes to that coursework, dissertations or business reports.

Years:

7-9

CODE: L



#### 83. Trash to Treasure

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!

Years:

8-13

CODE: C



#### 84. Ultimate Frisbee

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.

Years:

All years

**CODE: F** 



#### 85. Urban Sketching

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: All years

CODE: C



#### 86. Volleyball

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: All years

CODE: S



# 87. Volunteering: RSPB or WGPPS/Junior Assistant - NEW

A unique opportunity to volunteer helping the RSPB at their Fairburn Ings nature reserve. Conduct conservation work for all the wildlife that is dependent on the area. Or work with our youngest students in the Foundation, helping with their reading, sports and other activities.

Years: All years

CODE: L



#### 88. Warhammer 40K

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.

Years: All years

CODE: H



#### 89. Wellbeing

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

Years: All years

CODE: L



#### 90. Yard Games

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 elses games getting in the way! Just watch the windows please.

Years:

7-9

CODE: F





#### 101. AAA

This bespoke option offers the chance to develop the skills and experience that are relevant to you. Examples of individual choices could be: work experience, voluntary work, volunteering for DofE and driving lessons. Apply to do this in advance of Q1, outlining your plans in writingto the Head of Sixth form. Note that independent study and research are only available to Y13 students.

Years:

12-13

CODE: E



## 102. 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.

Years:

12-13

CODE: E



#### 103. 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 problemsolving 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.

Years:

12-13

CODE: E



#### 104. 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!

Years:

12-13

CODE: E



#### 105. Cricket Coaching (Advanced)

Want to be the next Sophie Ecclestone, Harry Brook 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 option.

Years:

11-13

CODE: H

Cost: £90



#### 106. CSLA Level 2

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:

11-12



#### 107. Dissection, Physiology and Anatomy

Explore the anatomy of a varied range of organisms, from worms to fish, via insects, molluscs and more. Discover how your own 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:

12-13

CODE: E



#### 108. Fitness, Strength and Conditioning

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!

Years:

11-13

CODE: F



#### 109. Football: Performance

Take the opportunity to play the beautiful game and help you develop individual and team skills to complement your other sports. No great experience is required, just an ability to listen and learn but this group will form the basis of the 1st team squad and so a commitment to training is essential.

Years:

11-13

CODE: S



#### 110. Hockey: Outdoors

The Foundation regularly competes in the National Finals at indoor and outdoor and this option is for 1st XI and U16 squad training and 2025-26 season fixtures

Years:

11-13

**CODE: S** 



#### 111. Hockey: Indoors

The faster, 6-a-side version of the game is where the 1st VI, U16 and U14 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 make a great start to the season.

Years:

9-13

CODE: S



#### 112. LEAP

Hugely successful in School over recent years, LEAP is a registered charity that enables students to set up their own companies for a school year, learning business skills, teamwork and problem solving, and gaining confidence and 'employability' skills. We guarantee the students will be more confident for their university and job interviews. The students (aged 11 to 19) must raise their own share capital, choose and make or buy a product, write a business plan and market the product. At the end of the year they have to present their Company and its results to a panel of Business Advisers and write an Annual Report with financial accounts.

Years:

11-13

CODE: S



#### 113. Multigym

An opportunity to come and improve your individual fitness. Take some time out in our Multi Gym to look after your physical and mental wellbeing.

Years:

12-13

**CODE: F** 



#### 114. Netball

WGHS regularly competes in the National Finals at Netball and this option is for 1st team and U16 team, squad training and 2025-26 season fixtures. This option will require multiple blocks.

Years:

11-13

CODE: S



#### 115. Oxbridge (Year 12 only)

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

CODE: E



#### 116. Pre U Maths for Physics

Additional maths practice for budding and current A-level physicists

Years:

12-13

CODE: E



#### 117. 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.

Years:

11-13

CODE: S



#### 118. Rugby 7s and 10s

Take the opportunity to play the lightning quick short version of rugby, now part of the Olympic Games. QEGS has entered the HMC Super 7s Series and the Rosslyn Park 7s competition. This is for boys who are part of the squad and want to hone their fine

Years:

11-13

CODE: S



#### 119. Supervised Study

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 available.

Years: 11-13

CODE: L



#### 120. STEM Project

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

CODE: E



#### 121. 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.

Years:

13

CODE: L



#### 122. Volunteering: Various Possibilities

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.

Years:

11-13

**CODE: V** 



#### 123. 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.

Years:

11-13

CODE: L

# WAKEFIELD WAY. WAY AHEAD.

