



Empathy • Honesty • Respect • Responsibility



INVOLVE
Cathedral Academy's
Extra-Curricular Programme

2019/2020

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Education outside of the classroom is a fundamental part of a student's Cathedral experience. Cathedral Academy's extra-curricular programme, INVOLVE, ensures that students experience a range of character and resilience building out of classroom activities. The vast range of clubs enhance our students' interests, skills and talents outside of the usual curriculum; there's something for everyone to get involved in. The programme also helps students develop the four core values of Cathedral: empathy, honesty, respect and responsibility, outside of a usual classroom context.

Activities range from sports including Football, Rugby and Netball, Creative activities including Clay Club, Gardening Club and Eco Club and STEM based clubs which ask students to investigate out of this world questions such as 'Can you survive an asteroid impact or a zombie apocalypse?' We help students to initiate activities, such as searching for local competitions to enter or running a club for younger students, in order to develop leadership skills and provide the opportunity for students to give back to their local community whether that be through Debating competitions or the Archbishop of York Young Leaders Award.

The INVOLVE programme runs outside of the timetabled school day with students able to attend more than one club in a week to ensure that they try new activities that stretch and challenge them. All KS3 students must take part in a minimum

of one extra-curricular club each week as this is one of the criteria needed for a successful Graduation. Students will be guided by their form tutors and encouraged to try different activities that will enable them to step out of their comfort zone and work with pupils of different ages and friendship groups.

Through the INVOLVE programme, students are equipped with the skills and experience to pursue their own passions further whether that be in learning a new language, coding or a specific sporting activity. Achieving a curriculum that has both breadth of content and depth in learning, is crucial in helping our students achieve their goals, develop their readiness for life after Cathedral and for having high aspirations for their futures.

Michaela Lancaster-Knaggs

Associate Assistant Principal
Character Education Lead

INVOLVE Clubs

These are the INVOLVE clubs you can get 'involved' with this academic year.

Sports

2:40 pm until 4:00 pm – available every term

Chaplaincy

2:40 pm until 3:40 pm – available every term

All Other Clubs

2:40 pm until 3:40 pm – terms will vary

There may be lunchtime and morning clubs too but check the termly timetable for this information.



Creative Art & Design	Chaplaincy & Service	Strategy, Science & Humanities	English & Languages	Sport & Performance
Art	Archbishop of York Award	Coding	Cloud 9	Athletics Badminton
Clay	Duke of Edinburgh Award	Chess	Creative Writing	Basketball Cricket
Crochet	Eco Club	Creative History	Debating	Dodgeball Fitness/Aerobics
Gardening	Explore	CREST award	Literacy Competitions	Football – Boys Football – Girls
Hospitality	Interfaith Forum	Geography in Movies	School Press Team	Gymnastics Hockey
Origami	Mindfulness	Lego	Student Librarians	Leadership Netball
Comic Club		STEM – Asteroid Impact	ILC & homework	Rugby Street dance
Textiles Club		STEM - Zombies	Playscript	Table Tennis
Board Games and Books			Spanish	Drama

Creative Art & Design

Clay Club

Come and join our long running, friendly Clay Club. During your time, you will be shown how to create coil pots and make a series of craft items. Learn an art form that can improve coordination, focus and creativity. No prior knowledge or skill needed. If you have an idea, you can make it!

Gardening Club

Come and join our long standing Gardening Club. During the course, you will be shown how to plant, grow, maintain & cook produce made in our own ADT garden. This will develop your resourcefulness and appreciation for the food that you eat everyday.

Key Stage 4 Catch-up Clubs

Calling all Art and Hospitality students... come along to your very own bespoke catch up club that will boost your achievement in one of your key option subjects.

Comic Club

Come and join Comic Club. During the 6 week course, you will be asked to create our first school comic, editing stories and creating your own humorous content. This ICT based club will develop your creativity and teamwork skills as you work as part of a group to create a final comic based product that will be available to the rest of the school.





Textiles Club

Come and join our amazingly friendly Textile Club which welcomes pupils of all abilities, from those with years of Textiles experience and those who have never picked up a needle and thread. Have you ever wanted to create a series of creative textile garments and outcomes? Join our small group club exploring a range of textiles, threads, beads and buttons to learn different stitches and go on to design and produce something embracing your own ideas and designs across the year. This club will boost focus and creativity.



Crochet Club

New for 2019-20, at the request of students, the opportunity to get 'hooked' on crochet is here! This club is aimed at a small group of Year 8 students who are absolute beginners. You will have the chance to practise different stitches and follow patterns to make unique works of art. Let your creativity shine through at Crochet Club!



Origami Club

The art of paper folding is back for a second year after a successful run in 2018-19. This club is aimed at Year 7 students and is equally great for beginners and those with previous experience. Students practise folding on shorter tasks at first then the course culminates with producing a Kusudama flower ball.

Board Games and Book Club

Board Game Club is aimed at Year 7 students who want to make new friends and develop their confidence while playing a range of fun board games. Students will also have the opportunity to design and create their own board games to play with other members. This club will develop your problem solving and judgement skills which will help you in all of your subjects from English to Geography. If you want to come along to do some reading too and discuss your latest book with staff and students then go for it- you might get some new recommendations to add to your reading repertoire.



Chaplaincy & Service



Archbishop of York Award (Year 8 and 9 only)

The Archbishop of York Young Leaders Award is a unique citizenship programme which provides you with the opportunity to develop leadership skills, make a difference in your local community and organise campaign and fundraising activities within the academy. The award is a yearlong programme. At the end of the year you will receive a nationally recognised qualification which will look fantastic on your CV when applying for post 16 education and employment. It also demonstrates the four core values of Cathedral: empathy, honesty, respect, responsibility.

Eco Club

Are you passionate about environmental issues? Do you want to make our academy more environmentally friendly? If so, then Eco Club is for you! Join us in planning and organising activities to help raise awareness of what we can do to protect our planet and help to bring about lasting environmental changes across the academy. 'Be the change you wish to see.'

Our past activities have included campaigning for more recycling bins and designing logos, posters and slogans to go along with this. Upcoming ones include: litter picking in the community and planting wildflowers in the school grounds to create habitats for more species and increase biodiversity. This club will enable you to show awareness for your school community and give back to your local community.

Explore

Explore our Christian values and ethos through playing lots of really crazy games and having loads of fun. Explore is run in partnership with the Cross Project, a local Christian Schools Work charity.

Interfaith Forum

Working with different faith leaders from across West Yorkshire, our Interfaith forum provides the opportunity to meet other people from different faith traditions and develop a greater understanding of the role of faith within communities and cultures. Members of the Interfaith forum will help to organise and run events to celebrate festivals and days of observance within the academy, as well as getting involved in wider community events through dance, drama, public speaking, charity events, community groups & much more!

Duke of Edinburgh's Award

The Duke of Edinburgh's Award has helped countless young people on their sometimes difficult path to adulthood. For the past seven decades, this charity has inspired and transformed the lives of millions of young people from all walks of life. From volunteering to physical activities, life skills to expeditions, achieving a DofE Award is a passport to a brighter future, valued by employers and universities.

The Award is divided into four sections: Skill, Physical, Service and Expedition. A dedicated team of staff at Cathedral will guide you through the different sections and assist you in finding opportunities within the community.



Mindfulness

Everyday life can be hectic sometimes with school, homework and an active social life. Mindfulness equips you with the skill of training the attention by attending to and focusing on whatever is happening in any given moment. Jon Kabat-Zinn, the founding father of secular mindfulness, described this skill as 'being alive and knowing it.' Large scale research studies have found that mindfulness makes students feel calmer, get on better with others, concentrate better and manage stress. Mindfulness will have a positive impact on all areas of your life so come and try it today.



Strategy, Science & Humanities

Chess Club

Chess is a universal game, knowing no boundaries of age, gender, faith, ethnicity or disability that promotes key intellectual skills such as problem solving, logical thinking, pattern recognition and concentration. Playing chess also fosters intellectual character. Its cerebral reputation boosts self-esteem and gives children 'grit' – the tenacity to cope with adversity – which helps them grow into rounded and employable individuals. It does this by teaching children how to lose and how to win gracefully, to think ahead and foresee the consequences of their actions. Planning ahead is a key to attribute to leading a successful life

Coding Club

Coding club is an opportunity for students to experience coding and learn new skills which are vital for today's world. Welcoming everyone from beginners to those with previous experience, we will be learning about basic coding principles and applying them to our own programs. This will be sitting alongside the new KS3 computing curriculum to enhance their skills and develop their work in lessons.

Creative History Club

Use your imagination and go back in history. You will have the opportunity to get creative and make a trench, a spitfire and even a Viking ship. Learn the history behind some of the greatest inventions used in warfare!





CREST Discovery Award

CREST is a scheme that inspires young people to think and behave like scientists and engineers. CREST will introduce you to project work and help develop your ability to work as part of a team. You will receive a certificate at the end of the project which celebrates your success and go away with skills that will prepare you for the world of work.

Geography in the Movies

An 8 week jam packed block buster movie extravaganza (popcorn provided). We will be watching and critiquing a selection of geographical films and documentaries. You will be given the chance to pick the film/movie for the following session. Movies such as the award winning 'The Impossible' (PG13) a film about the Boxing Day Tsunami, 'The Day after Tomorrow' (12) a film following the potential impacts of climate change, 'San Andreas' (PG13) a film looking at the impact of the Yellowstone volcano, 'Ice Age Continental Drift' (PG) an animate film about the survival of the Ice Age, plus a many more...

Some films may span over 2 sessions due to the running time.



History of Me Club

This club is invite only and works in partnership with the National Coal Mining Museum to help students discover more about mining culture in Wakefield and their own heritage. Students will work on various projects to produce visual displays and performances that will inspire others to discover more about their own heritage.



Lego Club

Lego club is aiming to bring science, technology, engineering, mathematics, to life. This club will allow you to improve problem solving skills and to work as part of a team to design solutions to STEM based problems. This mathematical based club will give you a flavour of what a career in Engineering may entail.



STEM – Can you Survive an Asteroid Impact?

For the last few billion years an asteroid has been journeying through the cold expanses of space, on course to hit planet Earth! As it collides with the Earth, it lights up the skies and smashes the ground. Luckily for you, scientists saw it coming and you were evacuated to an underground bunker. Your challenge now is to survive the devastating aftermath. This program investigates the science involved in surviving an asteroid impact – from how you would grow crops in the long winter that follows the impact, to how you could protect yourself from burning acid rain.



STEM - Zombies-Can you Survive a Zombie Apocalypse?

A terrifying virus has been spreading around the world. In a matter of weeks, it has killed 90% of the world's population. Even worse, the victims don't stay dead. Now, these zombies are roaming the streets looking for their next meal: your brains! Your challenge is to stay alive until scientists find a cure. Be careful! One bite and you will become one of them.

This club will investigate how design and technology can help you survive a zombie apocalypse – from making a barricade to keep them out, to communicating with other survivors using Morse code.



Cloud 9

Cloud 9 is a prestigious, invite-only study group aiming to develop originality and the advanced skills needed to attain the highest grades in English. Primarily aimed at Year 8 students (and this year to be facilitated by last year's cohort), students will be exposed to a variety of activities, including debates and reading groups, and will represent the school in national competitions as English Ambassadors.

Creative Writing Club

Have an interest in writing short stories? Do you have a passion for poetry? Ever wondered if you could be the next best selling author? Open to Year 7 and 8 students, come along to the Cathedral Creative Writing club. Each week there will be different opportunities to show off your creative writing skills and possibly enter exciting competitions! Creative Writing Club involves a lot more than sitting quietly writing stories as you will have the opportunity to perform your piece to the group and even the rest of the school.

ILC

The ILC is open after school every day for students to change their Accelerated Reading books, complete quizzes on the computer and speak to the librarian about their latest read. There is also a homework club twice a week where students will be able to access the computers and reference books to help them. If you are looking for a quiet space to read, study or reflect then the ILC is the place for you after school. Come along to our newly refurbished Learning Centre today.





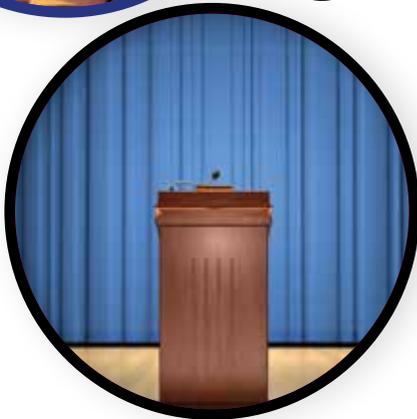
Literacy Competitions

Come along to Literacy club every Monday lunch-time. This involves preparing for and entering literacy competitions and provides a quiet spot for students to read and play chess. A little sanctuary for year 7 & 8 students who want to get away from the crowd for a lunchtime and also students who want stretching and challenging within English. We have had many pieces of students' work published into books which can be found in the ILC.



Playscript Club

Do you enjoy reading but like to act too? Come along to playscript club where you will have the chance to play different characters in well known plays. Maybe you could be the next Dracula or play the leading character in DNA. Open to all reading abilities in Y7 and Y8, you will be sure to have lots of fun at this club whilst developing your reading skills.



Debate Club

Cathedral Academy's Debate Club will challenge students to think critically and be more knowledgeable about world affairs, preparing them for life beyond school. Students will have the opportunity to participate in competitions, while enhancing their speech writing, performance skills and analytical thinking skills. Cathedral Academy's Debate Club also aims to help develop confidence and working collaboratively as a team.

School Press Team

Extra! Extra! Read all about it! Cathedral Academy's press team work as part of a close team to report on school and community affairs. Be sure to find articles, reviews, photos and information about upcoming events going on at Cathedral. If you want to develop your confidence and creativity then the press team is the club for you.



Student Librarians

Do you have a passion for reading? Becoming a student librarian could be for you. You will gain skills in organisation, teamwork and leadership as you assist the librarian in daily duties such as sorting books, organising stock and taking on duties. You will also be responsible for gaining student feedback on books that they have read and what books they would like to see in the ILC in the future.



Spanish '!Hola Amigos!

Have you ever fancied learning another language? Spanish is spoken as a native language by 400,000,000 people worldwide, and by another 9 million others in about 20 countries around the world. Spanish is the 3rd most popular language studied in the world – after English and French. '!Hola Amigos!' is an after school club set up to provide students with the opportunity to learn Spanish. It is open to Year 7 and 8 students with any prior level of Spanish. We will be giving you a taste of the language, the country and the culture. This could be a great help if you are planning to visit Spain on holiday in the future, or if you just want to sample the language. Students will be able to learn some basic conversational Spanish along with useful vocabulary and sentences to use in different everyday contexts all in a fun and interactive setting.



Sports & Performance

The PE curriculum at Cathedral Academy consists of a variety of activities such as Football, Rugby, Badminton, Basketball, Athletics, Cricket, Softball, Handball, Gymnastics, Hockey, Netball, Dance, Rounders, Table Tennis, Fitness and Leadership.

As students progress through the years, they will also be able to spend time on a variety of activities outside of the curriculum in competition areas including Rugby, Football, Netball, Cricket, Basketball and Rounders.

There will also be opportunities for “come and play” activities such as Fitness classes, Dodgeball, Street Dance, Leadership, Badminton and Table Tennis. All students will be able to try out many new sports, or improve at familiar ones, at clubs before and after school.

Cathedral Academy students will regularly represent the school in competitions against other schools in many sports but there will also be numerous activities available that are not competition based for students to keep fit and healthy and enjoy physical activity.

Some specialist coaches will come into school to run coaching sessions in girls’ Football, Rugby and Gymnastics. Students may have the opportunity to take part in leadership and be involved in coaching and managing teams and we encourage all students to develop further by then becoming involved with local clubs. In addition to the large number and variety

of clubs explained, below is a full list of the opportunities at Cathedral PE in 2019/2020:

- Athletics
- Badminton
- Basketball
- Cricket
- Dodgeball
- Fitness/Aerobics
- Football – Boys
- Football – Girls
- Gymnastics
- Hockey
- Leadership
- Netball
- Rugby
- Street Dance
- Table Tennis

There will also be opportunities for reward trips and experiences for excellent attitude to learning and behaviour of students from Cathedral Academy including: Ice Skating, Premier league football, Super league rugby, Basketball games and residential.

Come down to PE and check the timetable and see the great things happening this year.



Sports & Performance

Street Dance

Street Dance is back for its second year by popular demand. Come to our weekly Street Dance class for boys and girls in Year 7 and 8. No matter what your dance experience or ability, come along and try Street Dance. All of our classes are fun, energetic and engaging and are based around creating 'performance ready' routines. This is a chance to build on your confidence through a performance based activity, make new friends and keep fit.

Drama Club

The aim of our Drama Club is to engage pupils who enjoy improvisation, devising and scripted drama. This club is intended to be a fun, practical activity and could lead to the creation of a performance if the pupils wish. Drama Club will also improve public speaking skills and increase your confidence when speaking to large groups of people. No previous experience of Drama is necessary.





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