

INVOLVE

Trinity Academy Cathedral's
Extra-curricular Programme 22/23



- Empathy
- Honesty
- Respect
- Responsibility

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Welcome

Through the extra-curricular programme at Trinity Academy Cathedral, students take part in activities that stretch and challenge them whilst building life skills that will stay with them forever. 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 to having high aspirations for their futures.

Education outside of the classroom is a fundamental part of a students' Cathedral experience. Our 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.

There is a huge variety of activities to get involved with. These include football, rugby and netball in sports; Gardening Animation and Fashion Design for creative minds, as well as Crime Scene Investigation and experiments for budding scientists! 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, from 2.40pm-3.40pm 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 students 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.

Michaela Lancaster-Knaggs

Assistant Principal
Character Education Lead

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

Creative Art & Design	Chaplaincy & Service	Strategy, Science & Humanities	English & Languages	Sport & Performance
Craft Club	Archbishop of York Award	Earthshot Ambassadors	Creative Writing	Athletics Badminton
Gardening	Duke of Edinburgh's Award	Puzzle Club	Journalism	Basketball Cricket
Upcycling	Explore	Creative History Club	Shan's Sequels Book Club	Dodgeball Fitness
Leeds Art University Partnership	LGBTQ+ Space	Maths Club	Debate Club	Football
Geometric Drawing and Pattern Making	Equality Ambassadors	Chess Club	TED Talk and Tea	Hockey
Origami	TAC Ambassadors	Board Games	Sci-fi, Fantasy & Anime	Netball
Fashion Design		Science Experiment Club	Library	Table Tennis
Fashion Construction Club		Twisted Sudoku Club	Coding Games	Rugby
Product Design Club		Lego Club	Computing	Rounders
Art Journaling Club		Outdoor Discovery: Microclimates & Ecosystems	Film Club	Tennis
Juniorchefs		Crime Scene Investigation	Homework Club	Boxing
Animation		Retrieval Club	TAC's Languages	Martial Arts
Crochet Club		Dungeons & Dragons	Spanish Club	Dance Club
Photography		Cycle Mechanic Club	French Film Club	New Views
Clay Club			French Conversation Club	Vinyl Records Club

Craft Club

In Craft Club, you will get the chance to design and make your own jewellery and other items. Whilst creating, you will consider the target market of your product in order to develop your enterprise skills.

Gardening Club

Have you ever wanted to develop your skills at growing fruit and veg? Now you can! This club will offer you the opportunity to plant, grow and harvest food within our established quad garden. You will learn about propagating plants and the importance of self-sufficiency, nutrition and the science behind crop development.

Upcycling Club

If you love making things whilst helping the environment then Upcycling Club is for you! We will re-purpose everyday items giving you chance to learn new skills, meet new people and take home your creations. Have a go at making cute fridge magnets, quirky pen pots and much more.

Leeds Art University Partnership

Each week you will receive a different creative challenge! From collaging, to drawing, to painting! If you love anything art, this is the club for you!



Geometric Drawing and Pattern Making Club

Geometric drawing is created with lines, circles, squares, rectangles, and other shapes. Geometric art design comes in various types, size, and styles. In this club, you will use various tools to create geometric patterns and shapes, experimenting with a range of designs to create your given product.

Origami Club

Origami has many benefits for our students. It helps to develop hand-eye co-ordination, sequencing skills, attention skills, patience, temporal spatial skills, and problem-solving abilities. It is also a great stress-reliever; plus, it's fun! Come along and develop your skill in the art of paper folding. You might make flowers, animals, or other decorations.

Fashion Design Club

You will develop the skill of drawing your own silhouettes to allow you to showcase your future fashion ideas! You will be looking at past, present, and future trends whilst working with a theme for a final collection that will feature in a catwalk show!

Fashion Construction Club

You will be upcycling clothes to make new garments as well as designing your own clothing line! You will have the technical skills to allow you to bring them to life with paper, fabric, and a sewing machine.

Product Design Club

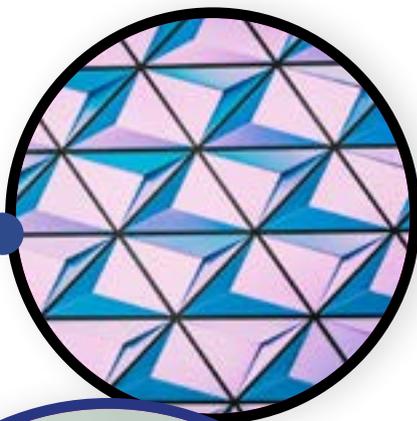
Come along to our brand-new Product Design Club in our refurbished technology room where you will gain new skills in woodwork and design. You will have the chance to design and create objects such as photo frames out of different materials.

Art Journaling Club

This club is perfect for those of all levels of artistic ability who are interested in learning new art skills each week such as illustration, collage, manga, bullet journaling, photography and more. You can also use your journals as a space to set goals, write quotes, affirmations, reflect on school and how you are feeling by using art to express yourself. In this club you can learn new skills and make art that is specific to the things you like and feel! This club will support you to achieve a positive well-being and help to develop a positive mind set.

Juniorchefs

Trinity Academy Cathedral now has its very own MasterChef cooking club - Juniorchefs. The sessions will run for six weeks at a time to ensure all that want to participate will get the opportunity to do so throughout the year. Each week will be an introduction to different ingredients or cooking techniques, you will make a combination of both savoury and sweet dishes. At the end of the six sessions there will be a prize for the most improved and most creative chef! There will be no charge for cooking ingredients, and you will learn an array of skills you can use both inside and outside of DT lessons.



Animation

At animation club, you will make a small object then learn tricks from the film industry to create a short animation. You will be able to work with a range of materials and camera equipment to produce your short animation.

Crochet Club

This is a club for beginners right up to the more experienced crocheters! An experienced teacher will teach you the skills needed to crochet and make a variety of products.

Photography Club

If you have an interest in taking photographs then this is the club for you. You will experiment with different cameras, ways to take photos and subjects. Photography is one of the GCSE options that we offer, so you could gain some extra experience to get ahead of your classmates.

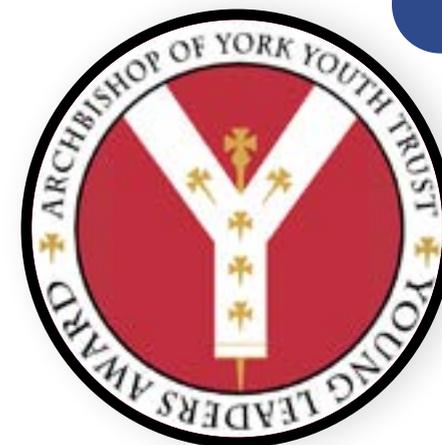
Clay Club

Come along to this Art based club where you will use clay as the primary resource to craft a final outcome. You will design your product, mould using clay and then paint to fit a set brief.



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 year-long 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 and Responsibility.



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.



Explore

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

LGBTQ+ Space

If you are part of the LGBTQ+ community at TAC, come along to our drop-in group where you will have the opportunity to meet other students in the community and forge new friendships. The group is open for all and is a safe space for you to share your experiences, feelings or even challenges you are experiencing. We are always looking for ways to make our academy even more inclusive, so any suggestions are welcome.

Equality Ambassadors

Our equality ambassador team meet weekly to discuss all issues surrounding equality within school. This student led group run assemblies, inform school pledges, and listen to a wider variety of student views to help support our inclusive community and instil a sense of belonging for all. There are opportunities across the year to join the ambassador team and receive training from our local partner SPECTRUM.

This group is a brilliant way to maximise your well-being and ensure a positive mindset in life.

TAC Ambassadors

Our TAC ambassadors in every year group are our student leadership group that help run key events in school, ensure our academy is a safe and clean place for all, support student well-being, aid tours for visitors and interviews for prospective staff, plus much more. There is an opportunity to apply to be a TAC ambassador once per year and have the opportunity to work with your year group lead to develop your leadership, teamwork and communication skills.



Earthshot Ambassadors

New for 2022, you can apply to be an Earthshot ambassador which means you have a voice on environmental issues within school. Work on a committee with likeminded students to design eco events, present to students around ways they can protect the environment and make changes in school to make us more eco-friendly. We are working towards winning the MAT Earthshot Prize so we need passionate students who are committed to making changes.

Puzzle Club

Do you like crosswords and wordsearches? How about sudoku? This club is for students who enjoy solving a good puzzle. You have mini competitions against each other and can suggest new puzzles to buy in for the club.

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!





Maths Club

Do you know your addition from your subtraction? Your BIDMAS from your BODMAS? Come along to Maths Club where you will be taking on different Maths challenges every week. You may even have the opportunity to compete against other year groups and schools in Maths-based competitions.

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 attribute to leading a successful life.

Board Games

Board Game Club is aimed at 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 judgment skills which will help you in all of your subjects from English to Geography.



Science Experiment Club

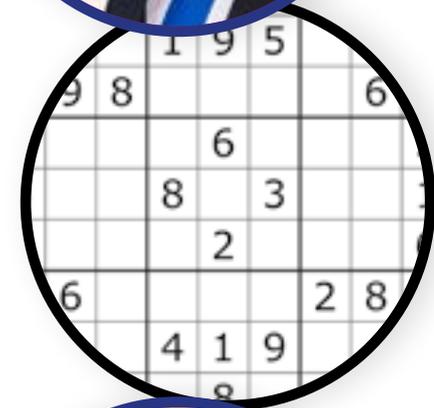
Come along to Science Club and participate in a range of fun, informative, practical activities that will give you a taster of some of the many careers involving science. From budding doctors and nurses to future astronauts and space scientists, there will be something to please everyone. Come along and have a go!

Twisted Sudoku Club

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power. Each Sudoku game will have a 'twist' which makes it even more of a challenge!

Lego Club

Lego Club is aiming to bring science, technology, engineering and 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. You will be given weekly challenges to build things such as robots, theme parks, schools and even mazes!



Outdoor Discovery: Microclimates and Ecosystems

If you like the great outdoors and discovering new things about your environment, then this is the club for you. Every week, you will learn about and explore ecosystems in our local area, discovering different species of plants and animals. Your geographical knowledge will improve as a result of attending this club, enabling you to view your environment from a different perspective.

Crime Scene Investigation

Have you ever fancied a career in the police as a Crime Scene Investigator? In this club, you will learn and try out different investigation techniques used in the police such as fingerprinting, photography, scene analysis and many more. You will be given real life crime scenarios to figure out and solve in a time pressured situation. This club will help to develop your critical thinking skills and ability to work in a team.

Retrieval Club

Are you not achieving the score that you would like on your MOR quizzes or tests in class? This may be because you are not revising correctly or using strategies that will help you to remember key information. You will be working with experts in the field of cognitive science to understand how the brain works and therefore help you to know more... and remember more.



Dungeons & Dragons

Back for another year at the request of our students is Dungeons & Dragons! The core of D&D is storytelling. You and your friends tell a story together, guiding your heroes through quests for treasure, battles with deadly foes, daring rescues, courtly intrigue, and much more. Come along if you are an experienced player or new to the game.

Cycle Mechanic Club

Did you know that the most basic cycle service at Halfords costs £35 and a full service starts at £80? Save yourself a lot of money and have the satisfaction of fixing your own bike by joining the Cycle Mechanic Club. You will learn everything from changing an inner tube, replacing cable wires, adjusting gears, replacing a crank set, removing a bottom bracket, and so much more.

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.

Journalism Club

Are you interested in the news and the media? Do you know how news is constructed and the purpose behind it? What makes a good news article for you? In this club, you will learn more about the world of journalism and even get the chance to write your own news story about a local event or issues.

Shan's Sequels Book Club

As a Year 7 English student, you will read Cirque Du Freak by Darren Shan in your English lessons. This club provides you with the sequel books that you read and enjoy as a group, completely free of charge. Will you dare join this horror-filled book club?

Debate Club

Trinity Academy Cathedral'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's Debate Club also aims to help develop confidence and working collaboratively as a team.





TED Talk and Tea

TED Talks are aspirational, challenging and inspiring talks given by people all across the world on a variety of issues from business to sport. You can enjoy a cup of tea while watching a talk of the group's choice then discussing your own view afterwards.

Sci-fi, Fantasy & Anime Club

Hagimemashite! Welcome to Anime Club. We welcome anyone who has an interest in Japanese culture, Manga and Anime. Last year the club was highly successful, and students took part in drawing and design competitions, screenings of their favourite anime and Ghibli films and many other kawaii activities. You'll get the chance to meet other students and discuss all your favourite Anime characters and shows, as well as the chance to cosplay your favourite characters in school!

Library

The Library is open after school every day for students to change their reading books 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 Library is the place for you after school. Come along to our newly refurbished Library today.



Coding Games Club

Coding Games 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 your skills and develop your work in lessons.

Computing Club

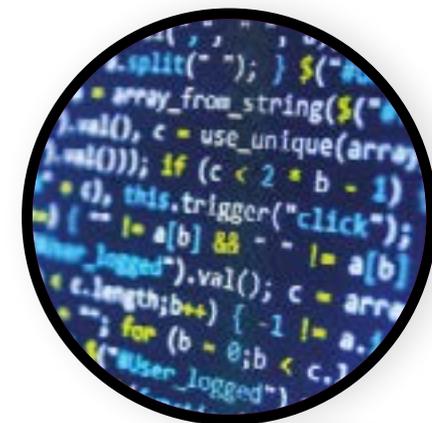
At the popular request of our students, Computing Club will give you the opportunity to develop your ICT skills, play games against your friends and test your reaction times. You may have a particular game of strategy that you like to play, or want to share some tips with your friends about how to overcome a tricky obstacle. Computing will enhance your critical thinking skills, perseverance and concentration so join today!

Film Club

Are you obsessed with the latest film releases? At Film Club, you will watch and review films as well as getting to plan, design and edit your own short films. You will develop your creativity and imagination through this club.

Homework Club

Homework club runs at various points across the week with different teachers allowing you a quiet space to complete homework and receive the support you need.





TAC's Languages Club

With over 30 different languages spoken at TAC, we want to celebrate this and give students the opportunity to teach others about their culture, language, and identity. You may speak Polish, Russian, Czech, Urdu or another language and if so - come along!

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 third 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 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.

French Film Club

You might enjoy films - but have you ever watched a French spoken film with subtitles? Immerse yourself in French culture and discover a whole new realm of film whilst developing your knowledge of the French language.

French Conversation Club

Bonjour! Our French Conversation Club aims to promote enthusiasm for the French language and culture through activities, projects, and discussion. You can join the club with any prior level of French and the club will help you develop your speaking skills further. If you are planning on visiting France in the future, you will be able to order from a menu, ask for directions and have a basic conversation in French.



The P.E. INVOLVE programme consists of a variety of sporting activities which rotate across the year.

All students will be able to try out many new sports, or improve at familiar ones, at INVOLVE. TAC 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. Scientific research has proven that regular physical activity has a positive impact on both physical and emotional well-being. Exercise boosts mood, acts as a stress release, improves sleep and ensures positive mental health.

Specialist coaches will come into school to run coaching sessions in football, rugby and netball. Students may also 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.

There will also be opportunities for reward trips and experiences for excellent attitude to learning and behaviour of students including ice skating, Premier League Football, Super League Rugby and basketball games.



Below is a full list of the opportunities for 2021/22 in P.E. with more added at student request:

- Athletics
- Badminton
- Basketball
- Cricket
- Dodgeball
- Fitness Suite
- Football
- Hockey
- Netball
- Table Tennis
- Rugby
- Rounders
- Tennis
- Boxing
- Martial Arts



Fitness Suite

As of 2021, TAC now has its very own state-of-the-art fitness suite. We have treadmills, exercise bikes, rowing machines, weights and much more. You will have the freedom to train and exercise in the easy to access fitness suite meaning you won't need to pay for a separate gym membership outside of school. Boost your physical and mental well-being this year and discover a new passion for exercise.



Boxing

Boxing is run by local Wakefield gym owner, Gareth Potts, who has over 10 years' experience in delivering boxing and exercise classes. This is a brilliant outlet for stress, energy, and other unhelpful emotions such as anger or anxiety. You will do challenging fitness circuits, pad work, punching techniques, and agility in the sessions.

Martial Arts

Nactics Martial Arts in Wakefield run our club for all genders. Some of the most popular martial arts are Karate, Aikido, Tae Kwon Do, Jujitsu, Judo, Kenpo, Kung Fu, and Hapkido. In addition to teaching basic fighting techniques, martial arts also focuses heavily on mental discipline. Martial arts require dedication and practice. Through regular repetition of hand and foot movements, kicks, blocks, and punches, martial arts students increase their physical strength and mental resilience.



Dance Club

Do you enjoy dancing? Maybe even creating your own sequences to popular music? Dance Club will be a way to enhance your skills through contemporary dance technique as well as challenging yourself, expressing yourself, trying new things and meeting new people, all while learning and creating dances to a range of contemporary dance music.

New Views

Have the chance to work with an external drama company who will help you create and write your own short play script. This is the chance to have your voice heard and express yourself in play form. Some of our past students have changed national views on important topics including diversity. Your play has the chance to be performed on stage by professional actors if it meets standard.

Vinyl Records Club

Explore old style vinyl records played on an original vinyl machine. You will look at music across the ages and discover new artists and songs.





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Empathy

Honesty

Respect

Responsibility

