

Welcome to EDGE

2018-19

High School Girls have the 'EDGE'

The EDGE programme stands for Enriching and Developing Girls' Education and it is all about providing even more opportunities on top of what is already a rich curriculum at WGHS.

Top universities and employers are not just looking for top grades but also for those sparks of creativity, resilience, teamwork and leadership which differentiate the best from the rest; EDGE is designed to explicitly foster these skills.

EDGE takes place on Thursday afternoons and involves every girl at WGHS, from Year 7 to Year 13. It is a chance for them to customise a small corner of their timetable by choosing from a wide range of activities led predominantly by WGHS staff. Above all, we hope that the girls really enjoy their EDGE experiences and perhaps discover a hidden talent!

The mechanics of EDGE

Each EDGE activity consists of a 7 week block. During the academic year, girls will be able to take part in five EDGE activities.

EDGE 1 commences near the start of the Autumn Term, with the following EDGES running through the remainder of the year, roughly as follows:

EDGE 1: September/October

EDGE 2: November/December

EDGE 3: January/February

EDGE 4: March/April

EDGE 5: May/June

Some activities, due to their very nature, will only run in certain blocks, but the majority can be offered all year round, dependent on uptake.

Decisions, decisions, decisions!

Each girl will choose a number of EDGE activities, depending upon her Year Group:

- Year 7 girls have their own set EDGE experience during their first year at WGHS, with a choice for block 5 (see below).
- Years 8 and 9 will complete five EDGE activities during the academic year.
- Year 10 will complete four EDGE activities they have selected along with the compulsory personal care unit.
- Year 11 will complete four EDGE activities (blocks 1-4) allowing them to utilise EDGE 5 for GCSE examinations and revision.
- Years 12 and 13 will complete three EDGE activity blocks (blocks 1-3). The girls can choose whether to complete EDGE activities or additional study time in block 4. In block 5 they will all be allowed to utilise EDGE time for A level independent study. They may also choose to submit a case for an alternative activity to be completed in blocks 1 - 4 - see 'Sixth Form Approved Activity.'

Year 7 EDGE experience

In your first year at WGHS Senior School you will all complete a 'set menu' of EDGE activities for the 1st four blocks which are designed to enrich the curriculum and to develop important skills which will help you throughout your time at school. In the 5th block you will be able to choose from the main listed activities.

All girls complete the following four EDGE activities (you can read more about these in the accompanying postcard):

- A Herculean Odyssey
- Pottery
- STEM Project
- Study Skills

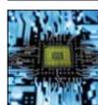
Next steps

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

The cost of the majority of EDGE activities will be covered by the normal school fees. Some specialist activities may, as you would expect, attract additional costs and these are clearly highlighted (cost per EDGE). Payment details will be communicated once places are confirmed for each EDGE activity.

Please select your 'Top 10' choices (ranked 1 to 10) on the sheet provided and return this to your Form Tutor.

	1. ABRSM Medals Want to hone your performance skills on your instrument or voice? Want to 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 8 9 10 11 12 13
	2. Anime Movies Immerse yourself in the breath-taking artwork and engaging stories from Japanese film-makers such as Studio Ghibli. Each week we examine a masterpiece, with time for discussion afterwards.	Year Groups 8 9 10 11 12 13
	3. Archery Archery is one of the fastest growing sports in the UK - if you have a good eye and a steady hand, with a bit of training you could be the next Katniss Everdeen.	Year Groups 8 9 10 11 12 13 Cost: £50
	4. Arts and Crafts Enjoy a series of fun and relaxing artistic activities. Each week we will cover a different craft such as hula hoop weaving and pom pom making, glitter paintings, marbling, batik and tie dying, making tops/dresses and hand dying them, and large scale paintings.	Year Groups 8 9 10 11 12 13
	5. Badminton 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?'	Year Groups 8 9 10 11 12 13
	6. Biology for Life Look beyond the classroom and find out how biology affects us all. See fascinating documentaries and visions of the future, and discuss the hot issues, such as DNA technology and climate change.	Year Groups 8 9 10 11 12 13
	7. Book Review Club A chance to brush up on your reading, and spread the word about your favourite books. You'll choose one or more books to read and write short reviews for display in the library.	Year Groups 8 9 10 11 12 13
	8. British Sign Language British Sign Language is a visual means of communicating using gestures, facial expression, and body language. In the UK there are 125,000 deaf adults who use BSL, plus an estimated 20,000 children. Many thousands of people who are not deaf also use BSL, acting as hearing relatives of deaf people, sign language interpreters, or as a result of other contact with the British deaf community.	Year Groups 8 9 10 11 12 13 Cost: £25
	9. Bushcraft & Survival (Beginner) In an emergency could you actually survive in the wilderness? Why not bring out the Bear Grylls in you and learn all the skills you need on this practical course based in local woodland.	Year Groups 8 9 10 11 12 13 Cost: £42
	10. Certificate in Healthy Eating This is an entry level online course in healthy eating and nutrition certified by the British Nutrition Foundation. It provides an introduction to the fascinating area of healthy eating and different aspects of nutrition through six modules. It is an ideal course for pupils interested in careers in health, medicine or nutrition but also an important course in empowering you to look after your own health in the future.	Year Groups 8 9 10 11 12 13 Cost: £35
	11. Christmas Decorations What better way to decorate your home than with personal, hand-made Christmas decorations? They are beautiful gifts for friends and family, and so much fun to make!	Year Groups 8 9 10 11 12 13
	12. Clay Pigeon Shooting (Beginners) Learn to shoot a shotgun with a professional instructor. Safety, technique and skills are taught through the practice of shooting each week. No prior experience or equipment is necessary. There will be opportunities for competition, possibly even entering the School Challenge.	Year Groups 8 9 10 11 12 13 Cost: £185
	13. Clay Pigeon Shooting (Experienced) For girls who have shotgun experience, eg Edge or significant experience gained outside school (which may require evidence). You will consider more complex targets, including pairs and 'flushes' and types of sporting competition including Skeet and DFL. Guidance will be given on to how to get involved with shooting outside school.	Year Groups 8 9 10 11 12 13 Cost: £185
	14. Computer Animation Aimed as an introduction to animation techniques. This course will enable you to develop both key frame and stop motion animation techniques. Enter a national competition and win cool prizes such as laptops, tablets, music players and Amazon vouchers.	Year Groups 8 9 10 11 12 13
	15. Costume Production You will make a range of decorated corsets, taking inspiration from characters of the stage and screen.	Year Groups 8 9 10 11 12 13
	16. Counted-thread Embroidery Develop your embroidery skills and learn new techniques for producing wonderful textile art, including Spanish blackwork.	Year Groups 8 9 10 11 12 13

	17. Creative Weaving Relax and enjoy the tranquility of weaving using natural materials. Combining creativity and mindfulness, it can be the perfect way to unwind and create beautiful pieces to take home.	Year Groups 8 9 10 11 12 13
	18. Cricket Do you want to be the next Charlotte Edwards? Learn how to hit a six and bowl a googly. Players of all abilities welcome.	Year Groups 8 9 10 11 12 13
	19. 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.	Year Groups 8 9 10 11 12 13
	20. 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.	Year Groups 8 9 10 11 12 13 Cost: £70
	21. Debating In this EDGE you will learn how to have serious or fun discussions in a structured context. You will develop skills in the composition and structure of an argument, as well as learning to consider and understand opposing points of view, as you master the art of creating persuasive arguments and delivering a speech in public.	Year Groups 8 9 10 11 12 13
	22. Dog Handling and Training 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 8 9 10 11 12 13 Cost: £53.00
	23. Dungeons and Dragons Grab your sword and spell book as you adventuring! In D&D you will create a character and join a party as you work together to solve a mystery and defeat the forces of evil. No experience is required, but a love of fantasy will serve you well. Roll for initiative!	Year Groups 8 9 10 11 12 13
	24. Electronics If you've ever wondered how your phone works then this might be the next best thing. Learn how to make simple devices such as electronic egg timers, very small air conditioning unit and even tiny rocket launchers.	Year Groups 8 9 10 11 12 13
	25. Falconry Falconry gives you the chance to explore the world of raptors (birds of prey). You will learn all about their habitats and how they hunt for prey, as well as getting the chance to handle and fly birds of prey under the guidance of experienced falconers.	Year Groups 8 9 10 11 12 13 Cost: £70
	26. Field Target Air Rifle This is a competitive outdoor target shooting discipline with standard power air rifles. No experience is necessary, this EDGE provides an introduction and includes professional instruction and equipment. The discipline is about skill, technique and accuracy, not strength or physical attributes.	Year Groups 8 9 10 11 12 13 Cost: £135
	27. First Aid Expect the unexpected! Be prepared for medical and first aid emergencies by attending these sessions. You never know... your skills just might save a life. Learn to strap broken limbs, arrange casualties in the recovery position, manage a casualty with a heart attack and much more!	Year Groups 8 9 10 11 12 13 Cost: £30
	28. Fitness/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.	Year Groups 8 9 10 11 12 13
	29. Food Styling & Photography This is an exciting EDGE based on expert advice from the food stylist at delicious magazine on how to style food and capture its many sensory aspects on camera. Expect foams, gels, fruit-based caviar, food spheres and much more as we experiment with molecular gastronomy too.	Year Groups 8 9 10 11 12 13
	30. Football 7 a side 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 8 9 10 11 12 13
	31. Footgolf Footgolf is played on a golf course using a size 5 football. The object of the game is to get the ball into the hole using only your feet in the fewest number of shots possible. Footgolf is a very 'addictive' sport; for those who wish to be able to combine the power and precision of two of the most popular sports in the world.	Year Groups 8 9 10 11 12 13 Cost: £35
	32. Forensic Science Use Chemistry and Biology to follow the clues that help real-life detectives solve crimes. Fingerprints, DNA and microscopic samples. Nothing will escape your investigation!	Year Groups 8 9 10 11 12 13

	33. Fun Science Experiments Bangs, colours and smells! These are the sort of experiments you won't find in a normal science lesson, but they're just too much fun to miss.	Year Groups 8 9 10 11 12 13
	34. Global Cultures Travel around the world - visit countries from the comfort of the classroom, transport your mind away to far flung places around the world to experience the physical geography and human geography, how the people live, their culture and how all these aspects interplay to create the uniqueness of these places.	Year Groups 8 9 10 11 12 13
	35. Go Kart Racing This one is for wannabe Formula 1 drivers! Race your peers round the challenging indoor track or even try to beat the track record as your skill improves.	Year Groups 8 9 10 11 12 13 Cost: £140
	36. Gym (Sixth Form) A chance to try out the gym and get some training advice at the Nuffield Gym, Calder Island Wakefield. A personal instructor will be available for the first week and then it's over to you to put their advice into practise.	Year Groups 8 9 10 11 12 13
	37. Iconic Movies Take a trip through movie history with these unmissable classics, covering seven decades of cinema from the 1950's to today.	Year Groups 8 9 10 11 12 13
	38. Illustration and Book Binding Imagination essential! A chance to explore the world of illustrated books and unleash your creativity. We will look at illustrations to inspire you as well as processes to plan production of your own beautifully bound, illustrated book. You don't need to be a good at drawing - just creative and interested!	Year Groups 8 9 10 11 12 13
	39. Introduction to Robotics Get hands on experience in designing, building and programming a robot, as part of a team. We will look at different designs and techniques, and there's a chance to put your creation to the test in the EDGE Robot Challenge. No experience needed.	Year Groups 8 9 10 11 12 13
	40. Japanese Culture In this EDGE you will have the opportunity to explore the culture and lifestyles of this fascinating country, as well as learn some basics of the language.	Year Groups 8 9 10 11 12 13
	41. Karate This ancient Japanese martial art (literally meaning "empty hand") goes beyond self-defence. It will develop your balance, coordination, strength and flexibility, as well as mental alertness. It could well become a new way of life!	Year Groups 8 9 10 11 12 13 Cost: £35
	42. Knitting and Discussion Group This EDGE provides the opportunity to learn a new skill or develop a skill already acquired in the company of like-minded people! Knitting is a skill which develops and stimulates brain activity as well as enhancing fine motor skills. While we knit we will discuss topics including: politics, human rights, feminism, cultural events and world issues.	Year Groups 8 9 10 11 12 13
	43. Lacrosse 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 8 9 10 11 12 13
	44. Laser Tag Develop your tactical and teamwork skills in combat scenarios out in the field. Outdoor laser tag is an exciting game using infra-red technology and a variety of game scenarios to try over the seven week block.	Year Groups 8 9 10 11 12 13 Cost: £55
	45. Massive Open Online Courses (MOOCs) The world of online studying is at your fingertips. Find out about the huge range of online courses available from top universities and specialist organisations, and how to access them; before selecting and independently completing an accredited course of your choice during the EDGE time available.	Year Groups 8 9 10 11 12 13 Cost: Cost of certificate
	46. Motorbiking off Road (Beginner or Advanced) For those who have little or no experience of riding a motorcycle but who can ride a bicycle. You can expect to progress from learning the basics on a safe tarmac area to free riding in a nine acre, fun-filled, off-road park. All equipment, insurance and professional instructors are included. For those who have already done the basic course you can expect to progress to trial bikes.	Year Groups 8 9 10 11 12 13 Cost: £150
	47. Mountain Biking (Beginner or Advanced) 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.	Year Groups 8 9 10 11 12 13
	48. Movie Making Want to impress your family and friends with slick editing and fast cuts? Perhaps you fancy directing the next cinema blockbuster? Well we can't promise that, but we can show you how to plan, shoot and edit a video using the latest Serif software and audio techniques. Hollywood (or YouTube) beckons!	Year Groups 8 9 10 11 12 13

49. Music Ensemble
Take your class band to the next level. You'll get time to learn and practice new songs, building your skills so you are ready to perform.

Year Groups: 8 9 10 11 12 13

50. Music Theatre Showcase
If you enjoy acting and singing, this is for you. In this EDGE we will edit down a well-known Music Theatre piece, then cast and rehearse it. This is a great opportunity to develop your solo and ensemble performance skills. There will be an informal performance at the end of the project!

Year Groups: 8 9 10 11 12 13

51. Music Theory Grade 5 Crash Course
Time to prepare for the Grade 5 exam, with approved theory books and guidance.

Year Groups: 8 9 10 11 12 13

52. Music Workshop Leaders
As a group you will design and deliver a participatory music workshop. The first 4 weeks will be spent researching, planning and refining the workshop, then in the final weeks you will liaise with a local primary school and run your project with a small group of KS2 pupils!

Year Groups: 8 9 10 11 12 13

53. Newsroom
If you fancy yourself as a roving reporter, this could be just the EDGE for you. Be part of a news team who reports on all the exciting Thursday afternoon antics for these to be published via the WGHs website and magazine.

Year Groups: 8 9 10 11 12 13

54. Origami
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 co-ordination, sequencing skills, attention to detail and patience.

Year Groups: 8 9 10 11 12 13

55. Out of the Box (Board Games)
From firm family favourites like Cluedo, to contemporary classics such as Cranium and Pandemic, play a variety of board games with 'Out of the Box.' Enjoy the games, think about what makes them tick, and even have a go at creating your own!

Year Groups: 8 9 10 11 12 13

56. Papercrafts and Card Making
Forget all your stresses and worries and learn a new set of skills which are incredibly relaxing and therapeutic. Learn how to do embossing, die-cutting, stamping, découpage and zentangle as we make beautiful greetings cards, gift boxes, door plaques, bunting and lots more.

Year Groups: 8 9 10 11 12 13

57. 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.

Year Groups: 8 9 10 11 12 13
Compulsory Unit

58. Golf (Pitch and Putt)
Develop your golf skills on a local pitch and putt course. This is for girls who can hold a club and have some basic technique.

Year Groups: 8 9 10 11 12 13
Cost: £17.50

59. Pottery
Take your ceramics skills a step further with new techniques, including coil pot making and shaping on a wheel and exciting decorative glazes. It's an immensely relaxing way to spend the afternoon!

Year Groups: 8 9 10 11 12 13

60. Road Cycling (Beginner)
An ideal opportunity to develop your riding skills and fitness, in the traffic free environment at Brooksbank Cycle Circuit. Suitable for all, from those wishing to gain the confidence to cycle on the open roads. Bikes available to hire if required.

Year Groups: 8 9 10 11 12 13
Cost: £70 with bike hire £35 without

61. Rock Climbing Indoors
If you would like to learn how to rock climb, belay using top ropes, lead climb and boulder then this activity is for you. Beginner and advanced climbers are welcome, with three instructors working with up to 16 girls. Equipment is provided, as is transport to and from the Leeds Wall.

Year Groups: 8 9 10 11 12 13
Cost: £50

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

Year Groups: 8 9 10 11 12 13

63. Sci-Fi Movie Classics
Take a trip to the final frontier, on a tour through the most famous science fiction movies of all time. Learn how each one influenced this popular genre of cinema. Robots, time travel, this has it all. Engage! Age 15+

Year Groups: 8 9 10 11 12 13

64. Self Defence
Learn to defend yourself from unwanted acts of aggression. These sessions will incorporate some fitness and physical contact. Led by a qualified instructor, Gary Hilliam. All abilities welcome.

Year Groups: 8 9 10 11 12 13
Cost: £25

65. Senior Anatomy & Physiology Club
Ever wanted to look inside a frog, a fish or even a rat? Now is your chance! Perfect your surgical dissection skills in the Anatomy and Physiology club: Definitely not for the squeamish!

Year Groups: 8 9 10 11 12 13

66. Singalong Movies
Join in with the very best singalong movies, including Disney classics, the Sound of Music, Grease and more. Lyric sheets will be provided for first-timers.

Year Groups: 8 9 10 11 12 13

67. Sixth Form Approved Activity
Create your own bespoke EDGE to develop the skills and experience that are relevant to you. Examples of individual approved activities could be: work experience, voluntary work, driving lessons, completing a MOOC. You will need to write a short 'business case' for approval, outlining the skills you hope to develop.

Year Groups: 8 9 10 11 12 13

68. Sketchbooking
In this EDGE you will produce a personalised sketchbook which showcases your ideas from initial concepts, design and colour-work to original textiles sample pieces, which can provide inspiration for more developed work.

Year Groups: 8 9 10 11 12 13

69. Ski Lessons at Snozone
This EDGE will take you from a novice on the slopes to being a competent recreational skier. You will work with an expert instructor to develop your technique and also enjoy time to practise and have fun on the slopes.

Year Groups: 8 9 10 11 12 13
Cost: £128.00 (includes ski, boots and helmet hire)

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

Year Groups: 8 9 10 11 12 13
Cost: £128.00 (includes board, boots and helmet hire)

71. Soap Box Challenge
Work on the design and build of a vehicle that is fuelled by nothing but sheer courage and the force of gravity. Develop your construction skills and apply your knowledge of physics in the exciting project, culminating in a team entry to a soapbox racing competition.

Year Groups: 8 9 10 11 12 13

72. Soft Furnishings
Do you enjoy sewing? Do you want to know how to make textiles items that are both functional and decorative for use in the home? Learn how to style your own curtains, blinds, cushions and other bespoke designs that are not available on the high street.

Year Groups: 8 9 10 11 12 13

73. Squash
With Brits having much success in the world men's and women's game, now is the time to improve your skills in this fast-paced and demanding game. Some experience is needed and you will need your own racket.

Year Groups: 8 9 10 11 12 13
Cost: £40

74. Street Food made Easy
Expect a fusion of smells, flavours, textures and fast cooking methods from around the world. You will learn about cultural food preferences and eating habits from many countries such as Thailand, Japan, Italy and France and will leave with a repertoire of trialed, tested and delicious recipes.

Year Groups: 8 9 10 11 12 13

75. Swimming
Are you the next Rebecca Addlington or do you simply enjoy a splash in the pool? Either way, recreational swimming at Sun Lane could be just the EDGE for you.

Year Groups: 8 9 10 11 12 13
Cost: £20.00

76. Table Tennis
An ideal time to practise your forehand and backhand drive as well as learning new shots. These table tennis sessions will give you the opportunity to learn new skills and have fun playing against different year groups.

Year Groups: 8 9 10 11 12 13

77. Tag Rugby
Take the opportunity to play this fast-paced, non-contact version of rugby. Hone your passing and catching skills along with developing your fitness.

Year Groups: 8 9 10 11 12 13

78. Tai Chi
Tai chi combines deep breathing and relaxation with slow and gentle movements. Originally developed as a martial art in 13th-century China, Tai Chi is today practised around the world as a health-promoting exercise.

Year Groups: 8 9 10 11 12 13
Cost: £21

79. Tennis
Do you want a knock about or one on one coaching? EDGE tennis is for all abilities. For those wishing to take tennis seriously, a coach will be at every session to help you improve and refine your skills. For the recreational player, this EDGE provides the opportunity to keep fit and have fun.

Year Groups: 8 9 10 11 12 13

80. Theatre Making
Create and perform your own play! Take inspiration from anything and everything and develop it in rehearsal with others to engage a live audience. Comedy or tragedy, this will suit those who enjoy scriptwriting, acting and performing, or technical skills like lighting and sound.

Year Groups: 8 9 10 11 12 13

81. 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.

Year Groups: 8 9 10 11 12 13

82. Trampolining
Bounce your way to fitness. Take trampolining in your back garden to the next level by developing new skills and techniques on our full size trampoline.

Year Groups: 8 9 10 11 12 13

83. Treasure Trails
Can you discover whodunit, find the location of the buried treasure, or complete the mission like a true secret agent. A Treasure Trail involves taking a self guided themed walk while cracking clues.

Year Groups: 8 9 10 11 12 13

84. Trail Running
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!

Year Groups: 8 9 10 11 12 13

85. 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.

Year Groups: 8 9 10 11 12 13

86. Ultimate Frisbee
A fast-moving, non-contact sport involving speed of thought and throwing and catching skills. No previous experience is needed as basic instruction is provided. Teams of up to 8-a-side compete.

Year Groups: 8 9 10 11 12 13

87. 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.

Year Groups: 8 9 10 11 12 13

88. Voluntary work with Riding for the Disabled Association
An opportunity to make a difference to the lives of young people and adults with disabilities while learning equestrian skills, including helping with riding sessions, horse care and stable duties. You will also have the opportunity to train for your RDA green card (Volunteer Basic Training Record Card).

Year Groups: 8 9 10 11 12 13

89. Watersports
Take to the open water and try Windsurfing, Sailing and Kayaking with an experienced instructor. No experience necessary, although the ability to swim 50 metres in light clothing is essential.

Year Groups: 8 9 10 11 12 13
Cost: £39 (including wetsuit hire)

90. Word Wars
One for the lexically-minded. Test your vocabulary with games like Scrabble, Boggle and Ex Libris, or tackle cryptic crosswords. It's the last word in fun.

Year Groups: 8 9 10 11 12 13

91. World Breads
Fancy learning how to make breads from around the world such as pretzels, naan bread, brioche, corn bread and soda bread? Then sign up to this hands on, surprisingly therapeutic EDGE. The smell of fresh bread baking will keep you coming back for more.

Year Groups: 8 9 10 11 12 13

92. Write a Children's Book
Be the new Julia Donaldson (The Gruffalo) or Lauren Child (Charlie and Lola; Clarice Bean) by writing your own children's book. Sessions will help you to target your writing to a chosen audience, with advice from seasoned book professionals.

Year Groups: 8 9 10 11 12 13

93. Xscape Activities
Xscape provides a range of indoor entertainment opportunities. Come along and try your hand at Bowling, Climbing, Crazy Golf, Lazerquest and much more. This EDGE gives you the chance to try a range of new activities with equipment and instruction (where required) all included.

Year Groups: 8 9 10 11 12 13
Cost: £70

94. Yoga
Yoga can increase your flexibility, improve your balance and help reduce injuries in other activities. It is also a great way to relax, de-stress and switch off from the demands of your academic studies.

Year Groups: 8 9 10 11 12 13
Cost: £10

95. Young Engineers
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.

Year Groups: 8 9 10 11 12 13

96. Zumba
More like a dance party than a fitness class, Zumba offers a total body workout by combining the moves used in different Latin dances such as samba, mambo and salsa, as well as belly-dancing, hip-hop and martial arts. Together, these various Zumba fitness elements provide exciting, rhythmic exercise routines that are great fun. It's like a disco in a gym.

Year Groups: 8 9 10 11 12 13
Cost: £25



Wakefield Girls' High School



ENRICHING & DEVELOPING
GIRLS' EDUCATION