

# Wakefield Girls' High School



ENRICHING & DEVELOPING  
GIRLS' EDUCATION

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

- Year 7 girls will choose one EDGE option in the summer term, and will also experience the following set activities:
  - ◇ A Herculean Odyssey
  - ◇ Pottery
  - ◇ STEM Project
  - ◇ Study Skills
- 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.'

**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

<p><b>1. ABRSM Medals</b> Want to hone your performance skills on your instrument or voice? Want experience playing in a group? Want to improve your aural or theory understanding? There will be the opportunity to gain bronze, silver, gold or platinum ABRSM Music Medal certification at the end of the project.</p>	<p>Years 8 9 10</p>	<p><b>9. Christmas Decorations</b> 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!</p>	<p>Years 8 9 10 11 12 13</p>
<p><b>2. Anime Movies</b> Immerse yourself in the breath-taking artwork and engaging stories from Japanese film-makers such as Studio Ghibli. Each week we examine a masterpiece from the genre.</p>	<p>Years 8 9 10 11 12 13</p>	<p><b>10. Cooking on a Budget</b> You do not have to be a big spender to dish up fantastic meals every day of the week. This activity will teach you how to use basic store cupboard ingredients effectively, how to shop wisely and to use up common leftover ingredients to avoid food waste and save money. You will also be given challenges to cook recipes for a set budget.</p>	<p>Years 12 13</p>
<p><b>3. Badminton</b> 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?'</p>	<p>Years 8 9 10 11 12 13</p>	<p><b>11. Cricket</b> Do you want to be the next Charlotte Edwards? Learn how to hit a six and bowl a googly. Players of all abilities welcome.</p>	<p>Years 8 9 10 11 12 13</p>
<p><b>4. Basketball</b> 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.</p>	<p>Years 8 9 10 11 12 13</p>	<p><b>12. Cross Stitch</b> 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.</p>	<p>Years 8 9 10 11 12 13</p>
<p><b>5. Biology For Life</b> 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.</p>	<p>Years 10 11 12 13</p>	<p><b>13. Cross-Fit Training £70</b> 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.</p>	<p>Years 8 9 10 11 12 13</p>
<p><b>6. Book Review Club</b> 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.</p>	<p>Years 8 9 10 11 12 13</p>	<p><b>14. Dance</b> We'll cover a variety of dance styles and techniques, such as modern, jazz and ballroom. Pick your favourite style, choreograph a performance and put on a show.</p>	<p>Years 8 9 10 11 12 13</p>
<p><b>7. Bushcraft &amp; Survival (Beginner) £56</b> 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.</p>	<p>Years 8 9 10 11 12 13</p>	<p><b>15. Debating</b> 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.</p>	<p>Years 9 10 11 12 13</p>
<p><b>8. Chess</b> Whether you're a beginner or a grand master, this is a chance to improve your chess skills and challenge your friends in a mini-tournament. You can also qualify to play against students from other schools, but this is voluntary.</p>	<p>Years 8 9 10 11 12 13</p>	<p><b>16. Dog handling &amp; training £56</b> 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.</p>	<p>Years 8 9 10 11 12 13</p>

<p><b>17. Duke of Edinburgh Awards</b></p> <p>For Year 9 students who wish to challenge themselves for the Bronze Duke of Edinburgh Award, this is your chance to plan and train for your expedition. You will form your group, plan your route and learn important skills such as cooking, first aid and building a tent.</p>	<p>Year</p> <p>9</p>	<p><b>26. Footgolf £35</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>35. Ice Skating £70</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>
<p><b>18. Dungeons &amp; Dragons</b></p> <p>Grab your sword and spell book and go adventuring! In D&amp;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!</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>27. Forensic Science</b></p> <p>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!</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>36. Iconic Movies</b></p> <p>Take a trip through movie history with these unmissable classics, covering seven decades of cinema from the 1950's to today.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>
<p><b>19. Electronics</b></p> <p>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 units and even tiny rocket launchers.</p>	<p>Years</p> <p>10 11 12 13</p>	<p><b>28. Fun Science Experiments</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p>	<p><b>37. Introduction to Robotics</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>
<p><b>20. Fakeaways</b></p> <p>Would you like to ditch the takeaway menus and learn how to make fragrant, nutritious and delicious 'fakeaway' dishes that are easy to make at home? Then this is the Edge activity for you. Think classic favourites such as fish and chips, curries, mixed starters and pizza to name a few.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>29. Garment Making</b></p> <p>Ever wondered how to make a dress from scratch. In garment-making you will follow a commercial pattern to make a dress to wear.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>38. Karate £56</b></p> <p>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!</p>	<p>Years</p> <p>8 9 10 11 12 13</p>
<p><b>21. Falconry £91</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>30. Geocaching</b></p> <p>Everywhere you go, little boxes have been hidden, waiting to be discovered. When you go Geocaching, your job is to find them. Armed with a GPS, we'll go to towns and countryside and hunt them down. Maybe even hide your own!</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>39. Knitting and Discussion Group</b></p> <p>This EDGE 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, feminism, cultural events and world issues.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>
<p><b>22. Field Target Air Rifle £150</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>31. The Good Place</b></p> <p>What is the purpose of life? Are you a good person? If questions like these swirl in your brain, this is your chance to get answers (not guaranteed). Join like-minded philosophy fans to discuss ethics and have fun along the way. It's a chance that comes along once in a Jeremy Bearimy.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>40. Lacrosse</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>
<p><b>23. Fitness &amp; Multi Gym</b></p> <p>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.</p>	<p>Years</p> <p>10 11 12 13</p>	<p><b>32. Gym (Sixth Form)</b></p> <p>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 practice.</p>	<p>Years</p> <p>12 13</p>	<p><b>41. Lacto-Ovo-Vegetarian Cookery</b></p> <p>Discover how to structure Lacto-ovo-vegetarian dishes nutritionally and for excellent flavour. Covering an array of multicultural starters and main course dishes, this is an excellent course for anyone who wants to increase their meat free diet. (Please note most recipes are unsuitable for vegans).</p>	<p>Years</p> <p>8 9 10 11 12 13</p>
<p><b>24 Fitness Trails</b></p> <p>The world is your gymnasium! We'll take you out to try various exercise trails and outdoor equipment in parks throughout the area. Fresh air and fitness - the perfect combination.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>33. Hand Stitched Crafts</b></p> <p>This will cover many different techniques for hand sewing (including counted-thread work, traditional embroidery, appliqué and patchwork) which will enable you to complete a number of small projects.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>42. Laser Tag £70</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>
<p><b>25. Football 7 a side</b></p> <p>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.</p>	<p>Years</p> <p>10 11 12 13</p>	<p><b>34. Horrible Histories</b></p> <p>Express your love of history with music, movie making, comics and tons of fun. We'll be delving into the lives of the past, discovering the villains and victors along the way.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>	<p><b>43. Lord Of The Rings</b></p> <p>The entire trilogy, in their extended editions. Follow Frodo and Sam on their mission to Mordor, accompanied by Miss Dollive - a real Tolkien fan. It's a Middle-Earth tour you'll never forget.</p>	<p>Years</p> <p>8 9 10 11 12 13</p>

<p><b>44. Mindfulness and Meditation</b></p> <p>It's important to take time out from your busy school life, and practicing Mindfulness is a great way to stop and reflect. Over the weeks you will learn the techniques that will help you become more aware of yourself and those around you, working towards peace and inner calm.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>53. Origami</b></p> <p>Learn the Japanese art of paper folding. Origami is excellent for engaging your whole brain. Produce beautiful models to take pride in, whilst also developing eye-hand coordination, sequencing skills, attention to detail and patience.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>62. Rounders</b></p> <p>A game for strikers and bowlers. A firm favourite with all age groups and students of all abilities.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>45. Mock Trial</b></p> <p>In this EDGE you'll learn about the role of law and the justice system in our society. This is a great opportunity to develop your critical thinking and argument building. You'll prepare for, rehearse and take part in a full mock court trial at the end of the block.</p>	<p>Years</p> <p>10 11</p> <p>12 13</p>	<p><b>54. Out of the Box (Board Games)</b></p> <p>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!</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>63. Self Defence £35</b></p> <p>Learn to defend yourself from unwanted acts of aggression. These sessions will incorporate some fitness and physical contact. Led by a qualified instructor, Gary Hillam. All abilities welcome.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>46. Massive Open Online Courses (MOOCs) £ cost varies</b></p> <p>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.</p>	<p>Years</p> <p>12 13</p>	<p><b>55. Papercrafts and Card Making</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>64. Senior Anatomy &amp; Physiology Club</b></p> <p>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!</p>	<p>Years</p> <p>11</p> <p>12 13</p>
<p><b>47. Mountain Biking (Beginner or Advanced)</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>56. Personal care unit</b></p> <p>These sessions will explore interesting and sensitive PSHE topics that are all about you. The information covered will be useful to you now and also for your future. During the sessions we will use a variety of learning approaches such as discussion, debate, research and presentations. This unit is compulsory for Y10.</p>	<p>Year</p> <p>10</p>	<p><b>65. Singalong Movies</b></p> <p>Join in with the very best singalong movies, including Disney classics, the Sound of Music, Grease and more.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>48. Multisports</b></p> <p>Do you enjoy variety in your sports? So do we! In this EDGE, you'll play a variety of games including Dodgeball, Hockey, Benchball and more.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>57. Pilates £42</b></p> <p>Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. Exercise may involve traditional pilates equipment, such as magic circles or hand weights, stretch bands, gym balls and foam rollers.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>66. Sixth Form approved activity</b></p> <p>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.</p>	<p>Years</p> <p>12 13</p>
<p><b>49. Music Ensemble</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>58. Printed Gifts</b></p> <p>In this creative tutorial, you will be making a batik scarf and a printed tote bag, all of your own design and perfect for gifting to loved ones.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>67. Ski lessons at Snozone £140 (inc equip hire)</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>50. Music Theatre Showcase</b></p> <p>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!</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>59. Quiz of the Week</b></p> <p>Quizzing is the new rock and roll! If you fancy yourself as an Egghead, Chaser or QI Elf, here's where to start. Each week we will have different quizzes, and you can make one yourself and challenge your friends.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>68. Snowboard lessons at Snozone £140 (inc equip hire)</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>51. Music Theory Grade 5 Crash Course</b></p> <p>Time to prepare for the Grade 5 exam, with approved theory books and guidance.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>60. Rock climbing/Bouldering £70</b></p> <p>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 and transport are provided.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>69. Soap box challenge</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p>
<p><b>52. Orienteering</b></p> <p>Orienteering is an exciting outdoor adventure sport which involves walking or running whilst navigating around a course using a detailed map and sometimes a compass. Will your team be the first to make it back?</p>	<p>Years</p> <p>10 11</p> <p>12 13</p>	<p><b>61. Rocket Building</b></p> <p>Countdown to blast off! In this EDGE we will be designing, launching our own rockets, building towards competing in the UKROC challenge - a national competition for aspiring astronauts and rocket scientists. To infinity and beyond!</p>	<p>Years</p> <p>9 10</p> <p>11</p> <p>12 13</p>	<p><b>70. Soft Furnishings</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>

<p><b>71. Sound and Light Team</b></p> <p>SALT are the secret heroes who make every WGHS production look and sound great. By training to join SALT, you'll learn how to operate the microphones, mixers and amplifiers. If you wish, you can become a full-fledged member of the team and help out on the big school plays and assemblies.</p>	<p>Years</p> <p>10 11</p> <p>12 13</p>	<p><b>79. Trail Running</b></p> <p>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!</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>87. Word Wars</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>72. Spanish Skills for life</b></p> <p>Spanish for life, not for exams. Perfect your Spanish for holidays and business, as well as learning about popular culture.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>80. Treasure Trails</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>88. Write a Children's Book</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>73. Squash £42</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>81. University Life Skills</b></p> <p>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.</p>	<p>Years</p> <p>12 13</p>	<p><b>89. Writing Competition</b></p> <p>This is a chance to develop your writing skills and enter one of the many national or international competitions for aspiring writers.</p> <p>Whether your talents lie in poetry, essay writing or fiction, you'll get the time to work on your ideas and perfect them.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>74. Table Tennis</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>82. University Test Preparation</b></p> <p>A chance to find out about the admissions tests for some of the top universities, including for medicine and other courses, and to work on your skills to achieve that all-important pass.</p>	<p>Years</p> <p>12 13</p>	<p><b>90. Xscape Activities £70</b></p> <p>Xscape provides a range of indoor entertainment opportunities, such as Bowling, Climbing, Crazy Golf, Laserquest and much more. This EDGE gives you the chance to try a range of new activities with equipment and instruction (where required) all included.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>75. Tag Rugby</b></p> <p>Take the opportunity to play this fast-paced, non-contact version of rugby. Hone your passing and catching skills along with developing your fitness.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>83. Volleyball</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>91. Year 12 Outreach Mentor</b></p> <p>Want to help junior school children with their literacy skills? Year 12 Outreach mentors can apply to visit local junior schools to help with the children's reading</p>	<p>Year</p> <p>12</p>
<p><b>76. TED Talks</b></p> <p>Standing for "Technology, Entertainment, Design", TED Talks have quickly become famous for bringing interesting new ideas to curious minds. In this activity, you will research an idea, prepare your presentation and deliver it to an audience. The possibilities are endless, and you'll pick up essential skills along the way.</p>	<p>Years</p> <p>10 11</p> <p>12 13</p>	<p><b>84. Voluntary work Riding for the Disabled</b></p> <p>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).</p>	<p>Years</p> <p>10 11</p> <p>12 13</p>	<p><b>92. Yoga £21</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>
<p><b>77. Tennis</b></p> <p>Whether you are looking for a fun knockabout, or you take your matches more seriously, tennis is one of the most social sports around. It gives a workout for your whole body, and is a great stress-buster.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>85. Watersports £120</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>93. Young Engineers</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p>
<p><b>78. Theatre Making</b></p> <p>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.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>86. WGHS Bake Off</b></p> <p>Expect signature bakes and technical challenges based on both sweet and savoury baked products. Each week we pick a Star Baker, but don't worry, nobody will be eliminated as it's all for fun. Who will produce a showstopper and be crowned the WGHS Bake Off champion? On your marks. Get set. Bake!</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>	<p><b>94. Zumba £28</b></p> <p>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, rhythmical exercise routines that are great fun. It's like a disco in a gym.</p>	<p>Years</p> <p>8 9 10 11</p> <p>12 13</p>