







Short Course Overview



- Short Courses take place for all Walton High students on Wednesday afternoons. They are led by our own teachers, support staff, suitably qualified students and by visiting tutors who are experts in their field.
- Students generally take a different Short Course each half term.
- Short Courses often include groups of students across the Year 7 – Year 11 age range.
- The majority of the Short Course programme is funded through the school budget. Additional charges are made to cover materials, transport, hire of facilities and employing specialist tutors. Students can take home items made.
- The expected cost listed in this booklet is for the 6 week course. Subsequent events, sessions or courses related to the short course may incur further costs.
- The courses listed will only run if there is sufficient interest. Courses all have a minimum number required to run, in the event of this number not being reached the course may not run.
- Courses run at different times during the year and there are compulsory courses that all students are required to follow. It may not be possible to timetable a preferred course for this reason. Where this is the case, a comparable course to those on the preference list will be selected for the student.
- *Please note that courses for which an additional charge is made are not able to run unless all participants make the necessary contribution.*

How to fill in the preferences form

- Please ensure that all 9 preference boxes are completed. If they are not and it is not possible to accommodate your preferences you will be allocated to a course on which spaces exist.
- Use the course code in the top right hand corner of the course description and also put the title.
- **All students must take part in at least 2 courses from the 'SPORT' section of the preferences booklet.** Please ensure that at least 3 are selected in the top 3 boxes of your preference sheet (more may be listed if you wish)
- Do remember to opt for a variety of courses, you might be surprised by a course and find a new interest that lasts a life time!
- Return the completed form to the school office as soon as possible but no later than July 3rd 2009.

<p><u>Compulsory</u></p> <p>These courses are followed by all students in the identified year group and are automatically entered on to the appropriate options form.</p>	<p><u>First Aid</u> 07X</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • How to deal with an emergency situation. • How to treat basic injuries. <p>Available to Y7 in sessions A B C D E F Equipment required: None Cost of course: None <i>This is a compulsory short course. All students must select it in 1 session.</i></p>	
<p><u>Citizenship</u></p> <p>Making a contribution to the community.</p>	<p><u>International School Links.</u> I4</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • be responsible for establishing partnerships in schools around the world • take an active role in helping developing countries and their young people • be involved with visits to and from our partner schools <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None <i>Course is free but subsequent trips may incur transport costs.</i></p>	<p><u>Learning Detectives</u> L3</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Develop effective research skills • To create and carry out a piece of original research • To share your research findings with others <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>
<p><u>Craft / Creative</u></p> <p>Making things in the workshops, art rooms and food technology rooms...</p>	<p><u>2D Digital Animation</u> 2D</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Learn the basics of 2D computer animation • Create a 2D animation. <p>Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: None Cost of course: None</p>	
<p><u>Batik</u> B7</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • To use basic Batik tools and equipment. • Dying and colouring designs. • Produce a design using a Batik <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: £4.00</p>	<p><u>Ceramic Heads</u> C2</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • A variety of clay skills and techniques. • Knowledge of clay and its properties. • Produce a small clay head. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: £4.00</p>	<p><u>Clay Dragons</u> C9</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Research various artists. • Sculpting in clay. • Produce a wonderful fantasy creature. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: £4.00</p>
<p><u>Coiled Clay</u> C10</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Design and make a clay pot or vase. • A range of ceramic decorative techniques. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: £4.00</p>	<p><u>Cookery (Christmas)</u> C14</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • How to make seasonal snacks. • How to make sweets and cookies as gifts. • How to wrap and present them. <p>Available to KS3 (Y7-9) in session B Equipment required: None Cost of course: £7.50</p>	<p><u>Crazy Crafts</u> C15</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Try out a range of different craft techniques. • Make a range of craft items. <p>Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: None Cost of course: None</p>
<p><u>Create your own Doctor Who monster</u> C22</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Design your own alien being. • Create a model of your creature. • Use a variety of creative media. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>		<p><u>Digital Photography</u> D8</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Learn how to use digital cameras. • Use a range of techniques to enhance photos. • Frame and mount your work. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>
<p><u>Egyptian Art</u> E2</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The art of ancient Egypt. • To create your own art inspired by this ancient civilisation. <p>Available to All in sessions C D Equipment required: None Cost of course: £4.00</p>	<p><u>Etching</u> E5</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Learn the basics skills involved in etching. • Use oil based inks to print with the press. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: £5.00</p>	<p><u>Food For Fun</u> F6</p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • To cook a variety of fun foods. • To use a range of equipment safely. <p>Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: None Cost of course: £7.50</p>

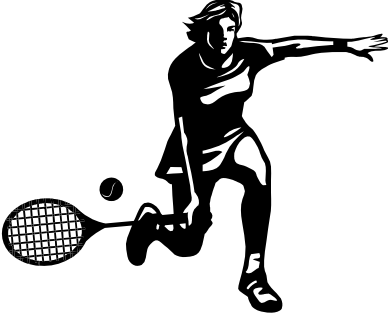
<p>G4</p> <p><u>Greetings Cards</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • A range of card making styles. • Use 3D and 2D techniques. • Design and make Christmas cards. <p>Available to All in sessions B Equipment required: None Cost of course: £3.00</p>	<p>I2</p> <p><u>International Cookery</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • To cook a range of international dishes. • To develop an awareness of food from a range of other cultures. <p>Available to KS3 (Y7-9) in sessions A C D E F Equipment required: None Cost of course: £7.50</p>	<p>J2</p> <p><u>Japanese Masks</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Knowledge of Japanese 'Noh' plays. • Design a mask. • Produce a Japanese mask. <p>Available to All in sessions B C D Equipment required: None Cost of course: £4.00</p>
<p>J3</p> <p><u>Jewellery Design</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • A range of jewellery making techniques. • Using a range of materials. <p>Available to All in sessions C D E F Equipment required: None Cost of course: £10.00</p>		<p>P2</p> <p><u>Patchwork and Knitting</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • How to knit using the 2 main knitting stitches. • How to follow knitting patterns. • Preparing patches for garment making. <p>Available to All in sessions B C Equipment required: None Cost of course: £3.00</p>
<p>P5</p> <p><u>Print Making (Textiles)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Create your own textile design using painting, printing, stitching and embroidery. • Lino-prints. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: £3.00</p>	<p>S1</p> <p><u>Sewing Skills</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Learn a variety of decoration techniques using hand and machine sewing • Learn how to cut out a pattern and use the sewing machine to construct a bag. <p>Available to All in sessions E F Equipment required: None Cost of course: £3.00</p>	<p>T8</p> <p><u>The Big Draw</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Work on a theme of your choice. • Produce an A2 painting, drawing or print. <p>Available to All in sessions B C Equipment required: None Cost of course: None</p>
<p><u>Enterprise</u></p> <p>Opportunities to be involved in enterprising activities.</p>	<p>M5</p> <p><u>Make Your Mark</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The Make Your Mark Club is a student-led enterprise group that nurtures entrepreneurial talent and leadership qualities in its members. <p>Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p><u>General Interest</u></p> <p>A range of courses in which you can learn new skills or develop interests in a variety of different fields.</p>
<p>B11</p> <p><u>Braingames</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • How to think laterally. • To develop fine motor skills. • Tackle mental challenges in a fun way. <p>Available to All in sessions B C D Equipment required: None Cost of course: None</p>	<p>B9</p> <p><u>Book Club</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • learning how to interpret books • assessing the quality of books <p>Available to KS3 (Y7-9) in sessions C,D Equipment required: None Cost of course: None <i>A payment of £10 can be made to cover the cost of keeping the books studied during the course.</i></p>	<p>C13</p> <p><u>Contract Bridge</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • How to play contract bridge. • Develop abilities in logic, strategy, memory and mathematics. • Improve teamwork skills. <p>Available to All in sessions B C D Equipment required: None Cost of course: None</p>
<p>C24</p> <p><u>Chinese Culture & Language</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Explore various aspects of Chinese culture. • Learn some basic chinese language. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p>C5</p> <p><u>Chess</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The rules of chess. • Memory skills. • Developing concentration. <p>Available to All in sessions B C D Equipment required: None Cost of course: None</p>	<p>C6</p> <p><u>Classical Film Studies (KS3)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Find out about films from the past and how they differ from those of today. • Discover about the lives of the stars and film-makers of the past. <p>Available to KS3 (Y7-9) in sessions B C D Equipment required: None Cost of course: None</p>
<p>G1</p> <p><u>Games Maker</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The basics of Flash animation. • Design and produce a flash animation. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p>G2</p> <p><u>Gardening / Allotment</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Basic garden design and landscaping. • Managing a range of landscapes. • Visits to local gardens and allotments. <p>Available to All in sessions A B C D E F Equipment required: Boots and Coat. Cost of course: None</p>	<p>F14</p> <p><u>Famous Explorers</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Learn about famous inventors from history. • Discover the impact of their journeys on the way we live today. <p>Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: None Cost of course: None</p>

<p>D4</p> <p><u>Digital Video: Animated Geography</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Use digital video techniques to create an animation. • How to edit an animated sequence. • Make a movie demonstrating a geographical process <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p>F10</p> <p><u>Foreign Film Studies (KS3)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Explore a wide range of foreign films. • Find out how foreign films differ from those of the UK and USA. • Boost language skills. <p>Available to KS3 (Y7-9) in sessions B C D Equipment required: None Cost of course: None</p>	<p>F15</p> <p><u>Famous Inventors</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Learn about famous explorers from history. • Recreate great inventions. • Explore how an inventors mind works. <p>Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: None Cost of course: None</p>
<p>P4</p> <p><u>Press Pack</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • How to be a news reporter. • Interviewing techniques. • Writing at speed to meet deadlines. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p>S9</p> <p><u>Sports Journalism</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The short course aims to help keen students in the art of reporting on sporting events. • We will be examining a range of forms of reporting on events including commentaries, web-based commentaries, extended sports reports and short, concise sports reports (the type that appear in brief in the newspapers) and to create their own sports bulletin • Students will have the opportunity to report on a sporting event during school short courses and there is the possibility for students to report on events outside of school too. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p>T4</p> <p><u>Teen Vacation</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Plan an international holiday. • Work out budgets. Design itinerary and schedules. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>
<p>W3</p> <p><u>War Games</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The basic rules of a range of war games. • Making war-game scenery. Painting wargames miniatures. <p>Available to All in sessions B C D Equipment required: None Cost of course: None</p>	<p>W3</p> <p><u>War Games</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The basic rules of a range of war games. • Making war-game scenery. Painting wargames miniatures. <p>Available to All in sessions B C D Equipment required: None Cost of course: None</p>	
<p>A2</p> <p><u>Archaeology</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • What archaeology is all about. • Basic archaeological techniques. • Undertake local site visits. <p>Available to All in sessions A B C Equipment required: None Cost of course: None</p>		<p>C8</p> <p><u>Classical Greece</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Become a range of historical characters including philosopher and warrior. • Enjoy an ancient Greek feast. <p>Available to All in sessions B C Equipment required: None Cost of course: None</p>
<p>E3</p> <p><u>Environmental Studies</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Research environmental issues. • Understand environmental damage. • How to make a difference to your local environment. <p>Available to All in sessions B C D E F Equipment required: Boots and Coat. Cost of course: None</p>	<p>L2</p> <p><u>Local History</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Investigate local history. • Visit local sights and museums • Prepare a report / presentation. <p>Available to All in sessions B C Equipment required: None Cost of course: £3.00</p>	<p>N3</p> <p><u>New Testament Greek</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Understand the Ancient Greek alphabet and translate some common New Testament words • Translate a well-known passage of the New Testament <p>Available to All in sessions C,D Equipment required: None Cost of course: None</p>
<p>L1</p> <p><u>Learning Latin</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The basics of the language of the Romans and Harry Potter's spell book. <p>Available to All in sessions B C Equipment required: None Cost of course: None</p>	<p>L1</p> <p><u>Performing Arts</u></p> <p>Lots of opportunities for developing performance skills and self confidence.</p>	<p>C1</p> <p><u>Can't Sing, Won't Sing</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Build confidence. • Develop basic vocal skills. • Learn a range of songs. <p>Available to All in sessions A B C D Equipment required: None Cost of course: None</p>
<p>D1</p> <p><u>Dance (West End Song and Dance)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Learn the moves required to perform West End Classics. Choreograph a piece to demonstrate your talent. <p>Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: None</p>	<p>D2</p> <p><u>Dance (Rock Challenge)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Prepare for the national competition as part of the Rock Challenge team. <p>Available to All in session A Equipment required: Walton High PE Kit Cost of course: None <i>To be selected for this course you will need to be referred by Miss Browne.</i></p>	

<p>M4</p> <p><u>Music Technology</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> The basics of making music with a computer. <p>Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: None Cost of course: None Permission: None, on-site.</p>	<p>D7</p> <p><u>Drama</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Warm-up and improvisation. Role play and scripted drama. Building your own confidence. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p>M3</p> <p><u>Music Showcase</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Use your musical talents to prepare a performance. Take part in a concert. Develop practise techniques. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>
<p>P8</p> <p><u>Public Speaking (General)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Develop basic presentation skills. Increase your confidence in performing to larger audiences <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p>P6</p> <p><u>Public Speaking (Youth Speaks)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Increase your confidence in performing to larger audiences to be able to work as a member of a team. to take part in a national competition. <p>Available to KS3 (Y7-9) in sessions A Equipment required: None Cost of course: None <i>Course is free but subsequent trips to competitions will incur transport costs.</i></p>	<p>P7</p> <p><u>Public Speaking (Mock Trial)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Increase your confidence in performing to larger audiences to develop knowledge of the court system. to take part in a national competition. <p>Available to KS3 (Y7-9) in sessions C Equipment required: None Cost of course: None <i>Course is free but subsequent trips to competitions will incur transport costs.</i></p>
<p>V1</p> <p><u>Vocal Master Class</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> To use voice professionally for solo and group performances. To evaluate vocal performances. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	 <p><i>the BA crest awards</i> british association for the advancement of science</p>	<p>C16</p> <p><u>CREST Award (Bronze)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> To undertake a Science or Technology based research project. This leads to a nationally recognised award. <p>Available to KS3 (Y7-9) in sessions B C D E F Equipment required: None Cost of course: £10.00</p>
<p><u>Science, Technology and Maths</u></p> <p>Challenges and awards for those who enjoy applying mathematics to real life situations.</p>	<p>F12</p> <p><u>Forensic Science</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> The uses and limitations of forensic science. Its role in solving crime. Problem solving and group work skills. <p>Available to All in sessions B C D E F Equipment required: None Cost of course: £3.00</p>	<p>H2</p> <p><u>History of Maths</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Discover the stories behind some of the ideas and amazing results of mathematics. Find out how mathematics has influenced the world's civilisations. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>
<p>C23</p> <p><u>Codebreaking</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Learn how to crack codes and solve cyphers. The opportunity to visit Station X, Take part in the Southampton Cipher Challenge <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None <i>Course is free but subsequent trips may incur transport costs.</i></p>	<p>M1</p> <p><u>Model Planes</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> The basics of aerodynamics. Model plane construction techniques. Make a range of planes to test and fly. <p>Available to All in sessions D E F Equipment required: None Cost of course: £7.00</p>	<p>M2</p> <p><u>Model Rockets</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> The basics of aerodynamics. How to land a rocket safely. Undertake test flights. <p>Available to KS3 (Y7-9) in sessions B C D E F Equipment required: None Cost of course: £5.00</p>
<p>J1</p> <p><u>Jaguar F1 Maths Challenge</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Plan a race for a Formula 1 car using maths. Take part in an national competition. <p>Available to All in sessions A B Equipment required: None Cost of course: None</p>	<p>S10</p> <p><u>Seismology</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Investigate seismic activity across the globe. Undertake various experiments and use National Geographic Survey resources. <p>Available to All in sessions A B C D E F Equipment required: None Cost of course: None</p>	<p>T10</p> <p><u>Thinking Challenge</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> A range of mathematical puzzles and problems to solve Learn how to tackle Suduko puzzles Develop your logical thinking skills. <p>Available to All in sessions A B C Equipment required: None Cost of course: None</p>

<h2 style="margin: 0;"><u>Sports</u></h2> <p style="margin: 0;">All students are expected to follow at least 2 courses from this section of the options booklet.</p> <p style="margin: 0;">The variety of courses on offer provides opportunities for you to try out something new or develop skills in a sport that you are already familiar with.</p>		A0 <u>Arsenal Double Club</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • The Double Club initiative is an innovative language learning project aimed at KS3 students combining language teaching with football training. • Each Double Club module lasts for 6 weeks and is taught by in-school language teachers and Arsenal-trained coaches. Available to KS3 (Y7-9) in sessions B C D E Equipment required: Walton High PE Kit, trainers, shin pads. Cost of course: None
53g <u>5-a-side Football tournament (KS3 Girls)</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • Play as part of a 5-a-side team • Use the new all weather 5-a-side pitches • Skills and technique training with qualified coaches. Available to KS3 (Y7-9) in sessions A E F Equipment required: Walton High PE Kit, trainers, shin pads. Cost of course: None	53b <u>5-a-side Football tournament (KS3 Boys)</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • Play as part of a 5-a-side team • Use the new all weather 5-a-side pitches • Skills and technique training with qualified coaches. Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: Walton High PE Kit, trainers, shin pads. Cost of course: None	A3 <u>Archery</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • The basic techniques involved in the sport. • How to use the bow safely and accurately. Available to Y7 up in sessions A,B,E,F Equipment required: Walton High PE Kit Cost of course: None
A5 <u>Athletics</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • Warm-up exercises and preparations. • Introduction to Field and Track events. • Competition athletics. Available to All in sessions E F Equipment required: Walton High PE Kit Cost of course: None	B10 <u>Boxercise</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • Exercise through boxing training techniques. • Basic routines and programmes • Warm up and stretching exercises. Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: None	B27 <u>Badminton (Y7)</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • The skills of the sport • The rules of competition. • Coaching techniques. Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: None
B4 <u>Baseball</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • The rules of the game. • Batting and fielding skills. • Game strategies. Available to All in sessions A B E F Equipment required: Walton High PE Kit Cost of course: None	B5 <u>Basketball (KS3)</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • Develop basic skills. • Practice lay-ups, shooting techniques and ball control. Available to KS3 (Y7-9) in sessions D Equipment required: Walton High PE Kit Cost of course: None	C18 <u>Cricket</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • The rules of cricket. • Batting technique. • Bowling and fielding techniques. Available to All in sessions E F Equipment required: Walton High PE Kit Cost of course: None
C19 <u>Cricket (Girls)</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • The rules of cricket. • Batting technique. • Bowling and fielding techniques. Available to All in sessions E F Equipment required: Walton High PE Kit Cost of course: None	C20 <u>Cross Country</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • Preparation and warm up exercises. • Professional tactics. • Running techniques. Available to All in sessions A B C D Equipment required: Walton High PE Kit Cost of course: None	C21 <u>Cycling</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • Basic cycle safety and maintenance • Map reading and route planning Available to All in sessions A E F Equipment required: Cycle, helmet and Walton High PE Kit. Cost of course: None
C4 <u>Cheerleading</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • Learn a range of moves. • Develop a routine both individually and as part of a team. Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: None	E4 <u>Equestrian Studies</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • This is an introduction to all things equestrian. • This course is under development for Summer 2010 and further details will be provided to students wishing to know more. Available to All in sessions E F Equipment required: To be confirmed Cost of course: To be confirmed	F1 <u>Fencing</u> <i>What will I learn on this course?</i> <ul style="list-style-type: none"> • The basic skills of fencing. • Practise with a professional coach. • Competition rules. Available to All in sessions A B C D Equipment required: Walton High PE Kit Cost of course: £25.00

<p style="text-align: right;">F13</p> <p><u>Futsal (Adapted football game – 3 a side)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Learn the rules of the exciting new game. Develop a range of Futsal skills Work as part of a team. <p>Available to KS3 (Y7-9) in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: None</p>	<p style="text-align: right;">F5</p> <p><u>Fitness Trail/Circuit Training</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Follow a structured programme to develop general fitness. Learn a range of basic exercises. Learn how to construct a basic training programme. <p>Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: None</p>	<p style="text-align: right;">F7</p> <p><u>Football (Girls)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Develop basic football skills. Play games and train as part of a team. <p>Available to All in sessions B E F Equipment required: Walton High PE Kit Cost of course: None</p>
<p style="text-align: right;">F8</p> <p><u>Football (KS3 Boys)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Develop basic football skills. Play games and train as part of a team. <p>Available to KS3 (Y7-9) in sessions A B E F Equipment required: Walton High PE Kit Cost of course: None</p>	<p style="text-align: right;">G3</p> <p><u>Golf</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> The basic rules and etiquette of golf. The basic skills of the game. practise! <p>Available to All in sessions A D E F Equipment required: Walton High PE Kit Cost of course: £27.00</p>	<p style="text-align: right;">G5</p> <p><u>Gymnastics</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Learn a range of basic gymnastics techniques on both floor and apparatus. <p>Available to All in sessions C D Equipment required: Walton High PE Kit Cost of course: £25.00</p>
<p style="text-align: right;">H1</p> <p><u>Handball</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Learn the rules of this exciting game. Develop a range of Handball skills Work as part of a team. <p>Available to All in sessions A F Equipment required: Walton High PE Kit Cost of course: None</p>	<p style="text-align: right;">H3</p> <p><u>Hockey (KS3)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Introduction to the skills of hockey Play as part of a team Develop stick and ball control, passing and dribbling techniques. <p>Available to KS3 (Y7-9) in sessions A B C D Equipment required: Walton High PE Kit, trainers, shin pads. Cost of course: None</p>	<p style="text-align: right;">I1</p> <p><u>Ice Skating</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Basic skating skills taught by instructor. Free skating time to practise technique. <p>Available to All in sessions B C Equipment required: Trousers, coat and gloves. Cost of course: £44.00</p>
<p style="text-align: right;">K1</p> <p><u>Kick-Boxing</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Starting with basic Kick-Boxing moves. Warm up and stretching exercises. Learn about different styles and techniques. <p>Available to All in sessions A-F Equipment required: Walton High PE Kit Cost of course: £15.00</p>	<p style="text-align: right;">N1</p> <p><u>Netball (KS3)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Develop a range of Netball skills Learn the rules of the game Play as a member of a team <p>Available to KS3 (Y7-9) in sessions A B Equipment required: Walton High PE Kit. Cost of course: None</p>	<p style="text-align: right;">O1</p> <p><u>Orienteering</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> How to read a map and use a compass. Route planning tactics. To work as part of a team. <p>Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: £6.00</p>
<p style="text-align: right;">R1</p> <p><u>Race For Life</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Stretching and warm up exercises. Practise 5K runs. Take part in the Tesco Race for Life. <p>Available to All in sessions E Equipment required: Walton High PE Kit Cost of course: £15.00 <i>This course is for girls only.</i></p>	<p style="text-align: right;">R5</p> <p><u>Rounders</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Develop a range of Rounders skills Learn the rules of the game Play as a member of a team <p>Available to KS3 (Y7-9) in sessions E F Equipment required: Walton High PE Kit Cost of course: None</p>	<p style="text-align: right;">R6</p> <p><u>Rugby (Girls)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Develop a range of Rugby skills Learn the rules of the game Play as a member of a team <p>Available to KS3 (Y7-9) in sessions A B Equipment required: Walton High PE Kit Cost of course: None</p>
<p style="text-align: right;">R7</p> <p><u>Rugby (KS3 Boys)</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Develop a range of Rugby skills Learn the rules of the game Play as a member of a team <p>Available to KS3 (Y7-9) in sessions A B C Equipment required: Walton High PE Kit Cost of course: None</p>	<p style="text-align: right;">S3</p> <p><u>Skiing Instruction</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> Basic Ski Techniques. Ski on real snow at Xscape. 6 1hour lessons. <p>Available to All in sessions B C Equipment required: Trousers, coat and gloves. Cost of course: £120.00 Permission: Specific permission required. <i>This course runs a little longer than the school day allows and will result in a late return.</i></p>	<p style="text-align: right;">S4</p> <p><u>Squash</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> The skills of the sport. Competition rules. Practise and improve. <p>Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: £24.00</p>

	<p style="text-align: right;">T1</p> <p><u>Table Tennis</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • Basic Table Tennis techniques and skills. • The rules of the game. • Play in competitive situations. <p>Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: None</p>	<p style="text-align: right;">T2</p> <p><u>Tag Rugby</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • All the pace of rugby with out the impact. • Learn the rules and play as part of a team. • Develop passing, kicking and ball control skills. <p>Available to All in sessions A B E F Equipment required: Walton High PE Kit Cost of course: None</p>
<p style="text-align: right;">T5</p> <p><u>Ten Pin Bowling</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • 12 Game league tournament. • League rules, scoring and bowling technique. <p>Available to All in sessions B C Equipment required: None Cost of course: £54.00</p>	<p style="text-align: right;">T6</p> <p><u>Tennis</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The skills of the sport. • The rules of competition matches. • Opportunity to practise and improve technique. <p>Available to All in sessions E F Equipment required: Walton High PE Kit Cost of course: None</p>	<p style="text-align: right;">T9</p> <p><u>Trampolining</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • The basics of trampolining. • To link basic moves to make a bouncing sequence. <p>Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: £25.00</p>
<p style="text-align: right;">W5</p> <p><u>Water sports</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • How to canoe / kayak. • Professional instruction. • Fun and games in canoes. <p>Available to All in sessions A E F Equipment required: Walton High PE Kit Cost of course: £57.00</p>	<p style="text-align: right;">Y1</p> <p><u>Yoga / Pilates</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • An introduction to Yoga. • Basic exercises and stretches. • Sun salutation and other movements. <p>Available to All in sessions A B C D E F Equipment required: Walton High PE Kit Cost of course: £12.00</p>	<p style="text-align: right;">AA</p> <p><u>Alternative Arrangements</u></p> <p><i>What will I learn on this course?</i></p> <ul style="list-style-type: none"> • See notes on course selection regarding the Alternative Arrangements programme. <p>Available to All in sessions A B C D E F Equipment required: As advised in termly details. Cost of course: None</p>

Alternative Arrangements

For students who are involved with outside clubs and activities that require evenings to be spent training and/or practising short course sessions can be scheduled as Homework or Study sessions. This facility may also be available to parents who wish to arrange alternative specialist tuition for extra-curricular activities for their child on a Wednesday afternoon

New students and those who have missed lessons due to illness or other circumstances may also request the supported study short course for one or more sessions. This course will be supervised by a member of Walton High staff who will provide general, not subject specific support.

Please contact Mrs Gunter on 01908 678478 for further details.