

Mulberry
Academy Woodside

2024-25

ELECTIVES

*Exceptional Education and Experiences:
Every Child, Every Day*



MULBERRY ACADEMY WOODSIDE *ELECTIVES* PROGRAMME

Dear Students, Parents and Carers,

We are delighted to launch the Elective Curriculum which provides a wide range of stimulating extra-curricular courses that allow students to have a deep learning experience, preparing them not just for their GCSEs but for future careers. We know from our partner sixth forms and colleges that the participation in electives make Woodside students stand out from their peers.

The Electives run as an additional session of the school day **every Tuesday from 3.10- 4pm** and allow the statutory curriculum to be delivered whilst offering exceptional opportunities for our young people. This booklet will provide you with a description of the electives currently being offered including an overview of the skills students will learn, alongside links to future careers and opportunities. Each elective will run at least one trip and there will be guest speakers at points in the year.

Students will pick an elective and this will run until December 2024. Students will then have the opportunity to pick a new elective for the Spring term. The Elective is compulsory and is part of the extended curriculum we run for our students. Please be aware that on the elective evening students will remain in school until 4pm on Tuesdays and students will leave later at this point.

THE ELECTIVES OFFERED

AI and Robotics	Athletics	Chinese Language & Culture	Psychology
Cooking For Life	Drama	Duke of Edinburgh Award	Table Tennis
Film Studies	Fitness Coaching	Food History	Taekwondo
Gardening & DIY	Journalism	Music Performance and Production	

Additional sessions - in addition to electives, at periods in the year some students will be placed into other curriculum sessions

Maths:

It is really important that all Year 9 students reach a minimum ability in Maths to access the GCSE curriculum. If students are falling behind in Maths they will receive extra tuition in small groups for a period of time to get them up to speed. These highly supported sessions will allow young people to build confidence and the necessary Mathematical skills.

English:

It is really important that all Year 9 students reach a minimum ability in English to access the GCSE curriculum. This includes reading, if students are falling behind in English they will receive additional support with their reading and comprehension skills. These highly supported sessions will allow young people to build confidence and the necessary skills.

Sporting Activities:

At Woodside we offer a comprehensive after school extra-curricular. These clubs often run at a different time scale to the electives and will be working towards the borough cup. If students are involved in sports club in September on a Tuesday they can be exempt from the Electives Programme. Students will have the opportunity to participate in an extracurricular club in addition to an elective.

ARTIFICIAL INTELLIGENCE & ROBOTICS

Course Summary

The Artificial Intelligence and Robotics elective gives pupils the skills and opportunity to design a Chatbot that adjusts to new inputs and performs human-like tasks. AI examples include Alexa, Siri, and Google Assistant (Python version). Throughout this elective pupils will develop their computational skills and application through a variety of challenging and fun activities. There are opportunities to participate with STEM activities from the wider Mulberry Academy Trust and hear from people who are currently working in the Tech industry.

Skills

- Computational thinking
- Programming skills
- Problem-solving Skills
- Creative and analytical thinking

Experiences

- IT Industry
- Museums

Career Links

- Gamer
- Graphic Designs
- Programmer
- Teacher
- Designer

ATHLETICS

Course Summary

Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and racewalking. Although Athletics is a summer event this will be developed throughout the year with students developing the skills and knowledge or a range of sports.

Knowledge

Students participate actively in a range of sports, they will have knowledge of the different associated event in athletics and specialise in those areas they show most strength in with the aim and ambition to build up a team.

Experiences

Regularly running sporting events, participation in competition, trips to new river, a team building experience either sailing or climbing.

Skills

This course will help students develop fitness and endurance. Students over time will build up running speed and stamina as well as the strength for the physical activities.

Career Links

- Sports Leader
- Coach
- Teacher
- Journalism
- Personal trainer

Futher Reading Info

<https://worldathletics.org/>

CHINESE LANGUAGE & CULTURE

Course Summary

This elective will give students the opportunity to develop a basic understanding of the Chinese language and how it works, as well as get a perspective into the daily lives and traditions of the Chinese-speaking world.

Knowledge

Understanding more about Chinese history and culture. Understanding the formation of some basic Mandarin characters and the similarities and differences between the different languages of China.

Experiences

- British Museum
- Chinatown

Skills

- Language learning
- Linguistics
- Cultural understanding

Career Links

- International relations
- Interpreting
- Translation
- Journalism
- Diplomacy
- Marketing
- Business
- Politics

Futher Reading Info

<https://worldathletics.org/>



COOKING FOR LIFE

Course Summary

Learning to cook is not only fun but a key skill for life. In this course you will be learning recipes and the skills to cook them in a professional way. Students will learn about kitchen safety and keeping a kitchen clean. There will be themed weeks to understand the cooking from a range of cultures - as well as regular tasting! Students will also learn how to prepare for large community events. Students will grow plants in the school allotment and used this local produce to cook some delicious meals.

Knowledge

This course will build your confidence in the kitchen, helping you develop common cookery concepts such as frying, baking, grilling and being able to follow a recipe. Students will gain knowledge of cooking for varied diets such as gluten free, vegetarian and vegans as well as the importance of eating locally grown produce.

Skills

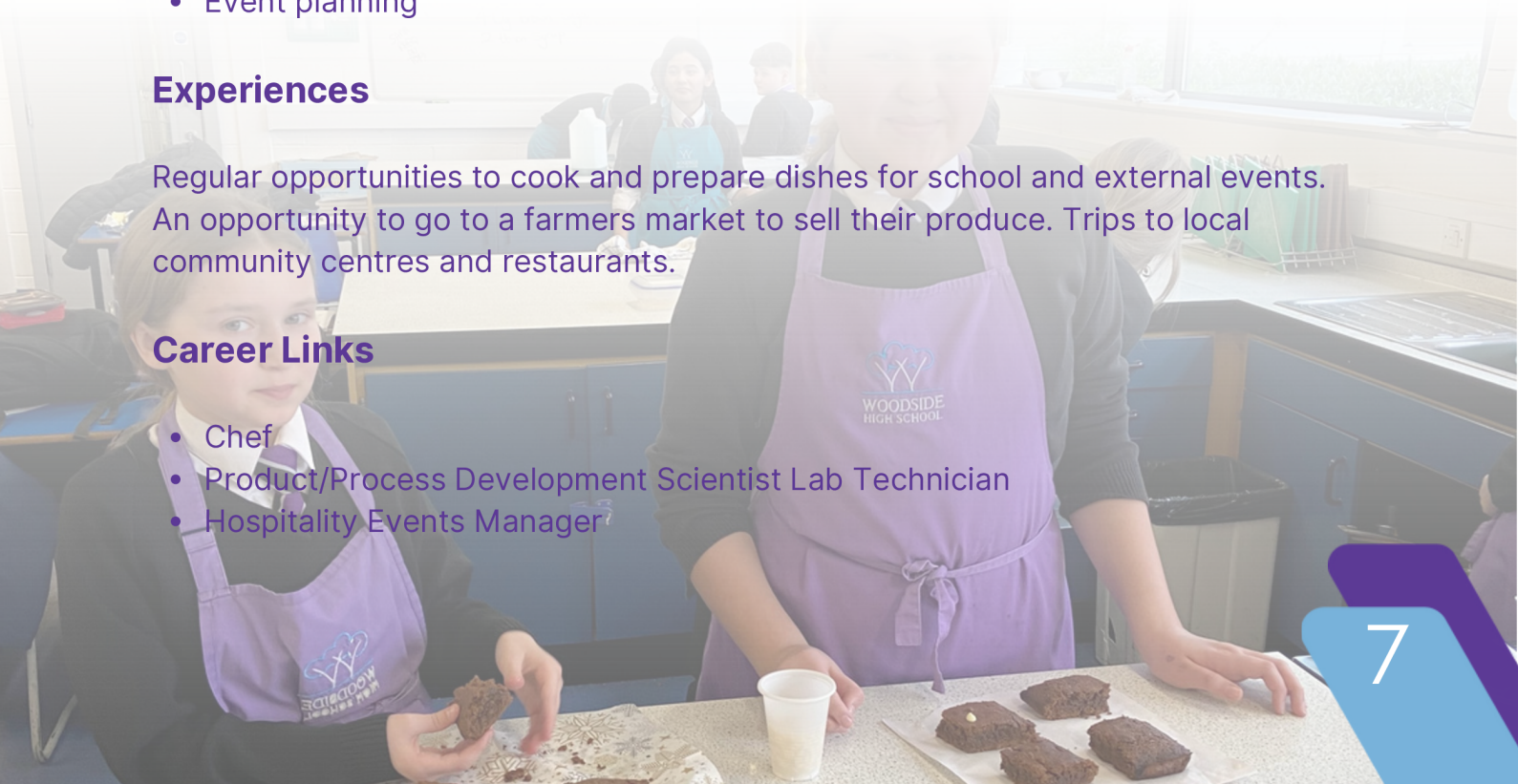
- Organisational skills
- Confidence building
- Kitchen safety
- Culinary skills
- Research
- Event planning

Experiences

Regular opportunities to cook and prepare dishes for school and external events. An opportunity to go to a farmers market to sell their produce. Trips to local community centres and restaurants.

Career Links

- Chef
- Product/Process Development Scientist Lab Technician
- Hospitality Events Manager



DRAMA

Course Summary

Drama is a course, where students will explore all aspects of theatre. Design, Creation, Improvisation, Rehearsal and Performance.

Knowledge

You only need to bring the KS3 knowledge that you've already learnt. You will gain knowledge that will help you progress in your drama lessons or if you pick GCSE drama.

Skills

You will learn, communication skills, team working skills, time management, conflict resolution, Acting.

Experiences

Trip to Royal Academy of Dramatic Arts (RADA), Theatre Workshops, Trips to local theatres.

Career Links

- Performer
- Writer
- Director
- Creative arts director
- Creative director
- Drama teacher
- Script writer
- Playwright

Further Reading Info

- Stage to stage: My journey to Broadway by Josh Groban
- The complete Brecht Toolkit by Stephen Unwin

THE DUKE OF EDINBURGH'S AWARD

Course Summary

The Duke of Edinburgh's Award (DofE) is a voluntary, non competitive program that challenges young people to develop skills and experience in a variety of areas.

Knowledge

Students complete 3 sections during the year on their EDofE login. Skills, physical, and volunteering.

During the elective students develop a range of skills linked to the expedition from cooking outdoors to orienteering ready for their camping trip in the summer term.

Skills

- Personal discovery: The DofE encourages young people to discover new interests and talents
- Self-reliance: The DofE helps young people develop a sense of responsibility and self-reliance
- Social interaction: The DofE helps young people build confidence and make friends
- Teamwork: The DofE helps young people develop teamwork skills
- Skill development: The DofE helps young people improve existing skills or try new ones
- Employability: The DofE helps young people build skills and experience that can improve their employability

Experiences

Opportunity for an overnight camping experience in Epping Forest

Career Links

The DofE looks fantastic on your CV when applying to colleges and universities. Find out more at <https://www.dofe.org/do/>

FILM STUDIES

Course Summary

Film Studies is an extremely enjoyable and worthwhile subject to choose as an Elective. If you select Film, you can expect to be constantly challenged and excited by the different things you will learn and the awesome films you will study! Not only will it change the way you watch films, but more importantly, it will challenge you to think in new ways and question or change your perspective on a whole host of issues, for example, representation of race or gender.

Knowledge

Studying film allows you to understand important issues and developments within history, society and culture, using film as the medium with which to gain a greater insight into these areas.

Skills

It's not just about film! The critical skills you develop through studying film will also be of use in GCSE English and modern foreign languages. The deepening historical and cultural perspectives you will develop will inform your work in history, geography, sociology and other humanities subjects.

Experiences

You will gain experience about the film industry by trying your hand at writing a short screenplay. You will also learn about film distribution by going on a trip to the cinema to watch a blockbuster film.

Career Links

Studying Film enables you to develop a wide range of transferable skills for further education and work such as: critical thinking, technical competencies (such as script writing), creative thinking and research skills.

Further Reading Info

- Check out the BFI.com website for information about film in the UK.
- You can also visit the intofilm.com website which has a monthly film making competition you can take part in.

FITNESS COACHING

Course Summary

This course aims to build students physical strength and begin to understand key components to fitness, mental fortitude and general healthy living.

Knowledge

Using the school's gym and sports facilities you will be given the opportunity to identify your current level of fitness and learn how to further enhance it. Sessions will mostly involve circuit training and group drills. Fitness training will be reinforced by sharing relevant physiological and anatomical knowledge (e.g. energy systems, recovery, muscle groups, injury prevention).

Skills

- Active listening
- Problem-Solving
- Motivating others
- Punctuality
- Resilience
- Personal growth

Experiences

- Gym visit and tour
- External speaker

Career Links

- Construction
- Athlete
- Physiotherapist
- Personal Trainer
- Fire, Police and Ambulance services

FOOD HISTORY

Course Summary

Students explore the fascinating History behind many of the foods we take for granted today, and what they reveal about our culture, hopes, fears and tastes over time.

Knowledge

This elective gives you the opportunity to extend your knowledge of different Historical periods through the lens of food and drink, as well as plenty of opportunities to taste and make!

You will develop your Historical enquiry skills and feed your curiosity for the past and how it lives on in our everyday meals.

Examples of sessions include:

What do Custard Creams reveal about Victorian values?

Grow your own Physics Garden

Carrot Cake Colonialism

How did red grapefruits reassure Americans about the Atomic Bomb?

Skills

- Life skills such as gardening and cookery
- Enquiry skills: critical thinking, research skills

Experiences

- Cookery workshop
- Food Museum visit

Career Links

- Historian
- Journalist
- Chef
- Author



GARDENING & DIY

Course Summary

This is a course, where students will explore various aspects of gardening, from planning and designing, cultivating and growing our own produce as well as brightening up areas of the school with a range of plants, shrubs and herbs. So if you like getting your hands dirty and seeing the reward of physical work this is the course for you.

Knowledge

This elective gives you the opportunity to explore the wonderful world of gardening and developing physical spaces into: interesting, more aesthetically and sustainable areas that all of our school community can enjoy/experience.

If you like working outside in the fresh air, physical exercise, have a creative/can do mindset as well as seeing what hard work and a group of dedicated people can do to transform areas of our school into more appealing, vibrant and interesting spaces where you can learn and developing a range of skills make sure you sign up.

Skills

- Teamwork
- Design skills
- Analysis skills

Experiences

Visits to some of the amazing green spaces in our local area as well as further afield.

Career Links

- Gardner
- Landscaping
- Construction

Futher Reading Info

<https://www.rhs.org.uk/>

JOURNALISM

Course Summary

The journalism course will teach students the skills to research and report on stories either of local or national interest. Student will learn the feature of broadcasting and online reporting. Students will have the opportunity to develop their own newspaper publication for the local community and their peer group. This will involve exploring areas of interest for students at Woodside as well as local stories.

Knowledge

This course will build English skills necessary for writing journalistic articles such as the use of passive voice and how to present interviews. Students will learn what makes a good story and how to find good news stories. Students will learn the knowledge of how media platforms work and how they are shaped to engaged audiences.

Skills

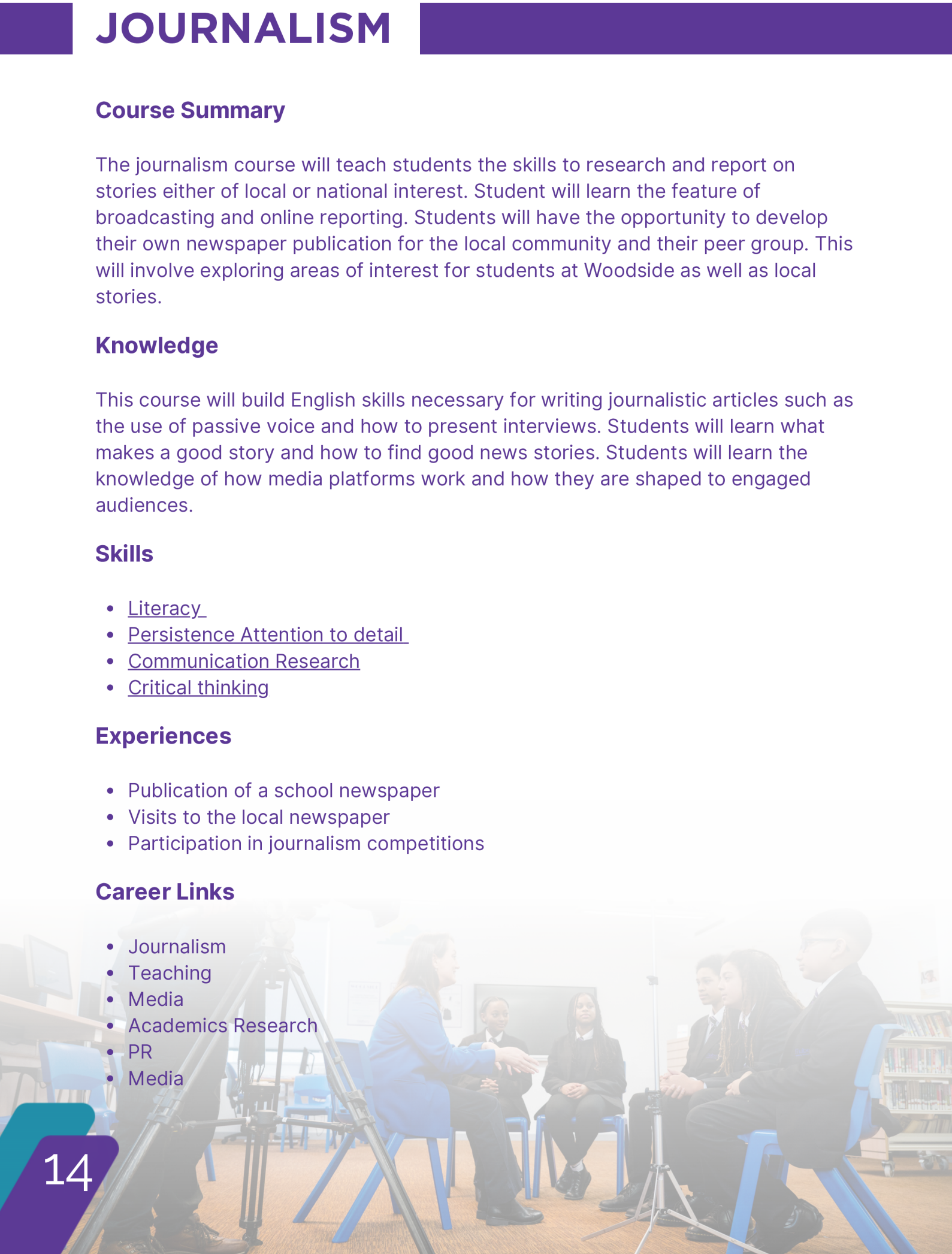
- Literacy
- Persistence Attention to detail
- Communication Research
- Critical thinking

Experiences

- Publication of a school newspaper
- Visits to the local newspaper
- Participation in journalism competitions

Career Links

- Journalism
- Teaching
- Media
- Academics Research
- PR
- Media



PSYCHOLOGY

Course Summary

Theodore Robert Bundy confessed to the murder of 30 young women in the 70's. Have you ever wondered why anyone would or could carry out such a vicious crime against humanity? Was he born evil or did his experiences shape his evil thoughts? If you often find yourself wondering why we behave the way we do, then this is the course for you!

Knowledge

We will explore a range of psychological problems and uncover the characteristics, theories, and intervention therapies for different mental health disorders such as: depression, addiction, and schizophrenia.

Furthermore, we will discover how brain structure coupled with environmental factors can shape criminal behavior. Factors impacting eyewitness testimony such as memory and high anxiety environments will be investigated.

Finally, social psychological theories such as obedience, conformity and anti-social behavior will be explored by studying various psychological research studies.

Skills

Independent study of case studies; Communication of thoughts and opinions respectfully; Sensitive to Listening and Questioning; Research theories in support or against your argument; Interpersonal awareness; Writing clearly and effectively; Analysing and interpreting data.

Experiences

University Psychology department visit
Criminologist guest speaker/ criminology conference Mental health nurse speaker

Career Links

- Social worker Counselor
- Forensic psychology and policing Psychologist

Further Reading Info

Psychology today magazine, The psychologist magazine, British psychological society

TAEKWONDO

Course Summary

Taekwondo is a traditional martial art originating from Korea. Taekwondo is excellent for building confidence, learning about respecting yourself and others, and teaches strong ethics and moral values

Knowledge

In this elective you will have the chance to learn about the origins of and the theory behind the Korean martial art of TaeKwondo. You will practise the basic blocking techniques and attacks that lead to performing the 3 white belt sequences to demonstrate your application of attacks and defensive movements. In each class we will work on basic fitness as well as learning to spar and break boards! You should leave the course ready to join an official tkd club and take your first colour belt grading.

Skills

- Teamwork
- Coordination
- Fitness
- Memory
- Discipline
- The art of Do

Experiences

- Opportunity to visit Institute of Korean Culture

Futher Reading Info

<https://www.britishtaekwo>

MUSIC PERFORMANCE AND PRODUCTION

Course Summary

Are you the next Alicia Keys or Ed Sheeran? Would you like to develop your performing or music production skills? You will build on your technical skills and ensemble awareness as an instrumentalist or singer. You will also build on your songwriting and producing skills using music technology.

Knowledge

You will develop how to read a lead sheet or scores from different genres. You will also develop how to produce music using music technology such as Logic Pro X and Fruity loops.

Skills

- You will build on different personalised skills such as listening skills, team work, communication, confidence and social skills
- You will have an opportunity to perform, compose and produce different genres of music

Experiences

You will have an opportunity to perform live music. You will also have an opportunity to see a live performance or participate in a music workshop.

Career Links

- Music Producer
- DJ
- Sessional Musician
- Music Teacher
- Radio Presenter
- Performing Artist

Further Reading Info

Music radar music website, BBC Bitesize, This Business of Music, DJ Culture in the Mix.