

Session Option Title	Description	Year 7	Year 8	Year 9	Year 10
American Football	Come along and learn all about one of America's favourite and most watched sports - Grid Iron/American Football.			Y	Y
Aussie Rules Football	Learn about this amazing sport played in Australia. End with a mini-game using real AFL footballs.	Y	Y	Y	Y
Badminton	Badminton	Y	Y	Y	Y
Basketball	Basketball	Y	Y	Y	Y
Bellringing	If you've ever wanted to try church bell ringing, then this is your chance! The heaviest bell at Stretton weighs more than half a metric ton and the sound can be heard several miles away. You'll be able to see the actual bells, understand how a bell is rung, and have a go yourself.	Y	Y	Y	Y
Belly Dance for Beginners	Learn Turkish and Egyptian belly dance moves that you can put into a lively choreography. Explore the joys of sword, stick and veil dance. Shimmy belts will be provided. Wear comfortable dance clothes.	Y	Y	Y	Y
Bird Watching	Brandon Marsh is the 200 acre flagship nature reserve of the Warwickshire Wildlife Trust. This is an opportunity to spend a morning looking around the nature reserve and enjoying both the countryside and the bird life of the local area.	Y	Y	Y	Y
Board Game Extravaganza	Board games and more for you to enjoy.	Y	Y	Y	Y
Card Game Extravaganza	Come along and play a variety of card games	Y	Y	Y	Y
Climbing Wall	A chance to try out the College climbing wall for beginners or the more experienced climber.	Y	Y	Y	Y
Cricket	Enjoy a mini cricket match!	Y	Y	Y	Y
Cricket Tournament U13 Girls (Invite Only)	U13 girls cricket tournament at Highway ground. Invite only	Y	Y	Y	
Cricket Trip (Invite Only)		Y	Y	Y	Y
Cross Stitch	Pupils can create a Mini cross stitch or bring there own sets in to work on.	Y	Y	Y	Y
Day Walk - Cotswolds	A day walking in the Cotswold Hills	Y	Y	Y	Y
Decoupage	Learn how to Découpage - decorate a box by gluing coloured paper cut outs onto it and varnish the end result.	Y	Y	Y	Y
Disc Golf	Disc golf is a lot of fun and is similar in concept to traditional ball golf. The object is to get a frisbee disc into a basket in as few shots as possible. Situated on Old Milverton Lane on the edge of Leamington Spa, this is a unique facility in Britain, in that the land was purchased and landscaped specifically for disc golf. Disc Golf is a great sport or activity for all ages and abilities.	Y	Y	Y	Y

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DofE Expedition (invite only)	Last day for Silver and Bronze qualifying expedition.			Y	Y
Dream Catcher Making	Creating dream catcher - Pupils can bring any treasures they have to use on their dream catcher (feather, shell, beads,...)	Y	Y	Y	Y
Film - The Wave	Explore sociology psychological ideas around authority, obedience and fascism with the film The Wave.				Y
Fishing for all	Coarse fishing at a beautiful local fishing lake. Bring a packed lunch and relax in the sun whilst trying to catch monster fish. Students who have never tried it are most welcome (a very limited supply of equipment is available). Complete novices to expert fishermen/women should join us for a day out to remember at one of West Midlands premier fisheries.	Y	Y	Y	Y
Fitness Suite	Build up your strength!	Y	Y	Y	Y
Flying Experience	Visit to Coventry Airport, including a chance to fly a small aeroplane (with a qualified instructor - £80 for 30 minute lesson). You'll be able to log this as part of your initial training. We'll see the air traffic control tower and learn about how to become a pilot.			Y	Y
Football	Mini football tournament on site	Y	Y	Y	Y
Great British Bake Off	Pupils make a layered sponge cake, fill and decorate it.		Y	Y	Y
Henna Art and Meditation	Try your hand at some Henna Art and Meditation in this chilled and relaxing session.	Y	Y	Y	Y
How to Build a Computer	Learn how to build a computer from it's component parts. You will be guided through from setting up the case to setting up the finished PC.	Y	Y	Y	Y
Ice Skating	Ice Skating at Planet Ice, Coventry	Y	Y	Y	Y
Introduction to Juggling	Learn how to juggle in a fun, interactive way	Y	Y	Y	
Japanese Puzzles	Complete Japanese puzzles in a relaxing atmosphere. Choice of Sudoku, Kakuro, Picross.	Y	Y	Y	Y
JLR - Jaguar Land Rover	An opportunity to visit the JLR factory in Solihull. You'll get a tour of the factory, a trip around the 4x4 test track, and be able to find out how JLR train their staff.	Y	Y	Y	Y
Kusudama Origami Flowers	Create Japanese flowers with just a few squares of paper and a bit of super glue. The most skilled will also learn how to turn them into pretty hair pieces. A bit of patience and attention to detail are required. Easy-medium level.	Y	Y	Y	Y
Learn to Play Bridge	Learn to play Bridge, a card game played by 4 players in two competing partnerships. Involves trick-taking like the game of Whist.	Y	Y	Y	Y

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Microbit Programming	Learn to program the microbit computer to make a portable game or gadget	Y	Y	Y	
Movie Club - Action Thriller	Your mission should you wish to accept it is to come and watch an action packed film. We might also whisk you away with a sci fi classic to a Galaxy Far Far Away.....	Y	Y	Y	Y
Movie Club - Disney Pixar	Disney Pixar classics: Session 1 Monday – Toy Story / Session 2 Monday – Frozen Session 1 Tuesday - Cars / Session 2 Tuesday – Toy Story 2	Y	Y	Y	Y
Movie Club - Rom Com	For that feel good factor why not spend the afternoon watching a Rom Com in movie club.	Y	Y	Y	Y
Paperback Picnic	This session offers an opportunity to relax in the 'sun' on a blanket with a picnic, a paperback (hardbacks also permitted!)and good company.	Y	Y	Y	Y
Photography - Darkroom Wonders!	An introduction to the darkroom and the genius of Photography (drawing with light). Learn the processes of contact printing, 'Rayograms', solarisation and wet developing.	Y	Y	Y	Y
Plush Uglies	An opportunity to make your own unique plush toy. No sewing experience required.	Y	Y	Y	Y
Ready Steady Cook	Pupils have a set time to cook something amazing from a bag of ingredients and items from the store cupboard. Pupils will taste each others food and vote for the winner! There may also be prizes!	Y	Y	Y	Y
Rockets	Build and launch rockets that use Estes engines to go at least 50m in the air before parachuting to the ground!	Y	Y	Y	Y
Rounders	Enjoy a game of Rounders!	Y	Y	Y	Y
Rugby Skills	Improve your rugby skills with a range of individual challenges and team games	Y	Y	Y	Y
Ryton Pools Walk	Pleasant 6 mile walk from the college to Ryton Pools country park through woodland and public footpaths. Refreshments and time to relax in lovely surroundings before returning.	Y	Y	Y	Y
Ten Pin Bowling and Shopping in Leamington	Challenge others to strike down all the pins with 2 games of bowling in Leamington followed by some Retail Therapy!	Y	Y	Y	Y
Tennis	Tennis anyone?	Y	Y	Y	Y
Ultimate Frisbee	Learn the exciting sport of Ultimate Frisbee (or perfect your skills if you've played before). Ultimate Frisbee is a high energy, non-contact sport suitable for all ages, sizes and fitness levels!	Y	Y	Y	Y

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Visit to Redwings Horse Sanctuary	Get up close and cuddly with friendly horses and donkeys, hear their stories and find out more about our work at Redwings visitor centre in Warwickshire. So whether you're daft about donkeys, mad for mules or can't resist a cuddle with Shetlands and Shires, a visit to Redwings is a must. A donation of £5 to Redwings is payable for this trip.	Y	Y	Y	Y
Volleyball	Fancy a game of Volleyball?	Y	Y	Y	Y
Watch Wimbledon	Will Andy Murray be back for Wimbledon, can Johanna Konta go further this year? Can Roger Federer win another Wimbledon title? Come along and watch all the thrills and spills of Wimbledon to find out	Y	Y	Y	Y
Whittling	Let the creativity flow in this session as you learn how to use all the tools to transform an ordinary piece of wood into a spoon.	Y	Y	Y	Y
Woodland Ramble	The mile walk combined with a ramble into the woods, poetry and den building. Anoraks and sensible footwear recommended.	Y	Y	Y	Y
Year 8 History Trip to France (Invite Only)			Y		