

Summer Term 2024



Year 7-10 only required to make Summer Term choices
Year 11 - will have rewards sessions in school!

What is Be Inspired and why is it important?

'Be Inspired' has three main aims:

- To inspire students to achieve and learn
- To develop the broadest range of skills and understanding
- To enrich learning.

'Be Inspired' is divided into three skill areas which students are able to choose from:

- Creative Activities
- Mind and Body Activities
- Active and Adventurous Activities



Creative Activities...

ACTIVITY	YEAR GROUPS	DETAILS	COST
D&T: Attracting Wildlife	All	Use your D&T skills to make products that can be used around the school site to attract wildlife to our outdoor spaces. Bird feeders, Nesting boxes, Insect hotels, Squirrel platforms etc. - anything goes!	Free!
Art Club	All	In art club we are a group of individuals that come together to explore, create, and appreciate various forms of art, providing a supportive and creative environment where members can share ideas, learn new techniques, and collaborate on projects. Activities in an art club may include drawing, painting, sculpting, photography, crafting, or any other artistic pursuits that members are interested in. Art club serves as a space for individuals with a passion for art to come together, express themselves, and foster their artistic skills.	Free!
Lyric Lab: Chilled Acoustic Song writing	All	Learn how to craft great, professional sounding lyrics, perform with acoustic instruments, and learn how to record and produce an acoustic demo of your song. Bring your creativity and imagination for this song writing session!	Free!
Musical Theatre- singing and choreography	All	Learn songs and routines from the most famous musicals. As an ensemble we will create a showcase of work together! Can we find soloists in the group? We will also watch and review Musical Theatre on the screen!	Free!
Eco Council	All	An Eco-Committee is a group of young people who, with the support of one or more adult Eco-Coordination, lead the Eco-Schools programme in your school. The Eco-Committee will meet regularly throughout the academic year, plan and deliver environmental projects, and inspire their schoolmates and wider school community.	Free!
Feed a Family	Year 8 - 11	Cooking for St Ives food bank <u>(you have to bring your own ingredients unless a pupil premium student)</u>	Free!
Comics Club	All	Explore comics from France to Japan. Over the course of the term you will look at the impact of Comics across the globe and be immersed into the style of Comic from different countries. You will look at different comics (written and animated) and get to practise the spoken and written language including Kanji and explore the world of Comic Books. Finally you will get to design your own characters and create your own comic in the style you choose.	Free!
Cornish Myths & Legends	All	Learn, discuss and adapt the stories of old. What mysteries are told of this Celtic land? Come along to find out.	Free!



Mind and Body Activities...

ACTIVITY	YEAR GROUPS	DETAILS	COST
Writing for Well-Being	All	'Writing for Well-Being': A fortnightly opportunity to explore our life experiences and feelings through writing. Participants are encouraged to share their work in our writing sessions and all our writers are given the opportunity to publish their work to a wider audience, but this is not compulsory. There is no need to be 'good at writing' either: a range of guided writing activities is on offer, each designed to increase our mindfulness and foster our personal sense of well-being.	Free!
Chess	All	Learn how to play a board game of strategic skill for two players, played on a chequered board on which each playing piece is moved according to precise rules.	Free!
Gym Series at Leisure centre	Year 10	Do you want to learn more about how to use the equipment in the gym? Interested in being a fitness instructor? Would you like to try a variation of different fitness classes? These sessions will offer you a chance to be taught how to use the gym equipment safely at the local leisure centre, and give you the opportunity to try out a range of different exercise classes.	Free!
St Ives Community Orchard	All	Visit St Ives community orchard, learn all about how they work and get stuck in to supporting them with their maintenance and gardening.	Free!
Escape Rooms	All	Work through in-class escape room puzzles with varying difficulty and put your brains together to try and escape before the bell!	Free!



Active & Adventurous Activities

ACTIVITY	YEAR GROUPS	DETAILS	COST
Skateboarding	All	Skateboard at St Ives skatepark with tuition from Frankie. You will need your own skateboard.	£20
Summer Sports	All	For those who enjoy being outside and playing sports- each week will be a different summer sport! Rounders, cricket, ultimate frisbee, volleyball, tennis, athletics, beach football/rounders	Free!
Golf	All	Learn the basic skills of Golf such as driving, chipping and putting. This will take place at West Cornwall Golf Club and lead by the PGA Professional, Nick Brewaeys. Activities will take place on the driving range and putting green progressing onto playing holes on the main course.	£30
Surfing	All	Surfing at Porthmeor beach with St Ives Surf School	£75
SUP Stand up paddleboarding	All	Paddleboarding skills with instructors 1:8 ratio	£75
Outdoor Adventure	All	A chance to develop bushcraft skills, building shelters, cooking on fires and team building activities	£5
Kayaking	All	Develop kayaking skills with 1:8	£75



Active & Adventurous Activities - BE INSPIRED SWIM PROGRAM

Swimming Lessons	YEAR GROUPS	DETAILS	COST
Complete beginners	All	Learn how to swim. If you are a complete beginner or struggle in the water, learn the basic swimming strokes and techniques with a swimming teacher.	£20
Improvers	All	Can you swim the basic strokes a short distance but want to improve your technique? Be able to swim further? Improve your swimming with a swimming teacher so you can move towards the deep end.	£20
Intermediate	All	Can you swim in the deep end but want to improve your technique and stamina? This is the option for you.	£20
Advanced (Lane Swimming)	All	Are you a club or advanced swimmer and want to swim for fitness? This is lane swimming with drills and all strokes led by a coach.	£20
Rookie Lifeguard	All	Are you a good swimmer and want to learn the lifeguarding basics? Can you swim to the bottom of the pool and want to learn rescue techniques?	£20

GOOGLE FORMS OUT THIS WEEK!

