

# Spring Term 2024

BE INSPIRED

# 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
Scalextric for Schools	All	Scalextric for schools is a STEM-based challenge project where students design, make and race their own Scalextric slot cars. Activities include: CAD/CAM, mould making, vacuum forming, problem solving, assembly processes, track building and racing against each other! Activity costs are to cover the chassis and motor kits plus workshop materials.	£10 per term <i>(unless previously undertaken this option)</i>
Art and Anthropology	All	Learn about global cultures by making art.	Free!
School of Rock	Year 7 - 10	Rehearsals for students involved	Free!
Lego Engineering	All	Using Lego and Lego Live Software to overcome engineering challenges	Free!
Be University Ready	Year 9 - 11	Prepare for Russell Group Universities including Oxbridge - learn what you can do to prepare in advance, reading lists, A Level choices, work experience, prospectuses, cultural capital	Free!
MUN (Model United Nations)	All	Model United Nations is a mock simulation of the United Nations - an intergovernmental organisation whose purpose is to promote international peace and security. We will research our countries extensively and work on particular points to take forwards.	Free!
Eco Council	All	An Eco-Committee is a group of young people who, with the support of one or more adult Eco-Coordinators, 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 (you have to bring your own ingredients unless a pupil premium student)	Free! (Students to provide own ingredients)
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!
Tate Project	KS4	Join Ms Rudge to the Tate for a community based workshop every week.	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!
Mandarin with Mr Kearns	All	No language is more spoken in the world than Chinese. It was used by an ancient and glorious civilization — Chinese characters are the oldest writing system still in use — as well as by one of the most powerful economies in the world today. With Duolingo, you'll start speaking Mandarin Chinese (yes, even the tones) and pick up 600+ essential Chinese characters. Masterfully order hot pot, impress grandparents and friends in their native tongue and even learn both useful business vocabulary and internet slang!	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 & fitness class series	KS4	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!





## Active & Adventurous Activities

ACTIVITY	YEAR GROUPS	DETAILS	COST
Badminton	All	Do you want to take up a new sport and participate in the fastest racket sport in the world? During the spring term we will look developing all the key skills associated with badminton. Serving, forehands, backhands and taking part in competitive rallies. Students will also have the opportunity to act as mini coaches to support each other.	Free!
Football development and coaching	Year 7 – 9	For football be inspired students will develop footballing skills such as passing, shooting, tackling, shot stopping etc. Also 6/7 aside games will be played in a competitive manner to replicate competitive real life football matches.	Free!
Football development and coaching	Year 10 & 11	For football be inspired students will develop footballing skills such as passing, shooting, tackling, shot stopping etc. Also 6/7 aside games will be played in a competitive manner to replicate competitive real life football matches.	Free!
Bike Maintenance & rides	Year 9 – 11	Learn how to maintain a push bike and how to Cycle safely in and around the local area	£20
Beginners Tennis	All	Lessons on technique, scoring, fitness, game play and etiquette for new players.	Free!
Ten Tors Training	Year 10	If you are in year 10 and completing ten tors, you will have opportunity to work through your expedition prep during this time.	Free!
Strength & Conditioning	Year 10 - 11	Use the fitness suits and improve your fitness with support	Free!
Running Club	Year 9 - 11	For semi experienced to experienced runners who wish to develop their running skills and experience on a variety of local cross country routes with routes ranging from 5-10km	Free!
D of E Bronze Expedition Training	Year 9	Year 9 D of E participants will take part in training for the expedition including first aid, using stoves and how to pack rucksacks	Free!
Skateboarding	Year 7 - 11	Skateboard at St Ives skatepark with tuition from Frankie. You will need your own skateboard.	£20



## 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!

