

Being Active

Being active through regular physical activity is one of the most important things you can do for your health. It can help control your weight, reduce your risk of illness and disease, strengthen your bones and muscles, improve your mental health and mood, and improve your ability to do daily activities.

FITNESS TRAINING



Learn and try a variety of training techniques to develop your own fitness regime. Learn kinesiology: anatomy and biomechanics, exercise physiology, basic nutrition, fitness and goal setting, safe and efficient exercise, programme design: cardiorespiratory, strength and flexibility.

COST: free MAX NO: 20 VENUE: Fitness Suite
OPEN TO: Year 7, 8 & 9

NETBALL ACADEMY



Perfect for any member of the netball squad. Additional coaching to take you to the next level with special coaching and competitive opportunities.

COST: free MAX NO: 30 VENUE: Sports Hall
PRE-SELECTED STUDENTS

DANCE



This is a great opportunity if you are a keen dancer or just enjoy performing as part of a group. Come along to a fun dance programme culminating in an exciting performance!

COST: £6 MAX NO: 25 VENUE: Activity Studio
OPEN TO: Year 7, 8 & 9

Being Creative

Your creativity is what makes your life fun and is what gets you excited each and every day you wake up in the morning. Being creative is when you allow yourself to be your true self. If you have fun doing it and it keeps you constantly trying to figure out a new and better way, then that is what you need to focus on in life because creativity is what pushes passion.

CREATIVE TEXTILES



Use fabrics to create an art or craft project incorporating a range of techniques.

COST: free MAX NO: 20 VENUE: C7

OPEN TO: Year 7, 8 & 9

PALLET FURNITURE



Combine your creativity with practical ADT skills to make furniture from recycling wooden pallets. PLEASE BE AWARE THAT YOU MUST CHOOSE THIS ACTIVITY FOR TWO ROTATIONS (until February)

COST: free MAX NO: 10 VENUE: C3

OPEN TO:
PRE-SELECTED FROM
LAST TERM

CREATIVE CROSS STITCH



Get creative with cross stitch, a sewing method that allows you to create patterns and pictures.

COST: free MAX NO. 15 VENUE: E2

OPEN TO: Year 7, 8 & 9

FILMING PHYSICS



Whether you're in front or behind the camera, you can create exciting videos of Physics experiments to share on the school YouTube Channel.

COST: free MAX NO. 15 VENUE: I10

OPEN TO: Year 7, 8 & 9

SCHOOL BAND

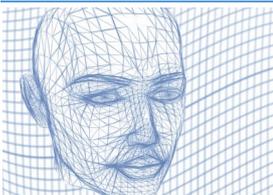


An opportunity for musicians to rehearse together on pieces in preparation for forthcoming musical events.

COST: free MAX NO. VENUE: E6

OPEN TO: STUDENTS
PRE-SELECTED

CAD/CAD 3D MODELLING



3D modelling project using new CAD software.

COST: free MAX NO. 16 VENUE: C8

OPEN TO: Year 7 & 8

Academic Achievement

Expectations are high at Brannel. Students are expected to engage in all lessons, to aim high and to achieve. The definition of academic achievement refers to the level of schooling you have successfully completed and the ability to attain success in your studies. This is measured by the extent to which you have achieved your Personal Academic targets.

HISTORY CLUB



The chance to learn about historical events, people and places.

COST: free MAX NO: 20 VENUE: D6

OPEN TO: Year 7, 8 & 9

YOUTH SPEAKS COMPETITION



Challenge your public speaking abilities and perform, persuade and entertain the audience with your display of wit and knowledge of a topic. In teams, present arguments and points of discussion, before taking questions from the judging panel who are, themselves, skilled orators.

COST: free MAX NO: 12 VENUE: E3

OPEN TO: Year 7, 8 & 9

SCIENCE YEAR 11 INTERVENTION

Intervention sessions for Year 11 students focusing on Science.

COST: free Students pre-selected

VENUE: I6 & I7

ENGLISH YEAR 11 INTERVENTION

Intervention sessions for Year 11 students focusing on English.

COST: free Students pre-selected

VENUE: Express classrooms

MATHS YEAR 11 INTERVENTION

Intervention sessions for Year 11 students focusing on English.

COST: free Students pre-selected

VENUE: Maths classrooms

P.E. YEAR 11 INTERVENTION

Intervention sessions for Year 11 students studying P.E.

COST: free Students pre-selected

VENUE: D8

HISTORY YEAR 11 INTERVENTION

Intervention sessions for Year 11 students studying History.

COST: free Students pre-selected

VENUE: D7

COMPUTING YEAR 11 INTERVENTION

Intervention sessions for Year 11 students studying Computing.

COST: free Students pre-selected

VENUE: E11

DRAMA YEAR 11 INTERVENTION

Intervention sessions for Year 11 students studying Drama.

COST: free Students pre-selected

VENUE: E13

Adventure Skills

Many people believe we are producing a generation of 'cotton wool kids', who are missing out on experiences that help to raise their self-esteem, give them confidence and increase motivation.

Learning to cope with risk and challenge requires you to make informed choices and to understand and take responsibility for the consequences. It leads to a positive 'can-do' attitude.

SURVIVAL SKILLS (Year 7 only)



Learn some essential survival skills that you would need to survive in the wild! COST: free MAX NO: 20 VENUE: C6

OPEN TO: Year 7

FIRST AID SKILLS



Learn some basic life saving skills to be able to help others in an emergency situation. COST: free MAX NO: 15 VENUE: I8

OPEN TO: Year 7, 8 & 9

Brain Challenge

Your brain is where mind and body come together. Just as you can train your body to build stamina, strength or flexibility, so you can train your brain. BrainTraining can help you strengthen attention, focus, learning, memory, creativity and intuition; it can help you gain greater control of behaviour and emotions and improve your ability to stay in 'the zone' and perform at your peak.

LEGO ROBOTICS CHALLENGE



As a group you will be learning how to program a robot to complete certain tasks and take part in the competition.

COST: free MAX NO: 10 VENUE: C2

OPEN TO: Year 7, 8 & 9

CREATIVE CODING CLUB



Coding is fun, cool, creative and useful. Over 12 weeks you will learn how to create algorithm art.

COST: free MAX NO: 30 VENUE: E12

OPEN TO: Year 7 & 8

MUST SELECT FOR TWO ROTATIONS
(until Easter)

Just for Fun

It's perfectly fine to pursue fun - just don't confuse its pursuit with the nobler pursuit of happiness! Whereas fun and excitement are fleeting things, happiness endures long after the thrill of the game is over. Fun defines the moment, happiness defines the person.

TRADITIONAL CORNISH CUISINE



Test your culinary skills in making Cornish specialties such as pasties and scones.

COST: Ingredients from home

MAX NO: 20

VENUE: C1

OPEN TO: Year 7, 8 & 9

SIGN LANGUAGE FOR BEGINNERS



Sign language is the key that unlocks life and liberty for millions of deaf people around the world. Learn basic sign language and have a go at communicating with one another using sign language.

COST: free

MAX NO: 18

VENUE: D2

OPEN TO: Year 7, 8 & 9

CHESS



Learn how to play chess and develop tactical ideas to beat your opponent.

COST: free

MAX NO: 16

VENUE: D1

OPEN TO: Year 7, 8 & 9

FILM REVIEW WRITING



Step into the shoes of a film critic and give your honest views and opinions of films.

COST: free

MAX NO: 25

VENUE: D3

OPEN TO: Year 7, 8 & 9

JAPANESE LANGUAGE AND CULTURE



Learn some basic Japanese as well as learn about the culture in Japan.

COST: free

MAX NO: 15

VENUE: I5

OPEN TO: Year 7, 8 & 9