



ST IVES SCHOOL



Be Inspired

ST IVES SCHOOL 'BE INSPIRED' SPRING TERM 2023

St Ives School places great value on the development of our students' moral, cultural and social understanding as well as on their wider education 'beyond the curriculum'. We want to support our students to be the very best they can be and to recognise their role within society, both locally and further afield.

To support this strong-held belief, we dedicate one afternoon every fortnight (Thursday Week B) to our 'Be Inspired' programme. The aim is to provide students with a range of activities to choose from that will provide personal development, community development, or both.

The Be Inspired programme has been designed to be fully inclusive. The programme provides a range of activities that are open to students of all genders and abilities. There will be some activities that have a particular restriction on them (mainly age restrictions) to allow them to run appropriately.

Students will be required to make 3 selections from the list of activities provided. We encourage students to consider having a go at activities that may provide them with a different challenge to their previous experience and may also take them out of their comfort zone to allow them to gain the most from this experience.

Following the student choices, we will finalise activity lists and students will be allocated one 'Be Inspired' activity for the Spring Term from their selection. We will be able to update students at the end of this term about their individual 'Be Inspired' programme for Spring 2023.

Students that are taking part in the Duke of Edinburgh Award Scheme and the Ten Tors will just need to select this option as these will both be running during the Be Inspired programme.

Activities A - D

Activity	Year Group	Details	Cost
Astronomy	7-11	Students will learn how to get started in the field of space exploration and astronomy. Students will learn to identify key objects in the skies in our local areas, as well as general space and cosmology content.	N/A
Beach Clean	7-11	Help keep our beaches to be the pride of our coastline, whilst doing your bit for the environment and embracing the fresh air.	N/A
Bike Maintenance and Rides	9 & 10	Learn bike maintenance skills that will keep you and the bike going. There is also the possibility of some bike rides. Bikes can be provided by the school to support this activity.	£20pp
Black History pilot (Higher Project Qualification)	8 & 9	Gain a Level 2 qualification through researching and producing a piece of work on any aspect of black history that interests you. Be part of a national pilot project to make the history curriculum more diverse. This option will require additional independent work done in your own time. You will be supported to complete this.	N/A
British Sign Language	7-11	Learn an important tool, and life-skill, to bridge barriers between those who are hearing and the 9 million people who are deaf or partially deaf.	N/A
Careers – Future Planning	7-11	Get a head-start with your career plans. An opportunity to explore future careers and how to best prepare yourself for the world away from school.	N/A
Charity Action Group	7-11	How can we best be supporting charities? Which charities should we be supporting? You can be a pivotal part in this charity focused activity.	N/A
Community Music and Song	7-11	Work together to create a playlist to perform in a community setting.	N/A

Activities D - L

Activity	Year Group	Details	Cost
Debating/Critical Thinking: Local, National, International and Global	7-11	Practise your skills in debate and discussion - never lose another argument! Build your confidence in presenting and defending your point-of-view. Learn about the principles of Critical Thinking, including Credibility Criteria, Appeals and Flaws. Pit your wits against an opponent in a Debate Finale or Rant Battle!	N/A
D of E Bronze Expedition Training	9	Expedition Training for those students who have signed up for the D of E Bronze Award.	N/A
Feed a Family	8 - 11	Students will cook a different recipe each session that will develop their food hygiene, safety and cooking skills. This will then be collected by the St Ives Food Bank who will distribute the meals to families in need in the local St Ives Community.	Students to provide their own ingredients for each recipe
First Aid – KS3	7 - 9	Develop your First Aid skills and understanding through St. John Ambulance approved sessions for KS3.	N/A
First Aid - KS4	10 -11	Develop your first aid skills and understanding through St. John Ambulance approved sessions for KS4.	N/A
Folk Music Group	7 - 11	Develop your musical skills through learning and performance of folk music, both new and old! Connect with Cornish traditions and explore folk traditions around the world.	N/A
Introduction to Australian Rules Football	7 - 8	Develop an understanding and appreciation of Australian Rules Football whilst practising the skills and game play required.	N/A
Lakeside Fishing	7-11	An opportunity to learn the skills required for Lakeside Fishing and look after the natural world by 'cleaning the environment'.	N/A

Activities M - S

Activity	Year Group	Details	Cost
Model United Nations	10 & 11	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.	N/A
Money and Wealth Management	7 - 11	Understand how real-life finances work. You will find out about credit ratings, how to read bank statements, how mortgages work and how saving now will help for your future.	N/A
Psychology Introduction	7 - 11	6 lesson introduction to Psychology: Perception.	N/A
Running Group (Distance)	10 & 11	Develop cardiovascular endurance to tackle increasingly challenging distances.	N/A
Scalextric for Schools	7 - 8	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.	£10pp
Sports Leadership	9 - 11	Learn to plan, deliver and evaluate sports leadership sessions in different activities. Learn to independently lead groups of other students and young people and develop the skills and qualities required to do so successfully.	N/A
St. Ives Arts Award	7 & 8	Come and find out about the Arts Award. An opportunity to create a portfolio of your creative involvement in the arts. This is perfect for students who are involved in theatre, music, art or who play an instrument outside or inside school. You will be documenting your achievements as a portfolio.	N/A

Activities S - W

Activity	Year Group	Details	Cost
Strength & Conditioning	10 & 11	Fitness and skill development when using the school fitness areas.	N/A
TED Talks	7 - 11	Learn how to express yourself and develop an understanding of educational speaking through watching selected talks. Take up the opportunity to create your own to develop your persuasive writing skills.	N/A
Ten Tors Training	10 & 11	Training for those students who have signed up for Ten Tors.	N/A
Touch Rugby	7 & 8	Develop and improve core rugby skills through drills, games and matches of non contact rugby.	N/A
Wild Challenge Eco Group	7 - 11	Complete a series of nature based and sustainability challenges. Activities will include: gardening for and surveying bees, bird feeder building, bird species identification, botanical illustration and improving habitats for wildlife around the school site.	N/A
Working with Master Printmaker Oliver West: Marazion	8 - 10	Developing higher level printmaking skills and exploring our rich Art heritage: putting on an exhibition of the work at the end of the workshops.	£10pp
Zine Project	7 - 11	Creating 'self'published' zines - a mini magazine which includes imagery and text. Students will create their own zines as well as collaborate on a larger group zine.	£5pp