

ILife Extended Offer Overview

Below is a curriculum overview, showing what is taught at each stage of the year.

Year 7 - Students complete a 6-week rotation of activities				
Activity	Overview	Mid-cycle Assessment	Skills developed	Assessment week
Craft	<i>Make a variety of items using skills such as sewing, fabric dye work, and paper craft. Improves fine motor and communication skills, enhance mental well-being.</i>	n/a	Craft skills; Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Emotional intelligence; Responsibility; Creativity; Attention to detail; Well-being management; Leadership; Personal challenge	Reflection and evaluation
Learn an Instrument	<i>Achieve the pre-grade 1 certificate in one of these instruments: guitar, bass, ukulele, keyboard or singing. See what instrumental lessons would be like. Build hard musical skills, enhance well-being, and work collaboratively.</i>	n/a	Instrumental skills; Responding to feedback; Resilience; Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Emotional intelligence; Responsibility; Creativity; Attention to detail; Well-being management; Personal challenge	Reflection and evaluation
Philosophy for Kids	<i>Investigate the principles and different methodologies of philosophy, and apply them to class debate of ethical dilemmas, and to individual reflection. Build reflection and reasoning skills, work in teams and individually.</i>	n/a	Debating; Communication; Independence; Problem-solving; Critical thinking; Organisation; Responsibility; Creativity; Attention to detail; Leadership; Personal challenge	Reflection and evaluation
Green Car Challenge	<i>Design and build an electric racing car. Compete for the possibility of being in a team to race at a national competition. Improve listening and tech skills, and work as a team. Develop an interest in automotive technology.</i>	n/a	Driving a mini electric car; Understanding electric cars; Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking;	Reflection and evaluation

			Flexibility; Organisation; Emotional intelligence; Responsibility; Creativity Attention to detail; Well-being management; Leadership; Personal challenge	
History in Motion	<i>You will have the opportunity to experience History in motion. You will be stepping away from the dusty old History books and immersing yourself into the past. This is a unique way for you to connect with the History that surrounds you. Activities will include reenactments, crafts, walking talking History and a chance for you to work in teams to solve investigations.</i>	n/a	Investigation and analysis; Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Organisation; Emotional intelligence; Responsibility; Creativity; Attention to detail; Leadership; Personal challenge	Reflection and evaluation
Photoshop	<i>Familiarise yourself with professional design through Photoshop, and learn its capabilities. Create an imaginative and surreal graphic of your own, to print and take home.</i>	n/a	Design and app skills; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Creativity; Attention to detail; Well-being management; Personal challenge	Reflection and evaluation
Netball Coaching	<i>Experience what it is like to attend professional coaching sessions. Practise and improve transferable sports skills, whilst staying fit and enhancing well-being.</i>	n/a	Netball skills; Teamwork/collaboration Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Emotional intelligence; Responsibility; Attention to detail; Well-being management; Leadership; Personal challenge	Reflection and evaluation

Year 8 - Students complete 3 12-week rotations of activities

Activity	Overview	Mid-cycle Assessment	Skills developed	Assessment week
Isca Explorers	<i>Plan and lead a trail for your group out of school, in the local area. Discover the positive impacts of exercise and nature on well-being, and take time away from study and devices to connect and chat with each other.</i>	n/a	Knowledge of the local area, Teamwork/collaboration; Communication; Independence; Problem-solving; Flexibility; Organisation; Emotional intelligence; Responsibility; Leadership; Well-being management	Reflection and evaluation
World Cup Football	<i>Take part in a world cup tournament. Build your teamwork and collaboration skills to improve each work and win the cup!</i>	n/a	Teamwork/collaboration; Communication; Problem-solving; Critical thinking; Flexibility; Organisation; Emotional intelligence; Responsibility; Leadership; Well-being management; Personal challenge	Reflection and evaluation
Anything Astronomical	<i>Explore space! Work on individual or group projects on literally anything to do with space and the universe. Develop research and presentation skills, and be creative, making models.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Organisation; Emotional intelligence; Responsibility; Creativity; Attention to detail; Well-being management	Reflection and evaluation
Community Challenge	<i>Fundraising, project planning, organisation, research to raise money for a chosen charity, team working Students work as individuals or in small teams to identify a charity they would like to raise money create products they can sell at an event or develop other ways to plan to raise money.</i>	n/a	Teamwork/collaboration; Communication; Problem-solving; Flexibility; Organisation; Emotional intelligence; Responsibility; Creativity; Attention to detail; Leadership; Personal challenge	Reflection and evaluation
German for Beginners	<i>Learn the basics for general conversation through speaking and fun activities on a range of topics. Apply and develop skills you've learnt in other language lessons, to try something new that you could use when travelling, or that you might continue in later life.</i>	n/a	Basic German; Teamwork/collaboration; Communication; Independence; Emotional intelligence; Responsibility; Creativity; Attention to detail; Well-being management; Personal challenge	Reflection and evaluation

Yoga	<i>Learn and develop the principles and techniques of yoga, and work to perfect 3 routines. Follow instructions, enhance your mental and physical well-being, and develop a life-long love of the practice.</i>	n/a	Communication; Independence; Emotional intelligence; Responsibility; Attention to detail; Well-being management; Personal challenge	Reflection and evaluation
Coding	<i>Focusing on Python Coding solely and enhancing your logical reasoning skills. Work to solve and complete tasks in teams; no programmer works alone.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Personal challenge	Reflection and evaluation
Design and Make	<i>Develop practical wood and plastic skills to create an item you can take home and use. Follow a set of instructions, problem solve, and pay attention to detail.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Emotional intelligence; Responsibility; Creativity; Attention to detail; Leadership; Well-being management; Personal challenge	Reflection and evaluation
Learn to crochet	<i>Start with learning the basics of crocheting and work up to producing a collaborative piece of work for the school. Great for well-being, relaxation, social skills, and learning a new hobby that you can continue outside school.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Emotional intelligence; Responsibility; Creativity; Attention to detail; Leadership; Well-being management; Personal challenge	Reflection and evaluation

Year 9 - Students complete 3 x 6-session rotations of activities

Activity	Overview	Mid-cycle Assessment	Skills developed	Assessment week
Multi-sports	<i>Maintain positive mental and physical health by playing a range of sports for fun.</i>	n/a	Teamwork/collaboration; Communication; Independence; Flexibility; Responsibility; Well-being management; Personal challenge	Reflection and evaluation

Skills Builder	<i>Work independently, through a computer-based programme which helps you develop, practise, and reflect on essential employability skills.</i>	n/a	Independence; Problem-solving; Critical thinking; Organisation; Responsibility; Attention to detail; Personal challenge	Reflection and evaluation
Outdoor Design and Make	<i>Contribute to developing the Academy's outside space. Learn about horticulture, and landscape planning, and then put plans into action to transform our environment.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Leadership; Well-being management; Personal challenge	Reflection and evaluation
German for Beginners	<i>Learn the basics for general conversation through speaking and fun activities on a range of topics. Apply and develop skills you've learnt in other language lessons, to try something new that you could use when travelling, or that you might continue in later life.</i>	n/a	Basic German; Teamwork/collaboration; Communication; Independence; Emotional intelligence; Responsibility; Creativity; Attention to detail; Well-being management; Personal challenge	Reflection and evaluation
School Newspaper	<i>Contribute to a student-led publication, working on material from whatever your area of interest is; sports reports, fashion, photography or hard-hitting reports. Whatever you choose, you can do. Develop leadership, collaboration and independence skills, and work to a deadline.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Leadership; Personal challenge	Reflection and evaluation
Office 365 skills	<i>Develop the skills of Microsoft Word, Powerpoint, Excel and Publisher. These are in demand, and essential for many job sectors.</i>	n/a	Office package software skills; Independence; Problem-solving; Organisation; Responsibility; Attention to detail; Personal challenge	Reflection and evaluation

Year 10 - Students complete 6 x 6-session rotations of activities (2 per cycle)				
Activity	Overview	Mid-cycle Assessment	Skills developed	Assessment week
German for Beginners	<i>Learn the basics for general conversation through speaking and fun activities on a range of topics. Apply and develop skills you've learnt in other language lessons, to try something new that you could use when travelling, or that you might continue in later life.</i>	n/a	Basic German; Teamwork/collaboration; Communication; Independence; Emotional intelligence; Responsibility; Creativity; Attention to detail; Well-being management; Personal challenge	Reflection and evaluation
World of Dance	<i>Take a tour around the world, learning about cultures through dance and its meaning. Follow instructions, practise key motifs and work together to perform.</i>	n/a	Teamwork/collaboration; Communication; Independence; Flexibility; Responsibility; Creativity; Attention to detail; Well-being management; Personal challenge	Reflection and evaluation
School Newspaper	<i>Contribute to a student-led publication, working on material from whatever your area of interest is; sports reports, fashion, photography or hard-hitting reports. Whatever you choose, you can do. Develop leadership, collaboration and independence skills, and work to a deadline.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Leadership; Personal challenge	Reflection and evaluation
Outdoor Design and Make	<i>Contribute to developing the Academy's outside space. Learn about horticulture, and landscape planning, and then put plans into action to transform our environment.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Leadership; Well-being management; Personal challenge	Reflection and evaluation
Multi-sports	<i>Maintain positive mental and physical health by playing a range of sports for fun.</i>	n/a	Teamwork/collaboration; Communication; Independence; Flexibility; Responsibility; Well-being management; Personal challenge	Reflection and evaluation

Skills Builder	<i>Work independently, through a computer-based programme which helps you develop, practise, and reflect on essential employability skills.</i>	n/a	Independence; Problem-solving; Critical thinking; Organisation; Responsibility; Attention to detail; Personal challenge	Reflection and evaluation
Film making	<i>Students learn the key elements of a film trailer and collaborate to make their own, building skills using Mac media technology.</i>	n/a	Teamwork/collaboration; Communication; Independence; Problem-solving; Critical thinking; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Personal challenge	Reflection and evaluation
Tour of Italy	<i>Experience the culture, history and language of Italy's major cities, partaking in virtual tours and conversational language activities. Work independently or in collaboration with others to hone your research and presentation skills.</i>	n/a	Basic Italian language and geography; Teamwork/collaboration; Communication; Independence; Flexibility; Creativity; Attention to detail; Personal challenge	Reflection and evaluation
Health Ambassadors	<i>Explore your position of a role model, and how you can persuade and influence others. Through the medium of Relationships Education, research and prepare a campaign to influence young people about positive relationships.</i>	n/a	Teamwork/collaboration; Communication; Problem-solving; Critical thinking; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Leadership; Well-being management; Personal challenge	Reflection and evaluation
Global Citizens	<i>Investigate and debate some key global issues such as Fake News, climate change and veganism. Develop skills of critical thinking and debate, whilst considering important issues of our age.</i>	n/a	Teamwork/collaboration; Communication; Problem-solving; Critical thinking; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Leadership; Personal challenge	Reflection and evaluation
Woolly Craft	<i>Learn how cryptography has been used through history, from the Roman Empire to WW2. Investigate different codes and ciphers, and how to encode your own information. Work together to crack the codes and solve a murder mystery.</i>	n/a	Craft skills; communication; Independence; Problem-solving; Flexibility; Organisation; Responsibility; Creativity; Attention to detail; Well-being management; Personal challenge	Reflection and evaluation

Cryptography	<i>Make a variety of items using skills such as sewing, fabric dye work, knitting and crochet. Improve fine motor and communication skills, and enhance mental well-being.</i>	n/a	Code-breaking and analytical skills; Teamwork/collaboration; Communication; Problem-solving; Critical thinking; Flexibility; Organisation; Creativity; Attention to detail; Personal challenge	Reflection and evaluation
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