



OPTIONS BOOKLET

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**TRURO  
SCHOOL**

# Wednesday Afternoon Activities (WAA)

SUMMER TERM 2024

24 APRIL – 3 JULY

10 SESSIONS

1ST – 4TH YEAR AND

LOWER SIXTH FORM

# Zoe Jobling

## DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



# Gemma Hellings<sup>2</sup>

ADMINISTRATOR TO THE DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



The Wednesday Afternoon Activities programme allows Truro School pupils to participate in a wide range of activities as part of the weekly timetable. In doing so, it is the school's wish that all pupils have the opportunity to partake in activities that will allow them to:

- maintain or develop a healthy lifestyle through activities that will enrich their current and future lives.
- learn a new skill or develop an existing one in a safe environment.
- gain enjoyment from undertaking activities with other pupils, often of different ages, and with staff in a non-classroom context.
- gain satisfaction from making a positive contribution to an activity.
- prepare them for higher education and the world of work through developing skills such as self-discipline, commitment, teamwork, leadership, and greater self-confidence.

Full details of all activities offered to each year groups follow. We ask pupils to select different activities throughout the year, this not only provides a balance of activities, but also allows other pupils to participate in popular activities, if numbers are limited.

We would be grateful if pupils and parents could review the activities on offer **together**; **activities should not be chosen based on what their peers have selected, but instead on a pupils' own interest.**

Parents need to complete the **online form**, (link sent by email), which should be completed no later than **Monday 18 March, 9am.**

Pupils will be informed of their activity week commencing **25 March** via their form tutor.

The first activity afternoon will commence on **Wednesday 24 April 2024** with the last date being **Wednesday 3 July 2024.**

All pupils in the 1<sup>st</sup> Year to 4<sup>th</sup> Year & Lower Sixth are **expected** to select a **Wednesday Afternoon Activity. Period 5/6 on a Wednesday is NOT an extracurricular activity and pupils are expected to attend as timetabled lessons.**

If you require further information about a particular activity or should you have any general queries concerning the activities, please contact the Wednesday Afternoon Activity Team on [waa@truroschool.com](mailto:waa@truroschool.com)

Zoe Jobling  
Deputy Head (Co-Curriculum & Partnerships)

Gemma Hellings  
Administrator to the Deputy Head (Co-Curriculum & Partnerships)



Pupils, via parents/guardians, should indicate their four preferences on the Wednesday Afternoon Activities Summer Term 2024 Options form (online form) which is emailed to all parents. **Changes will not be permitted once term commences, unless there is a medical reason so, please choose together carefully.**

**A message from Mr Sanderson- Director of Sport:**

When choosing your preferred activity, please bear in mind that if you do not choose a sporting activity, you will miss out on Wednesday fixtures. If you attend your school club training sessions, you are still eligible to play matches on other days. If you want to participate in Wednesday fixtures, the best option is to select that sport as your Wednesday Activity on the online form. If you are unsure, please contact [djs@truroschool.com](mailto:djs@truroschool.com)

<b>Art - Ceramics (S)</b>		<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b>  <b>16 Spaces</b>
<b>Description</b>	Pupils will be developing a ceramic project that gives them the chance to expand their knowledge and skills.	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Art - Print Making (S)</b>		<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b>  <b>16 Spaces</b>
<b>Description</b>	Exploring a variety of different print methods including mono print, lino print, dry point, metal etching and screen printing.	
<b>Equipment</b>	Provided by school	
<b>Time</b>	2.05 – 3.50pm	
<b>Costs</b>	N/A	

<b>Athletics and Fitness (P)</b>		<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b>  <b>No minimum/ maximum</b>
<b>Description</b>	Pupils will be able to participate in a range of athletic events, alongside army style fitness sessions	
<b>Equipment</b>	School PE Kit and tracksuits	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	



BMX (P)		
<b>Description</b>	Pupils will have the opportunity to participate in BMX under the expert guidance of Tracey Clapton a coach from Cornwall BMX. Sessions will take place at Cornwall BMX, North Hill, Blackwater. Take a look at this <a href="#">video</a> to see what Cornwall BMX sessions are like. These sessions will cater for all abilities of riders and skills will be adapted to allow all to make progress throughout the course.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Equipment will be borrowed from the centre, including bikes and helmets. <b><i>Pupils are required to bring their own full finger gloves, elbow pads, and knee pads.</i></b> All riders must wear the following to participate long sleeve shirt, long trousers, full fingered gloves. Additional padded shorts, elbow pads or body armour are recommended but not compulsory. Please note that Cornwall BMX is exposed to the elements and riding will continue in most conditions. The conditions set out in Cornwall BMX's risk assessment must be followed to participate.	<b>Lower Sixth</b>  <b>10 Minimum</b> <b>15 Maximum</b>
<b>Time</b>	1.05pm – 4.30pm	
<b>Costs</b>	£100 per term (10 Sessions) This is a termly charge and no refunds will be given for missed sessions.	

Board Games (S)		
<b>Description</b>	In Board Games you will play some of the most fun and interesting games of recent years. You can either turn up to learn a new game, bring your own favourite to teach to people or play one of the games available each week. The types of game we play will be varied with something for everyone! Examples include: Catan, Werewolf, Azul, Great Western Trail, Gloom haven, Codenames and many more. Develop your strategy, tactics, and negotiation skills all while having fun and meeting new people.	<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b>
<b>Equipment</b>	Provided by the school	<b>No minimum/ maximum</b>
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Choristers (S)		
<b>Description</b>	This option is only available for current boy and girl Choristers. The time will be used for music theory tuition for those who wish to work towards grade 5 theory, or they may opt to use this time for private study or music practice/lessons.	<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b> <b>Choristers Only</b>
<b>Equipment</b>	N/A	
<b>Time</b>	2.05pm – 3.50pm	<b>No minimum/ maximum</b>
<b>Costs</b>	N/A	

Community Volunteering (V)		
<b>Description</b>	Pupils may volunteer at local nurseries, charity shops, the Truro Methodist Church and at the Prep and Pre-Prep School. This may count towards the Duke of Edinburgh's Award and pupils not participating in the award are also welcome. Interested pupils should contact Mr Chamberlain for further details <a href="mailto:ADC@truroschool.com">ADC@truroschool.com</a> This will involve going off-site to their chosen location.	<b>4th Year</b>  <b>Lower Sixth</b>
<b>Equipment</b>	School uniform or smart casual clothing (no denim or inappropriate clothing)	<b>No minimum/ maximum</b>
<b>Time</b>	Varies, depending upon the activity	
<b>Costs</b>	N/A	



<b>Cookery 'Summer Cooking' (S)</b>		
<b>Description</b>	<p>Hands on cookery course including a wide range of basic cookery skills to make some classic 'recipes for a lifetime' including:</p> <ul style="list-style-type: none"> <li>• Summer Pavlova</li> <li>• Thai beef salad</li> <li>• Mango and chicken curry</li> </ul> <p>The cost of activity will include all ingredients, tuition and recipes. This will include suitable, recyclable/reusable, containers in which to bring home their creation in one piece.</p> <p>***Please advise us of all dietary needs when booking and we will do our very best to adapt recipes to accommodate all requirements if possible. ***</p> <p>***Please note pupils will need to commit to the whole course although a 'takeaway kit' of ingredients and a recipe can be provided by arrangement for any missed weeks. ***</p> <p>Any questions or notification of dietary needs please email Mrs Petty at <a href="mailto:cookeryclubs@truroschoo.com">cookeryclubs@truroschoo.com</a></p>	<p><b>4th Year</b></p> <p><b>20 Spaces</b></p>
<b>Equipment</b>	All supplied	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	£120 for the Summer Term (10 sessions), to include all ingredients and containers. This is a termly charge and no refunds will be given for missed sessions.	

<b>Cricket (P)</b>		
<b>Description</b>	Cricket is offered as both a competitive and recreational option. Team players will play scheduled fixtures, with non-team players engaging in coaching and practice matches. Pupils who want to represent the school at Wednesday matches should choose this option.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Cricket whites or school PE kit to be worn, personal cricket equipment if owned can be brought to the school. There will be school equipment to borrow if needed	<b>Lower Sixth</b>
<b>Time</b>	2.05pm – 3.50pm (varies dependent on fixtures)	<b>30 Spaces Per Year Group</b>
<b>Costs</b>	N/A	

<b>Digital Photography (S)</b>		
<b>Description</b>	Exploring their creativity or developing understanding, in this activity pupils will have the opportunity to consider how cameras and lenses work and exploit the numerous camera settings beyond point-and-shoot. They can also develop techniques in editing their images using image processing and manipulation software. The pupils will use other Wednesday activities and school grounds as their muses	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Pupils should provide their own digital camera.	<b>Lower Sixth</b>
<b>Time</b>	2.05pm – 3.50 pm	<b>16 Spaces</b>
<b>Costs</b>	Pupils may print their pictures, up to A1 size, with a charge being added to the end of term bill.	



Drama Crossroads Musical (S, V)		2nd, 3rd & 4th Year  & Lower Sixth  25 Spaces
<b>Description</b>	Please only sign up for this if you are already involved in the production. The performances will be 20 – 22 June. <i>Please complete the online form to choose this option even if you have signed up previously.</i>	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Drama and Dance Junior Play 'Lark Rise' (S, V)		1st, 2nd & 3rd Year  40 Spaces
<b>Description</b>	Please only choose this option if you are already a member of the production for 'Lark Rise' this includes Lisa's WAA dancers. Performances will be 2 - 3 July. <i>Please complete the online form to choose this option even if you have signed up previously.</i>	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Dungeons & Dragons (S)		1st, 2nd, 3rd & 4th Year  Lower Sixth  13 Spaces
<b>Description</b>	Explore subterranean labyrinths! Plunder hordes of treasure! Battle legendary monsters! Dungeons & Dragons is a storytelling role-playing game set in a world of swords and sorcery, driven only by your imagination. It's about picturing a crumbling castle in a darkening forest and imagining how a fantasy adventurer might react to the challenges that scene presents. In this fantasy world, the possibilities are limitless. This activity uses the <a href="http://D&amp;D Beyond website">D&amp;D Beyond</a> website. In order to take part, you'll need to create either a <i>Wizards</i> , <i>Apple</i> , or <i>Google</i> account <b>before the first session</b> using the following link: <a href="http://dndbeyond.com/create-account">dndbeyond.com/create-account</a> . <b>If you are under 13 you will need your parent's assistance to create your account.</b> If you already have one of the above accounts, you can use this to login into the D&D Beyond website. Please ensure you have full access to your account before the first session and bring your account's username and password with you.	
<b>Equipment</b>	The school will provide Windows Surface devices to access the <a href="http://D&amp;D Beyond website">D&amp;D Beyond</a> website. If you wish, you may use your own smart device or laptop instead.	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Fencing (P)		1st, 2nd, 3rd & 4th Year  Lower Sixth  14 Spaces
<b>Description</b>	Fencing is a high-octane combat sport which tests mental and physical strength, as well as discipline, tactical and technical ability. This sport is accessible to all ages and all abilities, and it is a great sport for improving fitness, as well as being a huge amount of fun.	
<b>Equipment</b>	School PE t-shirt, tracksuit bottoms and trainers to be worn. All technical equipment will be provided. Please bring a water bottle.	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	



<b>Gardening Club (S)</b>		
<b>Description</b>	Get your hands dirty helping us transform the site into a mass of colour and produce. Please bring wellies and gardening gloves if you have them. We will be focusing on developing key areas within the school grounds.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Gardening gloves and wellies	<b>Lower Sixth</b>
<b>Time</b>	2.05pm – 3.50 pm	<b>16 Spaces</b>
<b>Costs</b>	N/A	

<b>Girls Football and Rugby (P)</b>		
<b>Description</b>	An opportunity to practice and learn more about rugby and football. The rugby will be tag (contact skills for those who want to) and the football will be skills based. If you choose this option, you will take part in <b>both</b> sports across the afternoon. It will be mainly recreational but there may be a possibility for some fixtures to take place, in tag rugby and football. Groups within the session will be based on a bio-banding system.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	School PE Kit to be worn.	<b>Girls Only</b>
<b>Time</b>	2.05pm – 3.50 pm	<b>No minimum/maximum</b>
<b>Costs</b>	N/A	

<b>Golf at Truro Golf Club (P)</b>		
<b>Description</b>	All abilities are welcome. Sessions will be led by a Truro Golf Club Pro – Scott Richards, or one of his team.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	All equipment provided, but if you have your own equipment, you are welcome to bring it.	<b>Lower Sixth</b>
<b>Time</b>	2.05pm – 4.30pm	<b>9 Spaces</b>
<b>Costs</b>	£100 for the Summer Term (10 sessions) This is a termly charge and no refunds will be given for missed sessions.	

<b>Golf at Perranporth Golf Club (P)</b>		
<b>Description</b>	This is for more experienced golfers at Perranporth Golf Club with coaching from professional Richard Sadler.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Pupils to provide their own clubs.	<b>Lower Sixth</b>
<b>Time</b>	1.15pm – 4pm	<b>14 Spaces</b>
<b>Costs</b>	£100 for the Summer Term (10 sessions) This is a termly charge and no refunds will be given for missed sessions.	



<b>Horse Riding (P)</b>		
<b>Description</b>	At Goonbell Riding School, beginners and novices will learn the basics of riding and horsemanship whilst intermediate pupils will be able to improve their flatwork and begin jumping. As well as lessons in the large indoor school there will be regular opportunities to ride out on the local bridleways. This group is not suitable for very experienced riders. Each session lasts an hour.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Boots or shoes with a small heel, a waterproof jacket in inclement weather and tracksuit bottoms or jodhpurs should be worn. Riding gloves with grip palms are desirable. A well-fitting riding helmet conforming to EN1384 or PAS015 safety standards is essential and may be borrowed from the riding school	<b>Lower Sixth</b>
<b>Time</b>	1.10pm – 4pm. A packed lunch will be provided each week for all pupils	<b>8 Spaces</b>
<b>Costs</b>	£300 for the Summer Term (10 sessions) This is a termly charge and no refunds will be given for missed sessions.	

<b>Music GCSE (S)</b>		
<b>Description</b>	Open to pupils in the GCSE music sets or those who have been accepted to take the 4 <sup>th</sup> Year one-year GCSE course. If in doubt, please contact Mr Osmond <a href="mailto:rto@trurosschool.com">rto@trurosschool.com</a> . <i>Please complete the online form to choose this option even if you have signed up previously.</i>	<b>4th Year</b>
<b>Equipment</b>	To be provided by the school	<b>20 Spaces</b>
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Psychology – Practice your Research Skills (S)</b>		
<b>Description</b>	Put your research methods knowledge into practice by spending your Wednesday afternoon carrying out investigations in Psychology. Examples of practical's: face recognition, social proof, memory experiments, observational research, questionnaires and interviews, content analysis of artwork, the audience effect. We will do some in school and also plan to conduct research off-site. You can help to choose which practical's we carry out, as well as contribute to their design and analyse the data. Knowledge of Psychology will help, but not necessary.	<b>Lower Sixth</b>
<b>Equipment</b>	To be provided by the school	<b>16 Spaces</b>
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Physics, Electronics and Astronomy (S)</b>		
<b>Description</b>	We will be looking at various aspects of physics, electronics, and astronomy. We usually make a visit to a local point of interest. We will follow an introduction to understanding and building electronic circuits, including soldering skills. Using the numerous telescopes that we have in our `observatory` base in the fields above the school, we will undertake both observational and theoretical activities.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Provided by the department	<b>16 Spaces</b>
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	



<b>Physical Computing (S)</b>		<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b>  <b>16 Spaces</b>
<b>Description</b>	Pupils interested in computing, programming and electronics will have the opportunity to learn about Physical Computing by programming the Raspberry Pi Pico, Arduino Uno, and BBC micro: bit with various electronic components as inputs and outputs. Some previous programming experience will be beneficial, a willingness to use your imagination, take risks and try hard is essential. Programming will mainly be on the Pico in micro-Python but may also include Arduino sketches in C/C++ or micro: bit make code block-based programming language.	
<b>Equipment</b>	N/A	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Rounders (P)</b>		<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b>  <b>No minimum/maximum</b>
<b>Description</b>	Rounders is both a competitive and recreational option. Team players will play away at fixtures on some Wednesday afternoons, with home fixtures also held on some Thursdays; with non-team players engaging in coaching and practice matches.	
<b>Equipment</b>	School PE kit to be worn all other equipment is provided by the school.	
<b>Time</b>	2.05pm – 3.50pm dependent on fixtures	
<b>Costs</b>	N/A	

<b>Rugby Fitness- Boys Only (P)</b>		<b>Lower Sixth</b>  <b>Boys Only</b>  <b>No minimum/maximum</b>
<b>Description</b>	Rugby is played for recreation purposes in the summer term. Players will play most Wednesday afternoons, with non-team players engaging in coaching and practice sessions for enjoyment. In this term, any questions on this option please contact <a href="mailto:TME@truroschoo.com">TME@truroschoo.com</a> . This activity will take place offsite at Truro Rugby Club.	
<b>Equipment</b>	PE kit and to be worn, no contact out of season.	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Sailing (P)</b>		<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b>  <b>12 Spaces</b>
<b>Description</b>	Beginners or more advanced sailors' welcome. Learn to sail your own dinghy or develop your previous sailing skills with the very experienced Children's' Sailing Trust (CST) on the beautiful Helford River. Under the expert eye of a RYA Dinghy Instructor, students will soon be sailing their own dinghy, and can work towards the Royal Yachting Association (RYA) dinghy schemes, with logbooks issued to record progress and certificates awarded upon successful completion of each stage. In inclement weather conditions this activity will be moved to Trevassack Lake on the Lizard instead.	
<b>Equipment</b>	Wetsuit, shoes (preferably wetsuit boots), a light waterproof jacket (ideally a spray top) and towels / dry robe. Helmets and lifejackets can be borrowed, but please bring your own if you prefer. Pupils will need to change before leaving school as there are limited changing facilities at the river. Trevassack Lake has both male and female changing rooms. It is advisable to bring sun cream and water.	
<b>Time</b>	1.00pm – 5.00pm	
<b>Costs</b>	£325 for the Summer Term (10 sessions). This is a termly charge and no refunds will be given for missed sessions.	



<b>Sewing and Embroidery (S)</b>		
<b>Description</b>	This is an opportunity to learn how to sew and embroider a variety of stitches whilst making decorations for festivals, felt items, sock creatures and many more!	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Provided by the school	<b>Lower Sixth</b>
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	<b>16 Spaces</b>

<b>Skateboarding (P)</b>		
<b>Description</b>	Pupils will have the opportunity to participate in skateboarding under the expert guidance of the staff at Mount Hawke Skatepark.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	There is minimal equipment to borrow at Mount Hawke, so pupils need to have their own equipment. Pupils should bring in their own skateboards and helmets. Skateboards must not be used around the school site; therefore, pupils must only bring their own skateboard into school if they store it safely each Wednesday in their form room. Priority will be given to new pupils who have not accessed this activity in previous terms.	<b>Lower Sixth</b>
<b>Time</b>	1.15pm – 5.00pm	<b>24 Spaces</b>
<b>Costs</b>	£70 for the Summer Term (10 sessions) This is a termly charge and no refunds will be given for missed sessions.	

<b>Surfing 'Competition Group' (P)</b>		
<b>Description</b>	Working with Global Boarders to develop our surfing academy, the Performance group will travel by minibus to various locations to find the best conditions. Parents and Pupils will be notified by Wednesday morning which location will be used. The Competition group is for surfers who have an excellent skill set and proven record. Surfers will be disciplined, well behaved and have a desire to improve. They will receive top class coaching, feedback, and analysis to help them improve. Numbers are limited to make sure each pupil receives the best surf experience. Please note that this activity will not return in time for the school buses.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Pupils to provide summer thickness wetsuit, hood, gloves, boots, board, changing robe. Sun cream is also required. Equipment can be borrowed if required, however pupils in this group, as regular surfers, are welcome to bring their own.	<b>Lower Sixth</b>
<b>Time</b>	1.30pm – 6.00pm	<b>10 Spaces</b>
<b>Costs</b>	£240 for the Summer Term (10 sessions) This is a termly charge and no refunds will be given for missed sessions.	



<b>Surfing 'Progressive Group' (P)</b>		
<b>Description</b>	Working with Global Boarders to develop our surfing academy, sessions will be based at Praa Sands, Gwithian, South Fistral, The Bluff, Hayle, Porthkidney or Mounts Bay depending on the best conditions that week. Parents and Pupils will be notified by Wednesday morning as to which location will be used. Beginners should choose this option. Pupils will be split into ability groups as decided by the experienced coaches from Global boarders. Boards and equipment can be provided for pupils according to their needs and small group coaching, video analysis and pool training are all part of the package. Pupils are welcome to bring their own equipment, but the coaches will approve the kit before it is used. If you are thinking of investing in kit, please ask one of the coaches for advice before making purchases. Please note that this activity will not return in time for school buses.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	All equipment will be provided if required, however pupils are welcome to bring their own wetsuit, hood, gloves, boots, and board. A changing robe and sun cream are required.	<b>Lower Sixth</b>
<b>Time</b>	1.30pm – 6.00pm	<b>20 Spaces</b>
<b>Costs</b>	£185 for the Summer Term (10 sessions). This is a termly charge and no refunds will be given for missed sessions.	

<b>Surfing 'Beginners Group' – Learn to Surf with Stoked Surf School (P)</b>		
<b>Description</b>	Surfing with Stoked Surf School in Perranporth. These sessions are perfect for beginners. The group will work with coaches on building confidence in the water, catching waves and how to read a 'surf chart' to find the best surf spot. Boards and equipment will be provided for pupils. Please note that this activity will not return in time for school buses.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	All equipment will be provided if required, however pupils are welcome to bring their own summer thickness wetsuit, hood, gloves, boots and board. A changing robe and sun cream are required. Pupils are welcome to bring their own equipment, but the coaches will approve the kit before it is used. If you are thinking of investing in kit, please seek coach advice before purchasing.	<b>Lower Sixth</b>
<b>Time</b>	1.30pm – 5.00pm	<b>16 Spaces</b>
<b>Costs</b>	£185 for the Summer Term (10 sessions). This is a termly charge and no refunds will be given for missed sessions.	

<b>Swimming (P)</b>		
<b>Description</b>	Pupils will be following training programmes to improve technique, strength and stamina in swimming.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	Swimming costume, goggles, and a towel.	<b>Lower Sixth</b>
<b>Time</b>	2.05pm – 3.50pm	<b>20 Spaces</b>
<b>Costs</b>	N/A	

<b>Tennis (P)</b>		
<b>Description</b>	Located at School, this is an activity suited to players of all abilities; differentiated by ability to improve their singles and doubles game.	<b>1st, 2nd, 3rd &amp; 4th Year</b>
<b>Equipment</b>	School PE kit to be worn	<b>Lower Sixth</b>
<b>Time</b>	2.05pm – 3.50pm	<b>35 Spaces</b>
<b>Costs</b>	N/A	



<b>Wargaming (S)</b>		<b>1st, 2nd, 3rd &amp; 4th Year</b>  <b>Lower Sixth</b>  <b>16 Spaces</b>
<b>Description</b>	In Wargaming, groups of pupils try their hands at some of the most popular specialist board games, mostly historical simulations and/or resource management. This activity offers pupils opportunities for competitive interaction, problem-solving and teamwork, not to mention broadening their knowledge and understanding of the past.	
<b>Equipment</b>	To be provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

### **Duke of Edinburgh**

Throughout this booklet suggestions are made where these activities can be used for Duke of Edinburgh sections. This is not a complete list and doesn't guarantee ability and suggestions should be discussed with Mr Aston ([mra@truoschool.com](mailto:mra@truoschool.com)).

<b>Volunteering (V)</b>	Undertaking service to individuals or the community (must not be for a business)
<b>Physical (P)</b>	Improving in an area of sport, dance or fitness activities (if you sweat...it is a physical)
<b>Skill (S)</b>	Developing practical and social skills and personal interests (not sporting or physical activities)



**Truro School Senior and Sixth**

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