

27/3/25

Dear Students in current Year 9 and Year 10 and Parents for information.

### THURSDAY AFTERNOON ACTIVITIES (TAA) ACADEMIC YEAR 2025-26

As part of their weekly timetable, all Year 10 and Year 11 students take part in one of the various activities offered on Thursday afternoons throughout the school year. We consider these activities an important part of school life. They are intended:

- To allow extra time for students to develop skills in areas in which they are already interested
- To offer them the opportunity to try something new and to develop new skills
- To allow them to do something that will be of value to the wider community

Information on various activities is included below. If you would like any further details about the CCF please contact Squadron Leader Matthews ([srm@rgshw.com](mailto:srm@rgshw.com)) or visit our website to find further information and a short video [here](#). A promotion video is also available on YouTube [here](#).

All students should read the list of activities on offer very carefully. We will do our best to give everyone three of their five choices (**Year 10 students moving into Year 11 are given priority**) but would emphasise that the numbers for each activity are limited and inevitably some students will be disappointed. Please note that we cannot guarantee at this stage that every activity will run.

**Y9 students: Please complete this form via this link [TAA Choices](#) by 9:00 am on Monday 31st March.**

**NB: This form is only accessible by students. You must give 5 choices in order of preference. Please complete this form by the deadline and with all 5 preferences completed. All correct applications will be processed first.**

Yours sincerely

Tim Fossey

Assistant Head

#### Summary of choices – details below

|   |                   |    |                  |    |                  |    |                           |
|---|-------------------|----|------------------|----|------------------|----|---------------------------|
| 1 | <b>CCF Army*</b>  | 7  | Board Games      | 13 | Fives            | 19 | Psychology for Beginners  |
| 2 | <b>CCF RAF*</b>   | 8  | Cookery          | 14 | Football         | 20 | Politics for Beginners    |
| 3 | Archery (Y9 only) | 9  | Creative Writing | 15 | <b>Japanese*</b> | 21 | <b>Rowing (Y10 only)*</b> |
| 4 | Art               | 10 | Drama            | 16 | Kabaddi          | 22 | <b>Social Service*</b>    |
| 5 | Badminton         | 11 | Film Club        | 17 | Media Studies    | 23 | Tennis                    |
| 6 | Basketball        | 12 | Fitness          | 18 | Music            |    |                           |

### YEAR 10/11 THURSDAY AFTERNOON ACTIVITIES

**\* = one-year course. If accepted, you will be expected to remain in the activity for three terms**

### **COMBINED CADET FORCE (CCF) \***

The RGS has one of the most dynamic CCFs in the country and we run activities for students on and off-site. The CCF has two Sections: Army and Royal Air Force. Our aim is to give cadets the opportunity to develop qualities of responsibility, self-reliance, teamwork, leadership, resourcefulness, perseverance and a sense of service to the community. These qualities are useful both in civilian life - to which most go - and in the Services. This purpose is reflected in both military training and adventure training. On Thursdays, Sections train for their cadet qualifications in a way appropriate to each Service. During term time the majority of the training is at school, but the Sections regularly go off-site in the holidays and at weekends. To gain full benefit, a cadet would be wise to go on the Field Days, Range Days and Weekend / Annual / Adventure Training Camps; these are optional but add greatly to the CCF experience. The Ministry of Defence also runs a variety of courses for cadets. Promotion through the ranks gives practice in the exercise of genuine responsibility and is a very important contribution to the life of the Contingent.

Those who join the CCF are expected to stay in the CCF for the whole year and to participate in all the activities. Please note there is an annual subscription fee according to year group and section which for Year 10 2024-25 will be £100 for both Services plus an additional cost of approximately £100 for clothing and equipment not supplied by the MOD, including boots. This is applicable in the first year only. The annual subscription covers the cost of staff administration and training, shared equipment, and insurance. If you feel that the cost involved is prohibitive, please contact Sqn Ldr Matthews in confidence and he will see if there is funding available to assist you.

### **ARCHERY (Summer Term / Year 9 only may choose this)**

Channel your inner Katniss Everdeen, Robin Hood or Legolas and have a go at archery. All equipment supplied, suitable for all levels.

### **ART**

Priority is given to those **not** doing Art for GCSE.

### **BADMINTON**

Beginners or experienced players – all are welcome.

### **BASKETBALL**

Beginners or experienced players – all are welcome.

### **BOARD GAMES**

Pit your wits against other players. You will need to have some knowledge if you wish to play chess. All other games (such as Risk, Cribbage, Scrabble, Game of Life, Uno) require enthusiasm but no specific knowledge!

### **COOKERY**

Survival in the kitchen! This course is an introduction to the basics of cookery – planning, budgeting, cooking and eating. **There will be a small charge (£20) for the ingredients needed.** Students may bring the finished product home.

### **CREATIVE AND PROFESSIONAL WRITING**

This writing course will be a study of the art and the science of written prose. It will cover creative fiction writing (such as short stories, or children's/Young Adult fiction), as well as creative non-fiction writing (such as journalism, looking at a range of article types, or travel writing). There will also be opportunities to meet professional writers and writing tutors during the course, and your writing will undoubtedly improve. The course will be tailored to those who sign up, with topics agreed according to your areas of interest.

### **DRAMA**

This is a practical course offering students the chance to create, direct, perform and design their own drama pieces. It will be based on practical exploration of scripted and non-scripted pieces.

## FILM CLUB

Film Club is for anyone who enjoys the magic of cinema. From action to sci-fi, from historical epic to horror, from animation to rom-com, there is something for everyone in this programme. Each week's session will be themed, for example, animation, Spielberg, comedy, horror etc. There will be a mix of quizzes, behind the scenes looks at how films are made, video essays looking at different cinematic techniques, acting styles, musical scores, and of course, selecting some of the best scenes to showcase these and enjoy.

## FITNESS

This time provides individual students with the opportunity to develop an area of physical/technical/tactical skill, which will enable them to maximise their potential in their chosen sport. For those in team sports, this could link in with their Individual Development Plans.

## FIVES (Autumn/Spring)

There are only 2 state schools in the country where you can play Fives - with 3 Fives courts between them, 2 of which are at RGS! Fives is similar to squash but played with the gloved hand rather than with a racket. There will be the opportunity to play at other schools who have well developed teams and facilities. **If you are in the RGS Fives team and wish to do Fives for 2 terms rather than one, please indicate this on the form (Fives – school team).**

## FOOTBALL

For players of all abilities. TAA Football runs in a league or cup format and takes place on the School Astro in the first two terms and then on grass in the summer. **Please note that when played on the Astros only permitted footwear may be worn. See details at the end of this list.**

## JAPANESE \*

This is a beginners' language course for Y10-Y12 students. You will learn how to talk about yourself, your hobbies, sports and family, as well as covering a topic on shopping, reading a menu and ordering food. You will develop your reading, writing, listening and speaking skills and have the opportunity to find out about the culture of Japan, watch anime and try some Japanese dishes.

## KABADDI

Kabaddi is a popular south-Asian team sport played for centuries in the Indian subcontinent regions, and the national sport of Bangladesh - <https://www.youtube.com/watch?v=JG83zfhqGAU> It is played between 2 teams, involves tackling and agility and is synonymous with speed, thrill and fitness. All are welcome. **Please note that when played on the Astros only permitted footwear may be worn. See details at the end of this list.**

## MEDIA STUDIES

This is a practical and theoretical course embedded in the industry of Film, Television, Radio and Newspaper publishing. We will be looking specifically at key moments of Film and Television history and the work of one chosen Auteur. We will discuss how to read film language and identify mise-en-scene, cinematography, editing and sound and innovation in the artistic form through technology. This activity is a brief introduction to students who enjoy the visual arts and have an active interest in cinema and the media industry.

## MUSIC

A practical music making and composition session - musical ability on at least one instrument is essential.

## PSYCHOLOGY FOR BEGINNERS

Are you interested in optical illusions, understanding the criminal mind, or what affects human behaviour? Psychology is the study of mind and behaviour. Join 'Psychology for Beginners' to further your interest in these areas and many others. You will be able to participate in psychological experiments and design your own psychological experiment! This is an amazing opportunity to discover a new subject and develop transferable skills of leadership, collaborative working and problem solving.

## POLITICS FOR BEGINNERS

Each week we'll look at famous leaders, political parties, ideologies and for all who would like to, you will be very welcome to share your views!

## ROWING (Members of current J15 and RGS Rowing Club only)\*

For those who expect to be members of both the J16 crews next year and the RGS Rowing Club.

## SOCIAL SERVICE \*

Service and volunteering help develop empathy and compassion as individuals gain a deeper understanding of the challenges and needs of others. This fosters a sense of care, kindness, and a willingness to help those in need, building a strong character foundation. We aim to encourage students to have a sense of social responsibility by helping those who are younger than themselves. Students spend approximately one hour mainly helping children in primary schools. Where possible, students are placed as near to their own home as practicable or in the vicinity of RGS. This establishes a wonderful relationship between the students and the community in an atmosphere of help and trust. It is hugely appreciated by the organisations, while students gain a real sense of service and an experience that they can use for DofE, UCAS personal statements, or future job applications.

## TENNIS

Tennis is open to players of all levels from complete beginners to experienced club players. We have basic skill development sessions, free play and tennis related games and competitions. We use the courts at Hazlemere Tennis Club (Autumn/Spring Term) and the School Astro (Summer Term). Rackets and balls will be provided, but feel free to bring your own racket if you prefer.

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## Bronze Duke of Edinburgh's Award

Please note that some Thursday Afternoon Activities are approved for the Bronze Duke of Edinburgh's Award provided they are undertaken for a minimum of 12 weeks. Students taking part in the Award should refer to the [DofE Programme Ideas](#) list to confirm which section the activity is approved for. Activity logs are available [here](#).

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## PERMITTED FOOTWEAR:



### Artificial Ground (AG) RECOMMENDED

Specifically designed for extra abrasion, these boots usually feature more numerous and densely concentrated studs that vary in height and may be hollowed out.



### Firm Ground (FG) RECOMMENDED

Sole plates feature moulded studs which are evenly dispersed across the foot to offer enhanced traction and comfort.



### Hard Ground (HG) RECOMMENDED

Sole plates utilise a harder Thermoplastic polyurethanes compound for enhanced durability and typically feature multiple slightly shorter, evenly dispersed studs for optimal pressure distribution.



### Turf Trainer (TF) ONLY WHEN DRY

Otherwise known as Astro's, they feature a solid rubber outsole with numerous, small multidirectional lugs spread across the sole, which offer limited grip in wet conditions.

# FORBIDDEN FOOTWEAR:



## Soft Ground (SG) TEAR THE SURFACE

Sole features removable, replaceable screw-in studs and typically come in a six-stud configuration, with four at the forefoot and two at the heel.



## Soft Ground Pro (SGP) TEAR THE SURFACE

Also known as Hybrid or Mixed Stud, the sole plate comprises of a combination of conical screw-in studs and moulded studs, which are most commonly bladed.



## Blades CAN CAUSE INJURY

Sole plates feature multiple straight slightly shorter, evenly dispersed studs that can restrict movement and turning which could cause injury.



## Flat Sole (Indoor) NO GRIP & FLATTEN SURFACE

Sole made up of non-marking materials such as moulded gum rubber and feature pivot points, flex grooves and herringbone patterns.