



BARNARD CASTLE SCHOOL

# MIND, BODY AND SOUL



Year 7 and 8 Activity Programme

In Years 7 and 8, students gain experience of a wide variety of activities (over 30 in total). These run on Monday, Tuesday and Thursday evenings between 4.00pm and 5.00pm. The programme is designed to expose children to as many different experiences as possible, and is broadly categorised into physical ('Body'), mental ('Mind') and spiritual/ creative ('Soul'). In their groups of 10-12, they are on a carousel system, changing activities every five weeks.



**'Mind' activities include:**

- Chess
- Languages (Russian, Egyptian  
Heiroglyphs/Classical Greek/  
Portuguese)
- Crosswords
- Scrabble
- Current Affairs
- Relaxation
- Money Matters
- Public Speaking
- Contract Bridge





## ‘Body’ Activities include:

- Squash
- Running
- Gym/ fitness
- Table Tennis
- Pool Time
- Hockey and Cricket
- Skills
- Sports Hall Games
- Raft Building



## ‘Soul’ activities include:

- Baking/ cooking
- Pottery
- 20th century Music
- Classical Music
- Origami
- Gardening
- Sketchbooking
- Textiles
- Nature





BARNARD CASTLE SCHOOL | COUNTY DURHAM | DL12 8UN