



Computer Science & Wellness Rotation

	Year 7	Year 8
Computer Science	<p>What's inside a computer? Explore the different components inside a computer and what to look for in terms of PC performance.</p> <p>Keeping Safe and Secure What does a secure password look like? What techniques are used to try and get my data and how can I prevent these?</p> <p>Thinking Like a Computer Writing instructions so that a computer would understand them. Developing skills in problem decomposition, and sequencing events.</p> <p>Programming Skills Using Scratch to program a computer – from shapes to games.</p>	<p>Data Representation It's all ones and zeros to me! What is binary and how is it used to represent images, sounds and everything we do on a computer.</p> <p>Computer Networks How computer networks and the internet works. What equipment is needed to make this happen? How do we measure network performance? What is data transmitted across a network?</p> <p>Operating Systems What do operating systems such as Windows 10 or Apple iOS do? How do they help make our interactions with computers easier and more user friendly?</p> <p>Programming Skills Introduction to programming in Python (a programming language used at GCSE – but also by Google, Spotify, Instagram etc.</p>
Wellness	<p>This is course for Year 7 and 8 pupils to promote physical, mental and social wellbeing. The course will lead pupils through the process of exploring a range of activities which can help them to make healthy choices which achieve physical vitality, social satisfaction, a sense of accomplishment and personal fulfilment. Students will experience a range of topics including fitness, nutrition, self-acceptance, personal growth, body image, positive emotions and mental health, all of which contribute to a fulfilling and meaningful lifestyle. Some lessons will be physically active, some discursive or creative and others will involve leadership skills, confidence building tasks and reflection on choices we make in our lives. All of these skills will aim to build awareness of how a person can improve their psychological and physical wellbeing, in order to live a happy, engaging and prosperous life.</p>	
<p>Students have one lesson of Computer Science or one lesson of Wellness each week. They are taught in small mixed ability groups with a maximum class size of 22 (the same classes as the Technology rotations). Each rotation lasts approximately ten weeks. Homework and assessment will vary depending on the rotation and topic.</p>		