

# Year 9

## Autumn 2025 SDL Options Booklet

The UCL Academy vision is that students will experience an inspirational world-class education built on a culture of academic excellence, social responsibility and a transformational curriculum. Self-Directed Learning (SDL) supports this vision by offering all students the opportunity to experience learning and skill development outside of the academic curriculum.

SDL activities run on Wednesdays and Thursdays during the last lesson of the day. There are lots of different activities on offer and you are able to give your preferences on which one you do. This is a fantastic opportunity for you to try something you have never done before or to spend more time doing something you already enjoy. A mix of these is best!

**This SDL Cycle runs from 17 September to 4 December 2025**

**SDL runs in Lesson 7 on Wednesdays and Thursdays**

Please read the descriptions and key information carefully so you understand when and how often each SDL will run, and also if there are any additional application/auditioning processes required.

Students will be able to apply for their SDL via a Google form. This will be sent directly to your Academy email addresses. You will need to be logged into your Academy account for the form to work.

Complete the form carefully making sure your student name, tutor group and SDL choices are all correct. All students will attend an SDL on Wednesdays and Thursdays.

Information about any SDLs added throughout the year will be sent home as they arise. Parents who are interested in running an SDL, know of someone who may be interested in running an SDL or would like further support can email [SDL@uclacademy.co.uk](mailto:SDL@uclacademy.co.uk).

**The deadline for selecting choices online is 5pm on Thursday 17 July.**

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## Important information about making your choices:

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- Students need to think carefully before making their **top 5 choices** for each day. Students will be assigned SDL activities from their selected top 5 options.
- Be wise! If you have applied late to a popular SDL it will not be possible to allocate it to you. If you apply to a girls-only SDL and you are a boy, you will not be able to attend and will have wasted a choice.
- Students and parents should work together to choose SDLs.
- Students will be able to apply for their SDL via a Google form. This will be sent directly to your Academy email address. You will need to be logged into your Academy account for the form to work.
- Apply by the deadline - it will make a difference to which SDL you are allocated!
- If you don't apply, then you will receive any SDL that has space in it.



## Overview of Spring SDL Options for Year 9

Title of SDL	Assigned Day	Invite Only?	Continues into next term(s)?
5D Diamond Painting	Wednesday	No	No
Anti Bullying Champions	Wednesday	No	No
Art & Craft	Wednesday	No	No
Chess Club	Wednesday	No	No
Discover Islam	Wednesday	No	No
Fitness Club	Wednesday	No	No
Gardening Club	Wednesday	No	Yes
Marvel Club	Wednesday	No	No
Mindfulness	Wednesday	No	No
Netball	Wednesday	No	No
Pathways to Life	Wednesday	No	No
Performing with UCL	Wednesday	No	Yes
Private Study Group	Wednesday	Yes and No	No
Reading Cafe	Wednesday	No	No
Scrabble	Wednesday	No	No
Sparx Club	Wednesday	Yes and No	No
STEM Club	Wednesday	No	No
5D Diamond Painting	Thursday	No	No
Art Scholars	Thursday	Yes	Yes
Basketball	Thursday	No	No
Bead Craft	Thursday	No	No
Board Games	Thursday	No	No
Cards Club	Thursday	No	No
CBBC Club	Thursday	No	No
Choir	Thursday	No	Yes
Debate Mate	Thursday	Yes	No
Deconstructing Disney	Thursday	No	No
Fencing	Thursday	No	No

Title of SDL	Assigned Day	Invite Only?	Continues into next term(s)?
Fitness Club	Thursday	No	No
Mathematical Minds	Thursday	Yes	No
Mindful Colouring	Thursday	No	No
Music Technology	Thursday	No	No
Numeracy Club	Thursday	Yes	No
Origins of Rituals	Thursday	No	No
Private Study Group	Thursday	Yes and No	No
Rise Up	Thursday	No	No
Student Leadership	Thursday	Yes and No	Yes

## SDLs Open to All Students - WEDNESDAYS

<p><b>5D Diamond Painting</b></p> <p><b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Mr Iyoke</p>	<p><b>Description:</b> You will create stunning, sparkly artwork by placing tiny resin “diamonds” onto a sticky, pre-printed canvas. It’s easy to learn, calming to do, and the results are beautiful. No artistic experience is needed.</p>
<p><b>Anti Bullying Champions</b></p> <p><b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Ms Sef</p>	<p><b>Description:</b> You will discuss what bullying is, look at different types of bullying, why it happens, and how it makes people feel. You will learn how to help people who are bullied and consider immediate and long-term solutions to stop it from happening.</p>
<p><b>Arts &amp; Crafts</b></p> <p><b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Ms Noukhas</p>	<p><b>Description:</b> We will have different arts and crafts sessions each week. Painting. Crafting with recycled material. Origami. Using chenille needles to sew through different kinds of material. Rock painting. Drying flowers.</p>
<p><b>Chess Club</b></p> <p><b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Mr Castano</p>	<p><b>Description:</b> The Chess SDL is a space to learn and practise chess at all levels with students, as well as compete in matches. There is an opportunity for advice and coaching within our sessions and for students to test themselves against their peers. We will look to participate in Camden/Brent Chess Tournaments in the year.</p>

<p><b>Discover Islam</b>  <b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No  <b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of staff:</b>  Mr Muse</p>	<p><b>Description:</b>  Learn about the fastest growing religion in the world through fun stories, exciting quizzes and much more. Regular prizes to be won.</p>
<p><b>Fitness Club</b>  <b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No  <b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b>  Mr Toyyuab</p>	<p><b>Description:</b>  Students will have access to the fitness suite and take part in a variety of sessions, including HIIT training, Zumba, Just dance and Boxercise. Great exercise to develop health and fitness.</p>
<p><b>Gardening Club</b>  <b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No  <b>Continuing SDL:</b> Yes, into Spring and Summer 2026</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b>  Mr Eyre</p>	<p><b>Description:</b>   Do you love digging in the dirt, planting seeds, and watching things grow? Then our Gardening Club is the perfect place for you! You will go on exciting adventures in our garden—planting colorful flowers, growing yummy veggies, and even making homes for bugs and butterflies! You'll learn how to take care of plants, discover cool facts about nature, and help make our community a greener, happier place. No gardening experience needed—just bring your curiosity, your energy, and your love for the outdoors. </p>
<p><b>Marvel Club</b>  <b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No  <b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b>  Ms Khan</p>	<p><b>Description:</b>  Explore the universe of Marvel through film. Experience its stories and characters.  <i>"With great power comes great responsibility."</i>  <i>"I am Iron Man."</i>  <i>"I am Groot!"</i></p>



<b>Mindfulness</b> <b>Day:</b> Wednesday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Al-Hakim	<b>Description:</b> These sessions will include a range of mindfulness activities, including meditation and mindful colouring. They aim to help you live in the moment, relax and deal with the stresses of modern teenage life.
<b>Netball</b> <b>Day:</b> Wednesday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Friend	<b>Description:</b> We will learn about the world and the people in it. There will be a lot of Geographical challenges (countries of the world, flags, and capitals), as well as riddles and puzzles to test students' brains and encourage them to think critically.
<b>Pathways to Life</b> <b>Day:</b> Wednesday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Pujeh	<b>Description:</b> This SDL is designed to equip students with essential tools for their future personal, academic and professional journeys. This SDL goes beyond the academic curriculum, focusing on real world skills to prepare students for adulthood and the working world.
<b>Performing with UCL</b> <b>Day:</b> Wednesday  <b>Invite Only:</b> No <b>Continuing SDL:</b> Yes, into Spring 2026  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Verity	<b>Description:</b> You will work with an expert to create a piece of performance work that will be performed at UCL's Bloomsbury Theatre in March 2026! It is an opportunity to be creative, collaborate with people who work in the Arts industry and create a unique piece of theatre.
<b>Private Study Group</b> <b>Day:</b> Wednesday  <b>Invite Only:</b> Yes and No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Jahangir	<b>Description:</b> Quiet time of study to catch up with Home Learning.

<p><b>Reading Cafe</b></p> <p><b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> Yes and No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Ms Canolli</p>	<p><b>Description:</b> Love books or want to read more? Join us as we explore a different genre each half-term — from fantasy to real-life stories. You'll choose your own books, take part in fun activities, and share recommendations in a relaxed, friendly setting. All reading levels welcome!</p>
<p><b>Scrabble</b></p> <p><b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Ms Rahman</p>	<p><b>Description:</b> Scrabble is the classic board game for 2 to 4 players that always spells F-U-N! Consisting of interlocking words onto a playing board, Scrabble challenges players to spell out words using letter tiles with various score values. The object of the game is to get the highest score. More than just a game, Scrabble actually improves your vocabulary as you're introduced to new words each time you play!</p>
<p><b>Sparx Club</b></p> <p><b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> Yes and No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Mr Felix</p>	<p><b>Description:</b> This is a space to do and get support with your Sparx Maths homework.</p>
<p><b>Stem Club</b></p> <p><b>Day:</b> Wednesday</p> <p><b>Invite Only:</b> No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed year groups (L1 and L1P)</p>	<p><b>Name of Staff:</b> Mr Halim</p>	<p><b>Description:</b> Explore the wonders of STEM (Science, Technology, Engineering, and Mathematics) in a fun, inclusive, and safe environment. You will dive into exciting projects, practical experiments and discussions.</p>

## SDLs Open to All Students - THURSDAYS

<b>5D Diamond Painting</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Ossman	<b>Description:</b> You will create stunning, sparkly artwork by placing tiny resin “diamonds” onto a sticky, pre-printed canvas. It’s easy to learn, calming to do, and the results are beautiful. No artistic experience is needed.
<b>Basketball</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Mr Stiven	<b>Description:</b> Students will learn basketball skills, like shooting, dribbling and scrimmage, to develop their game.
<b>Bead Craft</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Oyelade	<b>Description:</b> Every week students will make different designs of bracelets, necklaces, earrings, phone or bag chains. Be creative and combine different types of beads to make something beautiful.
<b>Board Games</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Mr Abbas	<b>Description:</b> Roll the dice! Come along to the Board Games SDL where you can meet and mix with new people whilst playing a range of different games.

<b>Cards Club</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Mr Sutherland	<b>Description:</b> You will learn a range of card games that require a mixture of skill, luck and strategy. Learn about the deck, colours, suits, tricks and trumps. Aim to be crowned the ace card shark in the tournament at the end.
<b>CBBC Club</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Abdulahi	<b>Description:</b> We will be going through classic CBBC shows that every child will love. From Tracey Beaker to the 4 O'Clock Club and so much more, it's time we put streaming to an end and swim in a sea of nostalgia.
<b>Choir</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> Yes, into Spring and Summer 2026  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Mr Baxter	<b>Description:</b> Stretch your vocal chords and be an integral part of the Academy's performance team. The Choir contributes to concerts both in and out of the Academy. Last year we performed at the Royal Albert Hall! It will also play a large role in the Academy's theatre production.
<b>Deconstructing Disney</b> <b>Day:</b> Thursday  <b>Invite only:</b> No <b>Continuing SDL:</b> No  <b>Assigned year groups:</b> Mixed Year Groups	<b>Name of staff:</b> Ms Abdi	<b>Description:</b> We will be critically analysing Disney and deconstructing all the hidden messages in our favourite childhood films. Come with an open mind and suggestions!
<b>Fencing</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Coaches from Camden Fencing Club	<b>Description:</b> Be like Zorro, the Bride or Puss in Boots and learn the basics of Fencing and the discipline it requires. You will start with plastic equipment before moving onto real steel.

<b>Fitness Club</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Mr Cherif	<b>Description:</b> Students will have access to the fitness suite and take part in a variety of sessions, including HIIT training, Zumba, Just dance and Boxercise. Great exercise to develop health and fitness.
<b>Mindful Colouring</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Abdulkarim	<b>Description:</b> A chance to unwind and colour in interesting outlines. Be creative, relax, practise attention to details and leave with your own piece of art.
<b>Music Technology</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Mr Winston and Mr Hedemann	<b>Description:</b> This is an opportunity for students to learn how to use the app, Logic Pro, used widely in the music industry. Create and edit awesome beats, riffs and rhymes using our Mac technology. It will be co-delivered by our expert drum instructor, Brian Hedemann.
<b>Origins of Rituals</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Thakore	<b>Description:</b> “The Neurobiology of the Divine” – Explore the brain’s response to rituals, gods, spiritual connection, and why it might feel transcendent in different cultures.
<b>Private Study Group</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Mr Rago	<b>Description:</b> Quiet time of study to catch up with Home Learning.

<p><b>Rise Up</b></p> <p><b>Day:</b> Thursday</p> <p><b>Invite Only:</b> No</p> <p><b>Continuing SDL:</b> No</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Ms Khan</p>	<p><b>Description:</b> Be Real. Be Confidant. Be You. Rise up is a space for young people to grow stronger - not just on the outside, but the inside too. It's about learning how to believe in yourself, boost your confidence and work better with others. You will build self esteem, talk real about emotions and learn to speak up and support each other in a positive way.</p>
<p><b>Student Leadership</b></p> <p><b>Day:</b> Thursday</p> <p><b>Invite Only:</b> Yes and No</p> <p><b>Continuing SDL:</b> Yes - if you are elected as a Student Ambassador in the Autumn Term you will continue for the remainder of the year.</p> <p><b>Assigned Year Groups:</b> Mixed Year Groups</p>	<p><b>Name of Staff:</b> Ms Prodromou</p>	<p><b>Description:</b> Student ambassador meetings to discuss the issues facing the students and work to make improvements to the student experience. Ambassadors will also receive leadership training and work with senior leaders on a regular basis.</p>

## Invite Only SDLs

### Invite only SDLs

Some invite-only SDLs will appear on the Google form and you should select these if you have been told you will have been invited by a teacher. If you are not told, but selected by a teacher, then you will be placed on this SDL. Invited students are expected to attend the SDL. Any additional choice you make for the same day will not be considered.

<b>Art Scholars</b> <b>Day:</b> Thursday  <b>Invite Only:</b> Yes <b>Continuing SDL:</b> Yes, into Spring and Summer 2026  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Hirson, Mr Williams and Ms Incedal	<b>Description:</b> Varying specialised art workshops and projects to push and inform our Art Scholars in different styles and techniques.
<b>Debate Mate</b> <b>Day:</b> Thursday  <b>Invite only:</b> Yes <b>Continuing SDL:</b> No  <b>Assigned year groups:</b> Mixed Year Groups	<b>Name of staff:</b> Ms Llapashtica	<b>Description:</b> Want to boost your confidence, sharpen your speaking skills, and learn how to win any argument? Led by an external group, join the Debate Mate. It's fun, powerful, and helps you think fast, speak clearly, and lead with confidence. Whether you're loud or shy, everyone has a voice – come and use yours!
<b>Mathematical Minds</b> <b>Day:</b> Thursday  <b>Invite only:</b> Yes <b>Continuing SDL:</b> No  <b>Assigned year Groups:</b> Mixed year groups	<b>Name of staff:</b> Mr Campbell	<b>Description:</b> Students will investigate mathematical concepts they won't find in the classroom. They will learn to spot patterns and connections, to generalise algebraically, to solve problems and to see maths in different contexts.

<b>Numeracy Club</b> <b>Day:</b> Thursday  <b>Invite Only:</b> Yes <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Devlin	<b>Description:</b> Come and improve your number skills in a fun and supportive way.
<b>Private Study Group</b> <b>Day:</b> Wednesday or Thursday  <b>Invite Only:</b> No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Jahangir (Wednesday) and Mr Rago (Thursday)	<b>Description:</b> Quiet time of study to catch up with Home Learning.
<b>Sparx Club</b> <b>Day:</b> Wednesday  <b>Invite Only:</b> Yes and No <b>Continuing SDL:</b> No  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Mr Felix	<b>Description:</b> This is a space to do and get support with your Sparx Maths homework.
<b>Student Leadership</b> <b>Day:</b> Thursday  <b>Invite Only:</b> No and Yes (following election to the Council) <b>Continuing SDL:</b> Yes - if you are elected in the Autumn Term you will continue for the remainder of the year.  <b>Assigned Year Groups:</b> Mixed Year Groups	<b>Name of Staff:</b> Ms Prodromou	<b>Description:</b> Student ambassador meetings to discuss the issues facing the students and work to make improvements to the student experience. Ambassadors will also receive leadership training and work with senior leaders on a regular basis.

The deadline for selecting choices online is **5pm on Thursday 17 July**.