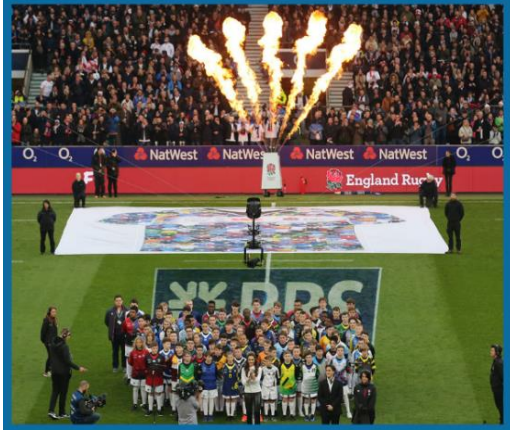
STUDENT Extra-Curricular ACTIVITIES Booklet 2022-2023



PENSBY
HIGH SCHOOL
Care Respect Inspire

Extra-curricular Activities
Monday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 - 8:30	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCHTIME				
Table Tennis	Mr Davies (DofE Sports Leaders)	12:25-12:55pm	Year 7	Gym A (NO FOOD OR DRINK in THE GYM)
Lunchtime Football on the Astro	Mr Hall & Miss Waring (DofE Sports Leaders /Prefects)	12:25-12:55pm (Timings of games TBC)	All Years Separate Year Group Team Groupings TBC	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO
AFTER SCHOOL				
Year 7 Girls football	Ms Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	Year 7	Sports Complex Changing Rooms / Astro
Year 8 Girls Football	Ms Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	Year 8	Sports Complex Changing Rooms / Astro
Year 9 Girls Football	Ms Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	Year 9	Sports Complex Changing Rooms / Astro
Year 10 Girls Football	Ms Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	Year 10	Sports Complex Changing Rooms / Astro
Year 11 Girls Football	Ms Plunkett / Miss Waring / DofE Sports Leaders	3:25-4:30pm	Year 11	Sports Complex Changing Rooms / Astro
Year 7 Boys Rugby RFU	Chris Ramsden – RFU Coach / Mr Wright / Mr Atkinson / Mr Hall / Mr Davies (Dof E Sports Leaders)	3:25-4:30pm	Year 7	Changing Rooms / Rugby Field
Year 8 Boys Rugby RFU	Chris Ramsden – RFU Coach / Mr Wright / Mr Atkinson / Mr Hall / Mr Davies (Dof E Sports Leaders)	3:25-4:30pm	Year 8	Changing Rooms / Rugby Field
Year 9 Boys Rugby RFU	Chris Ramsden – RFU Coach / Mr Wright / Mr Atkinson / Mr Hall / Mr Davies (Dof E Sports Leaders)	3:25-4:30pm	Year 9	Changing Rooms / Rugby Field
Year 10 Boys Rugby RFU	Chris Ramsden – RFU Coach / Mr Wright / Mr Atkinson / Mr Hall / Mr Davies (Dof E Sports Leaders)	3:25-4:30pm	Year 10	Changing Rooms / Rugby Field

Year 11 Boys Rugby RFU	**Chris Ramsden – RFU Coach / Mr Wright / Mr Atkinson / Mr Hall / Mr Davies (Dof E Sports Leaders)**	**3:25-4:30pm**	**Year 11**	**Changing Rooms / Rugby Field**
Homework Club	**Mr Jones Mrs Cantillon Mrs Coulthard Mrs Roebuck**	**3:25 – 4:00pm**	**All Years**	**SSC**
School Production- MATILDA	**Miss Hazlehurst**	**3:25 – 4:30pm**	**All Years**	**Drama Studio and Hall**

RUGBY

RFU
Year 7,8,9,10,11 Boys Rugby Training (separate teams)

Starts MONDAY
26 September
3.25-4.30
Meet at the Changing Rooms

Do you have what it takes to be the next Pensby Lions?

Join us Every Monday after School

(Gum shield & Full

P. E. Kit including boots Required)

PENSBY HIGH SCHOOL
Care Respect Inspire

GIRLS FOOTBALL TRAINING

YEAR 7,8,9,10,11 GIRLS FOOTBALL STARTS MONDAY 26 SEPTEMBER (ON THE ASTRO) FULL P. E. KIT AND SHIN PADS REQUIRED

MONDAYS
3.25-4.30
MEET AT SPORTS COMPLEX
CHANGING ROOMS (NEAR SPORTS HALL)

PENSBY HIGH SCHOOL
Care Respect Inspire

Extra-curricular Activities
Tuesday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 - 8:30	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCHTIME				
Table Tennis	Mr Davies (DofE Sports Leaders)	12:25-12:55pm	Year 8	Gym A (NO FOOD OR DRINK in THE GYM)
Lunchtime Football on the Astro	Mr Hall & Miss Waring (DofE Sports Leaders /Prefects)	12:25-12:55pm (Timings of games TBC)	All Years Separate Year Group Team Groupings TBC	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO
Coding Camp	Mr Friel / Mr Cottrell	12:25-12:55pm	All Years	E5 & E8
Netball	Mrs Ward	12:25-12:55pm	Year 7 & Year 8	Sports Complex-MUST BRING TRAINERS
Leadership through Languages (Organising competitions and events that promote Spanish)	Mrs Hall	12:25-12:55pm	Year 8 & Year 9	A6
Science Club	Mr Thompson / Mr Marris	12:25-12:55pm	Year 7 & Year 8	F3
Bronze Crest Award (Science)	Mrs Moss	12:25-12:55pm	Year 9	D5
Pop Band Rehearsals	Mr Bastow	12:25-12:55pm	All Years	Band Room (Next door to B7)
Design Ventura Competition	Mrs Sands	12:25-12:55pm	Year 9	D1
AFTER SCHOOL				
Year 7 Football	Mr Wright / Mr Cottrell / Mr Davies (sports leaders)	3:25-4:30pm	Year 7	Changing Room / Astro
Year 8 Football	Mr Hall & Mr Davies (Sports Leaders)	3:25-4:30pm	Year 8	Changing Room / Astro
Homework Club	Mr Jones Mrs Cantillon Mrs Coulthard Mrs Roebuck	3:25 – 4:00pm	All Years	SSC
Gardening Club	Mrs Timmins	12:25-12:55pm	All Years	Inclusion Unit
Student Librarian Club	Miss Dufton	3:25-4:30pm	All Years	Library

YEAR 7 & 8
BOYS FOOTBALL TRAINING
ON THE ASTRO

Starts Tuesday 20 September

Full P.E. kit & Shin Pads required

TUESDAY AFTER SCHOOL

3.25 – 4.30

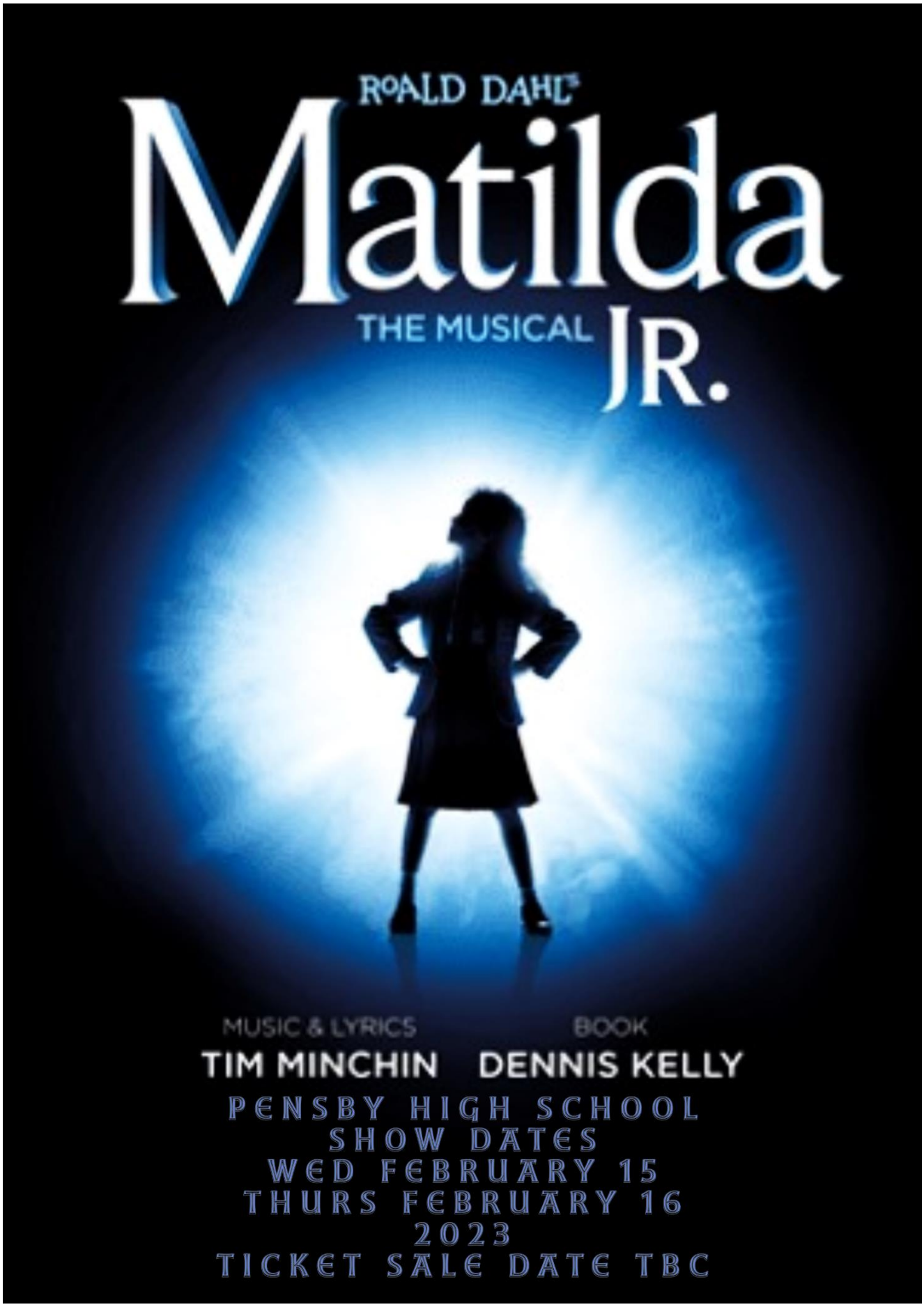
MEET OUTSIDE THE CHANGING ROOMS

CARE RESPECT INSPIRE

Extra-curricular Activities
Wednesday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 - 8:30	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCHTIME				
Table Tennis	Mr Davies (DofE Sports Leaders)	11:45-12:15pm	Year 9	Gym A (NO FOOD OR DRINK in THE GYM)
Lunchtime Football on the Astro	Mr Hall / Miss Waring (DofE Sports Leaders /Prefects)	11:45-12:15pm (Timings of games TBC)	All Years Separate Year Group Team Groupings TBC	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO
Art Club (WEEK B ONLY)	Mrs Eymond	11:45-12:15pm	Year 7; Year 8 & Year 9	D2
Media Club	Mr Du Noyer	11:45-12:15pm	All Years	C4
KS3 Games Club	Mrs Hannaway	11:45-12:15pm	Year 7, Year 8 & Year 9	B4
KS4 Spanish Speaking Club	Mrs Teare	11:45-12:15pm	Year 10 & Year 11	A4
History Fiction and Film Club	Miss Page	11:45-12:15pm	Year 7, Year 8 & Year 9	E2
Drama Club	Mr Griffiths /Prefects	11:45-12:15pm	Year 7 & Year 8	Drama Studio A
AFTER SCHOOL				
Samba Band	Mr Firth	2:20- 3:30pm	All Years	B5
Book Awards and Competition Club	Miss Dufton	2:20- 3:30pm	All Years	Library

Years 9, 10 Duke of Edinburgh Award participants-
This early finish may be a good time to complete the volunteer or skill sections of the award that you may want to arrange in or out of school.


ROALD DAHL'S
Matilda
THE MUSICAL JR.
MUSIC & LYRICS
TIM MINCHIN
BOOK
DENNIS KELLY
PENSBY HIGH SCHOOL
SHOW DATES
WED FEBRUARY 15
THURS FEBRUARY 16
2023
TICKET SALE DATE TBC

YEAR 9 – 10 – 11
BOYS FOOTBALL TRAINING
ON THE ASTRO

Starts Thursday 22 September

Full P.E. kit & Shin Pads required

THURSDAY AFTER SCHOOL

3.25 – 4.30

MEET OUTSIDE THE CHANGING ROOMS

CARE RESPECT INSPIRE

NETBALL CLUB

STARTS THURS 22 SEPTEMBER

Thursdays

***MEET AT SPORTS COMPLEX CHANGING ROOMS (NEAR SPORTS HALL)**

3.25 - 4.30

CARE RESPECT INSPIRE

Extra-curricular Activities
Thursday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 - 8:30	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCH TIME				
Table Tennis	Mr Davies (DofE Sports Leaders)	12:25-12:55pm	Year 10	Gym A (NO FOOD OR DRINK in THE GYM)
Lunchtime Football on the Astro	Mr Hall / Miss Waring (DofE Sports Leaders /Prefects)	12:25-12:55pm (Timings of games TBC)	All Years Separate Year Group Team Groupings TBC	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO
Pop Band Rehearsals	Mr Bastow	12:25-12:55pm	All Years	Band Room (Next door to B7)
Spanish IT Club	Ms Saladin	12:25-12:55pm	All Years	C7
Year 11 3D GCSE Classes	Mrs Sands	12:25-12:55pm	Year 10 & Year 11	D1 / D3
AFTER SCHOOL				
Year 9 Boys Football	Mr Wright /Mr Davies / Mr Hall	3:25-4:30pm	Year 9 Boys	Changing Room / Astro
Year 10 Boys Football	Mr Jones / Mr Davies / Mr Hall	3:25-4:30pm	Year 10 Boys	Changing Room / Astro
Year 11 Boys football	Mr Cottrell / Mr Davies/ Mr Hall	3:25-4:30pm	Year 11 Boys	Changing Room / Astro
Year 7 Netball	Mrs Ward / Miss Waring	3:25-4:30pm	Year 7 Girls	Sports Complex Changing Rooms /Courts
Year 8 Netball	Mrs Ward / Miss Waring	3:25-4:30pm	Year 8 Girls	Sports Complex Changing Rooms /Courts
Year 9 Netball	Mrs Ward / Miss Waring	3:25-4:30pm	Year 9 Girls	Sports Complex Changing Rooms /Courts
Year 10 Netball	Mrs Ward / Miss Waring	3:25-4:30pm	Year 10 Girls	Sports Complex Changing Rooms /Courts
Year 11 Netball	Mrs Ward / Miss Waring	3:25-4:30pm	Year 11 Girls	Sports Complex Changing Rooms /Courts
Cookery Club- starting 13th October. There is a £15 charge for ingredients for 10 weeks of cooking	Miss McCluskey	3:25-4:30pm	All Years- First come first serve. Limited to 35 pupils- please see Miss McCluskey for a reply slip to return with the fee	A1
Homework Club	Mr Jones Mrs Cantillon Mrs Coulthard Mrs Roebuck	3:25 – 4:00pm	All Years	SSC
Manga, Illustrations and Comic Club	Miss Dufton	3:25-4:30pm	All Years	Library

Extra-curricular Activities
Friday

Activity	Staff Member	Time	Target Group	Location
BEFORE SCHOOL				
Breakfast Club	Mrs Crammond Mrs Macrae Mrs Robinson	8:00 -8:30	All years	Dining Hall
This is free breakfast – all students welcome				
LUNCHTIME				
Table Tennis	Mr Davies (Dof E Sports Leaders)	12:25-12:55pm	Year 11	Gym A (NO FOOD OR DRINK in THE GYM)
Lunchtime Football on the Astro	Mr Hall & Miss Waring (DofE Sports Leaders /Prefects)	12:25-12:55pm (Timings of games TBC)	All Years Separate Year Group Team Groupings TBC	Astro (Trainers Required) NO FOOD OR DRINK ON ASTRO
Art Club	Mrs Graham	12:25-12:55pm	All Years	D4
Chess Club	Miss Hartley	12:25-12:55pm	All Years	C2
AFTER SCHOOL				

Football daily at lunchtime (cancelled if wet lunch). You have to leave your tie as a deposit for the loan of a ball, returned when you give the ball back. The same football rules and laws of the game apply at lunchtime football as they do at any other time. Trainers are required and NO FOOD OR DRINK ON THE ASTRO.

Breakfast Club is open to all students every day please just turn up. THIS IS NOT AN ACTIVITY YOU HAVE TO PICK.

Musical Instrument and singing lessons will take place during the school day. See Mr Hogg if you are interested in taking up tuition and for timings and further information.

ANY ADDITIONAL CLUBS OR SEASONAL ACTIVITIES WILL BE ADVERTISED VIA POSTERS IN SCHOOL AND STUDENT NOTICES THROUGHOUT THE YEAR

MOST ACTIVITIES WILL START FROM TUESDAY 20th SEPTEMBER

TAKE NOTE OF LATER START DATE FOR SOME CLUBS

- **Please read through the booklet and complete the options form via the** link: https://forms.office.com/r/41N10mKKKu

  and submit. You may need to check with your parent/carers.

- **Once you have completed the online form make a note in your own planner of the activities you have chosen.**

- **You will not receive confirmation of your choices please just attend the clubs you have selected at the date, time and location they start.**

- **Remember expectations in terms of behaviour, attitude and personal responsibility will be the same in extra-curricular activities as it is in normal lessons.**

- **Short notice cancellations or postponement of clubs will be communicated to parents/carers via email or text.**

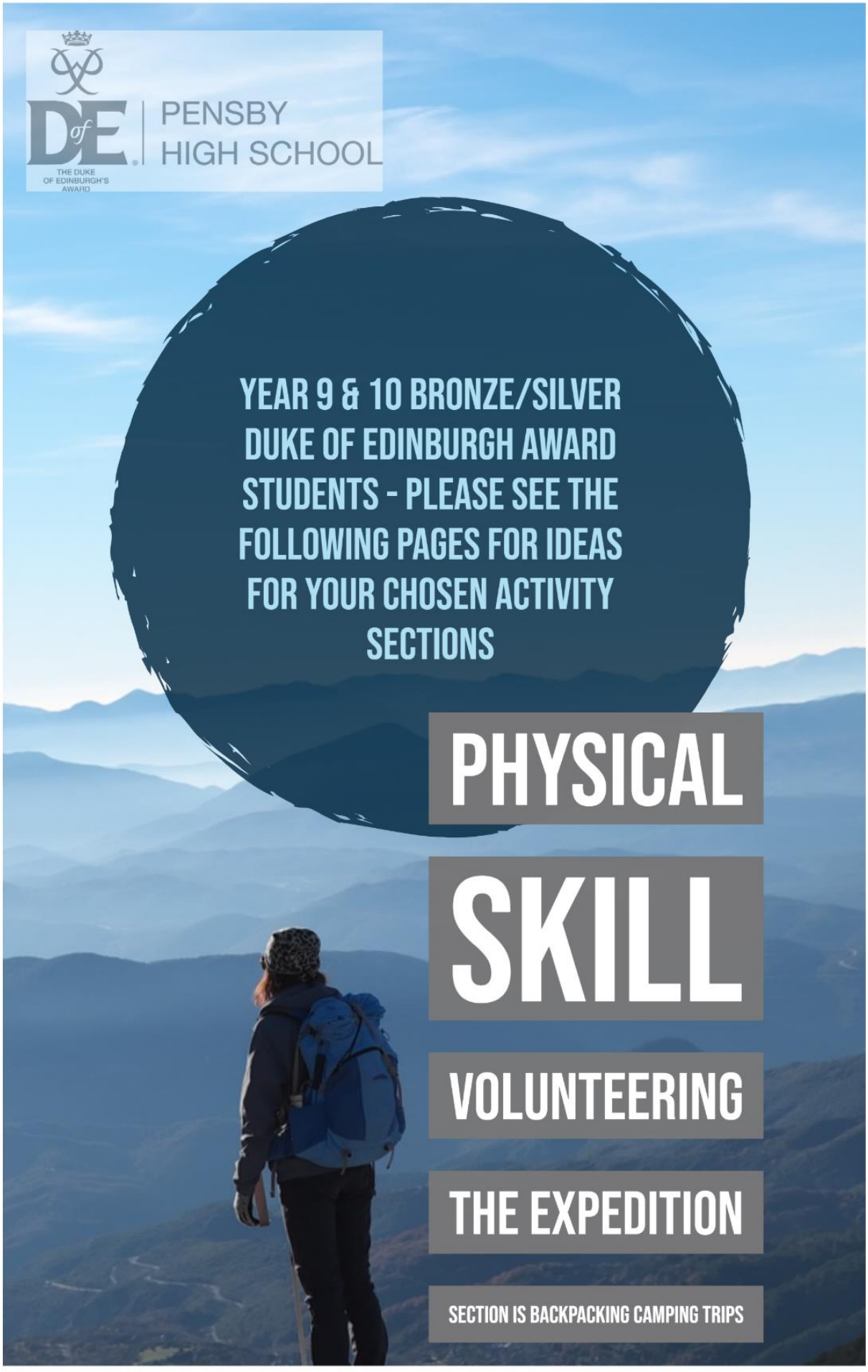
- **School Sporting fixtures happen throughout the whole school year parents will receive a text informing them when their son/daughter has been selected to attend a fixture (these are often away fixtures offsite, travel will mostly be via school minibus to and from school)**

DofE | VOLUNTEERING

DofE | SKILLS

DofE | PHYSICAL

DofE | EXPEDITION


PENSBY
HIGH SCHOOL
THE DUKE OF EDINBURGH'S AWARD
YEAR 9 & 10 BRONZE/SILVER DUKE OF EDINBURGH AWARD STUDENTS - PLEASE SEE THE FOLLOWING PAGES FOR IDEAS FOR YOUR CHOSEN ACTIVITY SECTIONS
PHYSICAL
SKILL
VOLUNTEERING
THE EXPEDITION
SECTION IS BACKPACKING CAMPING TRIPS

THE DUKE OF EDINBURGH'S AWARD

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at **DofE.org/physical** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice…

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Individual sports

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/ Pentathlon/ Aquathon
- ☐ Bowls
- ☐ Boxing
- ☐ Croquet
- ☐ Cross country running
- ☐ Cycling
- ☐ Fencing
- ☐ Geocaching
- ☐ Golf
- ☐ Gymnastics
- ☐ Horse riding
- ☐ Modern pentathlon
- ☐ Motocross
- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running
- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampolining
- ☐ Wheelchair fencing
- ☐ Wrestling

Water sports

- ☐ Canoeing
- ☐ Diving
- ☐ Dragon Boat Racing
- ☐ Free-diving
- ☐ Kite surfing
- ☐ Kneeboarding
- ☐ Rowing & sculling
- ☐ Sailing
- ☐ Skurfing
- ☐ Sub aqua (SCUBA diving & snorkelling)
- ☐ Surfing/body boarding
- ☐ Swimming
- ☐ Synchronised swimming
- ☐ Underwater rugby
- ☐ Wakeboarding
- ☐ Windsurfing

Dance

- ☐ Ballet
- ☐ Ballroom dancing
- ☐ Belly dancing
- ☐ Bhangra dancing
- ☐ Ceroc
- ☐ Contra dance
- ☐ Country & Western
- ☐ Flamenco
- ☐ Folk dancing
- ☐ Jazz
- ☐ Line dancing
- ☐ Morris dancing
- ☐ Salsa (or other Latin styles) dancing
- ☐ Scottish/Welsh/Irish dancing
- ☐ Street dancing/ breakdancing/hip hop
- ☐ Swing
- ☐ Tap dancing

Racquet sports

- ☐ Badminton
- ☐ Matkot
- ☐ Racketball
- ☐ RacketlonRackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

- ☐ Aerobics
- ☐ Cheerleading
- ☐ Fitness classes
- ☐ Gym work
- ☐ Medau movement
- ☐ Physical achievement
- ☐ Pilates
- ☐ Running/jogging
- ☐ Walking
- ☐ Weightlifting
- ☐ Wii-fit
- ☐ Yoga

Extreme sports

- ☐ BMX
- ☐ Caving & potholing
- ☐ Climbing
- ☐ Free running (parkour)
- ☐ Ice skating
- ☐ Mountain biking
- ☐ Mountain unicycling
- ☐ Parachuting
- ☐ Skateboarding
- ☐ Skydiving
- ☐ Snow sports (skiing, snowboarding, snowkiting)
- ☐ Speed skating
- ☐ Street luge

Martial arts

- ☐ Aikido
- ☐ Capoeira
- ☐ Ju Jitsu
- ☐ Judo
- ☐ Karate
- ☐ Kendo
- ☐ Mixed martial arts
- ☐ Self-defence
- ☐ Sumo
- ☐ Tae Kwon Do
- ☐ Tai Chi

Team sports

- ☐ American football
- ☐ Baseball
- ☐ Basketball
- ☐ Boccia
- ☐ Camogie
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football
- ☐ Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey
- ☐ Kabaddi
- ☐ Korfball
- ☐ Lacrosse
- ☐ Netball
- ☐ Octopushing
- ☐ Polo
- ☐ Quidditch
- ☐ Roller derby
- ☐ Rogaining
- ☐ Rounders
- ☐ Rugby (union/League)
- ☐ Sitting Volleyball
- ☐ Sledge hockey
- ☐ Sledge ice hockey
- ☐ Softball
- ☐ Stoolball
- ☐ Tchoukball
- ☐ Tug of war
- ☐ Ultimate flying disc
- ☐ Volleyball
- ☐ Wallyball
- ☐ Water polo
- ☐ Wheelchair basketball
- ☐ Wheelchair rugby

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Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU **DofE.org** 20/08/18

THE DUKE OF EDINBURGH'S AWARD

Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at **DofE.org/skills** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice…

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Performance arts

- ☐ Ballet appreciation
- ☐ Ceremonial drill
- ☐ Circus skills
- ☐ Conjuring & magic
- ☐ Majorettes
- ☐ Puppetry
- ☐ Singing
- ☐ Speech & drama
- ☐ Theatre appreciation
- ☐ Ventriliquism
- ☐ Yoyo extreme

Science & technology

- ☐ Aerodynamics
- ☐ Anatomy
- ☐ App design
- ☐ Astronomy
- ☐ Biology
- ☐ Botany
- ☐ Chemistry
- ☐ Coding/ programming
- ☐ Ecology
- ☐ Electronics
- ☐ Engineering
- ☐ Entomology
- ☐ IT
- ☐ Marine biology
- ☐ Oceanography
- ☐ Paleontology
- ☐ Physics
- ☐ Rocket making
- ☐ Taxonomy
- ☐ Weather/meteorology
- ☐ Website design
- ☐ Zoology

Care of animals

- ☐ Agriculture (keeping livestock)
- ☐ Aquarium keeping
- ☐ Beekeeping
- ☐ Caring for reptiles
- ☐ Dog training & handling
- ☐ Horse/donkey/llama/alpaca handling & care
- ☐ Looking after birds (i.e. budgies & canaries)
- ☐ Pet care – health/training/ maintenance
- ☐ Pigeon breeding & racing

Music

- ☐ Church bell ringing
- ☐ Composing
- ☐ DJing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies
- ☐ Listening to, analysing & describing music
- ☐ Music appreciation
- ☐ Playing a musical instrument
- ☐ Playing in a band
- ☐ Reading & notating music
- ☐ Understanding music in relation to history & culture

Natural world

- ☐ Agriculture
- ☐ Conservation
- ☐ Forestry
- ☐ Gardening
- ☐ Groundsmanship
- ☐ Growing carniverous plants
- ☐ Plant growing
- ☐ Snail farming
- ☐ Vegetable growing

Games & recreation

- ☐ Cards (i.e. bridge)
- ☐ Chess
- ☐ Clay target shooting
- ☐ Coxing
- ☐ Cycle maintenance
- ☐ Darts
- ☐ Dominoes
- ☐ Fishing/fly fishing
- ☐ Flying
- ☐ Gliding
- ☐ Go-karting

continued over...

- [ ] Historical period re-enacting
- [ ] Kite construction & flying
- [ ] Mah Jongg
- [ ] Marksmanship
- [ ] Model construction & racing
- [ ] Motor sports
- [ ] Power boating
- [ ] Snooker, pool & billiards
- [ ] Sports appreciation
- [ ] Sports leadership
- [ ] Sports officiating
- [ ] Table games
- [ ] War games

Life skills

- [ ] Alternative therapies
- [ ] Cookery
- [ ] Democracy in action
- [ ] Digital lifestyle
- [ ] Driving: car maintenance/car road skills
- [ ] Driving: motorcycle maintenance/ road skills
- [ ] Event planning
  First aid – St John/St Andrew/ BRCS
- [ ] Hair & beauty
- [ ] Learning about the emergency services
- [ ] Learning about the RNLI (Lifeboats)
- [ ] Library & information skills
- [ ] Life skills
- [ ] Massage
- [ ] Money management
- [ ] Navigation
- [ ] Public speaking and debating
- [ ] Skills for employment
- [ ] Young Enterprise

Learning & collecting

- [ ] Aeronautics
- [ ] Aircraft recognition
- [ ] Anthropology
- [ ] Archaeology
- [ ] Astronautics
- [ ] Astronomy
- [ ] Bird watching
- [ ] Coastal navigation
- [ ] Coins
- [ ] Collections, studies & surveys
- [ ] Comics
- [ ] Contemporary legends
- [ ] Costume study
- [ ] Criminology
- [ ] Dowsing & divining
- [ ] Fashion
- [ ] Forces insignia
- [ ] Gemstones
- [ ] Genealogy
- [ ] Heraldry
- [ ] History of art
- [ ] Language skills
- [ ] Military history
- [ ] Movie posters
- [ ] Postcards
- [ ] Reading
- [ ] Religious studies
- [ ] Ship recognition
- [ ] Stamp collecting

Media & communication

- [ ] Amateur radio
- [ ] Blogging
- [ ] Communicating with people who are visually impaired
- [ ] Communicating with people who have a hearing impediment
- [ ] Film & video making
- [ ] Journalism
- [ ] Newsletter & magazine production
- [ ] Signalling
- [ ] Vlogging
- [ ] Writing

Creative arts

- [ ] Basket making
- [ ] Boat work
- [ ] Brass rubbing
- [ ] Building catapaults & trebuchets
- [ ] Cake decoration
- [ ] Camping gear making
- [ ] Candle-making
- [ ] Canoe building
- [ ] Canvas work
- [ ] Carnival/festival float construction
- [ ] Ceramics
- [ ] Clay modelling
- [ ] Crocheting
- [ ] Cross stitch
- [ ] DIY
- [ ] Dough craft
- [ ] Drawing
- [ ] Dressmaking
- [ ] Egg decorating
- [ ] Embroidery
- [ ] Enamelling
- [ ] Fabric printing
- [ ] Feng Shui
- [ ] Floral decoration
- [ ] French polishing
- [ ] Furniture restoration
- [ ] Glass blowing
- [ ] Glass painting
- [ ] Interior design
- [ ] Jewellery making
- [ ] Knitting
- [ ] Lace making
- [ ] Leatherwork
- [ ] Lettering & calligraphy
- [ ] Macramé
- [ ] Marquetry
- [ ] Model construction
- [ ] Mosaic
- [ ] Painting & design
- [ ] Patchwork
- [ ] Photography
- [ ] Pottery
- [ ] Quilting
- [ ] Rope work
- [ ] Rug making
- [ ] Snack pimping
- [ ] Soft toy making
- [ ] Tatting
- [ ] Taxidermy
- [ ] Textiles
- [ ] Weaving and spinning
- [ ] Wine/beer making
- [ ] Woodwork

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Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU **DofE.org** 20/08/18

THE DUKE OF EDINBURGH'S AWARD

Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering section programme of your own.

You can find more information at **DofE.org/volunteering** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice…

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see **DofE.org/volunteering** for the requirements).

Helping people

- ☐ Helping children
- ☐ Helping children to read in libraries
- ☐ Helping in medical services e.g. Hospitals
- ☐ Helping older people
- ☐ Helping people in need
- ☐ Helping people with special needs
- ☐ Tutoring
- ☐ Young carer
- ☐ Youth work

Community action & raising awareness

- ☐ Campaigning
- ☐ Cyber safety
- ☐ Council representation
- ☐ Drug & alcohol education
- ☐ Home accident prevention
- ☐ Neighbourhood watch
- ☐ Peer education
- ☐ Personal safety
- ☐ Promotion & PR
- ☐ Road safety

Working with the environment or animals

- ☐ Animal welfare
- ☐ Environment
- ☐ Rural conservation
- ☐ Preserving waterways
- ☐ Working at an animal rescue centre
- ☐ Litter picking
- ☐ Urban conservation
- ☐ Beach and coastline conservation
- ☐ Zoo/farm/nature reserve work

Helping a charity or community organisation

- ☐ Administration
- ☐ Being a charity intern
- ☐ Being a volunteer lifeguard
- ☐ Event management
- ☐ Fundraising
- ☐ Mountain rescue
- ☐ Religious education
- ☐ Serving a faith community
- ☐ Supporting a charity
- ☐ Working in a charity shop

Coaching, teaching and leadership

- ☐ Dance leadership
- ☐ DofE Leadership
- ☐ Group leadership
- ☐ Head student
- ☐ Leading a voluntary organisation group
  - Girls' Venture Corps
  - Sea Cadets
  - Air Cadets
  - Jewish Lads' and Girls'Brigade
  - St John Ambulance
  - Scout Association
  - Air Training Corps
  - Army Cadet Force
  - Boys' Brigade
  - CCF
  - Church Lads' & Girls' Brigade
  - Girlguiding UK
  - Girls' Brigade
- ☐ Sports leadership
- ☐ Music tuition

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THE DUKE OF EDINBURGH'S AWARD.

BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

*PLUS a **further 3** months in the Volunteering, Physical or Skills section.*

Expedition **2** days **1** night

SILVER

Volunteering **6** months

Physical — one section for 6 months, the other for 3 months

Skills

*Direct entrants must do a **further 6** months in the Volunteering, or the longer of the Physical or Skills sections.*

Expedition **3** days **2** nights

GOLD

Volunteering **12** months

Physical — one section for 12 months, the other for 6 months

Skills

*Direct entrants must do a **further 6** months in the Volunteering, or the longer of the Physical or Skills sections.*

Expedition **4** days **3** nights

Residential **5** days **4** nights

How long does a DofE programme take to complete?

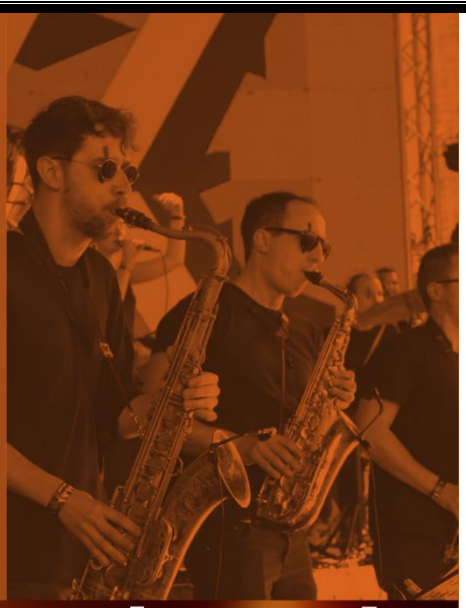
Each section

1 HOUR

average per week

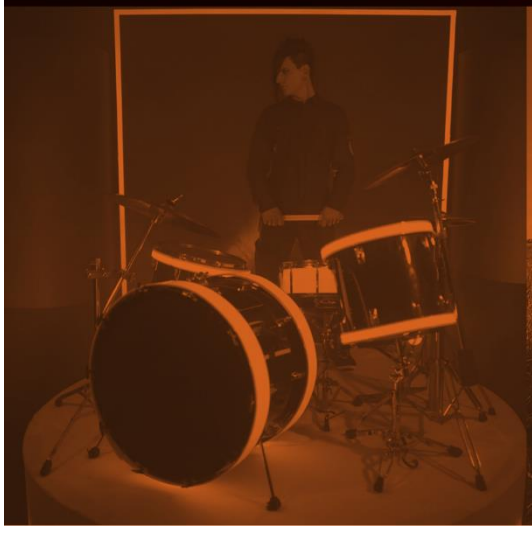
STARTING AGES:

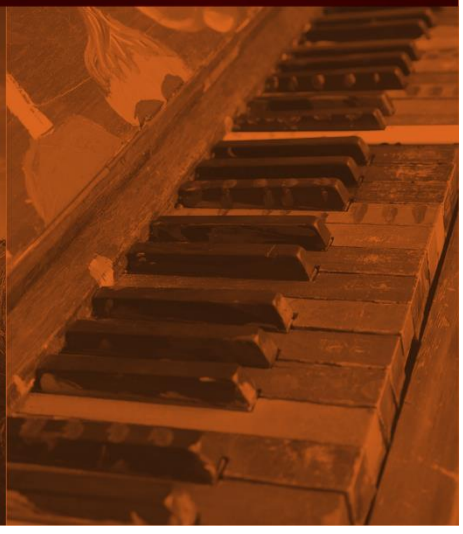
All Awards must be completed by the particpant's 25th birthday

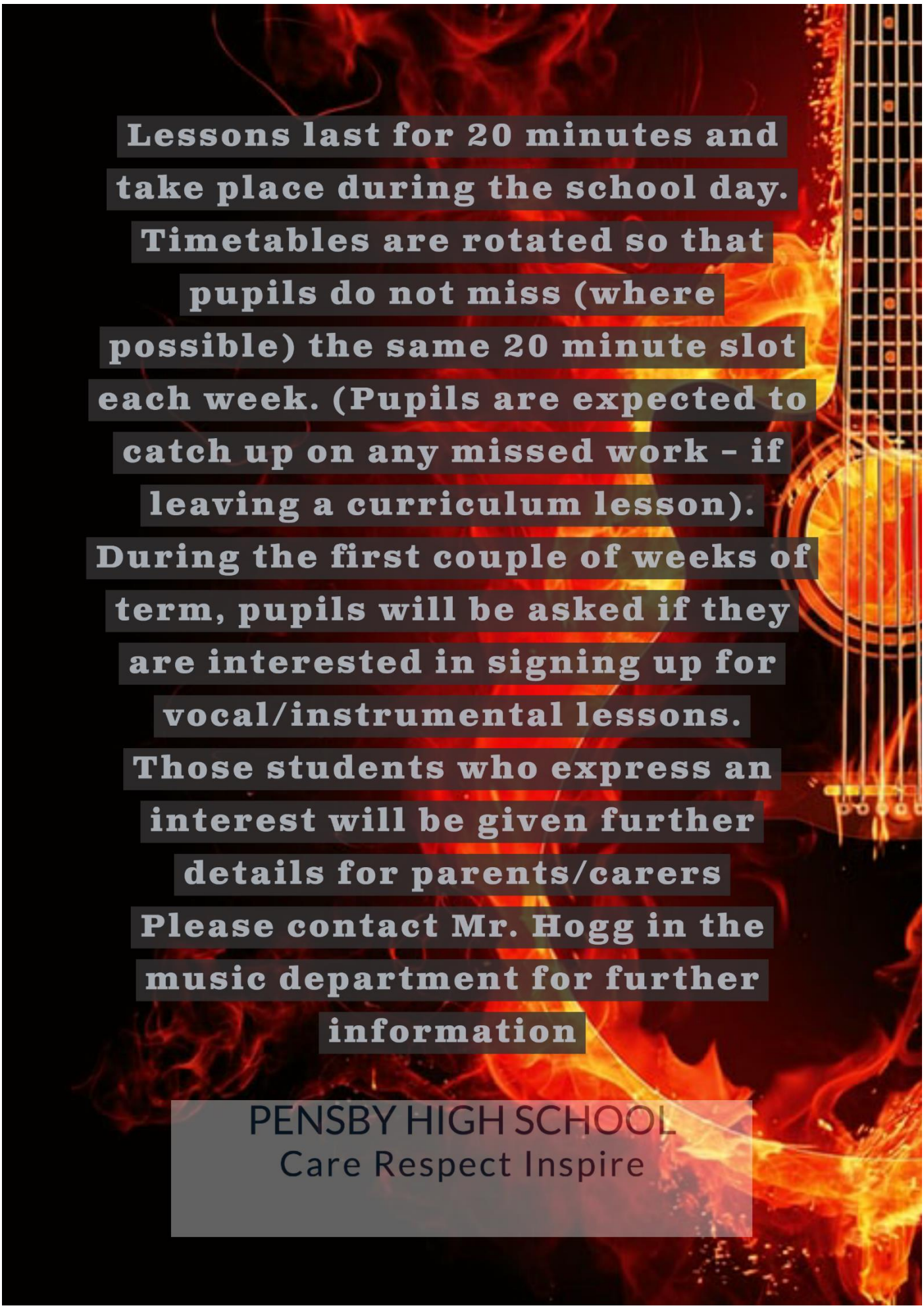


A team of teachers visit Pensby High School on a weekly basis and deliver lessons on a variety of instruments, including:

Piano/keyboard
Drums
Guitar
Brass
Singing
Woodwind
Strings (subject to demand)






Lessons last for 20 minutes and take place during the school day. Timetables are rotated so that pupils do not miss (where possible) the same 20 minute slot each week. (Pupils are expected to catch up on any missed work – if leaving a curriculum lesson).
During the first couple of weeks of term, pupils will be asked if they are interested in signing up for vocal/instrumental lessons.
Those students who express an interest will be given further details for parents/carers
Please contact Mr. Hogg in the music department for further information
PENSBY HIGH SCHOOL
Care Respect Inspire

The cost for
Singing/Guitar/Woodwind lessons is
£10 per individual 20 minute lesson
and £7 per shared 20 minute lesson
(2/3 pupils to a lesson)
The cost for
Piano/Drums/Brass/Violin is £12.40
per individual 20 minute lesson and
£6.20 per shared 20 minute lesson
(2/3 pupils to a lesson)
For pupils in receipt of the Pupil
Premium grant, there will be a 50%
reduction in fees.
Contact Mr. Hogg for further details

PENSBY HIGH SCHOOL
PENSBY'S
GOT
TALENT
LAST DAY OF TERM
TUESDAY
DECEMBER 20
2022
PERFORMANCES
KS3 SHOWS
KS4 SHOWS
Process..
Stage 1
Week of 28th Nov - 2nd Dec
Form groups choose talent in form groups during pastoral time.
(form tutors email auditionees
names and chosen talent by Fri 2nd
Dec)
Stage 2
Prospective Talent Audition Wednesday 7th December after School @ The
Drama Studio
Rehearsal w/b 12th December.