

Personal development opportunities at PCHS & C
In addition to the PSHE,RSE, and citizenship curriculum we offer

Opportunities/ activities offered to all key stages: Educational visits, Erasmus trips, School/ student council, Achievement assemblies, Fundraising events e.g. *Macmillan, Children in Need, Red Nose day, Remembrance Day* Drop down days e.g. *mental health awareness, online safety, anti-bullying*, Online safety pupil group, Online Safety week, anti-bullying week, World Book Day, Healthy relationships workshops, Inter school events & tournaments-tag rugby, Boccia, Careers / vocational education plan, End of day reflection time, Whole school productions, Pendle's Got Talent & performance opportunities, Christmas panto visit, Theatre & cinema visits, Sensory regulation activities e.g. proprioception equipment, sensory diets etc., Intensive interaction, Thrive activities for emotional resilience, Lego Therapy Restorative culture, Weekly Restorative thought/ promoting positive mental health and wellbeing, Action for Happiness monthly calendar, Group or team work, problem solving

KS/Yr	Opportunities/ activities	KS/Yr	Opportunities/ activities	KS/Yr	Opportunities/ activities
KS 3 Yrs 7,8,9	Circus skills	KS 4 Yrs 10,11	Forest School	KS 5 Yrs 12 13 14	Gateway Award or D of E
	Forest School		Personal development clubs		CREST STEM award
	Personal development clubs		Lunch time clubs		Digital Advantage/ digital agency
	Lunch time clubs		After school clubs		Community projects
	After school clubs		Erasmus & trips		Workshop
	Erasmus		Bikeability		Café prep and hospitality skills
	Bikeability		Cinema experience day		Leavers' prom organisation
	Cinema experience day		Collective worship		Travel training
	Collective worship		Mental Health Buddies		Personal development part of Study
	Puzzle days/ themed days		Wheelchair buddies		programme inc Careers / vocational education
Yr 7	Orienteering	Yr 11	Work related learning	Yr 12	plan & healthy relationships
	Swimming		The Workshop		Christmas/ End of year Meal
	Animal aid talk		Gateway Award or D of E		Volunteering opportunities at clubs
Yr 8/9	Yr 9 – learn a musical instrument		Residential to Ullswater		Volunteering at parent workshops
	Year 8/9 residential to Ullswater		Sailing		Mental Health Buddies
	Climbing wall		Puzzle days/ themed days		Wheelchair buddies
	Erasmus trips		Small animal care		Making and serving staff lunches
	Educational visit to slavery museum		Sports Day, bouldering		Manning stalls at the Christmas market
	Foodbank visit		CREST STEM activities		Library trips
			Social interaction drama scenarios		Small animal care
			Leavers' Prom		
			National Citizen Service (NCS)		
				Yr 12	National Citizen Service (NCS)