



# Citizenship CURRICULUM MAP (Foundation/Transition): Autumn term

Key: National Curriculum Links **British Values** **PSHE** **RSE** **Careers/CEIAG**

Term	Foundation Year 7	Term	Foundation Year 8	Term	Transition Year 9
<b>Autumn</b>	<p>- Transition: Moving from year 6-7. Understanding and developing resilience to change</p> <p>- Who are we? Introduction to Citizenship and <b>the values of Britain</b>. Introduces students to the concept of Citizenship, <b>PSHE</b>, <b>RSE</b> and <b>CEIAG</b> tasks in Secondary School.</p> <p>- Careers / <b>CEIAG</b>. Introduces students to careers and LORIC.</p> <p>- <b>RSE</b>: Introduction to relationships. (RSE). Introduces students to key concepts of Personal space, boundaries, online safety, friendship, family and other types of relationship. Session two includes 'Growing up', puberty and menstruation.</p> <p>Anti-bullying project. Leadership and life skills. Teamwork focus. <b>(KS3 2,3,5)</b>. Gives pupils teamwork and leadership roles. <b>Introduces idea of liberty and justice</b>. Introduces <b>volunteering</b> as a personal as well as business. Develops KS2 concept of voting through 'best project' design. Introduces concepts of <b>PSHE</b> to students linking back to KS2 learning.</p>	<b>Autumn</b>	<p><b>PSHE</b>: Intro &amp; The Brain - Mental Health <b>(KS3, 5)</b>. Introducing PSHE through Mental Health in an open discussion. Runs alongside Mental Health Champions.</p> <p><b>PSHE</b>: "We scare Hunger" <b>(KS3, 3, 5)</b>: Charity and <b>active Citizenship</b> through an example charity linked to Halloween</p> <p>Citizenship: 'The Island' <b>(KS3, 1, 2, 3, 4, 5)</b>:an experiential project covering <b>leadership</b>, ceremonies, <b>society</b>, <b>culture and membership</b> / commitment.</p> <p>- <b>RSE</b>: Puberty and Relationship boundaries. Introduces key developmental points and perspectives in a mixed sex setting. Brook education external visitor covers grooming and abuse, acceptable and unacceptable behaviour in relationships</p> <p>Pixl/LORIC – Initiative: 'Drop down day' focusing on student initiative as they begin considering their pre-options</p>	<b>Autumn</b>	<p><b>RSE</b>: Body image, Consent, contraception and STIs</p> <p>Democracy <b>(KS3, 1, 2, 3, 4)</b>. Introduces <b>Government and political citizenship, their role in the UK and what the government does</b>.</p> <p>Government and Politics <b>(KS3, 1, 2, 3, 4)</b>. Continues the democratic unit through a look into different types of government and the <b>ideas of democracy</b>.</p> <p>Elections and Voting <b>(KS3, 1, 2, 3, 4)</b>. Explores how <b>voting and elections</b> work through an example situation. Runs alongside UHS mock election.</p> <p>Responsible Consumerism <b>(KS3, 5)</b>. Rounds off the unit of work discussing how we can be <b>positive and upstanding citizens</b>.</p> <p>Pixl/LORIC – Leadership. Engages students with the fundamental ideas of school (and beyond) <b>leadership</b>. ). <b>(KS3, 1, 2)</b></p>



## Citizenship CURRICULUM MAP (Foundation/Transition): Spring term

Term	Foundation Year 7	Term	Foundation Year 8	Term	Transition Year 9
Spring	<ul style="list-style-type: none"><li>- Exploring personal strengths for employment (CEIAG): Explores what students will need in terms of academic and soft skills for future careers.</li><li>- Pixl/LORIC – Organisation: Focuses the students on a career based campaign, learning about how organisation can help them prepare for the future.</li><li>- Careers &amp; CVs (CEIAG): How having a robust CV will get them a good start.</li><li>Firearms Visitor – Safer Schools Team (London). (KS3, 3, 4). PSHE unit tie-in about Hillingdon, London and what the police do to keep them safe.</li><li>- Internationalisation – Fair trade and local/wider impacts (Bees) (KS3, 5)</li><li>LGBT History Month – learning about equality and tolerance of others. (KS3, 5)</li></ul>	Spring	<p>Careers (CEIAG): Vocational and academic success: Introduces students to Careers including pastoral work such as social care.</p> <p>Firearms Visitor – Safer Schools Team (London). (KS3, 3, 4). PSHE unit tie-in about Hillingdon, London and what the police do to keep them safe.</p> <p>Living below the poverty line – Looking at the impacts of poverty on Great Britain inc. Literacy, cultural capital etc. Links to prior PSHE learning (KS3, 5, 6)</p> <p>Impacts: Looking at the impacts that charity, NGO etc and political/pressure groups can have on the world. (KS3, 5)</p> <p>RSE: Puberty and relationships. Stages of life including menstruation and wellbeing. Consent: Ensuring students understand how and why relationships are important and the impact of consent within healthy relationships.</p>	Spring	<p>Radicalisation: (KS3, 3, 4, 5). Discusses the dangers of radicalisation and extremism. Refers back to prior knowledge and learning from PSHE.</p> <p>LGBT History Month (KS3, 3, 4, 5): Improves student knowledge of rights and responsibilities – including equality act and human rights and their importance in the wider world.</p> <p>Child Soldiers: Looking at the impacts of poverty (PSHE) and social unrest in other countries such as Ghana (KS3, 5)</p> <p>Personal Finance (KS3, 6): How students use and understand money</p> <p>RSE Lesson – Internet safety, online relationships and sexual relationships including consent.</p> <p>Options Assembly / Careers assembly Week (KS3, 5, 6): Focusing on student futures through application and discussion of their GCSE options.</p>

*The progressive, inclusive curriculum 'skills, knowledge and concepts: literacy, life skills and enrichment'*



## Citizenship CURRICULUM MAP (Foundation/Transition): Summer term

Term	Foundation Year 7	Term	Foundation Year 8	Term	Transition Year 9
Summer	<p>Social Media: <b>PSHE</b> and <b>RSE</b> discussion regarding safe use of the internet.</p> <p><b>RSE</b> – Refreshes ideas of positive respectful relationships, friends, family and personal relationships including boundaries, personal responsibility and the <b>law</b> (inc. county lines).</p> <p><b>Being British - Democracy &amp; Government</b> (KS3, 1, 3, 4): Begins a series on Being British, the government, politics and our place in the world.</p> <p><b>PSHE:</b> African Adventures – understanding others in the world through a personal letter to a partner school in Ghana.</p> <p><b>Careers</b> – personal strengths for employment.</p>	Summer	<p>Careers - Real Game: An extended project involving careers guidance, fiscal management and the academic and vocational pathways students will need to take to join their chosen career (KS3, 6). Cross curricular links to <b>Careers</b> and <b>PSHE</b>, alongside academic and vocational subjects.</p> <p><b>RSE:</b> Body image and healthy relationships, mental wellbeing and self-respect</p> <p><b>PSHE:</b> Social media and resilience</p>	Summer	<p>DSM foundation assembly (KS3, 3, 5): Assembly and resources focusing on <b>sensible decision making</b> through the story of a young boy who died, told by the mother. Refers back to previous <b>PSHE</b> knowledge.</p> <p>How Charities Work: Introducing charity work <b>locally</b> and nationally – as well as the impact they can have on the wider world. (KS3, 5).</p> <p>Active Citizenship Project: Using the examples of the Guide Dogs and Hillingdon Foodbank, students <b>lead a project to advertise and raise money for two local charities.</b> (KS3, 5).</p> <p>Crime &amp; Law / Personal Safety: <b>Understanding their role in a safe society and what the police and wider community does to protect them.</b> (KS3, 3, 4).</p> <p><b>RSE</b> Assembly: Consent and appropriate relationships. Impacts of puberty.</p>

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## Citizenship CURRICULUM MAP (Mastery): Autumn term

Term	Mastery Year 10	Term	Mastery Year 11
Autumn	<p>RSE: 'Just as you are workshop' Domestic violence / Teenage pregnancy &amp; Young mothers (RSE)</p> <p>Human Rights + (Child) Exploitation (KS4, 5,).</p> <p>Global Issues: Economy: The World and You (empathetic study 1) (KS4, 9).</p> <p>Global Issues: PSHE links: Conflict in the world (empathetic study 2) (KS4, 2,3).</p> <p>Global Issues: PSHE links: Migration to Europe (study 3) (KS4, 3,4).</p> <p>Global Issues: Cross curricular / Integration and society: Religious Conflict (empathetic study 4) (KS4, 1, 6, 7, 8).</p> <p>Global Issues: Sustainable Development (KS4, 8).</p> <p>The Global issues section creates a journey as a small family with a good job in Syria, through migration and their eventual settlement in England. It focuses on issues of migration and a sense of empathy and togetherness whilst exploring key KS4 skills and cross curricular subjects including PSHE.</p> <p>Pixl/LORIC: Focusing on student's resilience both academically and pastorally. (KS4, 8). Supports previous mental health work (PSHE) as well as the Mental Health champion programme.</p>	Autumn	<p>Careers - Options for the future – academic and vocational (KS4, 7, 8, 9).</p> <p>Targeted intervention, Literacy, exam skills and numeracy</p> <p>Resilience and mindfulness techniques &amp; PSHE. Dealing with stress and helping others academically and pastorally. (KS4, 8).</p> <p>Exam skills: Supporting literacy as well as revision and exam skills students will need in order to perform at their best during the exam season.</p>

*'skills, knowledge and concepts: literacy, life skills and enrichment'*



## Citizenship CURRICULUM MAP (Mastery): Summer term

Term	Mastery Year 10	Term	Mastery Year 11
<b>Summer</b>  Literacy / numeracy foci         Revisiting, revising, remembering opportunities	<p>RSE – Relationships, consent and pregnancy</p> <p>CPR (Materials with LCL) (KS4, 8,): Students learn CPR in form groups as a positive future skill.</p> <p>Paired Reading – Assisting the literacy of lower year students. Also helps build stronger community through engagement across years.</p> <p>Preparing for the future, dealing with stress and helping others (KS4, 8).</p> <p>- Mock Exams -</p> <p>RSE assembly: Contraception, safe sex and STI's. Consolidates RSE, science and RE subject knowledge through a practical demonstration (where appropriate) and discussion of consent and safer sex.</p>	<b>Summer</b>  Literacy foci         Revisiting, revising, remembering opportunities	GCSE Exams

*'skills, knowledge and concepts: literacy, life skills and enrichment'*



## Citizenship CURRICULUM MAP (Mastery): Spring term

Term	Mastery Year 10	Term	Mastery Year 11
Spring	<p>Global Issues: <b>LGBT Rights and LGBT History Month</b> (KS4, 1, 5, 6, 7, 8): Reviews prior knowledge of human rights and equality, as well as UK governance through an example of LGBT history month.</p> <p><b>PSHE</b> - Self Regulating Behaviour and Attitudes to Learning (KS4, 5, 7, 8).</p> <p>Europe and the EU: <b>Brexit and our place in the world</b> (KS4, 1, 2, 4, 5, 6, 7, 8, 9). Continues student knowledge of the governance of the UK through the example of Brexit. Reintroduces students to voting and democracy.</p> <p>Careers - Interview Skills (KS4, 8, 9).</p> <p>Teenage cancer trust: (<b>PSHE</b>) External visitor supporting charity work. (KS4, 8).</p>	Spring	<p><b>RSE</b> – Sexual relationships, STI's and Pregnancy</p> <p><b>LGBT History Month Project:</b> Assisting different year groups to promote human rights. (KS4, 1, 5, 6, 7, 8).</p> <p><b>Careers:</b> Understanding the next steps in their academic career. What to do with your grades. (KS4, 8, 9).</p> <p>Study Skills</p>

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# Appendix

Citizenship National Curriculum  
PSHE Association documentation  
RSE 2020 Legislation Guidelines  
Example Drop Down Day  
Assemblies  
Extra-Curricular / Trips  
Charity Work  
World Events Calendar

## CITIZENSHIP

**Stephen Whittle**  
(1955-)



Photo: Jayne Russell

British trans activist and writer

Co-founded trans rights organisation Press for Change

Awarded prestigious Human Rights Award by civil rights group Liberty

Transgender man

York LGBT  
History Month

Schools  UT UK

The LGBT Education Charity

Charitable Incorporated Organisation No. 1148282

REGISTRATION

Working with Youth  
Education Trusts  
and Schools

York LGBT  
History Month

The Classroom



## Appendix – National Curriculum

### Citizenship Key stage 3 Nat. Curr.

Teaching should develop pupils' understanding of democracy, government and the rights and responsibilities of citizens. Pupils should use and apply their knowledge and understanding while developing skills to research and interrogate evidence, debate and evaluate viewpoints, present reasoned arguments and take informed action.

Pupils should be taught about:

1. the development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch
2. the operation of Parliament, including voting and elections, and the role of political parties
3. the precious liberties enjoyed by the citizens of the United Kingdom
4. the nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals
5. the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities
6. the functions and uses of money, the importance and practice of budgeting, and managing risk

### Citizenship Key stage 4 Nat. Curr.

Teaching should build on the key stage 3 programme of study to deepen pupils' understanding of democracy, government and the rights and responsibilities of citizens. Pupils should develop their skills to be able to use a range of research strategies, weigh up evidence, make persuasive arguments and substantiate their conclusions. They should experience and evaluate different ways that citizens can act together to solve problems and contribute to society.

Pupils should be taught about:

1. parliamentary democracy and the key elements of the constitution of the United Kingdom including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press
2. the different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond
3. other systems and forms of government both democratic and non-democratic, beyond the United Kingdom
4. local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world
5. human rights and international law
6. the legal system in the UK, different sources of law and how the law helps society deal with complex problems
7. diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding
8. the different ways in which a citizen can contribute to the improvement of their community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity
9. income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent



## PSHE Association recommendations:

The new PSHE and RSE curriculum is mandatory for all schools from September 2020. For further information please see the DFE guidance and documentation. The PSHE association recommends the below is included in programmes of study.

Inclusion across different subject(s) / Curriculum planning

Anti-bullying

Careers Education

Drugs, Alcohol and Tobacco Education

Economic Wellbeing and Financial Capability

Emotional Wellbeing and Mental Health

Healthy Lifestyles

Inclusion of Parents and Governors/Trustees

PSHE Guidance & Information

Relationships and Sex Education

Safety (including Physical and Online Safety)

Inclusion within School Policies

## RSE 2020 Legislation Guidelines:

Please see the DFE document: Relationships Education, Relationships and Sex Education (RSE) and Health Education 25 June 2019 (updated 9 July 2020), Domestic Abuse Act (2021) and other relevant documents. For further information.

Please also see the UHS RSE policy updated January 2022

<https://www.uhs.org.uk/attachments/download.asp?file=3402&type=pdf>

See also:

SMSC Policy:

<https://www.uhs.org.uk/attachments/download.asp?file=1641&type=pdf>

Equalities statement:

<https://www.uhs.org.uk/attachments/download.asp?file=1634&type=pdf>

Action against bullying:

<https://www.uhs.org.uk/attachments/download.asp?file=3253&type=pdf>



## Appendix – Example Drop Down Day activities

### YEAR 8 – Student Drop Down Timetable

		MONDAY 16TH DECEMBER YEAR 8				
FORM GROUP	REG	Period 1	Period 2	Period 3	Period 4	Period 5
8XLA 1 J Layfield	08:40 assembly in activity studio	Enterprise project (activity studio)			LORIC project to form 2 – main hall	Whole cohort assembly and form time (activity studio)
8XST 2 M Dhillon		Enterprise project (activity studio)			LORIC project to form 1 – main hall	
8XTU 3 L Zoska L Chapman		Academic session 1 (teacher 1&2) - L205	Academic session 2 (teacher3&4) - L205	LORIC project to form 5 - O1	Barclays life skills workshop - L205	
8XYO 4 S Cowie P Pimentel		Academic session 1 (teacher 1&2) - L204	Academic session 2 (teacher3&4) - L204	Barclays life skills workshop - L204	LORIC project to form 6 - O1	
8YLA 5 M Morrison A Hadi		Barclays life skills workshop L208	Academic sessions 1 (teacher 1&2) - L208	LORIC project to form 4 - O1	Academic session 2 (teacher3&4) - L208	
8YST 6 R Hellyer		Academic session 2 (teacher3&4) - L209	Barclays life skills workshop L209	Academic session 1 (teacher 1&2) - L209	LORIC project to form 3 - O1	
8YTU 7 J Silva		STEM project all day (learning zone)				
8YWI 8 L Phillips		STEM project all day (learning zone)				

#### Academic sessions:

Teacher 1: JKE  
Teacher 2: MDH  
Teacher 3: JSI  
Teacher 4: MPA

#### Character and culture sessions:

Leadership / house teams  
Form tutors to facilitate the LORIC presentations



## Appendix – Example Drop Down Day activities

### YEAR 10 – Student Drop Down Timetable

MONDAY 16TH DECEMBER	Period 1	Period 2	Period 3	Period 4	Period 5
<b>Monday</b> - end of term assembly in the main hall at 08:40	<b>En X side</b> - escape rooms (B4 to B8)		<b>OPTION A</b> Bs - T9/T7 (STH&AAH) Sp - C4 (LCH) / Ge - C8 (RGO) Fr - C3 (SMI) / So - B13 (NSH) Gg - B21 (ACH) Pe1 - A1 (TEM) / CS - T6 (JCH)	<b>Sc X side</b> RPU-S6 / VLA-S2 / RWO-S10 TSZ-S8 / MJA-S4 / AMA-S10 JKA-S6	<b>Sc X side</b> JKA-S6 / SMA-S2 / AMA-S10 TSZ0S8 / MJA-S4
	<b>Ma Y side</b> P (YTO) - L111 / Q (SSA) - L106 / R (AHA) - L110 S - (ASH) - L103			<b>Re Y side</b> B16 (BBA) / B12 (BHA) B18 (CRN) / B14 (JSA) B19 (ESH) / B13 (NSH)	<b>Re Y side</b> BBA-B16 / BHA-B12 / CRN-B18 / SPA-B17 ASO-B15 / CBR-B11
TUESDAY 17TH DECEMBER	Period 1	Period 2	Period 3	Period 4	Period 5
<b>Tuesday</b> - registration in form rooms as normal at 08:40	<b>Ma X side</b> A (DWH) - L102 / C (YTO) - L111 / D (HCH) - L107 B (BDE) - L105		<b>OPTION A</b> Bs - C6/C2 (STH&AAH) Bi - S5 (RWO) / Sp - C4 (LCH) Ge - C8 (RGO) / Fr - C3 (SMI) Dt - DT4 (TST) / Hc - DT6 (AFE) Cs - T6 (CBU) / Gg - B19 (ESH) Gg - B15 (ASO)	<b>Re X side</b> B15 (ASO) / B11 (CBR) B17 (SPA) / B13 (NSH) B20 (SHD) / B16 (BBA) B18 (CRN) / B19 (ESH)	<b>Re X side</b> B12 (BHA) / B15 (ASO) / B11 (CBR) / B17 (SPA) / B13 (NSH) / B20 (SHD)
	<b>En Y side</b> - escape rooms (B4 to B8)			<b>Sc Y side</b> JKA-S6 / KPA-S2 / RWO-S5 RSA-S9 / MJA-S4	<b>Sc Y side</b> RWO-S5 / RSA-S9 MJA-S4 / JFR-S6 / VLA-S2
WEDNESDAY 18TH DECEMBER	Period 1	Period 2	Period 3	Period 4	Period 5
<b>Wednesday</b> - registration in form rooms as normal at 08:40	<b>OPTION B</b> Bs - A1 (STH&JBO) Gg - B21 (ACH) Gg - B19 (ESH) Hi - B18 (CRN) Hi - B12 (BHA) Py - S7 (BBA) Re - B17 (SPA) Sc - S10 (AMA) Pe1 – A2 (TEM) Hc - T5 (LSE) DT - DT4 (TST) Pa - O1 (AML) Hs – T6 (RGA)	<b>OPTION B</b> Bs - A1 (STH&JBO) Re - B11 (CBR) Hi - B12 (BHA) Py - S7 (BBA) Re - B17 (SPA) So - B13 (NSH) Gg - B21 (ACH) Sc - S10 (AMA) Pe1 - Dome (TEM) Hc - T5 (LSE) DT - DT4 (TST) Pa - O1 (AML/MMO)	<b>OPTION A</b> Bs - A1 (STH&AAH) Sp - C4 (LCH) / Ge - C8 (RGO) Fr - C3 (SMI) / Sc - S5 (RWO) Pe1 – T10 (JHU) DT - DT5 (LBU) CS - T6 (JCH) Gg - B15 (ASO) Re - B17 (SPA)	<b>OPTION C</b> Bs - A1 (LRS&AAH) Py - S7 (BBA) / Re - B11 (CBR) Re - B17 (SPA) Ar & Po - Ar1 (SCO) Pe1 – T6 (JHU) / E21 - DT5 (LBU) IT - T10 (CBU) / Pa - O1 (MMO)	<b>OPTION C</b> Bs - A1 (LRS&AAH) / Ar & Po - Ar1 (SCO) Pe1 - T6 (JHU) / E21 - DT5 (LBU) IT - T10 (CBU) / Py - S7 (BBA) Gg - B15 (ASO) / Gg - B12 (BHA) Pa - O1 (MMO&AML)
THURSDAY 19TH DECEMBER	8.55am to 9.25am	9.25am to 9.55am	9.55am to 10.55am	10.25am to 10.55am	10.55am to 11.15am
10XLA	Numeracy (YTO)	H.A.L (RGA / JHU)	'Exam Hacks' (CFR)	Careers and sixth form (JCH / AMA)	Assembly and reports (STA)
10XST	H.A.L (TSZ)	Numeracy (BDE)	'Exam Hacks' (MDH)		
10XWI	Numeracy (BDE)	H.A.L (TWO / HNO)	'Exam Hacks' (MBU)		
10XYO	H.A.L (MJA)	Numeracy (YTO)	'Exam Hacks' (JSV)		
10YLA	H.A.L (RGA / JHU)	'Exam Hacks' (CFR)	Numeracy (MPN)		
10YST	'Exam Hacks' (JSV)	H.A.L (TSZ)	Numeracy (HCH)		
10YTU	H.A.L (TWO / HNO)	'Exam Hacks' (JSV)	Numeracy (BDE / NYU)		
10YYO	'Exam Hacks' (CFR)	H.A.L (MJA)	Numeracy (JBA / DWH)		



## Appendix – Assemblies

*Assemblies usually take part in year group bubbles*

Term	All Years (House Groups)	Term	All Years (House Groups)	Term	All Years (House Groups)
Autumn	Behaviour and Expectations	Spring	Equity vs Equality	Summer	Determined
	Taking Responsibility – Building your Character		House Group Assemblies		British Values
	European Day of Languages		The world in numbers		House Group Assemblies
	Positive (Student Leadership Presentation LORIC)		Open-minded		Resilience (Mental Health Awareness)
	House Groups Assemblies		LGBT History Month		Religious Celebrations and Holidays
	Black History Month		E- Safety and Cyberbullying		Thinking Creatively
	Self and Mutual Respect		Careers week		National Refugee Week
	Celebrating Diversity		World Book Day		National Sports Week
	Remembrance		International Women’s Day (8 <sup>th</sup> March 2022)		House group assemblies
	Anti-Bullying Week		Science Matters		Technology in the world around us
	Multicultural Britain		House Group Assemblies		Student Leadership Presentations (LORIC)
	House Groups Assemblies				International Week - Internationalism
	Unique				

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## Appendix - Ex curricular activities

**Regular Extra-Curricular clubs that run throughout the year include:**

Book club, Music club / Vox Rox, Manga, Technology, Recording Studio, Drama and Art, Humanities, Leadership. Food Technology. Maths Revision / Maths Club. FLC. Reflection Room. Science Club. 'Be her lead'. Mixed Sports. PRIDE (LGBT+, Tue/Fri).

Mental Health and Anti-Bullying Student Leaders (KS3, 5). (KS4, 5, 7, 8). Student leadership roles, designed to promote positive mental health, mindfulness and positive attitudes across the school in all years.

***For further details please see the Extra-Curricular Activities spreadsheet and the PE extra-curricular timetable***



## PE Extra-Curricular Timetable



Autumn Term

Day	Before School – 07:30 - 08:00	Year Group	After School – 15:15 – 16:00	Year Group
Monday			<b>Rugby – Girls and Boys</b> <b>Netball – Girls and Boys</b>	<b>All Years</b> <b>Year 7,8 and 9</b>
Tuesday	<b>Volleyball,</b> <b>Fitness and</b> <b>Badminton</b>	<b>All Years</b>	<b>Football – Girls</b> <b>Dance – Girls and Boys</b>	<b>All Years</b> <b>All Years</b>
Wednesday			<b>Football – Boys</b> <b>Netball – Girls</b>	<b>All Years</b> <b>Year 10, 11, 12</b> <b>and 13</b>
Thursday	<b>Volleyball,</b> <b>Fitness and</b> <b>Badminton</b>	<b>All Years</b>		
Friday	<b>6<sup>th</sup> Form Football – Friday Lunch time – 12:15 – 13:00</b>			





### Charities supported – All Years (Examples)

MIND UK (Christmas concert donation)  
Stonewall (Champions programme)  
Healthwatch Hillingdon (Mental Health)  
Guide Dogs  
Trinity (local homeless charity based in Uxbridge and Hayes)  
Movember  
Multiple Sports Charities (PE Dept)  
Water Aid (Donation / Project)  
Teenage Cancer Trust (Visit, donations)  
Christmas shopping (Year 12/13 Elderly focus)

Additional charities also supported on an ad hoc basis





## Appendix – World Events

Term	World Events – All Years
Autumn	Oct: Mental Health day, Asexual awareness week, Black History Month, World Mental Health day Nov: Armistice, Children's day, UK disability History Month Dec: World Aids Day, Human Rights day, Persons with disabilities, Christmas. UK Parliament week (Mock election)
Spring	Jan: Victims of the Holocaust, Feb: Cancer day, LGBT History Month, Safer internet day. March: Zero discrimination day, Poetry day, Zero discrimination day, Womens history month, Trans day of visibility, International women's day.
Summer	April: Autism awareness, Health day, Book day, Lesbian day of visibility May: Bee day, Mental health awareness, IDAHOBIT June: Child labour, Refugee day, Pride Month July: International non-binary day

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