



Rayner Stephens
HIGH SCHOOL



PD+
BOOKLET
2025/26



About the PD+ Programme

We understand that student life is about much more than just academic success. This is why we have developed and implement the Personal Development Plus (PD+) programme which will give all students the opportunity to experience a wide and diverse selection of extra-curricular options.

Although we are firm of the opinion that school should not be solely about academic success, the impact that an active involvement in enrichment can have on academic attainment should not be underestimated.

Many of the skills developed through enrichment activities are directly transferable to the academic arena. These include problem-solving, working as a team and performing under pressure in front of an audience.

The necessary self-discipline and commitment that is needed for success in these areas is also mirrored in the classroom.

Wherever a child's interests lie, this enrichment programme is designed to give each individual the opportunity to discover their talents and develop them further.

We believe that the PD+ programme is an integral part of the education that our students experience at Rayner Stephens High School and that it is taking part in these activities outside the classroom that allows them to become confident, flexible and resilient young adults, ready to take on future challenges.

All of the activities add value, enrich knowledge and tap into unknown potential - equipping them with the skills and values needed to meet the challenges of a changing society and to provide the best possible educational foundations for life.

How the PD+ Programme Works

We have collated a large and varied range of PD+ groups and clubs and full details of each one can be found inside this booklet. This booklet can be used by all students and their parents and carers to help inform their choices.

The groups and clubs have then been split out under one of our three values:



RESPECT



RESILIENCE



ASPIRATION

All year groups, will select as many groups as they would like to try under each value but they must choose a minimum of 5 groups from each section. This will allow us to create the different groups without exceeding the maximum number in each one.

Students will then be given three groups, one from each of the values, that they will experience over the year. The groups will change round at the start of each term so all students will have experienced one PD+ group from each value by the end of the academic year.

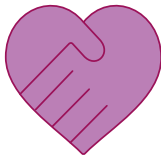
Year 9

Year 9 are the exception to this, as we have the opportunity for every student in Year 9 to complete the Bronze Duke of Edinburgh Award instead, and the PD+ time will be used to satisfy the requirements of the DofE Award. This is a unique opportunity for students at RSHS and full details about the DofE can be found inside the booklet.

Year 11

Year 11 will take part in PD+ enrichment groups for the first term only. After Christmas the PD+ time will turn to an academic focus to support with their preparations for the start of the GCSE exams.

PD+ GROUPS



RESPECT

CRIMINOLOGY CLUB
HORTICULTURAL SOCIETY
RECYCLED FASHION
DEBATE CLUB
SIGN LANGUAGE
ANIMAL CARE
MODEL UNITED NATIONS
CARNEGIE BOOK AWARD
ECO COUNCIL
SCHOOL NEWSPAPER



RESILIENCE

FUTSAL SKILLS
BATIK AND SCREEN PRINTING
SAMBA BAND
POLYGLOT CLUB
BUILDING ROBOTS
CODING CUB
KNITTING CLUB
CHESS CLUB
FUN SCIENCE
CROCHETING CLUB
STEP AEROBICS



ASPIRATION

HISTORY CRAFTS
NETBALL
PHENOMENAL PHOTOSHOP
DRAMA CLUB
SCIENCE CREST AWARD
CREATIVE WRITING/POETRY
CREATIVE ARTS CLUB
RAYNER RESTAURANT
ARABIC CLUB
JUNIOR MATHS CHALLENGE
RUNNING CLUB

YR9 DofE GROUPS



VOLUNTEERING

COMMUNITY CAFE
COMMUNITY BUILD
COMMUNITY CLEAN



PHYSICAL

BOXERCISE
FITNESS SUITE
SPINNING



ASPIRATION

HISTORY CRAFTS

Bring the past to the present by discovering the hidden histories of our world. We will explore lesser known historical events, individuals and cultures. Find out about ancient ideas and technology behind some of the worlds most ancient civilisations.

Discover the individuals who have changed history but who are often forgotten and create fantastic historical crafts and projects.



Aspiration to further deepen your exploration and knowledge into the subject of History.



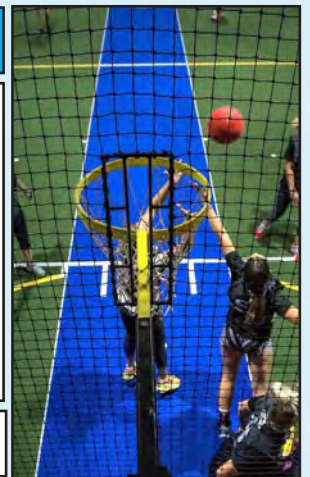
NETBALL

Netball is a fantastic opportunity for students to enjoy themselves whilst getting active with their friends. Netball is an amazing sport that will help boost confidence and body image as well as learn to overcome problem solving.

Students can showcase their teamwork and leadership skills whilst improving their hand eye coordination, flexibility, reaction time and stamina. Winners never quit and quitters never win. Be there!!!



Aspiration to gain new skills and learn to play to netball to a higher level.



PHENOMENAL PHOTOSHOP

Phenomenal Photoshop offers students the amazing opportunity to show off their flair and creativity by creating their own unique and funny photos using Photoshop.

Students will get to grips with the basic skills of Photoshop allowing them to create different digital images, layouts for journalistic projects, posters, company logos and other digital art. Each session students will build these skills and even win prizes with a competition during each session.



Aspiration to learn new skills and create original pieces of digital artwork.



D.R.A.M.A

Doing **Really Amazing Mixed Activities**.....not just acting!

Drama Club is an interactive, hands-on club for all year students interested in any aspect of theatre or film. This club will allow you to release your inhibitions and develop your confidence to create 'off the wall' improvisations, look at film scripts of your choice and develop 'stage combat' skills (for those stunt people amongst you!) as well as theatre plays. There will be opportunities to be artistic and create theatre Masks, set designs, costume designs and look at the technical elements of performance.

"You don't have to be a performer to be a STAR in this club" Let's have some fun and develop some skills at the same time!



Aspiration to perform and to develop new performance skills.



SCIENCE - CREST AWARD

Earn your Crest Award in Science and showcase your passion for discovery and innovation! Perfect for curious minds and aspiring scientists, our club offers hands-on projects, cutting-edge experiments, and the chance to earn a prestigious Crest Award.

Whether you're passionate about biology, chemistry, physics, or engineering, our club has something for everyone. Don't miss this opportunity to enhance your skills, build your confidence and become part of a community of future scientists and innovators!



Aspiration to further deepen your exploration and knowledge into the subject of Science.



CREATIVE WRITING AND POETRY CLUB

Welcome to The Creative Writing and Poetry Club, a place that will help you tap into that secret ingredient that we all have - our inner creativity.

During the process, you will vastly improve your creative writing: everything from plotting a character arc to setting a scene to making sure that a sentence has exactly the rhythm you are looking for. On top of that, you have to properly work as a team, improving your ability to give feedback, take feedback, organise tasks and trust others in the group.

You will be lead through a series of exercises and activities and publish a collaboratively written novel at the end of the year.



Aspiration to develop your writing skills and to create original creative pieces of writing.



AMAZING ART

Students will immerse themselves in a wide range of arts activities and creative workshops. Students will explore media and materials independently and as a group to learn a new skill. Students will be imaginative and creative when producing personal ideas through art.

Using a range of materials, from pencil, charcoal and pastels through to water colour, acrylic and even oil paint - students will have the chance to experiment in different mediums.



Aspiration to develop your art skills and to create original creative pieces of art.



RAYNER RESTAURANT

Join our exciting Cooking Club for students, where culinary creativity meets practical skills! In this club, you'll embark on a delicious journey, learning how to prepare and cook a variety of dishes from scratch. By the end of the program, you'll have the confidence and expertise to host your own culinary event, cooking for family and friends right at school. Whether you're a beginner or a budding chef, our club offers a fun, hands-on experience that will turn your passion for food into a lifelong skill.

Don't miss out on this flavourful adventure—sign up today and start cooking!



Aspiration to develop your cooking skills and to cook for a group of guests.



ARABIC CLUB

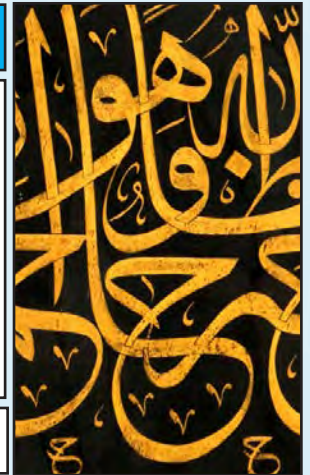
Join our Arabic Language Club and discover the beauty of the Arabic language! Our club is perfect for beginners and those who want to improve their skills.

You'll learn to speak and write Arabic while having fun with new friends. We also explore Arabic culture through exciting events and activities.

Come join us and start your adventure in learning Arabic today!



Aspiration to learn a new language and develop your cultural knowledge.



JUNIOR MATHS CHALLENGE

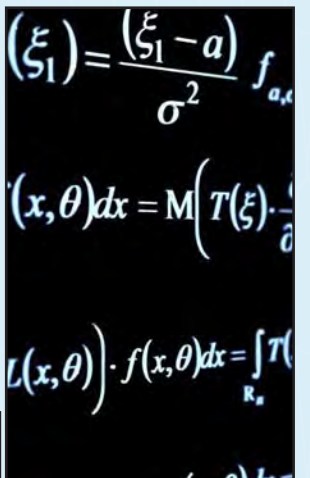
The Junior Maths Challenge, is a multiple-choice maths challenge that lasts for 60 minutes.

It will encourage mathematical reasoning, precise thinking, and the ability to use maths techniques to solve interesting maths problems.

Success in the Junior Maths Challenge can then lead to taking on the challenge of the Intermediate Maths Challenge and can act as a pathway into future maths competitions if you are up for the challenge?!



Aspiration to undertake the Junior Maths Challenge and compete against others.



RAYNER RUNNING CLUB

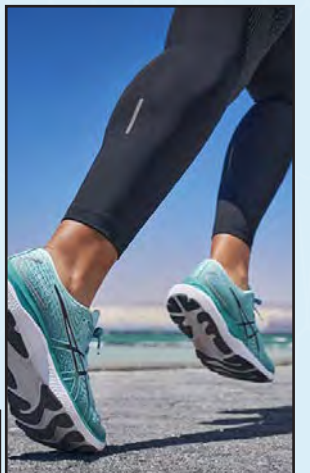
Discover a lifelong love for running and fitness!

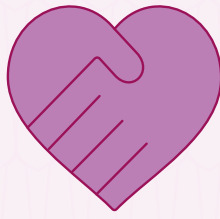
Running / Athletics Club is a school running community that supports you in your running journey, whether you have goals to train for something in the future or just want to enjoy running for fun! This Club caters for all abilities and will help you stay strong in your body and mind and fuel your fire to stay motivated and healthy.

This Club will allow students to explore the great outdoors, make new friends and boost physical and mental well-being.



Aspiration to develop your skills and knowledge in running and to push yourself to continually im-





RESPECT

CRIMINOLOGY CLUB

Are you **OBSESSED** with true crime documentaries? Thinking about a career in the police, or as a forensic psychologist? Then this club is for you! Delve into the minds of criminals as we discover what makes someone more likely to commit a crime. Are people born to commit crimes, or does society force them into it?

We will examine the nature versus nurture debate alongside learning some basic psychological and criminological theory. We will then move on to acting as detectives to try and solve some of the world's most infamous unsolved crimes. You may even get to meet a real-life detective along the way!



Showing respect for the rule of law and healthy debate.



RSHS - RAYNER STEPHENS HORTICULTURAL SOCIETY

The Gardening club will teach you to grow a variety of plants from seeds and cuttings, it will give you the opportunity to culture plants that can be grown for food such as fruit, vegetables and herbs. You will also grow plants that are grown to encourage birds, butterflies and other insects.

We will look at the importance of plants for human use such as medicines. You will have the opportunity to improve an area of the school grounds that can be made more welcoming because of the plants you will learn to plant and take care of. In the final sessions, we will make a seasonal decorations using plants. The benefits of gardening are becoming better understood, it can help with stress, reduce anxiety and improve mental health.



Showing respect for the environment and the natural world around us.



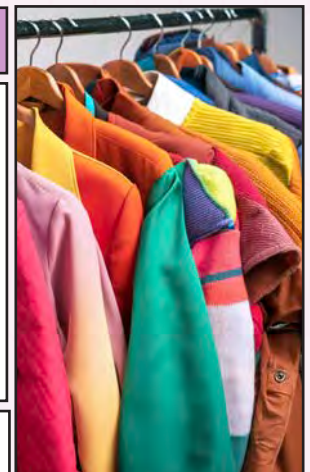
RECYCLED FASHION

We will explore issues of sustainability in fashion and will experiment with the creative process of up-cycling garments that would usually be thrown away.

Students will be following a fashion brief like a designer in the fashion industry and exploring the skills of sewing, reconstruction and up-cycling of garments.



Showing respect for the environment and the positive impact recycling can have.



DEBATE SOCIETY

Like to talk? Got an opinion? Love to argue?

Then Debate Society might be for you!

Come and develop your critical thinking skills, learn how to build a structured argument and become a confident communicator. Discuss current affairs, topics and motions, building to a debate similar to that seen in parliament. Working in groups, you will construct detailed arguments and take to the floor and debate.



Showing respect for other people's opinions and views through the rules of debating.



BRITISH SIGN LANGUAGE (BSL)

The British Sign Language (BSL) club gives you an introduction into BSL covering the basics such as finger spelling, conversations, family, colours, etc. in order to converse confidently. As well as this, we will play games and even practice signing popular songs.

This club also aims to promote awareness of the Deaf community and bridge the gap between hearing and non-hearing individuals, creating a more inclusive society. Whether you're a beginner or already know some BSL, you'll make new friends and have loads of fun!



Showing respect for other people and the challenges faced by the deaf community.



RSHS ZOO - ANIMAL CARE AND HUSBANDRY

The Enrichment will include hands on experience with a variety of animal and bird species. These include Rabbits, Hamsters, Guinea pigs, Chickens and Ducks. It will include maintaining animal accommodation, Undertaking animal feeding and basic nutrition for each species. You will look at the basic principles of animal biology, animal behaviour and Animal health and well being.



Showing respect for animals and the care they require.



MODEL UNITED NATIONS

Model UN simulations engage hundreds of thousands of students each year, helping you to learn more about the principles of the UN and how it functions. Many of today's leaders in law, government, business and the arts - including at the UN itself - participated in Model UN as students.

You will take part in simulations of the United Nations where students play the role of delegates from different countries and attempt to solve real world issues with the policies and perspectives of their assigned country



Showing respect for others and the values set out by the United Nations.



CARNEGIE BOOK AWARD READING CLUB

Students taking part become known as 'shadowers' as you 'shadow' the judging process for the Yoto Carnegie Medals; you will read, discuss and review the books on the Carnegie Book Award for Children's Books shortlist, engaging in reading related activities which you can share online, and vote for your favourites to win the Shadowers' Choice Awards.

Your challenge should you wish to accept it is to read all 8 short listed books across the term.



Showing respect for the opinion of others, healthy debate and the power of reading



ECO COUNCIL

Do you want to help Rayner Stephens High School to be as eco-friendly as possible? Then you should apply to be on the Eco Council and work towards the school achieving the Bronze Eco Award.

If you are on the eco-committee, you will: Support our school to be environmentally friendly, talk to teachers, students and parents about how they can help the environment, carry out an Eco survey on the school and run a project that will help the school become more eco-friendly.

If you care passionately about the environment and the future of the planet and the climate then this group is definitely for you.



Showing respect for the environment and the natural world around us.



SCHOOL NEWSPAPER

Work collaboratively with a team of budding reporters, designers, photographers and writers to create the school newspaper: **The Rayner Times**. The newspaper will reflect the Rayner Stephen's community, produced by students.

The newspaper can include interviews, a celebration of success and achievement, games, information on important contemporary issues and much more!

A copy of the newspaper will be printed and distributed to hundreds of readers at the end of every term.



Showing respect for the achievements of others and the rules around print publications and news.





RESILIENCE

FUTSAL SKILLS

Want to take your football game to the next level?

Whether you're a seasoned player or just starting out, this fun and focused program will help you hone your dribbling, passing, shooting, and tactical awareness.

You'll train in a supportive environment, develop confidence, and make new friends who share your passion for the beautiful game.



Having the resilience to learn and develop new skills and to carry out independent practice

CREATING PATTERN : SCREEN PRINTING AND BATIK

You will learn how to bring designs off the page and onto a piece of fabric, using modern screen printing- big panels of ink which are layered one on top of another to create bright patterns and images- and batik which is similar to drawing with hot wax.

You will experiment with materials and techniques which bring these together, and you will end up with a finished piece of fabric that you will be able to hang, frame, or make into something else !



Having the resilience to learn and develop new skills.

SAMBA BAND

Enter the world of the Brazilian Samba Band. A carnival of musical sound and rhythm. You will be immersed in the culture, traditions, custom and costumes of the best musical party in the world. Samba offers the opportunity to work as an ensemble, and to use rhythms to move to.

You will be encouraged to play untuned percussion instruments and learn layers of syncopated rhythms. Become a soloist or a leader of the Baterias. All samba bands have costumes so you will design a "Rayner Baterias" costume for our band.



Having the resilience to learn and develop new skills and to carry out practice as a group.

POLYGLOT CLUB

Welcome to Polyglot Club where you will be able to enjoy a variety of fun cultural and language based activities. You will not only be able to experience a taster in a different language of your choice, but also celebrate important cultural festivals and taste foods from around the world.

You will have the opportunity to take part in language based games, competitions and complete exciting creative cultural tasks.



Having the resilience to learn new languages and immerse yourself into different cultures.



Building and Programming Robots

Are you ready to dive into the exciting world of robots and coding? Join our Building and Programming Robots Club and embark on an adventure filled with creativity, teamwork, and fun!?

You will get to use awesome Kitronix kits to create and code your very own mini robots!



Having the resilience to learn programming skills and to work with new technologies.



CODING CLUB

Do you have a favourite computer game?

Would you like to learn how to create your own computer games?

Join code club and learn to create games and animation. Bring your ideas to life and join a community of young coders passionate about technology and creativity. Don't miss out on this fantastic opportunity to learn, create, and have fun!



Having the resilience to learn computer coding skills.



KNITTING

Want to learn a new skill, where you can turn a single strand of yarn into something to wear or use? Gain skills like teamwork, patience, resilience and develop communication skills. Then knitting club might be for you.

You will learn the basic stitches to enable you to make your first project. We will look at techniques and project ideas on what your knitting skills could be used for.

All done in a calm and mindful atmosphere. Come along and start your knitting journey!!



Having the resilience to learn knitting skills and the patience to complete knitted projects.



CHESS CLUB

The Chess Club is a captivating space for members to explore the intricacies of the ancient game of strategy. Participants enhance critical thinking, problem-solving, and decision-making skills while fostering camaraderie.

Whether beginners or experts, the Chess Club provides a platform for intellectual growth, friendly competition, and a shared passion for the timeless game of chess.



Having the resilience to learn the rules to play chess and the patience to complete chess matches.



SUPER SCIENCE

Hey there, Super Science enthusiasts! Welcome to our club, where we dive deep into the fascinating world of science for a whole hour of exploration and fun. Whether you're a budding scientist or just curious about how things work, this club is the perfect place to unleash your curiosity and discover new scientific wonders.

With Super Science, you will explore the fascinating world of science through engaging activities and experiments. From creating volcanoes to launching rockets, you'll have a blast while also learning valuable STEM skills.



Having the resilience to learn new and complex scientific knowledge.



CROCHETING CLUB

Embark on a crochet adventure, whether you're a seasoned pro or a newbie! Crochet is a popular needle craft that uses a hook and yarn or thread. Unleash your creative spirit and get ready for a delightful blend of crafting, bonding, and maybe a sprinkle of giggles.

So grab a hook and a yarn and dive into the crochet fun!



Having the resilience to learn crocheting skills and the patience to complete crocheted projects.



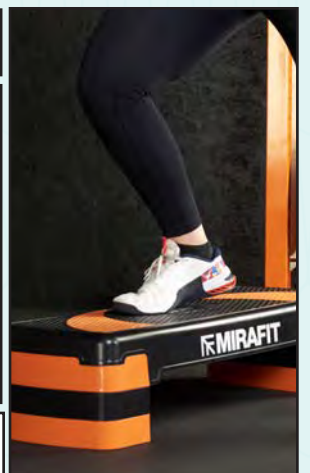
STEP AEROBICS

An opportunity to discover step aerobics. Take part in this high energy sport where you will learn the skills of step, practice choreographed routines and develop your own routines.

These sessions are accompanied by high energy music and will support you in improving your own fitness levels.



Having the resilience to push yourself through the aerobic challenge of step aerobics.





YEAR 9

DUKE OF EDINBURGH AWARD

What is the DofE?

A life-changing experience. An opportunity to have fun with friends. A chance to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement, respected by employers. The DofE is many things to many people, supporting generations to successfully navigate life.

14-24 year olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award. There are four sections to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter and healthier, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

Any young person can do their DofE. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs and university and job applications.

Why do the DofE

Hundreds of thousands of young people take part in The Duke of Edinburgh's Award (DofE) each year – and in Year 9 you will be one of them. The DofE is about you and your friends sharing amazing experiences together, having fun, and just maybe changing your futures along the way. Doing your Award helps to turn the things you love, and the things you've always wanted to try, into powerful lifelong skills that can help you get a job, change your community, and take on anything life throws your way. And yes, there's going to be a bit of camping involved.

Taking part in a DofE journey will give you skills, confidence, and something to talk about when you apply for college, university or a job. Beyond your academic achievements, universities want to see evidence of "soft skills" that you have developed through extra-curricular activities, such as communication, commitment, leadership and teamwork. Your DofE Award is a fantastic way to demonstrate and evidence these skills in practice.



VOLUNTEERING

You will do each of these volunteering opportunities throughout the year

COMMUNITY CAFE

Our Community Cafe will be open and run by students undertaking the Duke of Edinburgh Award.

Members of the local community are invited to be served with free drinks and cakes and are encouraged to bring their children with them as there are games and activities available in the Cafe.

Students will advertise, serve, clean-up and interact with the visitors as part of their volunteering commitment towards the achievement of the DofE Bronze Award.



ASPIRATION



RESPECT



RESILIENCE

COMMUNITY BUILD

The Community Build will see students make and build wooden planters as part of undertaking the Duke of Edinburgh Award.

Planters that are made and built by students will then be donated free of charge to local establishments including Care Homes and Primary Schools in the local area.

Students will cut, make and deliver the planters as part of their volunteering commitment towards the achievement of the DofE Bronze Award.



ASPIRATION



RESPECT



RESILIENCE

COMMUNITY CLEAN-UP

The Community Clean-Up will see students actively cleaning up public areas in the local vicinity to the school as part of undertaking the Duke of Edinburgh Award.

Local areas such as Gorse Hall Countryside Area, Dukinfield Park and the local shop frontages will be cleaned up by the Community Clean Up Team to help keep the local area tidy.

Students will undertake the cleanup projects as part of their volunteering commitment towards the achievement of the DofE Bronze Award.



ASPIRATION



RESPECT



RESILIENCE



PHYSICAL

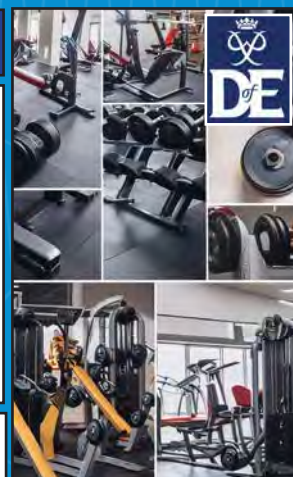
You will do each of these physical activities throughout the year

FITNESS SUITE

Gym workouts offer students the chance to access the Astley Sports Village fitness suite.

Following an induction on safe use of the machines/equipment students will create personal training programmes to focus on improving their all round fitness levels.

Students will take part in the fitness suite sessions as part of their physical commitment towards the achievement of the DofE Bronze Award.



ASPIRATION



RESPECT



RESILIENCE

BOXERCISE

Boxercise is based on the training concepts used by boxers to keep fit. Sessions will involve a variety of moves and techniques, such individual boxing punches and combinations, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups.

Sessions are accompanied by music, is suitable for anyone and is a safe, fun and challenging way to get a good, all-over workout.

Students will take part in the boxercise sessions as part of their physical commitment towards the achievement of the DofE Bronze Award.



ASPIRATION



RESPECT



RESILIENCE

SPINNING

Spinning – also known as indoor cycling – is a group indoor cycling class that focuses on strength, speed and endurance.

Combining pedal power with pulsating beats, you'll ride a stationary bike to music with an instructor coaching you through the session. Taking you through different speeds and resistances that simulate various terrains and intensity levels, spin classes will put you through your paces!

Students will take part in the spin sessions as part of their physical commitment towards the achievement of the DofE Bronze Award.



ASPIRATION



RESPECT



RESILIENCE

RESPECT 
RESILIENCE 
ASPIRATION 



Rayner Stephens
HIGH SCHOOL

Part of



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