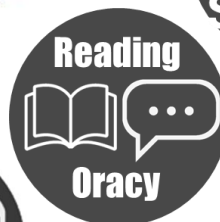
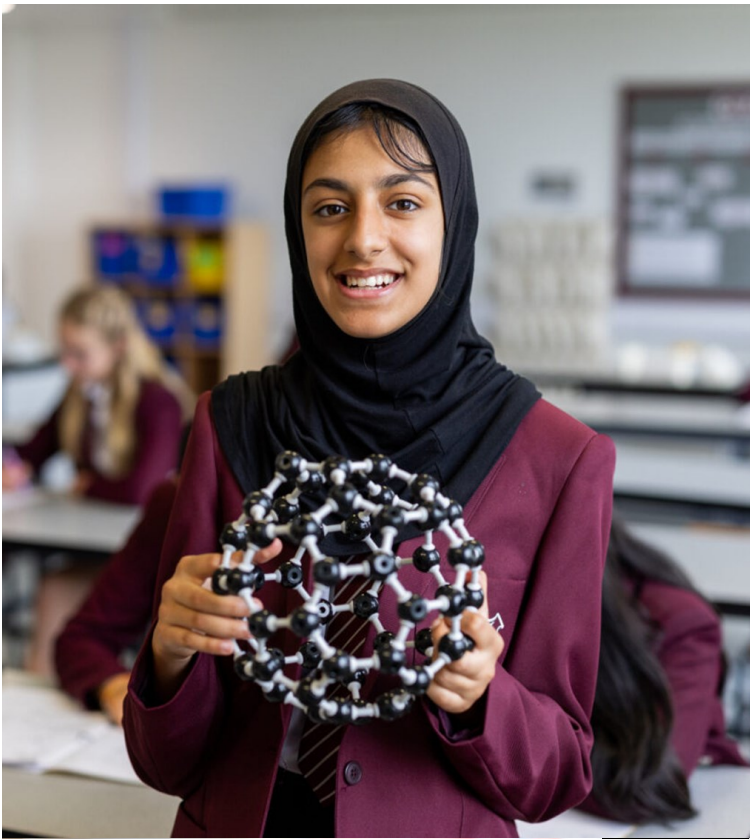


KLS Colour Awards

Flourishing through opportunities and personal development



KINGS LANGLEY SCHOOL
SIXTH FORM
READY FOR YOUR FUTURE



Introduction

The Kings Langley Colour Awards (KLS Colour Awards) provide students across the school and Sixth Form community the opportunity to have recognised, their engagement in the range of diverse and exciting opportunities that present themselves in school as well as the personal development beyond the school gates, in student's life outside of school. The six colour awards recognise that diverse interests, hobbies, and aspirations of our students, and give student the opportunity to concentrate on specific areas of interest. The also encourage students to try something new and explore the full range of opportunities the school has to offer.

These awards encourage students to consider what they do beyond the academic life of school and get recognition for how they are developing personally and contributing to the life of the school and the local community.

There are six KLS Colour Awards to collect:

- **Arts, Culture & Creativity**
- **Community & Civic Action**
- **Discovery**
- **Reading & Oracy**
- **Sports**
- **STEM (Science, Technology, Engineering and Maths)**

For each award, students need to meet the criteria for each of the following categories for the award and level that they are aiming for:

- **Extra-curricular**
- **Leadership**
- **Personal Development**
- **School & Wider Community**

For each award, students work through achieving **bronze, silver, gold, platinum** and **diamond** levels*. It is advised that students begin working towards their bronze award in Yr7 however, students can work towards the level which they feel confident in achieving. Students are advised to speak to their form tutor and/or subject teachers for guidance and opportunities that exist across the school.

**Diamond level is reserved for Sixth Form students only however, students can collect evidence for this level and apply for the award once when they become a Sixth Form student at Kings Langley Sixth Form.*

The KLS Colour Awards recognise the personal development of a young person and the contribution they make to the wider school community



KLS Colour Awards Process

Exploring the award criteria

Look through each of the six awards and see what is required for each of the categories of. You will have at least one registration per half term where you can explore these with your form tutor:

- Extra-curricular
- Leadership
- Personal development
- School and wider community

Identifying opportunities

Consider what you do already inside school and outside of school that could be used to meet the criteria. If you are missing anything, see what opportunities are coming up in school, speak to your form tutor, or think about trying something new. Your form tutor will receive notices about what opportunities there are as well as your subject teachers advertising opportunities. Also, look out for notices on the House and Colours board outside the staff room, by the library on the first floor.

Collecting evidence

You will need to show how you have met the criteria. You could get someone who runs a club to sign off your attendance, take a photograph of you attending the theatre or a sports match, ask an adult to email your form tutor, write up a report of the activity or event you did. If you are unsure, check the award evidence pages in this booklet or speak to your form tutor.

Submitting a completed award

Once you have collected your evidence you can apply for your KLS Colour Award by applying for the award using the link on your registration TEAM on MSTEAMS or clicking the link on the Colours Awards page on the school website:

Getting awarded

The front office will organise the opportunity to be awarded your certificate and your badge by the Headteacher and Mr Tubb. If you complete two awards at silver level, you will be awarded a half colour tie and if you complete two awards at gold level, you will be awarded a full colour tie. These ties replace the usual school tie and should be worn with pride.

What is next...

Work your way through as many awards and levels as you can. These awards are something to be proud of and can be used to support applications and personal statements.

SPEAK TO YOUR FORM TUTOR OR MR TUBB ABOUT ACHIEVING YOUR KLS COLOUR AWARDS



Categories

Each of the Kings Langley Colour Awards (KLS Colour Awards) is made up of four criteria categories. By completing each of the categories, you can show a developed skill set and enhance different character qualities.

- **Extra-curricular**

Getting involved in clubs, sports, or volunteering outside of class is super important for your personal growth. It's not just about grades! These activities help you discover new passions, improve your teamwork skills, and learn how to manage your time better. Plus, they let you meet new people and understand different cultures. When you join in these fun activities, you become more confident and creative. It's like building a toolbox full of skills that you'll use throughout your life. So, don't miss out on these opportunities—they're like secret ingredients for becoming the best version of yourself!

- **Leadership**

Developing leadership skills during your student years is crucial for personal growth and future success. Leadership isn't just about leading a group; it's about communication, problem-solving, and taking initiative. When you take on leadership roles in clubs, teams, or projects, you learn to inspire and motivate others, while also honing your decision-making abilities. These experiences build confidence and resilience, teaching you how to navigate challenges and setbacks. Moreover, leadership roles offer opportunities to collaborate, delegate tasks, and manage conflicts—essential skills in any career. Ultimately, developing leadership skills empowers you to make a positive impact, both in your academic journey and beyond.

- **Personal Development**

Grabbing hold of opportunities to grow and improve yourself now sets you up for success in the future! It's like collecting tools and skills to tackle whatever life throws at you. When you jump into chances to learn and try new things, you're building up your strengths and getting ready to face challenges head-on. Whether it's joining a club, learning a new hobby, or volunteering, each opportunity adds to your toolkit for success. So, don't hesitate—seize those chances to develop yourself today, because they're paving the way for even bigger and better things down the road!

- **School & Wider Community**

Getting involved in both your school and the wider community isn't just about being busy—it's about building a foundation for your future and creating a kinder, more understanding world. By volunteering, joining clubs, or participating in community events, you're not only gaining valuable skills like teamwork, leadership, and communication, but you're also learning the importance of empathy and compassion. These experiences teach you to see the world from different perspectives and to support others in need. Moreover, they foster a culture of inclusivity and kindness, where everyone feels valued and supported. Ultimately, being active in your community shapes you into a future leader who makes a positive impact wherever you go.



Arts, Culture & Creativity

	Bronze	Silver	Gold	Platinum	Diamond
Extra-curricular	Attend one extra-curricular arts club for two terms.	Attend one extra-curricular arts club for at least a further two terms which culminates in a performance or presentation to the public.	Assist a member of staff in the running of an extra-curricular club for a year term, assuming a role of responsibility.	Plan and run an extra-curricular group for a year.	Take an active role with specific responsibilities for an area of a sixth form led performance, concert or exhibition.
Leadership	Become a student leader within an area of the arts, for a minimum of two terms.	Become a student leader within an area of the arts, for a minimum of three terms.	Become a student leader within an area of the arts, for at least three terms, assuming a specific role of responsibility where you contribute to the running of events.	Become a student leader within an area of the arts, for at least two years, assuming a specific role of responsibility where you lead others.	Lead a student group/club within an area of the arts, taking responsibility for its planning, design, content and delivery.
Personal Development	Write a review of a school performance, concert or exhibition and identify a skill that you will develop in yourself, in relation to the review. You must then present this to the subject leader of one of the arts. or Enter at least two school arts/culture/creativity based competitions in a year or a national art competition.	Set yourself a project or personal targets where you will learn a new skill that leads you to perform or contribute to a school or wider community performance, concert or exhibition. You must then present this to the Learning Area Leader of Arts. or Enter at least one arts/culture/creativity based competition per term and a national art competition.	Research and produce a presentation that outlines your involvement and commitment to the arts and explores career development in an area of interest in the arts, presenting this to the Headteacher. or Enter at least four arts/culture/creativity based competitions and two national art competitions in a year	Contribute to the delivery of a workshop or activity involving external arts organisations or Assist running an arts/culture/creativity based competition and participate in at least two competitions.	Make contact with an external arts provider or organisation which enhances the school arts provision or Take responsibility for organising and running a series of arts/culture/creativity based competition across all year groups across the year.
School and Wider Community	Perform or provide technical support at a performance, concert or exhibition.	Perform or provide technical support in two performances, concerts or exhibitions.	Perform or provide technical support in a performance, concert or exhibition, both in school and the wider community.	Perform or provide technical support in three performances, concerts, or exhibitions, both in school and the wider community.	Design, plan, deliver and take responsibility for an arts event for the school and beyond that raises the wider community's awareness of arts, culture and creativity.



50 ideas for Arts, Culture & Creativity

1. Join an art club
2. Become a subject ambassador in Art, Drama, Music, English, or Technology
3. Participate in theatre productions
4. Learn a musical instrument
5. Join a choir or a band
6. Attend art workshops or classes
7. Write poetry or short stories
8. Start a blog or vlog about your creative interests
9. Volunteer at a local museum or art gallery
10. Join a photography club
11. Create digital art or animations
12. Experiment with pottery or ceramics
13. Participate in a dance class or club
14. Learn calligraphy
15. Organize a film screening event
16. Start a book club with friends
17. Participate in spoken word poetry events
18. Create and publish your own arts magazine
19. Attend cultural festivals in your community
20. Take up knitting, crocheting, or sewing
21. Learn graphic design skills
22. Create your own comic book or graphic novel
23. Volunteer at community arts events
24. Explore street art and graffiti
25. Write and perform your own music or songs
26. Start a community art project
27. Design and create your own clothing or accessories
28. Participate in storytelling events or workshops
29. Attend live performances or concerts
30. Participate in community theatre productions
31. Experiment with mixed media art
32. Create your own podcast or radio show
33. Attend art exhibitions or gallery openings
34. Explore traditional arts and crafts from around the world
35. Learn about filmmaking and video production
36. Explore traditional music and dance from different cultures
37. Learn about indigenous art and culture
38. Volunteer at cultural heritage sites or museums
39. Learn about contemporary art and artists
40. Explore the history of theatre and performance
41. Participate in improv or acting classes
42. Learn about costume design and stagecraft
43. Explore different styles of dance from around the world
44. Attend performances by local dance companies
45. Explore the history of music and its cultural significance
46. Attend concerts or music festivals
47. Participate in music workshops or masterclasses
48. Learn about different musical genres and styles
49. Explore the world of digital filmmaking and video editing
50. Attend workshops on music theory and composition



Community & Civic Action

Getting involved in your school community and volunteering can be incredibly exciting and rewarding! It's like unlocking a whole new world of opportunities and experiences. By joining clubs, sports teams, or student organizations, you get to meet new friends who share your interests and passions. It's a chance to explore different activities, learn new skills, and even discover hidden talents you never knew you had.

Volunteering is another fantastic way to make a positive impact and feel good about yourself. Whether it's helping out at a local charity, organizing a fundraising event, or participating in community service projects, you're making a difference in people's lives. Plus, volunteering teaches you important life lessons like empathy, teamwork, and responsibility.

Not only is getting involved in the school community and volunteering fun, but it also looks great on college applications and resumes. So, don't hesitate—dive in and experience the excitement and rewards that come from being an active member of your school and community!



Volunteering builds character, empathy, and community, shaping responsible and compassionate young leaders



Community & Civic Action

	Bronze	Silver	Gold	Platinum	Diamond
Extra-curricular	Take part in a civic action or community event totalling 5 hours (not Sports or Arts)	Take part in a civic action or community event totalling 10 hours (not Sports or Arts)	Take part in a civic action or community event totalling 25 hours (not Sports or Arts)	Take part in a civic action or community event totalling 35 hours (not Sports or Arts)	Take part in a civic action or community event totalling 50 hours (not Sports or Arts)
Leadership	Help out by providing leadership or administrative support at a school or community event.	Help promote a school or community activity for one year	Help organise or promote a school or community activity for one year	Lead or help organise a school or community activity for one year	Lead a school or community activity for one year
Personal Development	Become a member of the school council for at least two terms or Submit one article to the school newsletter or contribute to a subject display board	Become a member of the school council for further two terms or Submit two articles to the school newsletter or contribute to subject display board within a school year	Be a member of the school council for one year or Submit one article to the school newsletter each term or contribute to subject display board each term	Help lead or organise a or Via the school newsletter, write an article to be included in local press about a positive aspect of your school	Become a member of the sixth form student leadership team. or Produce a student magazine for a subject area of the school over a year.
School and Wider Community	Take part in a school or community based event or Attend a school or community based event in support of another student	Contribute to a school or community based event assuming a role of responsibility or Attend two school or community based events in support of your peers	Lead a school or community based event assuming a role of responsibility or Attend a school or community based events in support of your peers for at least one term.	Organise a school or community based event assuming a role of responsibility or Assist or support students in an area of the school over at least two terms.	Initiate and lead responsibility for organising and running a community based event which educates and supports a good cause or Lead on, or assist the support of students in an area of the school over at least two terms



50 ideas for Community & Civic Action

1. Become part of the Student Council
2. Volunteer at a local charity or non-profit organisation
3. Participate in a community clean-up event
4. Tutor younger students in the school
5. Attend town hall meetings or community forums
6. Organise a fundraiser for a cause you care about
7. Participate in a community garden project
8. Volunteer at a local library or senior centre
9. Help teach local pensioners about digital devices
10. Participate in a local food bank or soup kitchen
11. Help organise a community event or festival
12. Volunteer at a local animal shelter or rescue organisation
13. Mentor younger children in the school
14. Participate in a neighbourhood beautification project
15. Volunteer at a local hospital or healthcare clinic
16. Participate in a local scouting organisation
17. Volunteer at a local museum or historical society
18. Help organise a blood drive or health fair
19. Volunteer at a local shelter or homeless outreach programme
20. Help organise a community garden or urban farming initiative
21. Volunteer at a local fire department or emergency services agency
22. Join a local youth leadership or advocacy group
23. Participate in a community book club or literary event
24. Volunteer at a local disaster relief organisation
25. Join a local political campaign or advocacy group
26. Participate in a community bike ride or walking event
27. Volunteer at a local school or after-school programme
28. Help organise a community recycling or sustainability initiative
29. Volunteer at a local cultural festival or event
30. Join a community yoga or fitness class
31. Volunteer at a local park or nature reserve
32. Participate in a community dance class or performance
33. Volunteer at a local community centre or recreation facility
34. Help organise a community holiday event or celebration
35. Join a local hiking or outdoor adventure group
36. Volunteer at a local soup kitchen or food bank
37. Join a local birdwatching or nature conservation group
38. Volunteer at a local crisis hotline or support service
39. Help organise a community clean-up initiative
40. Join a community gardening project
41. Volunteer at a local senior centre or nursing home
42. Participate in a school council or student government
43. Volunteer at a local polling station during elections
44. Lead on an initiative to improve an area of the school
45. Help organise a community-wide garage sale or preloved sale
46. Volunteer at a local community theatre or performing arts centre
47. Participate in community-led workshops or skill-sharing events
48. Assist with community outreach efforts for local organisations
49. Volunteer at a local homeless shelter or outreach programme
50. Help organise community-based educational events or workshops.



Discovery

The KLS Discovery Award is designed to provide students with the opportunity to explore all aspects of the KLS Colour Awards. This means you need to collect one piece of evidence for each of the award categories below, for any of the awards:

- Extra-curricular
- Leadership
- Personal Development
- School & Wider Community

The Discovery Award is suitable for students who may have a lot of interests across the school and they may be involved in a wide variety of clubs, societies, trips, council representations, or help out a lot.

Any combination of awards can be used however, an **example** of how this could look is provided below:

- **Extra-curricular**
(Arts, Culture & Creativity Award) attending drama club for two terms.
- **Leadership**
(Community & Civic Action Award) helping out at an open evening.
- **Personal Development**
(Community & Civic Action Award) being a member of the School Council.
- **School & Wider Community**
(Sports Award) attended one sports fixture and watched a friend play in another fixture or sports club



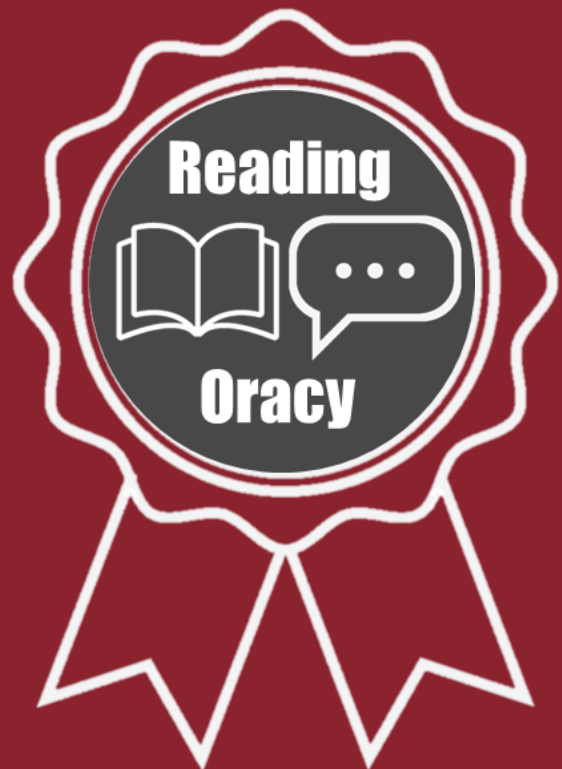
*Exploring new horizons fosters growth,
resilience, and a world of possibilities
for young minds*

Reading & Oracy

Developing reading and oracy skills as a student opens up a world of exciting opportunities and impacts every aspect of your life. Firstly, reading broadens your horizons by exposing you to diverse ideas, cultures, and perspectives found in books, articles, and other written materials. It stimulates your imagination, fosters creativity, and enhances critical thinking skills, empowering you to analyze information and make informed decisions.

Moreover, mastering oracy, or the ability to express yourself confidently and eloquently, is invaluable. Effective communication is key in both personal and professional settings, enabling you to articulate your thoughts, engage in meaningful conversations, and persuade others. Whether it's presenting a project, participating in debates, or simply speaking up in class, strong oracy skills boost your self-confidence and leadership potential.

Ultimately, investing in reading and oracy enriches your academic journey, expands your opportunities for success, and equips you with essential skills for navigating the complexities of the modern world.



Reading and speaking shape minds, ignite imagination, and empower voices, unlocking boundless opportunities



Reading & Oracy

	Bronze	Silver	Gold	Platinum	Diamond
Extra-curricular	<p>Write an article for the school newsletter.</p> <p>Or</p> <p>Attend one extra-curricular LitOracy based club for two terms.</p> <p>Or</p> <p>Participate in one relevant school event.</p>	<p>Write two articles for the school newsletter.</p> <p>Or</p> <p>Attend one extra-curricular LitOracy based club for the year.</p> <p>Or</p> <p>Participate in three relevant school events.</p>	<p>Write three articles for the school newsletter.</p> <p>Or</p> <p>Attend one extra-curricular LitOracy based club for two years.</p> <p>Or</p> <p>Participate in five relevant school events.</p>	<p>Write an article for the school newsletter for every half term in one academic year.</p> <p>Or</p> <p>Attend one extra-curricular LitOracy based club for three years.</p> <p>Or</p> <p>Lead a relevant school event or activity.</p>	<p>Write a regular bi-weekly article for the school newsletter for one academic year.</p> <p>Or</p> <p>Lead an extra-curricular LitOracy based club for an academic year.</p> <p>Or</p> <p>Lead a series of relevant school events or activities.</p>
Leadership	<p>Reach Bronze level as Library Leader.</p> <p>Or</p> <p>Be a student leader for two terms working on promoting LitOracy.</p>	<p>Volunteer as Library Leader for one academic year.</p> <p>Or</p> <p>Be a student leader for three terms working on promoting LitOracy.</p>	<p>Reach Silver level and/or volunteer as a Library Leader for two years.</p> <p>Or</p> <p>Be a student leader and contribute to running of events such as The Spelling Bee.</p>	<p>Volunteer as Library Leader for three years.</p> <p>Or</p> <p>Be a student leader for two years working on promoting LitOracy and leading others.</p>	<p>Reach Gold level as Library Leader.</p> <p>Or</p> <p>Lead a student initiative promoting LitOracy. Plan, design and deliver the initiative.</p>
Personal Development	<p>Keep a reading journal for two terms.</p> <p>Or</p> <p>Complete a minimum of 300 Bedrock points per term.</p> <p>Or</p> <p>Complete a Bedrock themed pack.</p>	<p>Keep a reading journal for one year.</p> <p>Or</p> <p>Complete a minimum of 400 Bedrock points per term.</p> <p>Or</p> <p>Complete two Bedrock themed packs.</p>	<p>Keep a reading journal for two years.</p> <p>Or</p> <p>Complete a minimum of 500 Bedrock points per term.</p> <p>Or</p> <p>Complete three Bedrock themed packs.</p>	<p>Keep a reading journal for three terms.</p> <p>Or</p> <p>Complete a minimum of 2000 Bedrock points per year.</p> <p>Or</p> <p>Complete a Bedrock themed pack and use it to lead an assembly.</p>	<p>Keep a reading journal for four terms.</p> <p>Or</p> <p>Complete a minimum of 2500 Bedrock points per year.</p> <p>Or</p> <p>Complete a Bedrock themed pack and use it to lead at least two assemblies.</p>
School and Wider Community	<p>Join the public library.</p> <p>Or</p> <p>Regularly visit the school library.</p> <p>Or</p> <p>Complete a passion project.</p>	<p>Enter a LitOracy based competition in or outside of school.</p> <p>Or</p> <p>Write a book review every term for the school newsletter.</p> <p>Or</p> <p>Complete a passion project every term.</p>	<p>Enter a LitOracy based competition in or outside of school once every term.</p> <p>Or</p> <p>Write a book review every half term for the school newsletter.</p> <p>Or</p> <p>Complete a passion project that is marked as 'Merit'.</p>	<p>Assist in running a LitOracy based competition in school.</p> <p>Or</p> <p>Lead a group assembly on a topic of your choice.</p> <p>Or</p> <p>Complete a passion project that is marked as 'Distinction'.</p>	<p>Take a leading role in running a LitOracy based competition in school.</p> <p>Or</p> <p>Lead an assembly on a topic of your choice.</p> <p>Or</p> <p>Present our passion project to a group consisting of members of staff.</p>



50 ideas for Reading & Oracy

1. Join Debate Club
2. Become a Library Leader
3. Complete extra points on Bedrock
4. Write a book review on AccessIt
5. Join the public library
6. Suggest a new book for the school library
7. Join a drama club or audition to take part in a school show
8. Practice reading aloud to siblings or other family members
9. Learn to recite a poem by heart, or tell a story from memory
10. Keep a reading journal
11. Start a book club with friends or classmates
12. Visit St Laura's care home with KLS and read to the residents there
13. Listen to audiobooks or podcasts
14. Take part in World Book Day events and activities
15. Shadow the Carnegie Medal
16. Shadow the SLA Information Book Award
17. Help judge the Excelsior Award
18. Attend an author reading or book signing event
19. Attend a literary event, such as Tring Book Festival or the Young Adult Literature Convention in London
20. Visit the British Library in London, or any other library than your own
21. Write and make a zine
22. Read a manga or comic book
23. Write and illustrate a mini picture book
24. Read a book mentioned on a teacher's classroom entrance poster
25. Join one of the school's Diversity Champions groups
26. Be part of a school assembly
27. Read and listen to famous speeches from history
28. Take part in a student voice panel
29. Learn to play a new board game or card game
30. Read one of the KLS Books of the Month
31. Read a book from a library display
32. Complete a word search
33. Create a mind map of a text of your choice including words, phrases and images
34. Create a comic strip of a story of your choice
35. Contribute to the school book swap trolley in the English corridor
36. Plan and create a library display
37. Read a manga or comic book
38. Enter external competitions for creative writing
39. Practice summarising things you've read, in your own words
40. Read a verse novel
41. Write and illustrate a mini picture book
42. Give a reading at a school or community event
43. Recommend a book to a member of staff
44. Visit the British Library in London, or any other library than your own
45. Read the book version of a film or TV series you enjoyed
46. Create a reading-themed video for the school website
47. Read and/or write a poem
48. Listen to podcasts or the radio
49. Write an article for the school newsletter
50. Read and listen to famous speeches from history



Sports

Getting involved in sports as a student can positively impact your life in numerous ways, contributing significantly to your personal development. Firstly, participating in sports promotes physical health and wellness, helping you stay fit, energetic, and resilient. It instills discipline, perseverance, and time management skills as you balance practice schedules with academic responsibilities.

Moreover, sports offer opportunities for social interaction, fostering friendships, teamwork, and camaraderie. Working together towards common goals teaches valuable lessons in cooperation, communication, and leadership. Whether you win or lose, you learn to handle success and failure gracefully, building resilience and sportsmanship.

Engaging in sports also enhances mental well-being, reducing stress and anxiety while boosting self-esteem and confidence. Through competition, you develop problem-solving skills, strategic thinking, and adaptability, all of which are essential for success in various aspects of life.

Ultimately, involvement in sports shapes you into a well-rounded individual, equipping you with lifelong skills and values that extend far beyond the playing field.



Sports teach teamwork, discipline, and resilience—essential for young people's growth and success

Sports

	Bronze	Silver	Gold	Platinum	Diamond
Extra-curricular	Attend one co-curricular sports club or represent the school in one sport for two terms	Attend one co-curricular sports club or represent the school in one sport for one year	Attend two co-curricular sports clubs or represent the school in two sports for two years	Attend three co-curricular sports clubs or represent the school in two sports for three years	Take an active role in the development of 6 th Form Sport
Leadership	Provide leadership at one primary school sports festivals in one year or Become a member of the Sports Council for two terms	Provide leadership at one primary school sports festivals in one year or Become a member of the Sports Council for one year	Provide leadership at two primary school sports festivals in one year or Become a member of the Sports Council for two years	Assist in the development of primary school curricular or extra-curricular sport or Be a member of the Sports Council for three years.	Contribute to the development of primary school or community sport outside of Kings Langley School or Become an active member of the Sports Council
Personal Development	Represent your Form in an Inter-House sports competition in one year	Represent your Form in two Inter-House sports competitions in one year	Represent your Form in two Inter-House sports competitions in one year	Represent your district, county, region or country in one sport	Represent your district, county, region or country in one sport
School and Wider Community	Attend two school fixtures to support and watch one of your peers in one year or Provide administrative, leadership, officiating or coaching support to one sport for two terms	Attend four school fixtures to support and watch one of your peers in one year or Provide administrative, leadership, officiating or coaching support to one sport for one year	Attend six school fixtures to support and watch one of your peers in one year or Provide administrative, leadership, officiating or coaching support to one sport for two years	Attend six fixtures school to support and watch peers from a range of year groups. or Provide administrative, leadership, officiating or coaching support to one sport for three years	Help mentor and coach students from Yr.7-11 in a sport of your choice, across one year. or Provide administrative, leadership, officiating or coaching support for one lower school sports team



50 ideas for Sports

1. Join a school sports team either in school or outside of school.
2. Embrace walking or cycling to school rather than using a car or public transport
3. Join a local community sports league for your favourite sport.
4. Participate in inter-form sports competitions at school.
5. Attend fitness classes at your local gym or community centre.
6. Join a martial arts or self-defence class.
7. Try out for a cheerleading or dance team.
8. Participate in outdoor activities like hiking, biking, or rock climbing.
9. Take up a recreational sport like ultimate frisbee or volleyball with friends.
10. Join a sports club or organization outside of school.
11. Volunteer as a coach or assistant coach for a youth sports team.
12. Participate in a charity run, walk, or bike ride event.
13. Attend sports camps or clinics during school breaks.
14. Become a member of the school Sports Council.
15. Participate in yoga or Pilates classes for flexibility and balance.
16. Complete a recognised coaching award in a sport of your choice
17. Play recreational games like badminton, table tennis, or pickleball.
18. Take up a new sport like rock climbing, kayaking, or surfing.
19. Write a sports article for the school newsletter.
20. Participate in group fitness classes like Zumba or spinning.
21. Complete a recognised officiating award in a sport of your choice
22. Join a running club or group to train for a race.
23. Participate in outdoor adventure programs or expeditions.
24. Volunteer at a local Primary School to help with their PE provision
25. Become a sports photographer that documents the school or for a local club.
26. Explore the life of a sports person and promote their successes and character values in a newsletter article.
27. Participate in community events like fun runs or charity walks.
28. Take up a new hobby that involves physical activity, like skateboarding or parkour.
29. Support your friends by spectating at a game/ match they are involved in
30. Volunteer at sports camps for younger children.
31. Take up a new activity like rock climbing, horseback riding, or snowboarding.
32. Participate in sports events or competitions at your school or community centre.
33. Set yourself a fitness challenge and achieve the targets you set out.
34. Participate in fitness challenges or competitions with friends or classmates.
35. Increase your steps by monitoring this on a smart device.
36. Achieve an award or complete a training programme in sports such as Sports Leader.
37. Volunteer at sports events or competitions as a referee or scorekeeper.
38. Participate in outdoor adventure programs or expeditions.
39. Join a sports team or club at your local community centre.
40. Raise money or get sponsorship for a sporting initiative.
41. Assist the PE department by volunteering for them.
42. Participate in community events like fun runs or charity walks.
43. Take up a new hobby that involves physical activity, like skateboarding or parkour.
44. Join a local sports team or club for your favourite sport.
45. Volunteer at sports camps or clinics for younger children.
46. Complete a recognised 1st Aid qualification
47. Consider healthier alternatives to your diet and monitor the positive impacts these have on your fitness and health.
48. Officiate a club game in a sport of your choice
49. Attend a professional sports event
50. Contribute to the organisation of a sporting event that provides opportunities for students to learn about sport from another culture or country



STEM

Getting involved in STEM (Science, Technology, Engineering, and Mathematics) activities as a student opens doors to a world of exciting opportunities and valuable skills. Firstly, STEM activities spark curiosity and creativity, encouraging you to explore and innovate in fields like robotics, coding, and scientific research.

Moreover, participating in STEM activities develops critical thinking and problem-solving skills as you tackle real-world challenges and projects. You learn to analyze data, conduct experiments, and think outside the box to find solutions.

Furthermore, STEM involvement cultivates teamwork and collaboration as you work alongside peers to design and build projects. This collaborative environment fosters communication skills and teaches you how to effectively work in diverse teams.

Engaging in STEM activities also prepares you for future careers in high-demand fields, such as technology, engineering, and healthcare. These experiences can lead to internships, scholarships, and even job opportunities, providing a head start in your professional journey.

Ultimately, getting involved in STEM activities not only enriches your academic experience but also equips you with the skills and knowledge needed to thrive in a rapidly evolving world.



STEM fuels curiosity, innovation, and problem-solving, empowering young minds to shape tomorrow's world



STEM

	Bronze	Silver	Gold	Platinum	Diamond
Extra-curricular	Attend one extra-curricular STEM club for two terms.	Attend one extra-curricular STEM club for at least a further two terms	Assist a member of staff in the running of an extra-curricular STEM club for a year term, assuming a role of responsibility.	Plan and run an extra-curricular STEM group for a year.	Take an active role with specific responsibilities for STEM such setting up and leading a STEM activity
Leadership	Become a student leader within an area of STEM, for a minimum of two terms.	Become a student leader within an area of STEM, for a minimum of three terms, taking responsibility for a specific activity/event.	Become a student leader within an area of STEM for at least three terms, assuming a specific role of responsibility where you contribute to the running of events.	Become a student leader within an area of STEM, for at least two years, assuming a specific role of responsibility where you lead others.	Lead a student group/club within an area of STEM, taking responsibility for its planning, design, content and delivery.
Personal Development	Submit one article to the STEM newsletter or contribute to STEM subject display board or Enter at least one STEM form competition	Submit two articles to the STEM newsletter or contribute to STEM subject display board within a school year or Enter at least two STEM competitions over the year	Submit one article to the STEM newsletter each term or contribute to STEM subject display board each term or Enter at least three STEM competitions (one per term)	Via the STEM newsletter, write an article to be included in local press about a positive aspect of your school or Enter the STEM fair individually or as a team	Produce a STEM student magazine for a STEM subject area of the school over a year. or Lead a team or support a primary school team to enter the STEM fair
School and Wider Community	Take part in a STEM school or community fundraising event	Contribute to a STEM school or community fundraising event assuming a role of responsibility	Lead a STEM school or community fundraising event assuming a role of responsibility	Organise a STEM school or community fundraising event assuming a role of responsibility	Lead on, or assist the support of students in a STEM fundraising event across the school



50 ideas for STEM

1. Write an article on a STEM lesson in school during STEM fortnight
2. Become a STEM subject leader
3. Design and build a construction to withstand earthquakes
4. Use recyclable materials/waste to repurpose to a new use
5. Build an architectural model of an eco house
6. Design a lamp with a laser cut design shade
7. Use Graphic to design a poster campaign for an event
8. Design and make a STEM cake
9. Nutritionally analyze and make changes to your diet
10. Explore colloidal systems in food practical's
11. Experiment with fermentation of yeast in bread making
12. Use recycled clothing to make a new item
13. Produce an account of a designer's body of work
14. Design an eco-garden to save water
15. Build and launch a rocket
16. Design and build a bridge
17. Design and build a stage set for a new play
18. Use a 3D printer to create a new game
19. Build a pin hole camera
20. Create a stop motion film
21. Demonstrate the varying colour's and impact of light in an artworks
22. Create a sculpture from recycled materials
23. Make a study of sound waves from different musical instruments'
24. Design and make a new musical instrument
25. Investigate the physics of sound with experiments on resonance and vibration
26. Construct a simple electric circuit.
27. Conduct experiments with chemical reactions.
28. Program a robot to perform a task
29. Create a new code for an activity
30. Create a solar-powered device or experiment.
31. Build a Lego model of the solar system
32. Make a study of costal erosion
33. Build a weather station
34. Create clouds in a jar
35. Create crystal suncatchers
36. Analyse and interpret weather data to make predictions
37. Explore the principles of buoyancy by designing and building a boat.
38. Demonstrate the Fibonacci sequence in nature
39. Explain through demonstration that Pi is the same no matter how big or small the object
40. Investigate the effects of different forces on objects.
41. Experiment with DNA extraction from fruits or vegetables.
42. Study the anatomy and physiology of animals or plants
43. Explore the principles of aerodynamics by building and testing paper airplanes.
44. Create a simple water filtration system.
45. Investigate the properties of different materials for insulation.
46. Experiment with different types of renewable energy sources.
47. Design and build a model of the human respiratory system.
48. Explore the principles of robotics by building and programming a robotic arm.
49. Design and build a model of a sustainable city.
50. Study the principles of optics with experiments on reflection and refraction.



Good luck on achieving your awards



KINGS LANGLEY SCHOOL
SIXTH FORM
READY FOR YOUR FUTURE