

Personal Development programme

Autumn Term

	Year 7	Year 8	Year 9
MAS Value Autumn 1	Resilient		
House Time PSHE/RSE/Cit Autumn 1	Health and Wellbeing: Respecting myself and others - Mental and Emotional Health (characteristics of mental and emotional health, talking about mental health, strategies for managing it) / Parliament and voting part 1 / Black History Month (FBV respect, tolerance and individual liberty)		
Assemblies Autumn 1	Wk 1 - MAS Values and Goal Setting, Wk 2 House Assembly, Wk 3 Adapting to change, Wk 4 Black History, Wk 5 Staying safe online, Wk 6 Rewards		
Drop Day 1 Autumn 1	<u>Living in the wider world</u> Developing skills CEIAG Aspirations and Goals	<u>Health and Wellbeing</u> Physical and Mental wellbeing Drugs and Alcohol misuse and pressures relating to drug use	<u>Health and Wellbeing</u> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation
Tutor time PSHE / RSE / Citizenship Autumn 1	<u>Health and Wellbeing</u> Transition and Safety Transition to secondary and Personal safety (in and out of school) Intro to e safety	<u>Relationships</u> Identity and relationships Positive behaviours in healthy relationships, gender identity, sexual orientation, consent and sexting *Diversity Role Models	<u>Relationships</u> Peer influence and relationships Social media – online life v real life Media and advertising, gaming and gambling hooks, image sharing, Consent, the impact of viewing harmful content and how info is generated and used
	Year 7	Year 8	Year 9
MAS Value Autumn 2	Curious		
House Time PSHE/RSE/Cit Autumn 2	Health and Wellbeing: Respecting myself and others Healthy relationships Anti-bullying and implications on mental and emotional health		
Assemblies Autumn 2	Wk 1 Remembrance, Wk 2 Anti Bullying, Wk 3 Charity, Wk 4 MAS Winter charity, Week 5 Celebrations around the world, Wk 6 Rewards		
Tutor time PSHE / RSE / Citizenship Autumn 2	<u>Relationships:</u> Qualities and behaviours in relationships; E safety, cyberbullying & image sharing	<u>Living in the wider world & CEIAG</u> Equality of opportunity in life and work and early aspirations	<u>Living in the wider world & CEIAG</u> Learning strengths, career options and goal setting as part of GCSE options process
CEIAG	CEIAG opportunities take place both as part of the PD programme and independently (see careers map - include link)		
Science / PE / IT / Food (Autumn Term)	<u>Science</u> - Healthy diet and deficiency diseases – e.g. obesity, diabetes <u>PE</u> - Physical health, fitness and hygiene <u>Food</u> – The Eat well guide and nutrients <u>IT</u> - Professional use of computers - how to use computers professionally (including applications) and efficiently	<u>Food</u> - Healthy eating; making healthy dishes from around the world Consequences of poor eating habits – illnesses linked to poor diet <u>PE</u> - Physical health and fitness- links with mental wellbeing	<u>Science</u> – The science relating to blood, organ and stem cell donation <u>PE</u> – Positive associations between Phys act and promotion of MH / combat stress <u>Food</u> – Balanced v Unbalanced diet. Disease linked to poor diet – cancer. Nutrition related illnesses.
RE (Autumn Term)	Exploring concepts of beliefs, facts and opinions. Understanding how arguments are constructed and the use of evidence to support points.	Exploring whether religion helps people to be good Suffering and solutions	Exploring beliefs, teachings and practices from world religions and other world views.