

Personal Development programme		
Autumn Term		
	Year 10	Year 11
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	Health and Wellbeing Goal setting and safeguarding health during periods of transition or change	Health and Wellbeing Maximising success, smart ways to revise and prepare
Tutor time PSHE / RSE / Citizenship Autumn 1	Relationships: Personal safety how info is generated, collected, shared and used online, reducing risk in variety of settings	Relationships: Personal values, assertive communication, relationship challenges and staying safe personally and financially
	Year 10	Year 11
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	Relationships: Expectations in relationships, importance of stable relationships, consent and changing relationships	Living in the wider world: Next steps Application processes, skills for further education, employment and career progression Financial decision making
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)	Science – Smoking, Alcohol, Diet and Exercise	
RE (Autumn Term)	Exploring beliefs and teachings (Islam and Christianity)	Relationships and Family Religion, peace and conflict