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| Personal Development programme |
| Autumn Term |
|  | Year 7 | Year 8 | Year 9 |
| MAS Value Autumn 1 | Resilient |
| 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 |
| House Time PSHE/RSE/CitAutumn 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. Black History Month (FBV respect, tolerance and individual liberty) |
| Drop Day 1Autumn 1 | **Living in the wider world**Developing skills**CEIAG** Aspirations and Goals | **Relationships**Identity and relationshipsPositive behaviours in healthy relationships, gender identity, sexual orientation, consent and sexting\*Diversity Role Models | **Health and Wellbeing** Healthy and unhealthy friendships,assertiveness, substance misuse, andgang exploitation |
| Tutor timePSHE / RSE / Citizenship Autumn 1 | **Health and Wellbeing** Transition and SafetyTransition to secondary and Personal safety (in and out of school) Intro to e safety | **Relationships**Similarities, Differences and DiversityRespect and ToleranceHow to challenge discrimination safely. | **Relationships**Peer influence and relationshipsSocial media – online life v real lifeMedia and advertising, image sharing,Consent, the impact of viewing harmful content and how info is generated and used  |
|  | Year 7 | Year 8 | Year 9 |
| MAS ValueAutumn 2 | Curious |
| 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 |
| House Time PSHE/RSE/CitAutumn 2 | **Health and Wellbeing:** Respecting myself and others. Healthy relationships, Anti-bullying and implications on mental and emotional health  |
| Drop AM 1Autumn 2 | **Relationships**Consent and Communication | **Health and Wellbeing**Physical and Mental wellbeing Drugs and Alcohol misuse and pressures relating to drug use | **Living in the wider world**Benefits of being a lifelong learner |
| Tutor timePSHE / RSE / CitizenshipAutumn 2 | **Relationships:**Qualities and behaviours in relationships; E safety, cyberbullying & image sharing | **Living in the wider world** & **CEIAG** Equality of opportunity in life and work and early aspirations | **Living in the wider world** & **CEIAG** 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) | Science - Healthy diet and deficiency diseases – e.g. obesity, diabetes PE - Physical health, fitness and hygieneFood – The Eat well guide and nutrientsIT - how to use computers professionally (including applications) and efficiently  | Food - Healthy eating; making healthy dishes from around the worldConsequences of poor eating habits – illnesses linked to poor diet PE - Physical health and fitness- links with mental wellbeing | Science – The science relating to blood, organ and stem cell donationPE – Positive associations between Phys act and promotion of MH / combat stressFood – 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 goodSuffering and solutions | Exploring beliefs, teachings and practices from world religions and other world views.  |