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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/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. Black History Month (FBV respect, tolerance and individual liberty) | | |
| Drop Day 1  Autumn 1 | **Living in the wider world**  Developing skills  **CEIAG**  Aspirations and Goals | **Relationships**  Identity and relationships  Positive behaviours in healthy relationships, gender identity, sexual orientation, consent and sexting  \*Diversity Role Models | **Health and Wellbeing**  Healthy and unhealthy friendships,  assertiveness, substance misuse, and  gang exploitation |
| Tutor time  PSHE / RSE / Citizenship Autumn 1 | **Health and Wellbeing**  Transition and Safety  Transition to secondary and Personal safety (in and out of school) Intro to e safety | **Relationships**  Similarities, Differences and Diversity  Respect and Tolerance  How to challenge discrimination safely. | **Relationships**  Peer influence and relationships  Social media – online life v real life  Media 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 Value  Autumn 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/Cit  Autumn 2 | **Health and Wellbeing:** Respecting myself and others. Healthy relationships, Anti-bullying and implications on mental and emotional health | | |
| Drop AM 1  Autumn 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 time  PSHE / RSE / Citizenship  Autumn 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 hygiene  Food – The Eat well guide and nutrients  IT - how to use computers professionally (including applications) and efficiently | Food - Healthy eating; making healthy dishes from around the world  Consequences 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 donation  PE – Positive associations between Phys act and promotion of MH / combat stress  Food – 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. |