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| Personal Development programme |
| Autumn Term |
|  | Year 10 | Year 11 |
| 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 | **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 timePSHE / 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 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 Morning 1Autumn 1 | **Relationships:**Equality and Diversity | **Health and Wellbeing:**Making responsible health choices and prioritising personal wellbeing and health |
| Tutor timePSHE / RSE / CitizenshipAutumn 2 | **Relationships:** Expectations in relationships, importance of stable relationships, consent and changing relationships | **Living in the wider world:** Next stepsApplication processes, skills for further education, employment and career progressionFinancial 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 FamilyReligion, peace and conflict |