

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/Cit Autumn 1	<b>Health and Wellbeing:</b> 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	<b>Health and Wellbeing:</b> What is mental health, <b>Careers</b> Reflecting on career journey (Linked to work experience) - UniFrog	<b>Health and Wellbeing:</b> Revision methods, Maths and English preparation for mocks, Employability skills
Tutor time PSHE / RSE / Citizenship Autumn 1	<b>Relationships:</b> Personal safety how info is generated, collected, shared and used online, reducing risk in variety of settings	<b>Relationships:</b> Personal values, assertive communication, relationship challenges and staying safe personally and financially
	Year 10	Year 11
MAS Value Autumn 2	Curious	
Assemblies Autumn 2	Wk 1 Remembrance, Wk 2 Intro to Anti Bullying, Wk 3 Anti-Bullying, Wk 4 MAS Winter charity, Week 5 Celebrations around the world, Wk 6 Rewards, Wk 7 Celebrations around the World	
House Time PSHE/RSE/Cit Autumn 2	<b>Health and Wellbeing:</b> Respecting myself and others Healthy relationships Anti-bullying and implications on mental and emotional health	
Drop Morning 1 Autumn 1	<b>Relationships:</b> Equality and Diversity <b>Careers:</b> What type of career is best for me? (Unifrog)	<b>Health and Wellbeing:</b> Maximising success. Reviewing mock exam preparation and prioritising personal wellbeing and health.
Tutor time PSHE / RSE / Citizenship Autumn 2	<b>Relationships:</b> Expectations in relationships, importance of stable relationships, consent and changing relationships	<b>Living in the wider world:</b> 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