

Personal Development programme

Autumn Term

	Year 7	Year 8	Year 9
MAS Student Autumn 1	Resilient		
Assemblies Autumn 1	Wk 1 - MAS Student and Goal Setting, Wk 2 - House Assembly, Wk 3 - Adapting to change, Wk 4 - Black History, Wk5 - Black History, Wk 6 - Staying safe online, Wk 7 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	<u>Living in the wider world</u> Developing skills CEIAG Developing my awareness (1)	<u>Relationships</u> Identity and relationships Positive behaviours in healthy relationships, gender identity, sexual orientation, consent and sexting CEIAG Exploring my interests (1)	<u>Health and Wellbeing</u> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation CEIAG Education pathways – my options (1)
Tutor time PSHE / RSE / Citizenship Autumn 1	<u>Health and Wellbeing</u> Transition and Safety Transition to secondary and Personal safety (in and out of school) Intro to e safety	<u>Relationships</u> Similarities, Differences and Diversity Respect and Tolerance How to challenge discrimination safely.	<u>Relationships</u> Peer influence and relationships Social media – online life v real life Media and advertising, image sharing, Consent - impact of viewing harmful content, how info is generated / used
	Year 7	Year 8	Year 9
MAS Student Autumn 2	Curious		
Assemblies Autumn 2	Wk 1 - Remembrance, Wk 2 - Intro to Anti Bullying, Wk - 3 Charity Shield, Wk 4 - MAS Winter charity, Wk 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	<u>Relationships</u> Consent and Communication CEIAG Developing my awareness (2)	<u>Health and Wellbeing</u> Physical and Mental wellbeing Drugs and Alcohol misuse and pressures relating to drug use CEIAG Exploring my interests (2)	<u>Living in the wider world</u> Benefits of being a lifelong learner CEIAG Education pathways – my options (2)
Tutor time PSHE / RSE / Citizenship Autumn 2	<u>Relationships:</u> Qualities and behaviours in relationships; E safety, cyberbullying & image sharing	<u>Living in the wider world & CEIAG</u> Equality of opportunity in life and work and early aspirations	<u>Living in the wider world & CEIAG</u> 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)		
Science / PE / IT / Food (Autumn Term)	<u>Science</u> - Healthy diet and deficiency diseases – e.g. obesity, diabetes <u>PE</u> - Physical health, fitness, hygiene <u>Food</u> – The Eat well guide <u>IT</u> - 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, opinions. Understanding how arguments are constructed, 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.