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 Student leadership launch, Wk 3 – Anti-bulling - Creating a Culture of Respect, Wk 4 - Black History, Wk5 - Black History, Wk 6 – Well-being and Mental Health, Wk 7 Citizenship		
House Time PSHE/RSE/Cit Autumn 1	**Health and Well being:** – Respect Starts with Me: Understanding mental and emotional health, building self-awareness, and supporting each other through life's challenges. "Leading with Purpose" – Student Leadership: Empowering students to take initiative, lead by example, and represent their Houses with pride. Black History Month – "Pride: Roots and Heritage 2025": Celebrating the stories, achievements, and cultural contributions of Black communities past and present.		
Drop Day 1 Autumn 1	**Living in the wider world** Anti-Bullying, E-Safety, Identity and Self-Esteem **CEIAG** Unifrog –Who am I?	**Relationships** Positive Behaviours, Healthy Relationships, Diversity, Consent & Online Safety **CEIAG** UniFrog – What are my interests?	**Health and Wellbeing** Healthy vs Unhealthy Friendships, Mental Well-Being, Substance Misuse & Gang Exploitation. **CEIAG** UniFrog - What are my Skills?
Tutor time PSHE / RSE / Citizenship Autumn 1	**Health and Wellbeing** Settling into Secondary School, Staying Safe In and Out of School, and E-Safety – Managing Online Presence, Privacy, and Safe Social Media Use	**Relationships** Similarities, Differences & Diversity: Respect, Tolerance, and Safely Challenging Discrimination — Including Safe Phone Use, Group Chats, Social Media, Cyberbullying, Digital Footprints & Online Pressures	**Relationships** Peer Influence & Online Life: Social Media vs Real Life – Peer Pressure, Cyberbullying, Digital Footprints, Image Sharing, Consent, Harmful Content, Misinformation, Sexting, and Online Safety
	Year 7	Year 8	Year 9
MAS Student Autumn 2	Curious		
Assemblies Autumn 2	Wk 1 - Remembrance, Wk 2 - Anti Bullying, Wk - 3 Democracy: Young Mayor Elections -, Week 4 – MAS Winter Charity Drive, Week 5 – Celebrations Around the World: Embracing Global Traditions, Week 6 – End of Term Recognition & Rewards		
House Time PSHE/RSE/Cit Autumn 2	**Health and Wellbeing: Respecting Myself and Others:** Healthy Relationships, Anti-Bullying, and the Impact on Mental & Emotional Wellbeing		
Drop AM 1 Autumn 2	**Relationships** Consent & Communication: Understanding consent, recognising pressure and coercion. **CEIAG** What is a Career?	**Relationships:** Drugs and Alcohol Education **CEIAG** Job applications – Creating a CV	**Living in the wider world** The Power of Lifelong Learning: Exploring the benefits of curiosity, growth, and continuous learning beyond the classroom. **CEIAG** Education pathways – my options (2)
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 and goal setting as part of GCSE options process	**Living in the wider world** & **CEIAG** Learning strengths, career options
CEIAG	CEIAG opportunities take place both as part of the PD programme and independently (see careers map)		

Science / PE / IT / Food (Autumn Term)	Science - Healthy diet and deficiency diseases – e.g. obesity, diabetes PE - Physical health, fitness, hygiene Food – The Eat well guide 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, 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.