

# Personal Development programme

## Spring

	Year 7	Year 8	Year 9
MAS Student Spring 1	Respectful		
Assemblies Spring 1	Wk 1 – House Captains assembly, Wk 2 – Personal Development – Goal setting, Wk 3 - Cyber Safety Wk 4 - Interfaith, Wk 5 – World Interfaith week, Wk 6 – Children’s Mental Health		
House time - PSHE / RSE / Citizenship Spring 1	<p><b>Celebrating differences and Anti-Bullying</b> - Respect Starts with Me: Celebrating Difference – Understanding, valuing, and respecting diversity, and recognising that everyone has a role in creating an inclusive community.</p> <p>Standing Together Against Bullying – Empowering students to speak up, show empathy, and challenge bullying behaviour to ensure everyone feels safe and supported.</p> <p>Anti-Bullying Focus – “Belonging: Every Voice Matters” – Promoting kindness, inclusion, and respect, and celebrating the differences that make our school community unique.</p>		
Drop morning 2 Spring 1	<p><b>Relationships</b> – Diversity and Discrimination *Children’s Mental Health week <b>CEIAG</b> Developing my awareness (3)</p>	<p><b>Relationships</b> – Relationships and Anti-Bullying *Children’s Mental Health week <b>CEIAG</b> Exploring my interests (3)</p>	<p><b>Relationships &amp; Wider world</b> – Challenging stereotypes *Children’s Mental Health week <b>CEIAG</b> Education pathways – my options (3)</p>
Tutor time PSHE / RSE / Citizenship Spring 1	<p><b>Relationships:</b> Building relationships Positive qualities and behaviours / qualities in relationships (families, friendships, romantic), what to do if you are concerned about an unhealthy relationship and relationship boundaries  *Children’s Mental Health week</p>	<p><b>Relationships:</b> Exploring identity and relationships Characteristics of positive relationships in person and online. Positive / negative peer influence. The impact of stereotyping, prejudice and discrimination  *Children’s Mental Health week</p>	<p><b>Relationships:</b> Respectful relationships -Families and parenting, healthy relationships, conflict resolution, and relationship changes  *Children’s Mental Health week</p>
MAS Student Spring 2	Communicative		
Assemblies Spring 2	Wk 1 - LGBTQ+ Month, Wk 2 - Why read / National Careers Week, Wk 3 - International Women’s Day, Wk 4 - Celebrating Differences, Wk 5 - Looking after me, Wk 6 - Rewards		
House theme Spring 2	LGBTQ+ History month		
Drop Day 2 Spring 2	<p><b>Living in the Wider World</b> Intro to Careers and Apprenticeships, Diversity in the Workplace <b>CEIAG</b> Developing my awareness (4)</p>	<p><b>Living in the Wider World</b> Exploring job roles and labour market information <b>CEIAG</b> Exploring my interests (4)</p>	<p><b>Living in the Wider World</b> Exploring job roles and labour market information Employment, self-employment and voluntary work <b>CEIAG</b> Education pathways – my options (4)</p>
Tutor time PSHE / RSE / Citizenship Spring 2	<p><b>Relationships:</b> Diversity and Relationships  Self-confidence and self-esteem and challenging prejudice</p>	<p><b>Relationships:</b> Emotional Wellbeing Mental health and emotional wellbeing, including body image and coping strategies *Diversity Role Models Workshop</p>	<p><b>Health and Wellbeing</b>  Lifestyle balance, healthy choices and importance of body checks for health</p>
CEIAG	CEIAG opportunities take place both as part of the PD programme and independently (see careers map - include link)		

<p>Science / PE / IT / Food Spring Term</p>	<p><u>Science</u> Drugs, Alcohol and Smoking <u>Food</u> Healthy snacks, designing and making a healthy snack for a teenager</p>	<p><u>Science</u> Forensics - DNA and variations, cloning, asexual reproduction, inheritance, natural selection <u>Food</u> - Healthy eating; designing and making healthy light meals <u>PE</u> – Healthy eating and calorie expenditure and food quality</p>	<p><u>Science</u> - Smoking – Alcohol and other carcinogens - Health – Heart disease and risk factors – Cancer – Diet and Exercise <u>PE</u> – What constitutes a healthy lifestyle and maintaining healthy weight <u>IT</u> - Website building - making sites accessible by all</p>
<p>RE Spring Term</p>	<p>Exploring concepts of beliefs, facts and opinions. Understanding how arguments are constructed and the use of evidence to support points.</p>	<p>Suffering and solutions</p>	<p>Exploring beliefs, teachings and practices from world religions and other world views. Living Biblically Investigating how world religions and world views influence relationships and families.</p>