

Personal Development programme		
Autumn Term		
	Year 10	Year 11
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	Health and Wellbeing Looking after our health during periods of challenge and change CEIAG Raising my game (1)	Health and Wellbeing: Revision methods, Maths and English preparation for mocks, Employability skills CEIAG Ready for the next step (1)
Tutor time PSHE / 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 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 Morning 1 Autumn 1	Relationships: Equality and Diversity CEIAG Raising my game (2) Maximising success workshop	Health and Wellbeing: Reviewing mock exam preparation, prioritising personal wellbeing/health. CEIAG Ready for the next step (2)
Tutor time PSHE / RSE / Citizenship Autumn 2	Relationships: Expectations in relationships, importance of stable relationships, consent and changing relationships	Living in the wider world: 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)	
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