

Personal Development - Overview 2016-2017

Year	Michaelmas 1	Michaelmas 2	Lent 1	Lent 2	Trinity 1	Trinity 2
5	Induction and new beginnings	Induction and new beginnings	Growing up	Waste and recycling	Safety and hygiene	Conservation Towards Year 6
6	Induction and new beginnings	Diversity and disability	Growing up and self esteem	IMPS (Injury Minimization Programme for Schools)	Friendships	Citizenship and transition
7	Settling in Expectations Managing time & belongings Our Form identity	Growing up Dealing with feelings and anxieties Menstruation talk by school nurse Looking after your adolescent self	Being safe Girls and bullying Assessing risky situations Staying safe online	Citizenship Your role in the world Active citizenship campaigns	Healthy lifestyles Healthy eating and exercise Sun safety Talk by Jane Leahy on the brain & relaxation	EXAMS Exam evaluation 1st Aid Coping in an emergency Recovery position & defibrillator(Jo Tollemache)
8	Expressing myself Expressing my feelings and responding to others Communication skills Theatre production: "In harm's way" + follow up by Jane Leahy	Relationships The nature of friendships - peer pressure & assertiveness Responding to bullying Individuality and diversity	Healthy lifestyles Smoking Alcohol Drugs (talk by Bob Tait) Keeping yourself safe	Citizenship Being British British values Body confidence Body image (Dove)	Careers The world of work – legalities, permits and attitudes to work Personal finance Saving and spending Budgeting	EXAMS + exam feedback 1st Aid Coping in an emergency Recovery position + yr 9 induction afternoon
9	Citizenship Understanding democracy The making of a law The political parties and what they stand for Your vote	Internet safety Girls and bullying Internet safety Dangers of sexting + Parents and teenagers: communication & healthy relationships	Careers GCSE choices talk Careers carousel organised by Sarah Comerford	Sex & Relationships Healthy relationships Consent Contraception STIs Pornography	Emotional health Natasha Devon talk on body confidence Recognising & balancing emotions Stresses & pressures Work-life balance Facing challenges	EXAMS + exam feedback + talk by Kay Collett on Business & entrepreneurs & YE
10	Study Skills How your brain works Learning styles & techniques Talk by Jane – brain & stress	The world of drugs Smoking Alcohol Legal & illegal highs Staying safe + extended session with Barry Evans on illegal drugs	Citizenship - EU British values & institutions Britain and the EU	Women's health Breast awareness (Jo Tollemache) Women's health Sexual health Blood & organ donation	EXAMS + exam feedback Personal finance Managing your money Your financial future	Careers Work experience session organised by Deb Croft 6TH FORM TASTER DAY

<p>11</p>	<p>Careers Careers carousel –letters, CVs & emails, transferable skills, work experience + British values workshop</p>	<p>Citizenship The role of the UK in Europe and globally Key issues: immigration & welfare</p>	<p>MOCK EXAMINATIONS</p> <p>Preparation for exams Planning revision Revision tools The brain & relaxation (talk by Jane Leahy)</p>	<p>Preparation for exams Lessons handed over to revision & tutors working individually with girls + talk by Fire brigade about road safety</p>	<p>Preparation for exams Lessons handed over to revision & tutors working individually with girls Talk by Kay Collett on revision & learning</p>	<p>Study leave & exams</p>
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