

Personal Development Programme – Key Stage 4

For year 9 & 10 see Citizenship programme of study

Year 11

Term 1 – Health and wellbeing

Building for the future

Self-efficacy, stress management, revision skills and future opportunities.

Wellbeing- balancing life learning and work. Using time effectively. Revision styles 1-4.

Revision good vs bad. Healthy lifestyles- stress management.

Term 2 – Living in the Wider World

Application processes and skills for further education, employment and career progression.

Post 16 choices- Using the interests profile.

Using the skills profile parts 1 & 2.

Reflecting on your psychometric test results.

Are A Levels right for me.

Making college applications.

Is AI a threat to your jobs.

Term 3- Relationships

Communication in relationships

Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse.

Relationships and sex education (5 lessons)

Tackling violence against women.

Term 4- Health and Wellbeing

Independence

Responsible health choices and safety in independent contexts.

Tackling violence against women and girls.

Wellbeing – recognising stress

Exam stress

Revision using your time effectively

Budgeting and financial planning

Investing in your future

Term 5- Relationships

Family

Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.

Committed relationships and family life.