

Personal Development Curriculum Overview: KS5 (please see separate KS3 and KS4 overview)

Teaching Weeks	Expertly Planned Mentor Period	Expertly Led Assembly	National Themes	Well Being Wednesday
My Scholarship Week 1: 6/9	How to learn in lessons: Note taking and organisation	Induction – ethos/expectations	8 th September - International Literacy Day	<p style="text-align: center;"><u>The whole school well-being theme will be 'Connect'</u></p> <p>Wk1 Introduction to WBW and support networks within Sixth Form alongside external support available.</p> <p>Wk2 Establishing Relationships in the Sixth Form environment.</p> <p>Wk3 Complex emotions and how to express them to others.</p> <p>Wk4 ADHD awareness week. What ADHD is and how it impacts upon individuals' emotions.</p> <p>Wk5 World Smile Day – focus upon Friendship and problem solving.</p> <p>Wk6 World Mental Health Day – discussion and awareness. How to recognize the signs of wellbeing concerns.</p> <p>Wk7 Awareness of different types of MH (E.G Anxiety and depression)</p>
Week 2: 13/9	Independent Study: What does it look like?	Cognition and memory (consult with TGR)		
Week 3: 20/9	Further reading: Why bother? How to find it. Copyright and plagiarism	Travelling/gap years (linked to destinations) and the importance of learning a language – World Languages Day. (MFL societies/BTEC Travel and Tourism)	20 rd September – Recycling Week 26 th September -European Day of Languages	
Week 4: 27/9	Presentation Skills and Public Speaking	Live feedback and purple pen – showing your learning journey	ADHD Awareness Week	
Week 5: 4/10	Further reading presentations	Black History Month – focus on role models CME alongside SU	1 st October – 31 st October – Black History Month 7 th October – World Smile Day 10 th October - World Mental Health Day	
Week 6: 11/10	Debate club: The American Cliché? How to debate.	World Obesity Day – ban on junk food advertising and the 'Better Health' campaign. What is the key to ensuring better nutrition for all? (PE Society)	11 th October – World Obesity Day	
Week 7: 18/10	Debates on topical issues. Competencies reflection	Achievement assembly – academic achievement 'Dare to Know'	21 st October – Conflict Resolution Day 22 nd October – Show Racism The Red Card	
HALF TERM				
Health, well-being and relationships	Chris Hemmings talk – masculinity and questioning the ways we speak and treat each other.	College standards		<p style="text-align: center;"><u>The whole school well-being theme will be 'Give'</u></p> <p>Wk8 Introduction to the theme - why we give our time to others.</p> <p>Wk9 World Kindness day. Focus on the implications of sharing images and offensive language.</p> <p>Wk10 Helping others in the community. Introduction to Tea Dance and Children's party Charity events hosted by year 12 and supported in year 13.</p> <p>Wk11 Reflection upon helping others. Positive impact upon their own and others wellbeing.</p> <p>Wk12/13. Supporting world charities over Christmas. Look at world Aids day.</p> <p>Wk14 Empathy and consideration over the holidays. How Happiness can be linked to others.</p>
Week 8: 1/11				
Week 9: 8/11	Conflict resolution	Children in Need run by the SU	11 th November - Remembrance Day 13 th November - Children In Need 13 th November – World Kindness Day 14 th November - World Diabetes Day	
Week 10: 15/11	Toot Hill Community – include Student Union	Driving Safely – consult with RTC	15-19 th November - Anti-Bullying Week Road Safety Week Shoebox Appeal Collection is November 15 – 22 nd November	

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Week 11: 22/11	Intimate Relationships – including Consent	Christmas and Charity: Reverse Advent Calendar		
Week 12: 29/11	Drug / Alcohol abuse – debates and understanding	World Aids day – It’s a Sin focus – how representation in the media raises awareness, and can shift perspectives. (Media society)	1 st December - World AIDS Day	
Week 13: 6/12	LGBT	Role Models of 2021 – who have we been inspired by this year and what can we learn from them?	11 th December - Christmas Jumper Day for Save the Children	
Week 14: 13/12	Competencies reflection	Leave your legacy – Pastoral achievement assembly	Trussell Trust Food Bank Appeal Deadline	
CHRISTMAS				
Keeping Yourself Safe and Happy Week 15: 10/1	E Safety and Social Media – keeping safe and aware.	Standards		<u>The whole school well-being theme will be ‘Keep Learning’</u> Wk15 Benefits of relaxation and mindfulness on our general health.
Week 16: 17/1	Support Networks – internal and external.	College Community – Working together/Knife Crime and CCE	23 rd January - National Handwriting Day	Wk16 Dangers of online gambling and accumulation of debt
Week 17: 24/1	Stress management	Holocaust Memorial Day (History/P and E Society)	27 th January - Holocaust Memorial Day	Wk17 Keep learning and not to forget importance of remembering the Holocaust
Week 18: 31/1	Charity – wider understanding of what it means to help others	LGBTQ+ history Month – role model focus on inspiring individuals who made change.	LGBTQ+ History Month	Wk18 Knowledge of the law in relation to abortion, sexuality, identity and pornography Wk19 LGBT understanding.
Week 19: 7/2	Crime in the Media – Youth Crime focus Quizzes and debates – Our understanding of “keeping Safe”	Academic Achievement assembly ‘Dare to Know’	Children’s Mental Health Week	
HALF TERM				
What Do I Stand For? Week 20: 21/2	Citizenship: Politics in the UK. Your Right to vote / Legal systems in the UK	Standards	Empathy Week	<u>The whole school well-being theme will be ‘Take Notice’</u> Wk20 Empathy. How have students used empathy and what has been the impact.
Week 21: 28/2	War and Peace: Moral Dilemmas and Ethics of War / Refugees.	Reading for pleasure. Hidden books around college. College team inspiring reads – what texts have had the most impact and why? Potential videos of students discussing their inspiring reads. (English Societies)	3 rd March - World Book Day	Wk21 Take notice of our own wellbeing physically and emotionally.
Week 22: 7/3	Cultures: Racism and Religious Hate Crime. Islamophobia / Promoting multiculturalism	Launch of Women’s Week in Subjects? Inspiring women and why international women’s day is needed: gender pay gap and representation of women in business. (Business societies)	National Careers Week 8 th March - International Women’s Day 8 th March – Safer Internet Day 11 th March -National Science Week	Wk22 What support is there out there? How to deal with anxiety and recognizing the triggers. Wk23 Listening to and supporting others. How to help peers who need our help. Wk24 Period Poverty awareness Wk25 Men’s mental Health looking at stigma and support
Week 23: 14/3	.Discrimination: Your rights in the workplace. / Celebrating minorities.	Red Nose Day SU assembly	19 th March - Red Nose Day/ Comic Relief	
Week 24: 21/3	Student presentations of wider reading.	World Autism Awareness (consult Rachel Brentley)	World Autism Awareness Week	

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Week 25: 28/3	Competencies reflection	Leave your legacy – Pastoral achievement assembly		
EASTER HOLIDAYS				
The World Around Me Week 26: 18/4	Environment: Climate Change / Deforestation / Species Loss	Standards	Stress Awareness Month 22 nd April – Stephen Lawrence Day 23 rd April – World Book Night	<u>The whole school well-being theme will be ‘Be Active’</u> Wk26 Examining your own Health and that of others
Week 27: 25/4	Business: Big Business Monopoly.	Stop Food Waste Week – the importance of this and how they can ensure good habits as they cooks on a budget – preparation for Uni/independence. (WJEC Food and Nutrition society assembly – part 1)	World Immunisation Week 28 th April – Stop Food Waste Day	Wk27 Benefits of Healthy Diet
Week 28: 2/5	Finance: Pay Gap, Incomes	Finance/Budgeting/Student Finance – looking for the best current accounts (Economics Society/Maths)	Sun Awareness Week	Wk28 Benefits of exercise on our general wellbeing
Week 29: 9/5	Poverty: What is poverty? / Poverty in the UK / Seeking help	SU/Subject Reps Assembly	Mental Health Awareness Week	Wk29 Keeping our minds active, Wellbeing associated with healthy minds
Week 30: 16/5	Medicine: Healthcare systems and ethics/ Big Pharma: Debates /	Leavers assembly – Year 13 as role models – what legacy have they left behind?	Water Saving Week	Wk30 The benefits and importance of sleep
Week 31: 23/5	Travelling: Staying Safe. Responsible Tourism or Technology: Green tech / Improving our way of life / Advances in knowledge	Academic achievement assembly ‘Dare to Know’		Wk31 Take a break. Focusing on the right balance between study and life.
HALF TERM				
My Future Week 32: 6/6	Planning for a future beyond the college	College Standards – relaunch year 12 as role models	LGBTQI+ Month Carers Week	<u>The whole school well-being theme will be ‘Place and Planet’</u> Wk32 Benefits of therapeutic landscapes. How nature can impact on our wellbeing and make us feel positive.
Week 33: 13/6	Nottingham Trent University – how to plan your next steps	Healthy Eating week – (Biology society)	Healthy Eating Week	Wk33 Creating a calm environment and the benefits to our wellbeing.
Week 34: 20/6	Exams	LGBTQI+/Schools Diversity week launch – SU/people’s society to raise awareness of LGBTQI+ issues, promote acceptance and to challenge intolerance.	Schools Diversity Week 23 rd June - Women In Engineering Day	Wk34 Plastic Pollution and its impact on the world today
Week 35: 27/6	TCAS launch	Leaders of the future – alumni role models to inspire careers/destinations searches.		Wk35 How to get involved in the discussions around climate change.
Week 36: 4/7	Personal Statements : How to write a glowing report about yourself Oxford University	Leaders of the future – alumni role models to inspire careers/destinations searches.	4 th July – NHS Birthday	Wk36 Birthday of the NHS. Celebration of the support they have given us.
Week 37: 11/7	UCAS – Applying to Higher and Further education	Nominations for year 12s who have ‘Dared to Know’ or ‘Left their legacy’ – revisit ethos.		Wk37 Our place as Citizens
Week 38: 18/7	Apprenticeships – How to earn while you learn	Review of the year/achievement assemblies.		Wk38 Well-being questionnaire – reflection.
Week 39: 25/7				Wk39 The year ahead and all the positives it holds.