

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

| Teaching Weeks | Year 12 focused mentoring My Scholarship | Year 13 focused mentoring UCAS | PDC Relationships | Expertly Led Assembly | National Themes | Well Being Wednesday |
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| Week 1: 5/9 | The Transition from Year 11 to 12 | | R12/13/R20 Everyone's invited – how to recognise and seek help in the case of sexual abuse, exploitation, assault, rape, and the process for reporting. 9th September on teams | Induction – ethos/expectations | 8 th September - International Literacy Day | <u>The whole school well-being theme will be 'Connect'</u> Wk1 Introduction to WBW and support networks within Sixth Form alongside external support available. |
| Week 2: 12/9 | How to learn in lessons: note taking, organisation and the bigger picture. | UCAS redrafting personal statements | R8/R9/R23 Identity and gender School of Sex Ed 16th September period 2 – ALL students in the red gym | Cognition and memory (consult with TGR) | | Wk2 R4 Establishing Relationships in the Sixth Form environment. |
| Week 3: 19/9 | How to learn outside of lessons: target setting, SMART goals and how to practise. | UCAS redrafting personal statements | R8/9 School of Sex Ed – possibly Strand 2 Communication, accountability, break-ups, boundary-setting and 'romantic scripts'. 23rd September period 3 – Yr 12 in curve 20th September – Yr 13 in curve | Travelling/gap years (linked to destinations) and the importance of learning a language – World Languages Day. (MFL societies/BTEC Travel and Tourism) | 20 th September – Recycling Week 26 th September -European Day of Languages | Wk3 R4 Complex emotions and how to express them to others. Wk4 R2 ADHD awareness week. What ADHD is and how it impacts upon individuals' emotions. |
| Week 4: 26/9 | Reading to learn: how you can use texts to help you. Unifrog log in – introduction to the subjects library and 'read, watch, listen' | UCAS redrafting personal statement | R6/R7 Consent All students in mentor groups | Live feedback and purple pen – showing your learning journey | ADHD Awareness Week | Wk5 R4 World Smile Day – focus upon Friendship and problem solving. |
| Week 5: 3/10 | Further reading – research and referencing. | Revision Assessment week | R6/R7 Consent All students in mentor groups | 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 | Wk6 H4/H13 World Mental Health Day – discussion and awareness. How to recognize the signs of wellbeing concerns. |
| Week 6: 10/10 | Presentation skills | UCAS redrafting personal statement | H18/R15/R16 – contraception in different contexts and relationships, how negotiate contraception use, how to access different types and where to access All students in mentor groups | 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 | Wk7 H4 Awareness of different types of MH (E.G Anxiety and depression) |
| Week 7: 17/10 | Presenting on their wider reading Competencies reflection | Revision recap – strategies to use and apply over half term | R14/R18/H18/19 The School of Sex Ed Reproductive and sexual health 17 th October period 3 – Yr 12 in curve 18 th October – Yr 13 in curve | Achievement assembly – academic achievement 'Dare to Know' | 21 st October – Conflict Resolution Day 22 nd October – Show Racism The Red Card | |
| How to revise | | Revision and UCAS | Health and well-being | | HALF TERM | |
| Week 8: 31/10 | How to revise effectively | Revision evaluation – which strategies are working? Revision time/mentoring | H2/H3/L23 The School of Sex Ed Sex, Bodies and the Media Enhancement: considerations, consequences and issues 31 st October period 6 in the curve – Year 12 in curve 1 st November – Yr 13 in the curve | College standards | | <u>The whole school well-being theme will be 'Give'</u> Wk8 Introduction to the theme - why we give our time to others. |
| Week 9: 7/11 | How to revise effectively | Mocks | H21 H22 Alcohol abuse – debates and understanding | Children in Need run by the SU | 11 th November - Remembrance Day | Wk9 World Kindness day. Focus on the implications of |

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| | | | How alcohol can affect personal safety | | 13 th November - Children In Need 13 th November – World Kindness Day 14 th November - World Diabetes Day 15-19 th November - Anti-Bullying Week | sharing images and offensive language. 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. |
| Week 10: 14/11 | How to revise effectively | Revision/supervised study Mocks | H21/H22 Drug abuse – debates and understanding | | Road Safety Week Shoebox Appeal Collection is November 15 – 22 nd November | H6 Wk11 Reflection upon helping others. Positive impact upon their own and others wellbeing. Wk12/13. Supporting world charities over Christmas. Look at world Aids day. |
| Week 11: 21/11 | Revision/supervised study | UCAS | H8 Breast awareness/testicular examinations – external delivery? | Christmas and Charity: Reverse Advent Calendar | | H6 Wk14 Empathy and consideration over the holidays. How Happiness can be linked to others. |
| Week 12: 28/11 | Revision/supervised study In class assessments | UCAS | Gambling – 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: 5/12 | Revision/supervised study In class assessments | UCAS | R5 Online relationships – how to manage relationships and personal safety online. | Role Models of 2022 – 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: 12/12 | Unifrog – super-curricular focus | UCAS | Keith Sudbury asset.uk.com Bone Marrow and Stem Cell donation | Leave your legacy – Pastoral achievement assembly | Trussell Trust Food Bank Appeal Deadline | |
| CHRISTMAS | | | | | | |
| Super-curricular thinking | | Reflections and Prepping for independence | | Keeping yourself safe and happy <small>(Please note Road Safety Education will be in every week on Tuesdays taking between 2 and 4 groups at a time.)</small> | | |
| Week 15: 9/1 | Read, Watch, Listen focus/MOOCs | Academic mentoring/post exam reflections Supervised study | Road Safety Education: young driver safety 3 groups at a time on rotation across the half term. | Standards | | <u>The whole school well-being theme will be ‘Keep Learning’</u> H6 Wk15 Benefits of relaxation and mindfulness on our general health. |
| Week 16: 16/1 | Read, Watch, Listen focus/MOOCs | Academic mentoring/post exam reflections Supervised study | L10 L22 Digital footprint – creating and maintaining a professional online presence, cyber security, and data protection | College Community – Working together/Knife Crime and CCE | 23 rd January - National Handwriting Day | Wk16 Ubers and licensed taxis -keeping yourself safe. |
| Week 17: 23/1 | Read, Watch, Listen focus/MOOCs | Academic mentoring Supervised study | H16 Travel safely – legal rights and responsibilities (Chris Cooper) | 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: 30/1 | Read, Watch, Listen focus/MOOCs | L17 Managing financial contracts: mobiles/renting and how to identify appropriate advice Pay later - Klarna | H17 First Aid – St John’s ambulance (CME to push and see what they can offer) | 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. |

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| Week 19: 6/ 2 | Read, Watch, Listen focus/MOOCs | L13 Student Finance Nottingham Trent | CCE | Academic Achievement assembly 'Dare to Know' | Children's Mental Health Week | |
| Super-curricular thinking | | Prepping for independence and revision | What do I stand for? | HALF TERM | | |
| Week 20: 20/2 | Presentations on super-curriculars | L13 How to plan expenditure and budget for moving out/University - | Citizenship: Politics in the UK. Your Right to vote / Legal systems in the UK (UK Parliament talk) Voting in the UK – current/alternative Debate around voting age | Standards | Empathy Week | <u>The whole school well-being theme will be 'Take Notice'</u> H6 Wk20 Empathy. How have students used empathy and what has been the impact. |
| Week 21: 27/2 | Presentations on super-curriculars | H10 and H11 – Keeping yourself healthy when living away from home: Registering with new health services Recognising illnesses which affect young people. H12 Budgeting for healthy diet. | Basic Industries - who runs transport, energy and essential services - what is nationalisation, what do the parties say, links to climate change. The Media - who controls the media, what media do people access, what is fake news. | 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) | 3rd March - World Book Day | H6 Wk21 Take notice of our own wellbeing physically and emotionally. H7 Wk22 What support is there out there? How to deal with anxiety and recognizing the triggers. |
| Week 22: 6/3 | Read, Watch, Listen focus/MOOCs/possible alumni visits/talks from employers | Supervised study/revision Mocks | Taxation - who pays what, what taxes are there, what do the parties say. | 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 | H4 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: 13/3 | Read, Watch, Listen focus/MOOCs/ possible alumni visits/talks from employers | Supervised study/revision Mocks | L8/L9/L11/L12 .Discrimination: Your rights in the workplace: trade unions, challenging work place behaviours | Red Nose Day SU assembly | 19 th March - Red Nose Day/ Comic Relief | |
| Week 24: 20/3 | Read, Watch, Listen focus/MOOCs/ possible alumni visits/talks from employers | Academic mentoring | R2 and R3, R25 Cultures: Racism and Religious Hate Crime. Islamophobia / Promoting multiculturalism R25 Refugees – promoting understanding, inclusion and challenging prejudice | World Autism Awareness (consult Rachel Brentley) | World Autism Awareness Week | |
| Week 25: 27/3 | Super-curricular presentations | Academic mentoring | Your political compass Following debates above, research into each party and what they stand for, students vote. | Leave your legacy – Pastoral achievement assembly | | |
| EASTER HOLIDAYS | | | | | | |
| Researching Next Steps | | Revision | The World Around Me | | | |
| Week 26: 17/4 | Visit from X University. How to choose your courses. How to compare courses and universities | Revision | L25 LGBT | 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> H4 Wk26 Examining your own Health and that of others |
| Week 27: 24/4 | Unifrog focus – researching courses/next steps | Revision | L18/L19 Debt Culture – gains and risks | Stop Food Waste Week – the importance of this and how they can ensure good habits as they cooks on a budget – preparation for | World Immunisation Week 28 th April – Stop Food Waste Day | H4 Wk27 Benefits of Healthy Diet |

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| | | | | Uni/independence. (WJEC Food and Nutrition society assembly – part 1) | | |
| Week 28: 1/5 | Unifrog focus – researching courses/next steps | Revision | L14 Incomes: taxation, national insurance and pensions + saving options. | Finance/Budgeting/Student Finance – looking for the best current accounts (Economics Society/Maths) | Sun Awareness Week | H4 Wk28 Benefits of exercise on our general wellbeing |
| Week 29: 8/5 | Unifrog focus – researching courses/next steps | Revision | Poverty: What is poverty? / Poverty in the UK / Seeking help | SU/Subject Reps Assembly | Mental Health Awareness Week | H4 Wk29 Keeping our minds active, Wellbeing associated with healthy minds |
| Week 30: 15/5 | Unifrog focus – researching courses/next steps | Revision | L16 Consumer rights, resolving disputes and accessing support. | Leavers assembly – Year 13 as role models – what legacy have they left behind? | Water Saving Week | H4 Wk30 The benefits and importance of sleep |
| Week 31: 22/5 | Unifrog focus – researching courses/next steps | Revision | L4 Technology: Green tech / Improving our way of life / Advances in knowledge | Academic achievement assembly 'Dare to Know' | | H4 Wk31 Take a break. Focusing on the right balance between study and life. |
| HALF TERM | | | | | | |
| Revision and reflections | | | My Future | | | |
| Week 32: 5/6 | Revision/supervised study/mock prep | | L2 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> |
| Week 33: 12/6 | Revision/supervised study/mock prep | | L3 Nottingham Trent University – how to plan your next steps | Healthy Eating week – (Biology society) | Healthy Eating Week | H4 Wk32 Benefits of therapeutic landscapes. How nature can impact on our wellbeing and make us feel positive. |
| Week 34: 19/6 | Mocks | | TRS Launch | 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 | H4 Wk33 Creating a calm environment and the benefits to our wellbeing. |
| Week 35: 26/6 | Mocks | | TRS launch | Leaders of the future – alumni role models to inspire careers/destinations searches. | | Wk34 Plastic Pollution and its impact on the world today |
| Week 36: 3/7 | Academic mentoring | | L5 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 | Wk35 How to get involved in the discussions around climate change. |
| Week 37: 10/7 | Academic mentoring | | UCAS – Applying to Higher and Further education WEX | Nominations for year 12s who have 'Dared to Know' or 'Left their legacy' – revisit ethos. | | Wk36 Birthday of the NHS. Celebration of the support they have given us. |
| Week 38: 17/7 | Academic mentoring | | L7 Apprenticeships – How to earn while you learn | Review of the year/achievement assemblies. | | Wk37 Our place as Citizens |
| Week 39: 24/7 | | | | | | Wk38 wellbeing questionnaire – reflection. Wk39 The year ahead and all the positives it holds. |