

Year 11 Personal Development Programme 2025-2026

Y11 AUTUMN TERM

Autumn 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4			
THEME 6a LAPTOPS NEEDED Unifrog, CVs, Activities, Personal Statements	THEME 6a Post 16 Choices / A level Workshop	THEME 6a Character in Year 11	THEME 6b VESPA Intro			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
THEME 6c Vision and Goals	THEME 6c Good Habits for learning	THEME 6c POSITIVE attitude to learning and feedback	THEME 6c Reminder - How/When/Where should I revise? Revision breaks	THEME 6c Reminder – Quizzing, Flashcards, Exam Questions and Calendar	THEME 6b <i>Put into practice – Using what has been learned about VESPA – time to act on the advice</i>	THEME 5d Wellbeing Activity (led by Prefect Team)

Autumn 2

PD Lesson 1	PD Lesson 2					
THEME 3d Pregnancy Choices - Parenthood, Abortion, Adoption	THEME 3d Reproductive Health issues: Miscarriage, Fertility	Y11 MOCKS				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4			
THEME 2a, 2c RS – Ethics and Morality	THEME 5d ANTI BULLYING WEEK	THEME 2a, 2c RS – Ethics – The Trolley Problem	THEME 2a, 2c RS Ethics and Religious Beliefs			

Spring 1

Lesson 1	Lesson 2	Lesson 3			
THEME 5a, 6b Alzheimers and Dementia Awareness	THEME 5a, 6b Health Issues: Cancer Awareness- includes self examination and screening	THEME 4a, 5a, 6b Cosmetic and Aesthetic Procedures (including appearance ideals, body image and self esteem)		P1 lesson off timetable during this half term – Wed 14th January Loudmouth Visit to do Safe and Sound - BOOKED	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 - NB may be in any week during the half term
THEME 6b Self Reflections	THEME 6a Workplace Skills	THEME 6b Next Steps (Follow up to Sixth Form Taster Day)	THEME 6c Effort Matters More than Talent	THEME 6c Resilience, 'Grit' and Effort	THEME 5d Wellbeing Activity (led by Prefect Team)

Spring 2

PD Lesson 1	PD Lesson 2	PD Lesson 3		
RS	NATIONAL CAREERS WEEK	RS		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5 – NB may be in any week during the half term
THEME 6a NATIONAL CAREERS WEEK 1 Interview skills – Spot the Bad advice	THEME 6a NATIONAL CAREERS WEEK 2 Interview skills – Plan your answers	THEME 6a NATIONAL CAREERS WEEK 3 Interview skills – Finish planning your answers	THEME 6a NATIONAL CAREERS WEEK 4 Interview skills – Role play (practice interviews)	THEME 5d Wellbeing Activity (led by Prefect Team)

Summer 1

Lesson 1	Lesson 2			
Media – Fake news	Media Ownership Role of the Media			
PD Weekly 1	PD Weekly 2	PD Weekly 3		
Britishness	Human Rights and British Values	Form time – revision/organise year books etc		