

Year 11 Personal Development Programme 2023-2024

Y11 AUTUMN TERM

Autumn 1 -

Life Beyond School

PD Lesson 1	PD Lesson 2	PD Lesson 3				
Unifrog, CVs, Activities, Personal Statements	Post 16 Choices / A level Workshop	Alzheimers and Dementia Awareness				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
The Science of Learning – How do I learn and revise effectively?	The Science of Learning – Where should I revise?	The Science of Learning – When should I revise? Revision breaks	The Science of Learning – Self Quizzing and Flashcards	The Science of Learning – Exam Questions and Calendar	Follow up and finish off Booklet from Lessons 1-3	Wellbeing Activity (led by Prefect Team)

Autumn 2 – Life Beyond School, Staying Safe

Celebrating Equality and Diversity

PD Lesson 4	PD Lesson 5	PD Lesson 6			
Positive Wellbeing and Seeking Help - Prefects	War on Drugs	Cosmetic and Aesthetic Procedures (link back to appearance ideals, body image and self esteem)			
PD Weekly 1	PD Weekly 2	PD Weekly 3	During the Week after Lessons 4-6		
RE – Respect in the Religions	ANTI BULLYING WEEK	RE – Morals and Ethics	Follow up and finish off Booklet and Lessons 4-6		

Spring 1 – Relationships and Sex Education

PD Lesson 7	PD Lesson 8	PD Lesson 9		
Loudmouth: Safe and Sound - Abusive Relationships	Respect and Relationships	Fertility and what affects it, IVF treatment		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	During the Week after Lessons 7-9
Sexual Harassment	Coercive Control	WELLBEING WEEK	Coercive Control	Follow up and finish off Booklet and Lessons 7-9

Spring 2 – Health and Wellbeing See Y11 Purple unit

Rights, Responsibilities and British Values

Life Beyond School

PD Lesson 10	PD Lesson 11	PD Lesson 12		
Pregnancy Choices , Parenthood and Abortion	Cancer Awareness (Breast, Cervical, Ovarian, Testicular and Prostate)	Love and Abuse are not the same		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4 – NB may be in any week during the half term	During the Week after Lessons 10-12
Britishness and British Values	Human Rights	NATIONAL CAREERS WEEK	Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet and Lessons 10-12

**Summer 1 – British Values,
Life Beyond School**

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5		
Extreme Religious Views - Cults	DIVERSITY WEEK	Critical Thinking	Coping with Change	Coping with Change – Preparation for Study Leave		