

Year 13 Personal Development Programme 2025-2026

AUTUMN TERM

Autumn 1

1 st Sept	Lesson 1 – 09/09	Lesson 2 – 16/09	Lesson 3 – 23/09	Lesson 4 – 30/09	Lesson 5 -07/10	Lesson 6- 14/10	Lesson 7 – 21/10
	Recap VESPA – Goals & Habits	VESPA – Systems (mock prep)	Applications	Interview prep	Assessment centre/psychometric testing	Apprenticeships guest speaker	VESPA – attitude (blockers)

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
PS FT checks	PS FT checks	PS FT checks	PS FT checks	PS FT checks	PS FT checks	PS FT checks

Autumn 2

Lesson 1 – 03/11	Lesson 2 – 10/11	Lesson 3 – 17/11	Lesson 4 – 24/11	Lesson 5 -01/12	Lesson 6 -08/12	Lesson 7 -15/12
Politics	Politics				Politics	

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
Finalise UCAS application	Finalise UCAS application				Finalise UCAS application	Finalise UCAS application

Spring 1

Lesson 1 – 05/01	Lesson 2 – 12/01	Lesson 3 – 19/01	Lesson 4 – 26/01	Lesson 5 – 02/02	Lesson 6 – 09/02
Fertility/IVF RECAP	Sexual Health RECAP - contraception	Cancer awareness Breast, cervical, prostate, pcos HTR – hormones changing Female sexual health – life cycle	Mental health Self harm & suicide awareness FOCUS on techniques – distractions -energy -stress jar	AUTISM/ADHD CHRONIC FATIGUE	DISORDERED EATING

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
RS – PD WEEKLY	RS – PD WEEKLY	RS – PD WEEKLY	RS – PD WEEKLY	RS – PD WEEKLY	RS – PD WEEKLY

Spring 2

Lesson 1 – 23/02	Lesson 2 – 02/03	Lesson 3 – 09/03	Lesson 4 – 16/03	Lesson 5 – 23/03
Guest speaker – student finance	UCAS – extra, clearing, offers	Health and Wellbeing – Healthy Diet and Meal planning	Health and Wellbeing Stress and Seeking Support	Health and Wellbeing – Prevention is better than cure

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5
Finance	Finance	Finance	Finance	Finance

Summer 1 -

Lesson 1 – 13/04	Lesson 2 – 20/04	Lesson 3 – 27/04	Lesson 4 – 04/05
Making most of 1 st term	Keeping safe in a new place	Summer safety – holidays abroad Festivals Peer pressure	Study leave Exam briefing Final messages Hoodies

PD Weekly 1	PD Weekly 2	PD Weekly 2
Future 1 st sign up	Student assembly prep – video's, quizzes etc	Student assembly prep – videos, quizzes