

# Year 12 Personal Development Programme 2023-2024

**Y12 AUTUMN TERM**

## Autumn 1 – Life Beyond School

### Health and Wellbeing

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Organisation and notetaking	Organising your timetable	Revision and Consolidation	Excellent Teaching and Learning	EPQ Launch	Academic Writing	Managing Stress
Introduction to PD	VESPA + Vision (Goal Setting)	VESPA + Effort	VESPA + Systems	VESPA + Practice	VESPA + Attitude	Perfectionism
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
Cornell note taking	Marginal Gains	New People conversations	Organisation (folder demo)	VESPA Review	Managing Stress	Five Ways to managing wellbeing

## Autumn 2 – Life Beyond School, Health and Wellbeing, Rights, Responsibilities and British Values, Celebrating Equality and Diversity

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Post 18 Options – Open Days	Unifrog Launch	Super Curricular	MOOC Time	University Options	Apprenticeships	Routeways – ex students
Dealing with Anxiety	Sleep Habits	Healthy Eating Habits		Eating Disorders	Alcohol Safety – pre Christmas	Drugs
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
Fireworks	Remembrance Day	Sign Language - 1	Sign Language - 2	Sign Language - 3	Sign Language - 4	Sign Language - 5

**Spring 1 – Health and Wellbeing, Life Beyond School, Staying Safe**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	
Training Day	Organ donation. Keith Sudbury	LinkedIn	Social Media Dangers	
		Stress Management	Exam Preparation	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	
	Wellbeing	Wellbeing	Wellbeing	

**Spring 2 – Life Beyond School, Health and Wellbeing, Staying Safe**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Post Exam Mindset – VESPA attitude	Super Curricular – MOOC Time	Apprenticeships update	Work Experience Ideas	Applying for WE
VESPA Vision – back up options		Stress Management	Drugs -2	County Lines
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5
Finance Payslips	Finance Income Tax	Finance Cost of Credit	Finance Mortgages	Finance Pensions

**Y12 SUMMER TERM**

**Summer 1 – Life Beyond School, Staying Safe, Celebrating Equality and Diversity, Health and Wellbeing**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	
CV Writing	Personal Statements	Personal Statements	Making applications	Interview Preparation	Interview Preparation	Work Experience
Safe Travel	Passports and Health/Travel Insurance	Festivals	Alcohol	Drugs	Personal Branding	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	
VESPA Review	VESPA Conversations	VESPA Conversations	VESPA Conversations	VESPA Conversations	VESPA Conversations	

**Summer 2 – Life Beyond School, Sex and Relationships, Rights, Responsibilities and British Values, Celebrating Equality and Diversity**

Lesson 1		Lesson 2	Lesson 3	Lesson 4	Lesson 5
	Yr. 12 EOY exams	Exam reflections	UCAS	Personal Statements	Personal Statement
		Consent	Sexual Harassment	Abusive relationships	Pregnancy and Abortion
PD Weekly 1		PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5
Britishness and British Values		Human Rights	Human Rights	Diversity	Extreme Religious views

- 1) **Rights, Responsibilities and British Values**
- 2) **Celebrating Equality and Diversity**
- 3) **Relationships and Sex Education**
- 4) **Staying Safe (on and off line)**
- 5) **Health and Wellbeing**
- 6) **Life Beyond School**

- Year 12 - Diversity, Safety & Health (CDE)
- Year 12 - Drugs & Risk Education (SSO)
- Year 12 - Health & Wellbeing (H&W)
- Year 12 - Personal Finance (LBS)
- Year 12 - Positive Wellbeing Unit (H&W)
- Year 12 - Sixth Form Careers (LBS)

- 01 LGBT Equality in the UK
- 02 Toxic Masculinity
- 03 Carrying a Knife - Gangs
- 04 Dealing With My Anger
- 05 What is Cancer
- 06 Medical Ethics and Blood Donat...

- 01 Drugs - Alcohol Safety
- 02 Substance Misuse
- 03 Drugs and their Effects
- 04 Drugs Education - SPICE a Synththeic Cannabinoid
- 05 Drug Classifications
- 06 Drugs Education - LSD
- 07 Drugs Education - MDMA : Ecstasy
- 08 Ext - Drugs Videos

- 01 Health and Wellbeing
- 02 Healthy Eating and Cholesterol
- 03 Immunisation and Vaccinations
- 04 Healthy Eating Habits
- 05 Tooth Decay - Poor Diet and He...
- 06 Eating Disorders
- 07 Stress Management Part 2

- 01 Taxes and the UK
- 02 Banks and Money
- 03 Types of Employment & Paperw...
- 04 What is Debt
- 05 Income and State benefits
- 06 Role of Trade Unions
- 07 Insurance Types

- 01 Dealing with Depression
- 02 Stress and Performance
- 03 Dealing with anxiety
- 04 Fears and Anxiety
- 05 Sleep Hygiene and Mental Heal...
- 06 Promoting Emotional Wellbeing
- 07 Resilience and Growing Up

- 01 Post 16 Options
- 02 Planning for the future
- 03 Personal Branding
- 04 Writing a Personal Statement
- 05 CV Writing
- 06 Making Applications Post 16
- 07 Interview Preparation
- 08 What is an Entrepreneur