

Year 12 Personal Development Programme 2025-2026

AUTUMN TERM

Autumn 1

1 st Sept	Lesson 1 – 08/09	Lesson 2 – 15/09	Lesson 3 – 22/09	Lesson 4 – 29/09	Lesson 5 – 06/10	Lesson 6 – 13/09	Lesson 7 – 20/09
	Transition & 5 ways to wellbeing	Leadership transition team Ice breakers	THEME 6a, 6b Intro to VESPA Note taking, independent learning and organising your timetable	THEME 6a, 6b VESPA – The Power of Marginal Gains and Building Good Habits	THEME 6a, 6b VESPA + Practice & Attitude and Responding to Feedback	THEME 5d Managing emotions (including stress/anxiety)	THEME 5a, 5d Healthy Lifestyle - Sleep

1 st Sept	PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
FIRST WEEK BACK	RS – Is society more secular? Basic definition and initial opinions if good or bad?	RS – Characterisation of secularism . Is it good for the UK?	RS – Humanism -what is it-Is it more relevant in 21 st century UK? Stephen Fry video 2.33mins	RS – Humanism Tasks: Do we need meaning in our lives? Do we need God/religion for purpose that truly satisfies us or is Humanism a more helpful way of finding meaning in their lives than traditional religion?	RS – Should religion be public or private? Is it more private now? Evidence for both sides...	RS – Should religion be public or private? Implications for the examples from Trump's Vicar at his inauguration. Coronation and Queen Elizabeth 2 nd funeral.	RS – Link between Church and state -should it exist? Bishops in house of Lords (30%)-influence law still- What are the moral implications for the UK? Final conclusions.

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
Intro to first aid (fit in with PD weekly)	Organ donation – guest speaker	Post 18 options Planning for the future	Post 18 Apprenticeships	Post 18 Super curricular	Post 18 Post 18 Guest Speaker Booked	Post 18 Apprenticeships and abroad applications

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
THEME 6b, 5a First Aid – Basic life support inc. recovery position	THEME 6b, 5a First Aid - Choking	THEME 6b, 5a First Aid - Cuts	THEME 6b, 5a First Aid – Allergies & Asthma	THEME 6b, 5a First Aid – Chest pain	THEME 6b, 5a First Aid – bones, muscles, joints	THEME 6b, 5a First Aid

Spring 1

5 th January	Lesson 1 – 12/01	Lesson 2 – 19/01	Lesson 3 – 26/01	Lesson 4 – 02/02	Lesson 5 – 09/02
TRAINING DAY	Alcohol safety	Staying safe – Legal Highs/Drugs/Festivals	Transport police – harassment?	Keeping Data Safe Online	Y12 Mid-Year Exams

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Sign Language - 1	Sign Language - 2	Sign Language - 3	Sign Language - 4	Sign Language - 5	Y12 Mid Year Exams

Spring 2

Lesson 1 – 23/02	Lesson 2 – 02/03	Lesson 3 – 09/03	Lesson 4 – 16/03	Lesson 5 – 23/03
Healthy Relationships Unhealthy/Abusive/ Coercive relationships	Control and Consent	Sexual Harassment	Intro to summer term – work experience Super curricular Personal statements – one section	Super curricular Personal statements – other section

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5
Critical Thinking	Critical Thinking	Critical Thinking	Critical Thinking	Critical Thinking

SUMMER TERM

Summer 1

Lesson 1 – 13/04	Lesson 2 – 20/04	Lesson 3 – 27/04	Lesson 4 – 04/05	Lesson 5 – 11/05	Lesson 6 – 18/05
Researching courses	Personal Statements: Adopting the right style	Personal Statements: Engaging with your vision	Personal Statements: Drafting	Interview prep	WORK EXPERIENCE WEEK

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 26
Finance	Finance	Finance	Finance	Finance	WORK EXPERIENCE WEEK

Summer 2

Lesson 1 – 01/06	Lesson 2 – 08/06	Lesson 3 – 15/06	Lesson 4 – 22/06	Lesson 5 – 29/06	Lesson 6 – 06/07	Lesson 7 – 13/07
Personal Statements: Reflecting on wider experiences, skills and competencies.	Y12 EXAMS THIS WEEK	UCAS Sign Up/Registering	External interviews/In tray Oracy challenge	External Interviews/In tray Oracy challenge	Psychometric Testing	Wellbeing activities

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
Personal Statement FT checks	Y12 EXAMS THIS WEEK	Personal Statement FT checks	Personal Statement FT checks	Personal Statement FT checks	Personal Statement FT checks	Wellbeing activities