

# Year 12 Personal Development Programme 2025-2026

**AUTUMN TERM**

## Autumn 1

1 <sup>st</sup> 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	<b>THEME 6a, 6b</b> Intro to VESPA Note taking, independent learning and organising your timetable	<b>THEME 6a, 6b</b> VESPA – The Power of Marginal Gains and Building Good Habits	<b>THEME 6a, 6b</b> VESPA + Practice & Attitude and Responding to Feedback	<b>THEME 5d</b> Managing emotions (including stress/anxiety)	<b>THEME 5a, 5d</b> Healthy Lifestyle - Sleep

1 <sup>st</sup> Sept	PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
<b>FIRST WEEK BACK</b>	RS – <b>Is society more secular?</b> Basic definition and initial opinions if good or bad?	RS – Characterisation of <b>secularism</b> . Is it good for the UK?	RS – <b>Humanism</b> -what is it-Is it more relevant in 21 <sup>st</sup> century UK? Stephen Fry video 2.33mins	RS – <b>Humanism Tasks:</b> 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 <b>public or private?</b> Is it more private now? Evidence for both sides...	RS – Should religion be <b>public or private?</b> Implications for the examples from Trump's Vicar at his inauguration. Coronation and Queen Elizabeth 2 <sup>nd</sup> funeral.	RS – <b>Link between Church and state</b> -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	<b>Post 18 options</b> Planning for the future	<b>Post 18</b> Apprenticeships Guest speaker	<b>Post 18</b> Super curricular	<b>Post 18</b> Post 18 Guest Speaker <b>Booked</b>	<b>Post 18</b> 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
<b>THEME 6b, 5a</b> First Aid – Basic life support inc. recovery position	<b>THEME 6b, 5a</b> First Aid - Choking	<b>THEME 6b, 5a</b> First Aid - Cuts	<b>THEME 6b, 5a</b> First Aid – Allergies & Asthma	<b>THEME 6b, 5a</b> First Aid – Chest pain	<b>THEME 6b, 5a</b> First Aid – bones, muscles, joints	<b>THEME 6b, 5a</b> First Aid

## Spring 1

5 <sup>th</sup> 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
Work experience	Super Curricular	Personal Statements	VESPA	Interview prep?  ** Arrange guest speaker for this h/t**	Psychometric testing

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

## 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
Write up: Work experience Personal Statements Super curricular	Y12 EXAMS THIS WEEK	UCAS Sign Up/Registering	External interviews/In tray  Oracy challenge	External Interviews/In tray  Oracy challenge	Personal statements  Draft deadline	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