

Year 13 Personal Development Programme 2024-2025

AUTUMN TERM

Autumn 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Recap VESPA – Goals & Habits	Politics 1	VESPA – systems (mock prep)	Politics 2	VESPA – attitude & practice	Politics 3	VESPA – attitude (blockers)

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
Critical Thinking	Critical Thinking	Critical Thinking	Critical Thinking	Critical Thinking	Critical Thinking	Critical Thinking

Autumn 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4
Fertility, IVF, Miscarriage	Apprenticeships - Guest Speaker	Sexual Health Recap Abortion	Interviews

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4
First Aid – Basic life support	First Aid – Choking	First Aid – Allergies & Asthma	First Aid – Bones, muscles & joints

Spring 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Post mock reflection	Cancer awareness - breast, cervical, smears, Prostate cancer	UCAS deadline – offers, next steps	Mental Health Issues: Self harm	Student finance – Guest speaker	Suicide Awareness

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Sign Language	Sign Language	Sign Language	Sign Language	Sign Language	Sign Language

Spring 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Personal branding/linked in	Health and Wellbeing – Healthy Diet and Meal planning	Budgeting/Student finance	Health and Wellbeing Stress and Seeking Support	Moving out	Health and Wellbeing – Prevention is better than cure	Making the most of the first term

[illegible]