

## Personal Development Curriculum Overview: KS5 (please see separate KS3 and KS4 overview)

Teaching Weeks	Year 12 focused mentoring My Scholarship	Year 13 focused mentoring UCAS	PDC Relationships	Expertly Led Assembly	National Themes	Well Being Wednesday
<b>Week 1: 5/9</b>	The Transition from Year 11 to 12		R12/13/R20 Everyone's invited – how to recognise and seek help in the case of sexual abuse, exploitation, assault, rape, and the process for reporting.  <b>9<sup>th</sup> September rolling period 1 on teams</b>	Induction – ethos/expectations	8 <sup>th</sup> September - International Literacy Day	<u>The whole school well-being theme will be 'Connect'</u>  Wk1 Introduction to WBW and support networks within Sixth Form alongside external support available.
<b>Week 2: 12/9</b>	How to learn in lessons: note taking, organisation and the bigger picture.  <b>Tuesday Period 2 PDC staff</b>	UCAS redrafting personal statements  Apprenticeships/Degree Apprenticeships – external provider  <b>Tuesday Period 2 College mentors to lead</b>	R8/R9/R23 Identity and gender School of Sex Ed  <b>16<sup>th</sup> September rolling period 2 – ALL students in the red gym with college mentors</b>	Cognition and memory (consult with TGR)		Wk2 R4 Establishing Relationships in the Sixth Form environment.
<b>Week 3: 19/9</b>	How to learn outside of lessons: target setting, SMART goals and how to practise.  <b>Tuesday Period 2 20<sup>th</sup> September – Yr 12 in curve with Tuesday Period 2 College mentors</b>	UCAS redrafting personal statements  <b>Friday 23<sup>rd</sup> September rolling period 3 All college mentors with own groups</b>	R8/9 School of Sex Ed – Communication, accountability, break-ups, boundary-setting and 'romantic scripts'.  <b>Friday 23<sup>rd</sup> September rolling period 3 – Yr 12 in curve with College team to oversee</b> <b>Tuesday Period 2 20<sup>th</sup> September – Yr 13 in curve with Tuesday Period 2 PDC staff</b>	Travelling/gap years (linked to destinations) and the importance of learning a language – World Languages Day. (MFL societies/BTEC Travel and Tourism)	20 <sup>th</sup> September – Recycling Week 26 <sup>th</sup> September -European Day of Languages	Wk3 R4 Complex emotions and how to express them to others.  Wk4 R2 ADHD awareness week. What ADHD is and how it impacts upon individuals' emotions.
<b>Week 4: 26/9</b>	Reading to learn: how you can use texts to help you. Unifrog log in – introduction to the subjects library and 'read, watch, listen'  <b>Friday 30<sup>th</sup> September rolling period 6 College mentors</b>	UCAS redrafting personal statement  <b>Friday 30<sup>th</sup> September rolling period 6 College mentors</b>	R6/R7 Consent  <b>Tuesday Period 2 27<sup>th</sup> September All students in mentor groups with Tuesday period 2 College mentors and Tuesday period 2 PDC staff</b>	Live feedback and purple pen – showing your learning journey	ADHD Awareness Week	Wk5 R4 World Smile Day – focus upon Friendship and problem solving.  Wk6 H4/H13 World Mental Health Day – discussion and awareness. How to recognize the signs of wellbeing concerns.
<b>Week 5: 3/10</b>	Further reading – research and referencing.  <b>Monday 3<sup>rd</sup> October rolling period 1 College mentors</b>	Revision for Assessment week  <b>Monday 3<sup>rd</sup> October rolling period 1 College mentors</b>	R6/R7 Consent  <b>Tuesday Period 2 4<sup>th</sup> October All students in mentor groups with Tuesday period 2 College mentors and Tuesday period 2 PDC staff</b>	Black History Month – focus on role models  CME alongside SU	1 <sup>st</sup> October – 31 <sup>st</sup> October – Black History Month  7 <sup>th</sup> October – World Smile Day  10 <sup>th</sup> October - World Mental Health Day	Wk7 H4 Awareness of different types of MH (E.G Anxiety and depression)
<b>Week 6: 10/10</b>	Presentation skills  <b>Monday 10<sup>th</sup> October rolling period 2 College mentors</b>	UCAS redrafting personal statement  <b>Monday 10<sup>th</sup> October rolling period 2 College mentors</b>	H18/R15/R16 – contraception in different contexts and relationships, how negotiate contraception use, how to access different types and where to access  <b>Tuesday Period 2 11<sup>th</sup> October All students in mentor groups with Tuesday period 2 College mentors and Tuesday period 2 PDC staff</b>	World Obesity Day – ban on junk food advertising and the 'Better Health' campaign. What is the key to ensuring better nutrition for all? (PE Society)	11 <sup>th</sup> October – World Obesity Day	
<b>Week 7: 17/10</b>	Presenting on their wider reading  Competencies reflection  <b>Tuesday period 2 18<sup>th</sup> October – Yr 13 in curve with PDC staff</b>	Revision recap – strategies to use and apply over half term  <b>Monday 17<sup>th</sup> October rolling period 3 All college mentors with own groups</b>	R14/R18/H18/19 The School of Sex Ed Reproductive and sexual health  <b>Monday 17<sup>th</sup> October rolling period 3 – Yr 12 in curve with College team to oversee Tuesday period 2 18<sup>th</sup> October – Yr 13 in curve with PDC staff</b>	Achievement assembly – academic achievement 'Dare to Know'	21 <sup>st</sup> October – Conflict Resolution Day  22 <sup>nd</sup> October – Show Racism The Red Card	

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How to revise		Revision and UCAS	Health and well-being		HALF TERM	
<b>Week 8:</b> 31/10	How to revise effectively	Revision evaluation – which strategies are working? Revision time/mentoring	H2/H3/L23 The School of Sex Ed Sex, Bodies and the Media Enhancement: considerations, consequences and issues 31 <sup>st</sup> October period 6 in the curve – Year 13 in curve 1 <sup>st</sup> November – Yr 12 in the curve	College standards		<u>The whole school well-being theme will be 'Give'</u>  Wk8 Introduction to the theme - why we give our time to others.
<b>Week 9: 7/11</b>	How to revise effectively	Mocks	H21 H22 Alcohol abuse – debates and understanding How alcohol can affect personal safety	Children in Need run by the SU	11 <sup>th</sup> November - Remembrance Day  13 <sup>th</sup> November - Children In Need  13 <sup>th</sup> November – World Kindness Day  14 <sup>th</sup> November - World Diabetes Day 15-19 <sup>th</sup> November - Anti-Bullying Week	Wk9 World Kindness day. Focus on the implications of sharing images and offensive language.  Wk10 Helping others in the community. Introduction to Tea Dance and Children's party  Charity events hosted by year 12 and supported in year 13.
<b>Week 10:</b> 14/11	How to revise effectively	Revision/supervised study Mocks	H21/H22 Drug abuse – debates and understanding		Road Safety Week  Shoebox Appeal Collection is November 15 – 22 <sup>nd</sup> November	H6 Wk11 Reflection upon helping others. Positive impact upon their own and others wellbeing.
<b>Week 11:</b> 21/11	Revision/supervised study Potential talks from alumni	UCAS	H8 Breast awareness/testicular examinations – external delivery?	Christmas and Charity: Reverse Advent Calendar		Wk12/13. Supporting world charities over Christmas. Look at world Aids day.
<b>Week 12:</b> 28/11	Revision/supervised study Potential talks from alumni	UCAS	Gambling – debates and understanding	World Aids day – It's a Sin focus – how representation in the media raises awareness, and can shift perspectives. (Media society)	1 <sup>st</sup> December - World AIDS Day	H6 Wk14 Empathy and consideration over the holidays. How Happiness can be linked to others.
<b>Week 13:</b> 5/12	Revision/supervised study Potential talks from alumni	UCAS	R5 Online relationships – how to manage relationships and personal safety online.	Role Models of 2022 – who have we been inspired by this year and what can we learn from them?	11 <sup>th</sup> December - Christmas Jumper Day for Save the Children	
<b>Week 14:</b> 12/12	Unifrog – super-curricular focus	UCAS	Keith Sudbury asset.uk.com Bone Marrow and Stem Cell donation	Leave your legacy – Pastoral achievement assembly	Trussell Trust Food Bank Appeal Deadline	
<b>Super-curricular thinking</b>		<b>Reflections and Prepping for independence</b>	<b>Keeping yourself safe and happy</b>  (Please note Road Safety Education will be in every week on Tuesdays taking between 2 and 4 groups at a time.)		<b>CHRISTMAS</b>	
<b>Week 15: 9/1</b>	Introduction to Unifrog Supercurricular session.	Academic mentoring/post exam reflections Supervised study	Road Safety Education: young driver safety  3 groups at a time on rotation across the half term.  H16 Travel safely – legal rights and responsibilities (Chris Cooper)	Standards		<u>The whole school well-being theme will be 'Keep Learning'</u>  H6 Wk15 Benefits of relaxation and mindfulness on our general health.  Wk16 Ubers and licensed taxis -keeping yourself safe.
<b>Week 16: 16/1</b>	In class assessment week	Academic mentoring/post exam reflections Supervised study	L10 L22 Digital footprint – creating and maintaining a professional online presence, cyber security, and data protection	College Community – Working together/Knife Crime and CCE	23 <sup>rd</sup> January - National Handwriting Day	Wk17 Keep learning and not to forget importance of remembering the Holocaust

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<b>Week 17: 23/1</b>	In class assessment week	L17 Managing financial contracts: mobiles/renting and how to identify appropriate advice Pay later - Klarna	H17 First Aid – St John’s ambulance	Holocaust Memorial Day (History/P and E Society)	27 <sup>th</sup> January - Holocaust Memorial Day	Wk18 knowledge of the law in relation to abortion, sexuality, identity and pornography  Wk19 LGBT understanding.
<b>Week 18: 30/1</b>	Read, Watch, Listen focus/MOOCs	L13 Student Finance Nottingham Trent	CCE	LGBTQ+ history Month – role model focus on inspiring individuals who made change.	LGBTQ+ History Month	
<b>Week 19: 6/ 2</b>	Read, Watch, Listen focus/MOOCs	Nottingham Trent University session continued.	Students to complete the session missed as a result of completing Road Safety Training session	Academic Achievement assembly ‘Dare to Know’	Children’s Mental Health Week	
<b>Super-curricular thinking</b>		<b>Prepping for independence and revision</b>		<b>What do I stand for?</b>		<b>HALF TERM</b>
<b>Week 20: 20/2</b>	Presentations on super-curriculars	L13 How to plan expenditure and budget for moving out/University -	Citizenship: Politics in the UK. Your Right to vote / Legal systems in the UK (UK Parliament talk) Voting in the UK – current/alternative Debate around voting age	Standards	Empathy Week	<u>The whole school well-being theme will be ‘Take Notice’</u>  H6 Wk20 Empathy. How have students used empathy and what has been the impact.
<b>Week 21: 27/2</b>	Presentations on super-curriculars	H10 and H11 – Keeping yourself healthy when living away from home: Registering with new health services Recognising illnesses which affect young people. H12 Budgeting for healthy diet.	Basic Industries - who runs transport, energy and essential services - what is nationalisation, what do the parties say, links to climate change.  The Media - who controls the media, what media do people access, what is fake news.	Reading for pleasure. Hidden books around college. College team inspiring reads – what texts have had the most impact and why? Potential videos of students discussing their inspiring reads. (English Societies)	3rd March - World Book Day	H6 Wk21 Take notice of our own wellbeing physically and emotionally.  H7 Wk22 What support is there out there? How to deal with anxiety and recognizing the triggers.
<b>Week 22: 6/3</b>	Read, Watch, Listen focus/MOOCs/possible alumni visits/talks from employers	Supervised study/revision Mocks	Taxation - who pays what, what taxes are there, what do the parties say.	Inspiring women and why international women’s day is needed: gender pay gap and representation of women in business. (Business societies)	National Careers Week  8 <sup>th</sup> March - International Women’s Day  8 <sup>th</sup> March – Safer Internet Day  11 <sup>th</sup> March -National Science Week	H4 Wk23 Listening to and supporting others. How to help peers who need our help.  Wk24 Period Poverty awareness  Wk25 Men’s mental Health looking at stigma and support
<b>Week 23: 13/3</b>	Read, Watch, Listen focus/MOOCs/ possible alumni visits/talks from employers	Supervised study/revision Mocks	L8/L9/L11/L12 Discrimination: Your rights in the workplace: trade unions, challenging work place behaviours	Red Nose Day SU assembly	19 <sup>th</sup> March - Red Nose Day/ Comic Relief	
<b>Week 24: 20/3</b>	Read, Watch, Listen focus/MOOCs/ possible alumni visits/talks from employers	Academic mentoring	R2 and R3, R25 Cultures: Racism and Religious Hate Crime. Islamophobia / Promoting multiculturalism  R25 Refugees – promoting understanding, inclusion and challenging prejudice	World Autism Awareness (consult Rachel Brentley)	World Autism Awareness Week	
<b>Week 25: 27/3</b>	Super-curricular presentations	Academic mentoring	Your political compass	Leave your legacy – Pastoral achievement assembly		

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			Following debates above, research into each party and what they stand for, students vote.				
		<b>EASTER HOLIDAYS</b>					
<b>Researching Next Steps</b>		<b>Revision</b>	<b>The World Around Me</b>				
<b>Week 26:</b> 17/4	Visit from X University. How to choose your courses. How to compare courses and universities	Revision	L25 LGBT	Standards	Stress Awareness Month 22 <sup>nd</sup> April – Stephen Lawrence Day 23 <sup>rd</sup> April – World Book Night	The whole school well-being theme will be ‘Be Active’	
<b>Week 27:</b> 24/4	Unifrog focus – researching courses/next steps	Revision	L18/L19 Debt Culture – gains and risks	Stop Food Waste Week – the importance of this and how they can ensure good habits as they cooks on a budget – preparation for Uni/independence. (WJEC Food and Nutrition society assembly – part 1)	World Immunisation Week  28 <sup>th</sup> April – Stop Food Waste Day	H4 Wk26 Examining your own Health and that of others  H4 Wk27 Benefits of Healthy Diet  H4 Wk28 Benefits of exercise on our general wellbeing	
<b>Week 28:</b> 1/5	Unifrog focus – researching courses/next steps	Revision	L14 Incomes: taxation, national insurance and pensions + saving options.	Finance/Budgeting/Student Finance – looking for the best current accounts (Economics Society/Maths)	Sun Awareness Week	H4 Wk29 Keeping our minds active, Wellbeing associated with healthy minds	
<b>Week 29:</b> 8/5	Unifrog focus – researching courses/next steps	Revision	Poverty: What is poverty? / Poverty in the UK / Seeking help	SU/Subject Reps Assembly	Mental Health Awareness Week	H4 Wk30 The benefits and importance of sleep	
<b>Week 30:</b> 15/5	Unifrog focus – researching courses/next steps	Revision	L16 Consumer rights, resolving disputes and accessing support.	Leavers assembly – Year 13 as role models – what legacy have they left behind?	Water Saving Week	H4 Wk31 Take a break. Focusing on the right balance between study and life.	
<b>Week 31:</b> 22/5	Unifrog focus – researching courses/next steps	Revision	L4 Technology: Green tech / Improving our way of life / Advances in knowledge	Academic achievement assembly ‘Dare to Know’			
		<b>HALF TERM</b>					
<b>Revision and reflections</b>		<b>My Future</b>					
<b>Week 32:</b> 5/6	Revision/supervised study/mock prep		L2 Planning for a future beyond the college	College Standards – relaunch year 12 as role models	LGBTQI+ Month  Carers Week	The whole school well-being theme will be ‘Place and Planet’	
<b>Week 33:</b> 12/6	Revision/supervised study/mock prep		L3 Nottingham Trent University – how to plan your next steps	Healthy Eating week – (Biology society)	Healthy Eating Week	H4 Wk32 Benefits of therapeutic landscapes. How nature can impact on our wellbeing and make us feel positive.	
<b>Week 34:</b> 19/6	Mocks		TRS Launch	LGBTQI+/Schools Diversity week launch – SU/people’s society to raise awareness of LGBTQI+ issues, promote acceptance and to challenge intolerance.	Schools Diversity Week  23 <sup>rd</sup> June - Women In Engineering Day	H4 Wk33 Creating a calm environment and the benefits to our wellbeing.	
<b>Week 35:</b> 26/6	Mocks		TRS launch	Leaders of the future – alumni role models to inspire careers/destinations searches.		Wk34 Plastic Pollution and its impact on the world today	
<b>Week 36:</b> 3/7	Academic mentoring		L5 Personal Statements : How to write a glowing report about yourself Oxford University	Leaders of the future – alumni role models to inspire careers/destinations searches.	4 <sup>th</sup> July – NHS Birthday	Wk35 How to get involved in the discussions around climate	

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<b>Week 37:</b> 10/7	Academic mentoring		UCAS – Applying to Higher and Further education  WEX	Nominations for year 12s who have ‘Dared to Know’ or ‘Left their legacy’ – revisit ethos.		change.  Wk36 Birthday of the NHS. Celebration of the support they have given us.
<b>Week 38:</b> 17/7	Academic mentoring		L7 Apprenticeships – How to earn while you learn	Review of the year/achievement assemblies.		Wk37 Our place as Citizens
<b>Week 39:</b> 24/7						Wk38 wellbeing questionnaire – reflection.  Wk39 The year ahead and all the positives it holds.