

Personal Development Overview 2023-24

	Term 1	Term 2	Term 3
Year 7	Relationships	Health & Mental wellbeing	Living in the wider world
	Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity Understanding the British Values: Democracy. The rule of law. Individual liberty. Mutual respect. Tolerance of those of different faiths and beliefs Relationships Forming and building relationships relationships (RSE) Anti Bullying - The types of bullying and how to access support linked to anti-bullying week	Healthy routines including puberty - (RSE) Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity	Understanding Careers linked to the careers programme Practice employability skills and financial decision making (RSE) Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity

	Relationships	Health & Mental wellbeing	Living in the wider world
Year 8	Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity Understanding the British Values: Democracy. The rule of law. Individual liberty. Mutual respect. Tolerance of those of different faiths and beliefs Relationships Building relationships including bullying & the types of bullying. (RSE) Focus day - Relationships - Healthy and unhealthy Relationships	Health and Mental well-being Emotional well being & Substance misuse (RSHE) Civity & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity	Living in the wider world Careers focus linked to the careers programme - My career & Aim higher Including digital literacy (RSE) Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity
	Relationships	Health & Mental wellbeing	Living in the wider world
Year 9	Civility & Standards though the Aylward Attributes Professionalism	Health and Mental well-being Peer influences including gangs and substance misuse (RSE)	Living in the wider world Careers focus linked to the careers programme - My career & Aim

	Respect Resilience Independence Collaboration Creativity Relationships Respectful relationships (RSE) Including family and marriage	Focus day - Peer Influences s Understanding the British Values: Democracy. The rule of law. Individual liberty. Mutual respect. Tolerance of those of different faiths and beliefs	higher Including digital literacy (RSE) Culture and diversity Professionalism Respect Resilience Independence Collaboration Creativity
	Relationships	Health & Mental wellbeing	Living in the wider world
Year 10	Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity Relationships Healthy and unhealthy relationships	Developing a growth mindset Coping under pressure How to seek advice Emotional: Academic performance, coping strategies, good sleep habits, self esteem and confidence. Social: Positive relationships, resilience and cooperation Understanding the British Values: Democracy. The rule of law. Individual liberty. Mutual respect. Tolerance of those of different faiths and	Living in the wider world Careers programme & interventions - Sampling the future

		beliefs	
	Relationships	Health & Mental wellbeing	Living in the wider world
Year 11	Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity Relationships: Delivered through focus day	Physical: Health & Fitness, Balanced diet including: Obesity, Diabetes, CV Fitness, heart disease Emotional: Academic performance, coping strategies, good sleep habits, self esteem and confidence. Understanding the British Values: Democracy. The rule of law. Individual liberty. Mutual respect. Tolerance of those of different faiths and beliefs	
	Relationships	Health & Mental wellbeing	Living in the wider world
Year 12	Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity Health and mental well being Maintaining physical , mental & emotional	Living in the wider world Giving back - volunteering and the wider community. Maintaining physical , mental & emotional health . Taking care of myself and supporting others.	UCAS

	health .		
Year 13	Civility & Standards though the Aylward Attributes Professionalism Respect Resilience Independence Collaboration Creativity	Taking care of myself and supporting others.	Preparing for the next stage linked to the careers programme.