

The Garibaldi School – Composite Overview

Subject: Personal Development Date of Review 2021/ 2022



	Autumn Term 1 (x7 weeks)	Autumn Term 2 (x8 weeks)	Spring Term 1 (x6 weeks)	Spring Term 2 (x6 weeks)	Summer Term 1 (x6 weeks)	Summer Term 2 (x7 weeks)
Y7	<p>Relationships Making Friends Bullying Peer-on-peer abuse Cyber-bullying Staying safe online Media Influences How to stand up for yourself Mental Health Personal Reflection Point</p>	<p>Health and Hygiene Keeping Healthy & Happy Personal Hygiene Managing money & priorities Understanding the effects of Drugs How to cope in an Emergency Menstruation and Puberty Personal Reflection Point DROP-DOWN Days: Road Safety Barclays Life Skills ASSEMBLY: Black History month</p>	<p>Family Dynamics The concept of Family Family Pressures Loss in the Family Changing Lives Family Conflict Private Body Parts Personal Reflection Point</p>	<p>Diversity Respecting Others Disability Awareness Different Lifestyles Multicultural UK Unifrog: Disabilities Personal Reflection Point</p> <p>Drop-Down Day: Disability Awareness</p>	<p>Fundamental British Values Opinions & Your Say Human Rights Lying, Cheating, Stealing Society & Local Community Voluntary Groups Personal Reflection Point</p>	<p>Career Development CVs and employment Skills Intro to Unifrog Courses Intro to Unifrog Careers Unifrog Career Exploration Unifrog Course Exploration of Findings Personal Reflection Point</p>
Y8	<p>Future Goals New School Year Targets Hopes for the Future Part-time Jobs Writing a C.V. Work/Life Balance Concentration Strategies Personal Reflection Point DROP-DOWN Days: Red Cross First Aid</p>	<p>Health & Wellbeing First Aid & Helping Others follow-up Drugs and the Law The Effect of Drugs The Impact of Smoking Physical Activity & Mindfulness Healthy Eating Keeping Safe Personal Reflection Point ASSEMBLY: Black History month</p>	<p>Relationships Teenage Family Life Dealing with Death Romantic Relationships Peer-on-peer abuse Marriage Contraception Male Circumcision Personal Reflection Point</p>	<p>Sexual Health & Wellbeing Dealing with STIs HIV and AIDS Implications High Risk Behaviours Anti-Social Behaviour Unifrog Body Changes and emotional changes Personal Reflection Point</p>	<p>Fundamental British Values What are British Values Racism & its Impact Homophobia Democracy in Society WHO & Its Role Personal Reflection Point</p>	<p>Body Image Appearance Ideals Appearance & the Media Confront Body Shaming Banish Body Talk Change Appearance Attitudes Dove Body Campaigns Personal Reflection Point DROP-DOWN Days: Dove Body-confidence</p>

Y9	<u>Employment & the Workplace</u> Moving Forward Target Setting Which Job? Career Planning Technology in the Workplace Unemployment Personal Reflection Point	<u>Raising Aspirations</u> Full Half-term B. West FBV sessions to be delivered through Religious Education (A. Hales) ASSEMBLY: Black History month	<u>Sexual Relationships</u> No Hurry: Risks HIV-AIDS Sexuality: LGBT & the Law Marriage Breakdown Domestic Abuse Peer-on-peer abuse Female Genital Mutilation Personal Reflection Point DROP-DOWN Days: Pintsize CSE and RSE	<u>Health & Wellbeing</u> Mental Health Issues Dealing with Depression Homelessness & Mental Health The Effects of Alcohol (Body) Alcohol & Emotional Health Alcohol: Knowing your Limits LGBT & Mental Health Personal Reflection Point	<u>Work Skills & Finance</u> Problem Solving Skills Active Problem Solving S&T's for the Workplace Personal skills Personal branding Media Reputation Personal Reflection Point DROP-DOWN Days: Sexions and RSE	<u>Personal Finance</u> Mortgages and Rent University, loans and Apprenticeships Effective Budgeting Payday Loans, Loan Sharks Savings & Opportunities Luxuries vs. Essentials Personal Reflection Point
Y10	<u>Preparation for WEX</u> Workplace Experiences Workplace: Behaviour & Skills Choosing a Placement Safety Measures Search Writing a Formal WEX Letter Writing a Formal WEX Letter Phone Calls & Reflection Point DROP-DOWN Days: FGM 23 rd September (external provider)	<u>Raising Aspirations</u> Full Half-term B. West FBV sessions to be delivered through Religious Education (A. Hales) ASSEMBLY: Black History month	<u>Sexual Relationships & the Risks</u> Child Sexual Exploitation & up-skirting Sexting, the Law and the Media Consent Peer-on-peer abuse Different Types of Contraception Different STI's & the Effects Teen Pregnancy Female Genital Mutilation Personal Reflection Point DROP-DOWN Days: Sexions and RSE	<u>First Aid</u> Sprains, Asthma & Allergies Causes & Treatments of Shock Treating Cuts & Bleeds Recovery Position (practical) Choking (practical) CPR (practical) Personal Reflection Point	<u>Healthy Living</u> Healthy Eating & extremes Benefits of Physical Activity Adverse Alcohol Effects Drugs, Effects and Law Smoking Implications Personal Reflection Point	<u>Financial Capability</u> Enterprise and Entrepreneurs Managing Money Effectively Financial Risk & Reward The Importance of Saving The Different Ways to Borrow Different forms of VAT Personal Reflection Point
Y11	<u>Careers</u> WEX Reflection What Do I Want to Do? Unifrog Mocks The Ideal Candidate CV Writing & Life Skills DROP-DOWN Days: FGM 23 rd September (external provider)	<u>Relationships & Mental Health</u> Revision Techniques Healthy Relationships Mental Health Self-Harming Dealing with Anger Sexual Health (Recap) Peer-on-peer abuse Consent Female Genital Mutilation ASSEMBLY: Black History month	<u>Healthy Lifestyles</u> Legal Highs Drugs & the Law Drug-Taking Dealing with Alcohol Smoking Cancer Awareness Teen Pregnancy	<u>First Aid</u> Intro to First Aid Shock Bleeding The Recovery Position Choking CPR	<u>Coping with Exam Stress</u> <ul style="list-style-type: none"> - Revision - Timetable - Priorities - Healthy Diet - Revision Strategies - Chunking - Taking Timeout: little and often 	

<p>Y12& 13 Year <u>1</u></p>	<p>Studying at A-Level-</p> <ul style="list-style-type: none"> - A-Level expectations - effective studying, effective note-taking - Independence: What does it look like for you? - Effective time-management - Why A-Levels prepare you so well for University - UCAS: The ins and outs - Transferrable skills from A-Levels to Apprenticeships/ workplace 	<p>SEX EDUCATION</p> <ul style="list-style-type: none"> - CONSENT (cup of tea) - RECAP: STIs & Contraception - How having a child will drastically 'change your life' - SEXIONS - Sex & the Law for 18 year olds - Sexting - Sex: The importance of AGE <p>ASSEMBLY: Black History month</p>	<p>MENTAL HEALTH</p> <ul style="list-style-type: none"> - Positive mind-sets after Christmas - Dealing with mental illness (Depression, Anxiety, Bipolar) & where to get help - Being a young carer for a person with mental illness & support - Mental illness & its impact on life/ workplace - Strategies on how to deal/ cope with mental illness/ stress - Mental Health: Rights & the Law 	<p>Coping with exam stress (yr 12 mocks: June/ July) A-Level exams (end of May-June)</p> <ul style="list-style-type: none"> - Effective timetable planning for revision - How to manage stress & anxieties effectively - Why do we need to tackle exam-stress? - Different learners- different revision techniques - Healthy Diet=healthy mind - The Importance of Sleep on Focus & Stress 	<p>FINANCIAL CAPABILITIES</p> <ul style="list-style-type: none"> -Mortgages and Rent University, loans and Apprenticeships -Effective Budgeting -Payday Loans, Loan Sharks -Savings & Opportunities -Luxuries vs. Essentials 	<p>PLANNING 6th form FOR:</p> <p>X 5 HTs for year 12 (X 30 Mentor Times)</p> <p>X4 HTs for year 13 (X25 Mentor Times)</p>
<p>Y12 &13 Year <u>2</u></p>	<p>Road Safety</p> <ul style="list-style-type: none"> - (follow-up) - Cars - Alcohol and drink-driving - Drug-driving - The Law - Being a car 'owner': top tips (renew your insurance every year, with the BEST deal!) what to do if you breakdown/ costs of cars and upkeep 	<p>Democracy and the Government</p> <ul style="list-style-type: none"> - What is democracy? - Different societies globally - Elected parties and their main manifesto points - UK Rights to vote - The election process/ rules/ constituencies/ party leader in Mansfield locally 	<p>MENTAL HEALTH & Media</p> <ul style="list-style-type: none"> - Social Media: when to switch off! - Mental health effects- negative impact of Facebook/ Instagram - Blue-light and sleep - Body Image/ celebrity status/ What's real - Media: fact vs. fiction - Media: Use it wisely/ know your limits! 	<p>Coping with exam stress (yr 12 mocks: June/ July) A-Level exams (end of May-June)</p> <ul style="list-style-type: none"> - Effective timetable planning for revision - What to prioritise & when - Good revision strategies - When to start revising? Failing to prepare- preparing to fail. - A healthy diet and impact on exam preparation/ focus - What great time-management skills 	<p>N/A</p>	<p>N/A</p>

		<ul style="list-style-type: none">- Why 'not voting' can cause unfair advantages to certain parties <p>ASSEMBLY: Black History month</p>		can do in the workplace		
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