



## Personal Development Intent Overview

### Year 7

Unit	Key Knowledge	Key Skills	Key Vocabulary	Assessment
<b>Health and Wellbeing Transition and safety</b>	<ul style="list-style-type: none"><li>• how to identify, express and manage emotions constructively</li><li>• Code of Conduct</li><li>• how to manage the challenges of moving to a new school</li><li>• how to establish and manage friendships</li><li>• how to improve study skills</li><li>• how to identify personal strengths and areas for development</li><li>• personal safety strategies - travel safety, road, &amp; phone</li><li>• how to use social networking sites safely</li><li>• to recognise online grooming</li><li>• about age restrictions when accessing different forms of media and how to make responsible decisions</li><li>• how to respond in an emergency</li><li>• to know how to do CPR.</li><li>• Personal Development Challenges: friendliness, Fairness</li></ul>	Resilience Reading Planning / Aiming High Listening Speaking Problem solving Independence Writing	Personal Social Health Economic Potential Scammers Character Commitment Virtue Call Push Rescue Defibrillator	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum

<p><b>Living in the wider world</b> <b>Developing skills and aspirations</b></p>	<ul style="list-style-type: none"> <li>• To know how to log on to Unifrog</li> <li>• To know the Unifrog skills and begin to know how to develop them.</li> <li>• To know how to log their skills and activities on Unifrog</li> <li>• To begin to know about a broad range of careers and the abilities and qualities required for them.</li> <li>• To know about managing a work life balance</li> <li>• To know about equality of opportunity</li> <li>• To know personal safety strategies - fireworks</li> <li>• Personal Development Challenges: love, joy</li> </ul>	<p>Resilience Reading Numeracy Planning / Aiming High Listening Speaking Teamwork Leadership Problem solving Creativity Independence Writing</p>	<p>Employment Apprenticeships Aspirations Rights Responsibilities Equality Act 2010 Labour Market Information LMI Skills (Soft/Hard) Team Work Problem Solving</p>	<p>Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum</p>
<p><b>Relationships: Diversity, prejudice, and bullying</b></p>	<ul style="list-style-type: none"> <li>• To know about identity, rights and responsibilities</li> <li>• To know the British values and how these help us to live in a diverse society.</li> <li>• how to challenge prejudice, stereotypes and discrimination the signs and effects of of bullying</li> <li>• how to respond to bullying of any kind, including online</li> <li>• how to support others</li> </ul>	<p>Resilience Reading Listening Speaking Teamwork Leadership Problem solving Independence Writing</p>	<p>Personal Identity Protected Characteristics Human Rights Act Equality Diversity Prejudice Courtesy Cyber bullying Degradation Humiliation</p>	<p>Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum</p>

	<ul style="list-style-type: none"> <li>• PD Challenges Empathy and Determination</li> </ul>		Trolling Rhetorical	
<b>Health &amp; wellbeing</b> <b>Healthy routines, influences on health</b>	<ul style="list-style-type: none"> <li>• how to make healthy lifestyle choices including diet, dental health, physical activity and sleep</li> <li>• to know the consequences of not eating healthily</li> <li>• how to manage influences</li> <li>• to know the problems associated with consuming Energy Drinks</li> <li>• To know how to have good personal hygiene</li> <li>• To know about Dignity and what democracy is.</li> </ul>	Resilience Reading Listening Speaking Problem solving Creativity Writing Independence	Mental Health Physical Health Vaccination Dental/Oral Saturated fats Dopamine Diabetes Caffeine Self Care Self reflection Democracy Dictatorship	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum
<b>Relationships</b> <b>Ourselves and Others</b>	<ul style="list-style-type: none"> <li>• how to develop self-worth and self-efficacy</li> <li>• about qualities and behaviours relating to different types of positive relationships</li> <li>• how to recognise unhealthy relationships</li> <li>• how to recognise and challenge media stereotypes</li> <li>• about consent and how to communicate assertively.</li> <li>• how to manage emotional changes during puberty</li> <li>• how to recognise and respond to inappropriate contact</li> </ul>	Resilience Reading Planning / Aiming High Listening Speaking Problem solving Creativity Independence Writing	Emotional Literacy Anger management Manipulation Manslaughter Consequences Consent Meaningful consent Intoxicated Grooming Breast Ironing	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum

	<ul style="list-style-type: none"> <li>• To know about FGM</li> <li>• PD Challenge Care</li> </ul>			
<p><b>Living in the wider world</b></p> <p><b>Financial decision making</b></p>	<ul style="list-style-type: none"> <li>• how to make safe financial choices</li> <li>• to identify future career aspirations</li> <li>• about ethical and unethical business practices and consumerism</li> <li>• about saving, spending and budgeting</li> <li>• how to manage risk-taking behaviour</li> <li>• How to budget</li> <li>• To know about the different types of bank accounts</li> <li>• To know what affects choices about money</li> <li>• about equality of opportunity</li> <li>• PD Challenges: Productivity and Enthusiasm</li> </ul>	<p>Resilience</p> <p>Reading</p> <p>Numeracy</p> <p>Planning /Aiming High</p> <p>Listening</p> <p>Speaking</p> <p>Teamwork</p> <p>Leadership</p> <p>Problem solving</p> <p>Creativity</p> <p>Independence</p>	<p>Budgeting</p> <p>Economics</p> <p>Finance</p> <p>Influences</p> <p>Ethics</p> <p>Gambling</p> <p>Gaming</p> <p>Betting</p> <p>Microtransactions</p> <p>Carpal tunnel Syndrome</p> <p>Addiction</p> <p>Argument</p> <p>Debate</p> <p>Persuasion</p> <p>Holland Codes</p>	<p>Active assessment techniques:</p> <p>Questions – answering questions</p> <p>Matching exercises</p> <p>Card sorts</p> <p>Posters</p> <p>Sequencing</p> <p>Matching definitions</p> <p>Before and after continuum</p> <p>Formal assessment</p> <p>FSQ Future Skills</p> <p>Questionnaire</p>

## Year 8

Unit	Key Knowledge	Key Skills	Key Vocabulary	Assessment
Health and wellbeing	<ul style="list-style-type: none"> <li>• To know about:</li> <li>• PD and Target setting</li> <li>• Self Confidence and Goals</li> <li>• medicinal and reactional drugs</li> <li>• about the over-consumption of energy drinks</li> <li>• the relationship between habit and dependence</li> <li>• how to use over the counter and prescription medications safely</li> <li>• how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes</li> <li>• how to manage influences in relation to substance use</li> <li>• how to recognise and promote positive social norms and attitudes</li> </ul>	Resilience Reading Numeracy Planning / Aiming High Listening Speaking Presenting: Teamwork Leadership Problem solving Creativity Independence Writing	Emotional Wellbeing Mental Health Coping Strategies Tobacco/ Nicotine Vaping Alcohol Substance abuse Illegal Criminal	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum

	<ul style="list-style-type: none"> <li>• Rules, Justice police and Law</li> <li>• The PD Challenges: Kindness, Willingness</li> </ul>			
Living in the Wider World Community and Careers	<ul style="list-style-type: none"> <li>• how to be enterprising, including skills of problem-solving,</li> <li>• about equality of opportunity in life and work</li> <li>• how to set aspirational goals for future careers and challenge expectations that limit choices</li> <li>• The PD Challenges: Genuineness, Serving Others</li> </ul>	Resilience Reading Numeracy Planning / Aiming High Listening Speaking Presenting: Teamwork Leadership Problem solving Creativity Independence Writing	Skills (Soft/Hard) Attributes Teamwork Problem Solving Communication Ambition Aspirations Glass ceiling	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum
Relationships and Discrimination	<ul style="list-style-type: none"> <li>• how to manage influences on beliefs and decisions</li> <li>• about group-think and persuasion</li> <li>• how to develop self-worth and confidence</li> <li>• how to recognise and challenge racism and religious</li> <li>• What we mean by discrimination</li> </ul>	Resilience Reading Numeracy Planning / Aiming High Listening Speaking Presenting: Teamwork Leadership Problem solving Creativity Independence	Persuasion Self-worth Racism Discrimination Stereotype Compassion	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum

	<ul style="list-style-type: none"> <li>• how to challenge stereotypes and discrimination</li> <li>• The PD Challenges: Compassion and Hard work</li> </ul>	Writing		
Health and Wellbeing – Emotional Wellbeing	<ul style="list-style-type: none"> <li>• about attitudes towards mental health</li> <li>• how to challenge misconceptions stigma</li> <li>• about daily wellbeing</li> <li>• how to manage emotions</li> <li>• how to develop digital resilience</li> <li>• To know about about unhealthy coping strategies (e.g. self harm and eating disorders) and about healthy coping strategies</li> <li>• The PD Challenges: Intentionality</li> </ul>	Resilience Reading Numeracy Planning / Aiming High Listening Speaking Presenting: Teamwork Leadership Problem solving Creativity Independence Writing	Mental well being Digital Resilience Misconceptions Stigma Coping Strategies Self-Harm Eating disorder Bereavements Intentionality	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum
Relationships: Good Communication	<ul style="list-style-type: none"> <li>• What makes good communicator</li> <li>• Respect</li> <li>• how to say No and avoid peer pressure</li> <li>• Debating – social media</li> <li>• about the risks of ‘sexting’ and how to manage requests</li> </ul>	Resilience Reading Numeracy Planning / Aiming High Listening Speaking Leadership Problem solving	Assertiveness Respect Debate Sexting Sextortion Mislead Bias	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing

	<p>or pressure to send an image</p> <ul style="list-style-type: none"> <li>• The features of a good CV</li> <li>• Online communication</li> <li>• how to recognise biased or misleading information online</li> <li>• how to critically assess different media sources</li> <li>• how to distinguish between content which is publicly and privately shared</li> <li>• PD Challenges encouragement</li> </ul>	<p>Independence Writing</p>		<p>Matching definitions Before and after continuum</p>
<p>Finance and Careers</p>	<ul style="list-style-type: none"> <li>• about employment, self-employment and voluntary work</li> <li>• About Using LMI</li> <li>• Money and Jobs, Exchange rates Keeping money safe, tax</li> <li>• Gaming and Gambling</li> <li>• Person Skills and Aiming for success</li> <li>• how to protect financial security online</li> <li>• how to assess and manage risks in relation to gambling and chance-based transactions</li> </ul>	<p>Resilience Reading Numeracy Planning / Aiming High Listening Speaking Teamwork Leadership Problem solving Creativity Independence Writing</p>	<p>Employment Apprenticeships Aspirations Finances – Emotions Rights Responsibilities Risk taking Exchange rates LMI</p>	<p>Active assessment techniques: Questions – answering questions Posters Sequencing Formal assessment FSQ Future Skills Questionnaire</p>



	<ul style="list-style-type: none"> <li>To know about sustainability and careers</li> <li>PD Challenge Accountability, Enthusiasm</li> </ul>			
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### Year 9

Unit	Key Knowledge	Key Skills	Key Vocabulary	Assessment
Health and wellbeing	<ul style="list-style-type: none"> <li>Describe the qualities of positive friendships</li> <li>Explore different ways of being a good friend</li> <li>Identify ways in which someone struggling with friendship could get support</li> <li>Identify strategies to resist peer pressure and reasons this can be so difficult</li> <li>Know the potential consequences of carrying a knife</li> <li>Identify how criminals exploit young people, how County Lines works and where you can get help if you think someone is involved.</li> <li>To know about different influences and</li> </ul>	Resilience Reading Listening Speaking Leadership Independence Writing	Peer pressure Grooming Vulnerable County Lines Consequences Tobacco/ Nicotine Habit Dependence Influence Vaping e-cigarettes Marketing influence Misconception	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum

	<p>consequences that might affect decisions relating to vaping.</p> <ul style="list-style-type: none"> <li>• To learn about drugs and young people’s attitudes and behaviours regarding use</li> <li>• To learn about the potential legal consequences of using illegal drugs</li> <li>• To learn about the short and long-term effects of alcohol and cannabis use on individuals</li> <li>• describe some of the health risks associated with occasional and problematic substance use</li> <li>• recognise and challenge myths related to cannabis use and drinking alcohol</li> <li>• The PD Challenges: Generosity Commitment</li> </ul>			
Living in the Wider World	<ul style="list-style-type: none"> <li>• To identify poor decisions, what we want to achieve from our time at school and what we need to work to do this</li> <li>• Describe the employment opportunities in Cumbria.</li> </ul>	Resilience Reading Planning / Aiming High Listening Speaking Problem solving Creativity Independence	Self-reflection Self-motivation Self-Discipline BTEC Vocational Academic Aspirations,	Active assessment techniques: Questions – answering questions Matching exercises Card sorts Posters Sequencing

	<ul style="list-style-type: none"> <li>To help make informed choices for their GCSE subjects, taking into account a variety of factors.</li> <li>To understand how Unifrog can help students make good choices at GCSE level.</li> <li>STB Challenge Dec. Perseverance</li> <li>Understand how to maintain high aspirations in the face of challenge</li> <li>Navigate the Careers library confidently to explore the variety of different careers there.</li> <li>PD Challenges: Bravery Perseverance</li> </ul>	Writing	Shared parental leave discrimination Perseverance	Matching definitions Before and after continuum
Respect	<ul style="list-style-type: none"> <li>Know about different types of families,</li> <li>Understand the importance of positive relationships in the home</li> <li>Know about conflict and its causes in different contexts, e.g. with family and friends</li> <li>Know how to use conflict resolution strategies</li> <li>Be able to manage relationships</li> </ul>	Resilience Reading Planning / Aiming High Listening Speaking Teamwork Leadership Problem solving Independence Writing	Common law Civil partnership Abusive Controlling Conflict resolution CSE - Child Sexual Exploitation Coercive Corrosive Disfigurement Civil Law Criminal Law	Active assessment techniques: Questions – answering questions Posters Sequencing Before and after continuum

	<ul style="list-style-type: none"> <li>• Know how to access support services</li> <li>• Correctly identify the warning signs of CSE and what we can do if we suspect a case of CSE.</li> <li>• Describe how to immediately treat an acid attack victim</li> <li>• Explain why it is difficult to criminalise the sale of acids and why acids are such dangerous substances.</li> <li>• To know the difference between Civil and Criminal Law</li> <li>• To know about crime, young offenders and Consequences</li> <li>• PD Challenge: Sincerity</li> </ul>		Consequences	
Healthy Lifestyles	<ul style="list-style-type: none"> <li>• to know about the relationship between physical and mental health</li> <li>• To learn how to balance work, leisure, exercise and sleep</li> <li>• To further develop revision and study skills</li> </ul>	Resilience Reading Planning / Aiming High Listening Speaking Leadership Problem solving Creativity Independence	Stress Work life balance Wellbeing Consolidation Application anxiety	Active assessment techniques: Questions – answering questions Posters Sequencing Matching definitions Before and after continuum

	<ul style="list-style-type: none"> <li>• How to make independent health choices</li> <li>• To appreciate the need to take increased responsibility for physical health, including self-examination</li> <li>• To know what makes a great leader and further develop leadership skills</li> <li>• PD Challenges: Responsibility</li> </ul>	Writing		
Developing Character	<ul style="list-style-type: none"> <li>• How showing respect can help diffuse tension and resolve conflict.</li> <li>• Why integrity is important for learning.</li> <li>• What it means to be resilient, and strategies to complete tasks under pressure.</li> <li>• Using compassion and empathy to suggest a resolution to conflict, and how compassion can contribute to a healthier society.</li> <li>• Explain in which circumstances UNICEF provide aid to children and why</li> </ul>	Resilience Reading Planning / Aiming High Listening Speaking Presenting: Teamwork Leadership Problem solving Creativity Independence Writing	Respect Tension Resilience Compassion Empathy Resolution Dedication	Active assessment techniques: Questions – answering questions Matching exercises Posters Sequencing Before and after continuum

	<ul style="list-style-type: none"> <li>• PD Challenge: Dedication</li> </ul>			
Living in the Wider World: Employability and Finance	<ul style="list-style-type: none"> <li>• Identify how we can take steps to manage our digital footprints, the types of content we would not want future employers to see and describe what the digital footprint of celebrities has revealed about them, even when deleted.</li> <li>• How to keep money safe.</li> <li>• To know how to manage credit and debt</li> <li>• How to deal with unexpected spending</li> <li>• Is a gambling addiction the same as an addiction to alcohol, cigarettes, or drugs?</li> <li>• Explain why we needed the Equality Act 2010 and still do today by describing problems which occurred prior to the law's creation.</li> <li>• To reflect on strategies to support resilience</li> </ul>	Resilience Reading Numeracy Planning / Aiming High Listening Speaking Leadership Problem solving Creativity Independence Writing	Financial Exploitation Social Media Digital Footprint Savings Interest Loans Debt Marketing Employment Rights Equality Act	Active assessment techniques: Questions – answering questions Quiz Posters Formal assessment FSQ Future Skills Questionnaire

## Year 10

Unit	Key Knowledge	Key Skills	Key Vocabulary	Assessment
Drop Down Day Topics				
Unhealthy Relationships Dignity	<ul style="list-style-type: none"> <li>Coercion and Control in relationships. What constitutes it and how to deal with it.</li> </ul>	Resilience Reading Numeracy Planning / Aiming High	Coercion Dominant Gas-lighting Curriculum Vitae	Active assessment techniques: Questions answering questions
CV workshop DWP	<ul style="list-style-type: none"> <li>To develop a sound understanding of how to structure and compose a strong CV and covering letter.</li> </ul>	Listening Speaking Presenting Teamwork Leadership Problem solving	Experience Skills competencies Academic Qualifications References	Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum
Rights and responsibilities of employees Dignity	<ul style="list-style-type: none"> <li>Identify considerations employers make when choosing who to employ</li> <li>Apply legal knowledge to real life employment scenarios, justifying choices</li> </ul>	Creativity Independence Writing	Achievements Reliability Confidence Dependability	
Elite skills Academy Army	<ul style="list-style-type: none"> <li>Team Building physical activities lead by the Army Elite Skills academy.</li> </ul>			

Unifrog Write CV Diligence	<ul style="list-style-type: none"> <li>Students will learn why CVs and cover letters are important. They will be introduced to the Unifrog CV/Resume tool. Students will understand the importance of using these documents to make a good impression.</li> </ul>			
Army Careers Talk Diligence	<ul style="list-style-type: none"> <li>Pupils hear from Army staff about the various career routes and jobs.</li> </ul>			
Moneywise Workshop Credit Union Diligence	<ul style="list-style-type: none"> <li>Learn about home expenditure and strategies to live within their means</li> </ul>			Budget Finance Debt Planning Compromise Procrastinate Self respect Mutual respect Asphyxiate Argument Stance Rebuttal Proposition Evidence
Managing time Effectively Diligence	<ul style="list-style-type: none"> <li>Identify ways to manage time effectively and sustainably through revision season.</li> <li></li> </ul>			
Pornography Workshop Dignity	<ul style="list-style-type: none"> <li>Know the impact of pornography on self and relationships</li> <li></li> </ul>			
Choking Stewardship	<ul style="list-style-type: none"> <li>Know what to do in the event of someone choking</li> <li></li> </ul>			



Big Debate - Punishment Forgiveness	<ul style="list-style-type: none"> <li>Is community service is a better punishment than prison for non-violent crimes? Develop debating skills.</li> </ul>			
Leadership 1 & 2	<ul style="list-style-type: none"> <li>introduces students aged 14-16 to simple, actionable principles of leadership that they can apply to make positive changes in their own lives. Pupils should have a simple model of good leadership skills and qualities.</li> </ul>	Resilience Reading Numeracy Planning / Aiming High Listening Speaking Presenting Teamwork Leadership	Empathise Compassionate Critically evaluate Factors Implications Negative Thinking Pattern Reframe Denial Bargaining Depression Acceptance Grief Bereavement	Active assessment techniques: Questions answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum FSQ
Reframing negative Thoughts	<ul style="list-style-type: none"> <li>Know about how negative thinking patterns can impact on our response to disappointments</li> <li>strategies to build resilience by reframing negative thinking</li> </ul>	Problem solving Creativity Independence Writing		
Unifrog Escape Room	<ul style="list-style-type: none"> <li>Students take part in an activity to test teamwork and communication skills as they navigate The Unifrog Careers library solving puzzles.</li> </ul>			

Managing Tough Times Grief and Bereavement	<ul style="list-style-type: none"> <li>Know the different stages of grief, the best ways to support grieving people and what a person may experience during the different stages.</li> </ul>			
Apprenticeship Quiz & aptitude tests Inspira	<ul style="list-style-type: none"> <li>Find out about apprenticeships. Levels and types.</li> </ul>			Confidence Preparation Punctuality Communication
Interview Prep with All Together Cumbria	<ul style="list-style-type: none"> <li>Find out what interviews are like and how to prepare for one and how to conduct yourself in one.</li> </ul>			Personal appearance Training Experience Mentorship
Lakes College Pathways Provider Access	<ul style="list-style-type: none"> <li>What are the range of pathways open to you?</li> </ul>			Employment Further education T-levels
BAE Stem Workshop	<ul style="list-style-type: none"> <li>Skills Challenge - looking at the latest technology in use in the work place.</li> </ul>			Apprentice Graduate
Unifrog: reflecting on my career journey	<ul style="list-style-type: none"> <li>Identify what they're doing to support their career journey</li> <li>Draw connections between their past, present, and future in relation to their career journey</li> </ul>			Values Volunteering Augmented reality
Tutor time Autumn				
<ul style="list-style-type: none"> <li>Know how to Manage Social Anxiety</li> <li>Know how social media and self-esteem are linked</li> </ul>				

<ul style="list-style-type: none"> <li>• Black History Month</li> <li>• Know about balancing in person contact and screen time</li> <li>• CV and Letters - reflection</li> <li>• CYA courses to enhance CVs.</li> <li>• Understand what constitutes binge drinking</li> <li>• News review discussions</li> </ul>
<p>Tutor time Spring</p> <ul style="list-style-type: none"> <li>• Know how university finance works</li> <li>• Consider how we can prepare for our Future</li> <li>• Know what career journeys may look like.</li> <li>• Know what T Levels are</li> <li>• What are the steps I need to take for my future?</li> <li>• Think about and log Intended Destinations</li> <li>• Know how to interpret payslips</li> <li>• Know options for borrowing Money</li> <li>• News review discussions</li> </ul>
<p>Tutor time Summer</p> <ul style="list-style-type: none"> <li>• Know strategies for Managing Exam Stress</li> <li>• Know how money can affect mental health</li> <li>• Preparation for Mock interviews</li> <li>• How to get the most out of work experience.</li> <li>• Prep for work experience</li> <li>• Final Checks for work experience</li> <li>• Reviewing our work experience</li> <li>• News review discussions</li> </ul>

### Year 11

Unit	Key Knowledge	Key Skills	Key Vocabulary	Assessment
How many units?	<ul style="list-style-type: none"> <li>• Learn about the health and safety risks in binge drinking.</li> </ul>	Resilience Reading	Flute Shot	Active assessment techniques:

Responsible drinking	Learn about units of alcohol and how alcohol is processed by the body. How to know how many units you are consuming and strategies to manage your consumption.	Planning / Aiming High Numeracy Listening Speaking Presenting: Teamwork Leadership Problem solving Creativity Independence Writing	Proof Hate Crime Prejudice, Inciting Racial Hatred Application HR department Internship Traineeship Financially capable Law-abiding Self-sufficient Contingency Realistic	Questions answering questions Matching exercises Card sorts Posters Sequencing Matching definitions Before and after continuum FSQ	
Hate Crime	<ul style="list-style-type: none"> <li>Correctly identify whether cases are hate crimes and classify the factors behind them</li> </ul>				
What options are there locally post 16?	<ul style="list-style-type: none"> <li>Know what are the options locally post 16? Talks from UTC, LCWC, GEN 2 <b>Provider Access</b></li> </ul>				
Independent living	<ul style="list-style-type: none"> <li>Know the issues young people face living independently and the best way we can prepare for independent adult lives.</li> </ul>				
Having a Plan A and a Plan B	<ul style="list-style-type: none"> <li>Talk in the theatre Inspira – future pathways, last year destinations, the importance of having a plan and a fall back. Future pathways.</li> </ul>				
Sellafield talk	<ul style="list-style-type: none"> <li>Know of the range of careers pathways at Sellafield and how to apply for them</li> </ul>				Mechanical engineer Electrical Engineer Technical Project Management
Our Next Steps Post 16 Choices	<ul style="list-style-type: none"> <li>Using Unifrog and its tools to find out about future</li> </ul>				

	pathways and how to use the know how library.		Business Administration Quality Engineer City and Guilds Risk Impaired judgement Humble Legislation Digital media Malicious Obscene Fraud
Why do we Take Risks?	<ul style="list-style-type: none"> <li>• What are positive and negative 'risks' and how can we make better decisions?</li> </ul>		
BAE Systems talk in the theatre & Humility	<ul style="list-style-type: none"> <li>• Know of the careers pathways at BAE Systems and how to apply for them.</li> <li>• Look at the school virtue of Humility and the impact it has on us.</li> </ul>		
Illegal Content and Online Safety	<ul style="list-style-type: none"> <li>• Learn why some content online can potentially be harmful.</li> <li>• Describe the UK laws governing online content.</li> <li>• Discuss why policing online spaces can be difficult.</li> <li>• Discover how to report illegal online content</li> </ul>		
Applying to College / University	<ul style="list-style-type: none"> <li>• Consider the difference between higher and further education. Look at how to put a good application together.</li> </ul>		UCAS Personal Statement Reference Referee Student loan Societies Lecture Seminar
Hello Future Interview techniques	<ul style="list-style-type: none"> <li>• Refine interview skills</li> </ul>		

Going to University UCLAN talk then  Big Debate: Animal Testing	<ul style="list-style-type: none"> <li>• Find out about life at a university and what a day in the life of a student looks like.</li> <li>• To be able to speak and listen and to present an argument in a clear organised and non-confrontational way</li> </ul>		Animal Cruelty Allergy Testing Substitute Compromise Timetable Forgetting curve Optimise Schedule Procrastination Catfishing Phishing Infringements Harassment	
Credit Union Budgeting	<ul style="list-style-type: none"> <li>• Practice managing a household budget</li> </ul>			
Revision: Using Time Effectively	<ul style="list-style-type: none"> <li>• To understand the importance of organisation when preparing for revision. To be able to prepare a basic revision schedule.</li> <li>• Students will use the Know-how library to help inform their study habits.</li> <li>• Students will create a study schedule</li> <li>•</li> </ul>			
Online Safety	<ul style="list-style-type: none"> <li>• Reflect on online experiences <ul style="list-style-type: none"> <li>- use of tech</li> <li>- what online issues matter to you</li> </ul> </li> </ul>			

	<ul style="list-style-type: none"> <li>- your tech timeline</li> <li>- where to get support for certain online issues</li> </ul>			
Festivals and Nitrous Oxide	<ul style="list-style-type: none"> <li>• Understand the risks associated with parties and festivals and experimenting with drugs. and how to stay safe at a festival or a party.</li> <li>• Evaluate whether drug testing tents will reduce drug-related deaths at festivals.</li> </ul>		Glastonbury, Laughing Gas Euphoria Nausea Disassociation, Nitrous Oxide Drug Tents Cosmetic Aesthetic Modifications Risks Benefits Media Culture Heritage Imposing Artificial Intelligence World Economic Forum Risk Assessmnt Ethhics	
Body Mods and Extreme Surgery	<ul style="list-style-type: none"> <li>• To be able to assess and manage risks with cosmetic and aesthetic procedures.</li> <li>• To evaluate the ways in which the media can influence health and body image.</li> </ul>			
Forced Marriage and Honour-Based Violence	<ul style="list-style-type: none"> <li>• To understand what forced marriage and honour-based violence are, the effects on individuals and their relationships, as well as the legal implications.</li> <li>• To identify the signs that a person may be at risk of</li> </ul>			

	<p>forced marriage or honour-based violence.</p> <ul style="list-style-type: none"> <li>To know where to go for help if you or someone you know is at risk.</li> </ul>			
Is AI a Threat to our Jobs?	<ul style="list-style-type: none"> <li>Explain how people around the world feel about AI.</li> <li>Describe the types of tasks that AI can and cannot do.</li> <li>Evaluate predictions about AI, and arguments on each side of the debate 'Is AI a threat to our jobs?'</li> <li>Explain how different groups of people in society might feel about AI and how it might affect their decision-making processes.</li> </ul>			
Safety on The Road	<ul style="list-style-type: none"> <li>Know what it means to be a responsible driver and why young people might decide to drive uninsured and assess the risks and consequences of doing so.</li> <li>Know about insurance scams.</li> </ul>			
Health	<ul style="list-style-type: none"> <li>Describe the impact that media and social media can have on how people think about themselves and</li> </ul>			



	<p>express themselves regarding physical and mental health.</p> <ul style="list-style-type: none"> <li>• Discuss ethical issues regarding when peers need help and identify and how to access the most appropriate sources of help.</li> </ul>			
<p>Tutor time Autumn:</p> <ul style="list-style-type: none"> <li>• To look at the importance of empathy</li> <li>• Look at strategies to ensure emotional well being</li> <li>• To look at mock exam rev timetable preparation</li> <li>• To review and update intended destinations</li> <li>• Go over mock exam expectations</li> <li>• Look at the impact of misusing drink and drugs</li> <li>• CYA look at online courses to enhance CVs</li> <li>• News review discussions</li> </ul>				
<p>Tutor time Spring:</p> <ul style="list-style-type: none"> <li>• Doing Well in Interviews and Aptitude Tests</li> <li>• Intended Destinations- discuss, reflect and update</li> <li>• Reflection on the Mocks</li> <li>• Personal Branding</li> <li>• News review discussions</li> </ul>				
<p>Tutor time Summer:</p> <ul style="list-style-type: none"> <li>• Keeping Data Safe</li> <li>• The Importance of Sleep</li> <li>• News review discussions</li> <li>• Part time work whilst studying</li> </ul>				

- Moving on

## Years 12 & 13

Unit	Key Knowledge	Key Skills	Key Vocabulary	Assessment
Introduction to PSHE and Setting Personal Goals	<ul style="list-style-type: none"> <li>• Overview of the KS5 PSHE programme.</li> <li>• Setting personal, academic, and career goals.</li> </ul>			
Time Management and Study Skills	<ul style="list-style-type: none"> <li>• Techniques for effective time management.</li> <li>• Study strategies for balancing coursework and revision.</li> </ul>	<ul style="list-style-type: none"> <li>• Prioritising tasks</li> <li>• Planning and time management</li> <li>• Meeting deadlines</li> <li>• Effective note-taking</li> <li>• Research skills</li> <li>• Revision strategies</li> </ul>	Prioritisation Scheduling Deadlines Procrastination Note-taking Research Revision Concentration	Self-assessment checklists Time management logs Reflections on study habits
Understanding Mental Health and Wellbeing	<ul style="list-style-type: none"> <li>• Understanding common mental health issues.</li> <li>• Strategies for maintaining mental wellbeing.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising mental health issues</li> <li>• Stress management</li> <li>• Coping strategies</li> </ul>	Anxiety Depression Mindfulness Coping mechanisms	Participation in class discussions Self-assessment scales on wellbeing every Wednesday
Building Resilience and Coping Strategies	<ul style="list-style-type: none"> <li>• Developing resilience in the face of challenges.</li> <li>• Coping mechanisms for stress and anxiety.</li> </ul>	<ul style="list-style-type: none"> <li>• Developing resilience</li> <li>• Problem-solving</li> <li>• Emotional regulation</li> </ul>	Resilience Adaptability Problem-solving Emotional regulation	Case study analysis on coping strategies
Healthy Relationships and Communication Skills	<ul style="list-style-type: none"> <li>• Identifying healthy and unhealthy relationship dynamics.</li> </ul>	<ul style="list-style-type: none"> <li>• Communication skills</li> <li>• Conflict resolution</li> </ul>	Communication Boundaries Consent	Group discussions and reflections

Sexual Health and Consent	<ul style="list-style-type: none"> <li>• Effective communication techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding consent</li> </ul>	Conflict resolution	Role-plays on communication and conflict resolution
Substance Abuse and Risk Management	<ul style="list-style-type: none"> <li>• Understanding consent and healthy relationships.</li> <li>• Information on sexual health resources and services in West Cumbria.</li> </ul>	<ul style="list-style-type: none"> <li>• Making informed decisions</li> </ul>	STI (Sexually Transmitted Infection) Sexual consent	
Financial Literacy: Budgeting and Managing Money	<ul style="list-style-type: none"> <li>• Awareness of the risks associated with substance use.</li> <li>• Strategies for managing peer pressure and making informed choices.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding risks</li> <li>• Making informed choices</li> <li>• Peer pressure management</li> </ul>	Addiction Dependency Peer pressure Harm reduction	Group discussions
Financial Literacy: Understanding Credit and Debt	<ul style="list-style-type: none"> <li>• Basics of budgeting and personal finance management.</li> <li>• Tips for managing money as a student or young adult.</li> </ul>	<ul style="list-style-type: none"> <li>• Budgeting</li> </ul>	Budgeting Savings	Budgeting exercises Case studies on financial decisions Quizzes on financial terms
Preparing for Work Experience	<ul style="list-style-type: none"> <li>• Explanation of credit, loans, and debt.</li> <li>• Strategies for managing and avoiding debt.</li> </ul>	<ul style="list-style-type: none"> <li>• Managing credit and debt</li> <li>• Understanding loans and interest rates</li> </ul>	Credit score Interest rates	
Developing Employability Skills	<ul style="list-style-type: none"> <li>• How to find and apply for work experience.</li> <li>• Making the most of work experience opportunities.</li> <li>• Key employability skills and how to develop them.</li> </ul>	<ul style="list-style-type: none"> <li>• Problem-solving</li> <li>• Making informed decisions</li> <li>• CV and cover letter writing</li> </ul>	Curriculum Vitae (CV) Cover letter Interview Networking	Mock interviews CV and cover letter writing assignments Peer feedback on employability skills
Exploring Career Pathways	<ul style="list-style-type: none"> <li>• Transferable skills for the workplace.</li> </ul>	<ul style="list-style-type: none"> <li>• Interview techniques</li> <li>• Professional communication</li> </ul>		Career research projects

<p>University Application Process Overview</p>	<ul style="list-style-type: none"> <li>• Overview of different career pathways and options.</li> <li>• Tools for researching and deciding on a career path.</li> <li>• Guidance on the UCAS application process.</li> <li>• Tips for writing effective applications under the new UCAS system from 2026.</li> </ul>	<ul style="list-style-type: none"> <li>• Researching career options</li> <li>• Understanding career pathways</li> <li>• Setting career goals</li> <li>• Writing personal statements/developing answers to application questions (from 2026 cycle)</li> <li>• Preparing for university applications</li> </ul>	<p>Career pathways Vocational training Apprenticeships</p> <p>Personal statement UCAS (Universities and Colleges Admissions Service) Reference</p>	<p>Presentations on chosen career paths</p> <p>Drafting and peer reviewing personal statements Quizzes on application processes</p>
<p>Understanding and Preparing for Apprenticeships</p> <p>Writing Effective CVs and Cover Letters</p> <p>Interview Techniques and Practice</p> <p>Workplace Rights and Responsibilities</p>	<ul style="list-style-type: none"> <li>• Overview of apprenticeships and how they work.</li> <li>• How to apply for and secure an apprenticeship.</li> <li>• Techniques for creating a strong CV.</li> <li>• How to write a compelling cover letter.</li> <li>• Preparing for job and university interviews.</li> <li>• Practice interview questions and techniques.</li> <li>• Understanding employee rights and responsibilities.</li> <li>• Navigating workplace issues and conflicts.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding apprenticeships</li> <li>• CV and cover letter writing</li> <li>• Professional communication</li> <li>• Interview techniques</li> <li>• Professional communication</li> </ul>	<p>Apprenticeship Reference</p>	

Ethical Issues in the Workplace	<ul style="list-style-type: none"> <li>• Discussion of common ethical dilemmas.</li> <li>• How to approach and resolve ethical issues.</li> </ul>			
Digital Literacy and Online Safety	<ul style="list-style-type: none"> <li>• Importance of digital literacy in the modern world.</li> <li>• Tips for staying safe online and managing digital footprints.</li> </ul>	<ul style="list-style-type: none"> <li>• Safe internet use</li> <li>• Managing digital footprint</li> <li>• Cybersecurity awareness</li> </ul>	<p>Cybersecurity Digital footprint Online safety Data protection</p>	<p>Online safety quizzes Digital footprint analysis projects</p>
Managing Stress and Mental Health in Exams	<ul style="list-style-type: none"> <li>• Strategies for managing exam-related stress.</li> <li>• Techniques for maintaining mental health during exam periods.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognizing mental health issues</li> <li>• Stress management</li> <li>• Coping strategies</li> </ul>		
Leadership and Teamwork Skills	<ul style="list-style-type: none"> <li>• Developing leadership qualities.</li> <li>• Effective teamwork and collaboration techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Leading a team</li> <li>• Collaboration techniques</li> <li>• Conflict management</li> </ul>	<p>Leadership Collaboration Team dynamics Delegation</p>	<p>Group £5 challenge project Peer and self-assessment on teamwork skills Leadership role reflections</p>
Public Speaking and Presentation Skills	<ul style="list-style-type: none"> <li>• Tips for improving public speaking skills.</li> <li>• Practice and feedback on presentations.</li> </ul>	<ul style="list-style-type: none"> <li>• Presentation skills</li> <li>• Overcoming public speaking anxiety</li> <li>• Effective communication</li> </ul>	<p>Presentation Audience engagement Speech anxiety Visual aids</p>	<p>Tutor presentations Peer and teacher feedback</p>
Volunteering and Community Engagement	<ul style="list-style-type: none"> <li>• Benefits of volunteering and community involvement.</li> </ul>	<ul style="list-style-type: none"> <li>• Finding volunteer opportunities</li> <li>• Benefits of community involvement</li> </ul>	<p>Volunteering Civic duty Community service</p>	<p>Reflective logs of volunteer experiences Presentations on community projects</p>

<p>Global Citizenship and Cultural Awareness</p> <p>Environmental Sustainability and Personal Responsibility</p>	<ul style="list-style-type: none"> <li>• How to find and engage in volunteer opportunities.</li> <li>• Understanding global citizenship and its importance.</li> <li>• Promoting cultural awareness and sensitivity.</li> <li>• Discussing environmental issues and sustainability.</li> <li>• Personal actions to promote environmental responsibility.</li> </ul>	<ul style="list-style-type: none"> <li>• Civic responsibility</li> <li>• Understanding global issues</li> <li>• Cultural sensitivity</li> <li>• Promoting inclusivity</li> <li>• Understanding sustainability</li> <li>• Personal responsibility in environmental conservation</li> <li>• Sustainable practices</li> </ul>	<p>Non-profit organisation</p> <p>Globalisation</p> <p>Cultural sensitivity</p> <p>Inclusivity</p> <p>Multiculturalism</p> <p>Sustainability</p> <p>Conservation</p> <p>Carbon footprint</p> <p>Renewable resources</p>	<p>Group discussions</p> <p>Possible mock UN conference</p> <p>Group presentations on environmental issues</p>
<p>Health and Wellbeing: Nutrition and Physical Activity</p> <p>Substance Misuse and Addiction Awareness</p> <p>Mental Health: Recognising and Supporting Others</p>	<ul style="list-style-type: none"> <li>• Importance of nutrition and physical activity for health.</li> <li>• Tips for maintaining a healthy lifestyle.</li> <li>• Information on substance misuse and addiction.</li> <li>• Resources and support for those affected by addiction.</li> <li>• Recognising signs of mental health issues in others.</li> <li>• How to support friends and peers with mental health concerns.</li> </ul>	<ul style="list-style-type: none"> <li>• Importance of nutrition</li> <li>• Benefits of physical activity</li> <li>• Maintaining a balanced lifestyle</li> <li>• Recognising signs of addiction</li> <li>• Accessing support services</li> <li>• Preventive measures</li> <li>• Identifying mental health issues in others</li> <li>• Providing support and resources</li> <li>• Encouraging professional help</li> </ul>	<p>Nutrition</p> <p>Physical activity</p> <p>Wellness</p> <p>Balanced diet</p> <p>Substance misuse</p> <p>Rehabilitation</p> <p>Preventive measures</p> <p>Support services</p> <p>Mental health</p> <p>Support network</p> <p>Professional help</p> <p>Awareness</p>	<p>Nutrition and fitness logs</p> <p>Self-assessment on health goals</p> <p>Awareness campaigns</p> <p>Quizzes on substance abuse facts</p> <p>Role-plays on supporting peers</p>

<p>Revisiting Personal Goals and Reflecting on Progress</p>	<ul style="list-style-type: none"> <li>• Reflecting on personal, academic, and career goals.</li> <li>• Adjusting goals and plans based on progress and experiences.</li> </ul>	<ul style="list-style-type: none"> <li>• Reflecting on personal progress</li> <li>• Adjusting goals based on experiences</li> <li>• Setting future aspirations</li> </ul>	<p>Reflection Goal setting Personal development Achievement</p>	<p>Goal-setting worksheets</p>
<p>Preparing for Transition to University or Work</p>	<ul style="list-style-type: none"> <li>• Practical tips for transitioning to university life or the workforce.</li> <li>• Addressing common concerns and challenges.</li> </ul>			
<p>Effective Revision Techniques and Study Strategies</p>	<ul style="list-style-type: none"> <li>• Techniques for effective revision and studying.</li> <li>• Planning and organizing revision schedules.</li> </ul>	<ul style="list-style-type: none"> <li>• Revision strategies</li> </ul>		
<p>Understanding and Managing Exam Anxiety</p>	<ul style="list-style-type: none"> <li>• Strategies for managing anxiety during exams.</li> <li>• Relaxation and mindfulness techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Stress management</li> <li>• Coping strategies</li> </ul>		
<p>Independent Living Skills: Cooking and Household Management</p>	<ul style="list-style-type: none"> <li>• Basic cooking skills and meal planning.</li> <li>• Managing household tasks and responsibilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Importance of nutrition</li> <li>• Basic cooking and meal planning</li> <li>• Maintaining a balanced lifestyle</li> </ul>	<p>Cooking Household management</p>	<p>Practical tasks (cooking, budgeting) Reflective discussions on independent living Self-assessment checklists</p>
<p>Independent Living Skills: Legal and Administrative Task</p>	<ul style="list-style-type: none"> <li>• Understanding legal and administrative responsibilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Budgeting</li> <li>• Legal and administrative tasks</li> </ul>	<p>Legal responsibilities Administrative tasks</p>	

Celebrating Achievements	<ul style="list-style-type: none"><li>• How to manage tasks such as paying bills, registering with a GP, etc.</li> <li>• Celebrating the achievements of the year.</li><li>• Reflecting on personal growth and future aspirations.</li></ul>	<ul style="list-style-type: none"><li>• Reflecting on personal progress</li><li>• Adjusting goals based on experiences</li><li>• Setting future aspirations</li></ul>		
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