



YEAR 11 PERSONAL DEVELOPMENT MAP



Subject	HT1	HT2	HT3	HT4	HT5	HT6
RSHE	-Sulp (ARC) -Sleep + washing hygiene -back chaining -Science; menstrual cycle and contractions	(A)Marriage + the law (A)Sexual harassment + sexual violence	(SB) Grooming + Exploitation (SB) Self Care	(SB) who is trustworthy?	(SB)Respectful relationships – violent behaviour + coercive control	(A) Unhealthy relationships; spotting the signs + seeking support -Healthy precautions -consent -contraception
Health Education	-What is strict food and why has it grown in popularity? -Body image, self-esteem, social media vs Reality -(A)Healthy Eating	Introduction to drugs + alcohol education -drugs, alcohol + tobacco, the law, vaping, caffeine + energy drinks -Science; respiration topic -Science – Genetic Diseases	(SB)Self care	Global Health issues -Germs -Vaccines -Antibodies -Allergies (A) "I am telling my story": eating disorders (A) Health education; drugs, alcohol, tobacco	-World health day	First Aid -Basic first aid -Defibrillators -CPR (SB) Self care
Online + Offline Risks	-How do we I keep myself safe online? -Using technology safety -(A)staying safe in the new school year -(A)Online safety		Being Responsible online -Online behaviours -Tips on being safe -Digital footprint -Sexting + cyber bullying -(A) "I am telling my story"; Online safety	-(SB) Sexting -Run, hide, tell	-(SB) Internet safety + sexual violence	-(A)online safety
Mental Health	-Body image, self-esteem, social media vs Reality -Introduction to RSHE and wellbeing check in post COVID -What is emotional mental health? -How do I recognise depression, anxiety and stress? -Coping with different emotions -Exam stress -Anger management (SB) Weekly reminders of We care boards and sources of support	(SB) Weekly reminders of We care boards and sources of support	-Deaf + ASD identity (awareness week) (SB) Reaching out (in general) (SB) Reaching out (in school) (SB) Self-harm (A) Mental Well-being; signs of mental wellbeing concerns (SB) Weekly reminders of We care boards and sources of support	(A) Mental health + wellbeing; recognising + supporting others (A) "I am telling my story": eating disorders (SB) Bereavement (SB)missing people (SB)Anxiety (SB) Abuse (SB) Weekly reminders of We care boards and sources of support	(SB) Weekly reminders of We care boards and sources of support	(A) "I am telling my story": -Emotional health and well being -what is emotional/mental health? -How do I recognise it? -Depression, anxiety, stress, anger management, exam stress, consequences of substance misuse, coping mechanisms (SB) Weekly reminders of We care boards and sources of support
Citizenship/British Values	-Leadership for students, black tie "mini stewards"	(A) "I am telling my story": prevent + radicalisation focus (SB)Bonfire nights (SB)Democracy (SB) Rule of law (SB) radicalisation + extremism (SB) Prevent (SB) Liberty	(SB) County lines + cuckooing (A)School values	-British values positives -links to brexit -Immigration -West side story racism; linked to BLM matter -What is extremism? -What is radicalisation? -Case study	-Human rights; What are the human right? The laws around human rights Project around human rights (A)School values (A)The law + FGM internationally? (SB)police focus; focus on law but also risks (SB) young people + the law (SB)knife + weapon crime (SB) Bullying + hate crime (SB) drugs + county lines	-What are my human rights -what are my human rights internationally? -Human rights case study -How do I protect my human rights? -How do I behave locally?
Inclusivity (Understanding of protected characteristics + Equality + Diversity)	-Who am I right now? -media; video games – age rating/ censorship	-Black history month Media; Music videos – sexual objectification of women (SB) BV Tolerance and Respect	-(A) Mutual respect + taking responsibility -Holocaust Memorial Day media; representation of age	Media; fake news and bias -Left wing + Right wing political views	-Valuing equality, diversity + inclusion -understanding stereotyping + discrimination -smart start + RSE (SB)Pride - LGBTQ	WOA Pride (A) "I am telling my story": BLM WOA Pride (SB) BV recap following OAT Survey
Character Education (Developing positive personal traits, dispositions + virtues / Qualities to flourish)	-Diana award; Anti-bullying ambassadors (A)school values (A)community; attendance + punctuality (A)Celebrating achievements	(A) Celebrating achievements (A) community + team word -Self-improvement of a leader -precaution -communication	(A) celebrating achievements	(A) Rewards, attendance, punctuality (A) Celebrating achievements	(SB)character education	(A) Rewards, attendance, punctuality -protected characteristics/ discrimination -Targets -Personal -goals -academic



CEIAG (unbiased careers advice/experience of work/contact with employers/good choices)	<ul style="list-style-type: none"> -self-awareness -strengths -decision making -developing personal financial capability (A)striving for a successful future -Who am I now? -What do I want for my future? -looking at life choices and options (post 16 options) -Career choices 	<ul style="list-style-type: none"> -identifying chances + opportunity -planning + deciding -aspirations + pathways (A)Reward system -Self determination -Aspire to HE -How to stand in front of a crowd and acquiring employability skills 	<ul style="list-style-type: none"> -Handling applications -talk careers ambassadors -Mailing a good impression -Managing money credit cards, tax, loans, NI, gambling, fraud -How do I save? -Loans and interest 	<ul style="list-style-type: none"> -Exploring careers -research tools -Enterprise Activities -Planning and deciding -resilience -Study skills -national careers week -Raising achievement conference -Revision techniques 	<ul style="list-style-type: none"> -The big question...life at the WOA 	<ul style="list-style-type: none"> Managing money -Spending vs saving -budgeting -opening a bank account -need vs want -managing transitions + reflection -Life after WOA
Cultural Capital The best that has been thought + said + helping pupils to an appreciation of human creativity + achievement	<ul style="list-style-type: none"> -Life outside Wednesbury; use of online visits to galleries, museums, historic, geographic and religious sites. 	<ul style="list-style-type: none"> Black History month – widening the positive message about Black History -Celebrating religious festivals 	<ul style="list-style-type: none"> Holocaust Memorial – learning about wider genocides -Celebrating religious festivals 	<ul style="list-style-type: none"> -Life outside Wednesbury; use of online visits to galleries, museums, historic, geographic and religious sites. 	<ul style="list-style-type: none"> -Learning about the Commonwealth Games and its origins 	<ul style="list-style-type: none"> -Pride month – positive stories about LGBT community past and present. -Enrichment and reward visits to develop CC
Student voice Opportunities for debate/discussion	<ul style="list-style-type: none"> -student voice -lunch with a leader -everyone has the opportunity for student voice -Facilitated by students 	<ul style="list-style-type: none"> -Lunch with a leader -Diana Antbullying Ambassadors -LRC librarians -Proud Pals 	<ul style="list-style-type: none"> -Lunch with a leader -Diana Antbullying Ambassadors -LRC librarians -Proud Pals 	<ul style="list-style-type: none"> -Lunch with a leader -Diana Antbullying Ambassadors -LRC librarians -Proud Pals 	<ul style="list-style-type: none"> -Lunch with a leader -Diana Antbullying Ambassadors -LRC librarians -Proud Pals Oat make yourself heard 	<ul style="list-style-type: none"> -Lunch with a leader -Diana Antbullying Ambassadors -LRC librarians -Proud Pals
Social Action (Community/ECO/inclusivity)	<ul style="list-style-type: none"> - well project -ECO club (environmental social action) -litter foes 			<ul style="list-style-type: none"> recycling, water management, waste management 	<ul style="list-style-type: none"> - well project -ECO club (environmental social action) -litter foes 	<ul style="list-style-type: none"> -Social action
Enrichments + Opportunities	<ul style="list-style-type: none"> - Royal Marine Cadets -Friday PM – choices – succeed -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -Glee club – Monday lunch -Performing arts; peer pressure -etiquette of debate + listening -School production auditions and rehearsals -Baseline fitness testing 	<ul style="list-style-type: none"> Royal Marine Cadets Homework club / maths games club -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -School Christmas musical what is performing art; musical theatre -British musical – songs from madness -Accent cockney rhyming -Job roles within performing arts creating industry 	<ul style="list-style-type: none"> Royal Marine Cadets -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -fitness, stamina 	<ul style="list-style-type: none"> Royal Marine Cadets -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -Midsummer night dream; equality -School production auditions and rehearsals 	<ul style="list-style-type: none"> Royal Marine Cadets -PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club -performing arts; street dance - diversity; dance to demonstrate narrative of BLM matter. -School End of Year production 	<ul style="list-style-type: none"> Royal Marine Cadets PE CLUB -chess club -book club -humanities club -Language club -journalism club -craft club -maths club DofE: orienteering, camp skills, first aid, BSL
National & Regional OAT competitions	<ul style="list-style-type: none"> -Math Olympics -Stem -Make yourself heard -PE competitions 	<ul style="list-style-type: none"> -Math Olympics -Stem -Make yourself heard -PE competitions 	<ul style="list-style-type: none"> -Math Olympics -Stem -Make yourself heard -PE competitions 	<ul style="list-style-type: none"> -Math Olympics -Stem -Make yourself heard -PE competitions 	<ul style="list-style-type: none"> -Math Olympics -Stem -Make yourself heard -PE competitions 	<ul style="list-style-type: none"> -Math Olympics -Stem -Make yourself heard -PE competitions

(A) = Assembly
(SB) = Safeguarding Briefing