

## Year 12 Personal Development Programme 2024-2025

**AUTUMN TERM**

### Autumn 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>THEME 5d</b> Transition to Sixth Form	<b>THEME 6a, 6b</b> VESPA Note taking, independent learning and organising your timetable	<b>THEME 5d</b> 5 Ways to wellbeing	<b>THEME 6a, 6b</b> VESPA – The Power of Marginal Gains and Building Good Habits	<b>THEME 5d</b> Managing emotions (including stress/anxiety)	<b>THEME 6a, 6b</b> VESPA + Practice & Attitude and Responding to Feedback	<b>THEME 5a, 5d</b> Healthy Lifestyle - Sleep

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
<b>THEME 6b</b> Oracy task	<b>THEME 6b</b> Oracy task	<b>THEME 6b</b> Oracy task	<b>THEME 6b</b> Oracy task	<b>THEME 6b</b> Oracy task	<b>THEME 6b</b> Oracy task	<b>THEME 6b</b> Oracy task

### Autumn 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>THEME 6a</b> Post 18 Options – Planning for the future	<b>THEME 6a</b> Post 18 Options – Guest Speaker	<b>THEME 6a</b> Organ donation - Guest speaker	<b>THEME 5a</b> First Aid Detailed info: Resuscitation - Practical/Use of defibrillators	<b>THEME 6a</b> Super Curricular	<b>THEME 5a</b> Alcohol Safety	<b>THEME 6a</b> Personal statements

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
<b>THEME 6b, 5a</b> First Aid – Basic life support inc. recovery position	<b>THEME 6b, 5a</b> First Aid - Choking	<b>THEME 6b, 5a</b> First Aid - Cuts	<b>THEME 6b, 5a</b> First Aid – Allergies & Asthma	<b>THEME 6b, 5a</b> First Aid – Chest pain	<b>THEME 6b, 5a</b> First Aid – bones, muscles, joints



## SUMMER TERM

### Summer 1 -

Lesson 1	Lesson 2	Lesson 3
Assessment Centres	Preparation for work experience (incl super curricular)	Preparation for work experience

PD Weekly 1	PD Weekly 2	PD Weekly 3
Psychometric Testing	Psychometric Testing	Psychometric Testing

### Summer 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Personal Statements	Y12 EXAMS THIS WEEK	UCAS Sign Up/Registering	Oracy Introduction	External Interviews/In tray	External interviews/In tray	

PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
Finance	Y12 EXAMS THIS WEEK	Finance	Finance	Finance	Finance	Finance