Personal Development
Learning Journey

Yr 11

- Revise for and sit your Y11 mock exams
- Careers Fair
- Attend Southmoor Sixth Form taster lessons
- Develop your wellbeing and relaxation techniques ready for the exam period
- Develop an effective revision calendar and put it to use

Final GCSE Exams

- Take part in interviews to prepare for future career interviews
- Careers & Aspirations: CV writing, skills analysis, personal statements, admissions tests, post-16 routes and applying for post-16 education or training
- Living in the Wider World: Risk & Reward, attitudes to risk, assessing risks, investments, gambling, insurance, statutory rights, industry regulators

Yr 10

- RSE & Health: role models, British values, human rights, community cohesion, mental health, drug use, challening extremism and radicalisation
- Careers Fair
- Update Pupil Passport
- Oppurtunity to be elected to the Student Council
- Start your GCSE courses and take the linked challenges head on
- RSE & Health: tackling relationships, myths and expectations, personal values, romantic relationships, break-ups, domestic abuse, managing grief, different families & parental skills

Yr 9

- Living in the Wider World: take part in a work experience placement to understand the world of work
- Attend Southmoor Sixth Form Summer School
- Careers & Aspirations: progression routes, preparing for work experience, tackling discrimination, health & safety and breaking the glass ceiling
- Apply for a work experience placement
- RSE & Health: Diet, lifestyle balance, coping stratergies, managing conflict, healthy relationships, consent, coercion and control, STIs, sexting and pornography
- Set targets and goals for the academic year
- Careers Fair
- Living in the Wider World: Earnings, pay slips, income tax, employment, methods of payment, pensions, low income support
- Update Pupil Passport
- Oppurtunity to be elected to the Student Council
- Begin to think about work experience for Y10
- Careers & Aspirations: post 16 opportunities, career goals, employability & transferable skills

Yr 8

- RSE & Health: peer pressure, assertiveness, gang crime, homophobia, transphobia, sexism, risks of drug and alcohol abuse
- Living in the Wider World: Rights & Responsibilities, UK Government, Parliament, Crime & Punishment
- Careers & Aspirations: Exploring higher education, student life
- Get involved in NECOP activites
- Find out about our extra-curricular activities
- Start thinking about GCSE option choices
- Living in the Wider World: understanding modern Britain, RE, environment, conflict, wealth, poverty
- Oppurtunity to be elected to the Student Council
- Set targets and goals for the academic year
- Careers & Aspirations Enterprise in action, social action, employability skills, enterprise challenge
- Careers & Aspirations challenging career sterotypes, importance of LMI, changing patterns of employment
- Explore what is higher education in more detail
- RSE & Health: Growing up, managing puberty, personal hygiene, managing change and loss, tackling discrimination, FGM
- Find out about our extra-curricular activities
- Living in the Wider World: Your digital footprint, cyber crime, savings, loans, interest, borrowing, debt
- RSE & Health: exploring sexuality and consent, contraception
- Find out about our extra-curricular activities
- Careers Fair
- Update Pupil Passport

Yr 7

- RSE & Health: Healthy lifestyle, diet, exercise, risks of alcohol/other substances, healthy friendships & relationships
- Learn the importance of safeguarding
- Oppurtunity to be elected to the Student Council
- Careers Fair
- Careers & Aspirations: Self Awareness & Skill Attributes, all about me, life map, enterprise skills, why people, work, different jobs and job, families
- Careers & Aspirations: Introduction to Higher Education, what is university, what can you study, progression routes
- British Monarchy Living in the Wider World
- Five Ways to Wellbeing RSE & Health
- Find out about our extra-curricular activities
- Introduction to the passport to record learning outside of classroom
- Living in the Wider World: Online safety, digital literacy, needs and wants, making most of your money (spending, and saving)
- First aid
- RSE & Health: All about people, self-esteem, body image, friendships & romance, issues of unwanted contact, diversity, prejudice and bullying, family life and relationships
- Living in the Wider World: British Values & Modern Britain learning about British values, religions, extremism and radicalisation