Year 10 Personal Development Programme

Autumn 1

RSHE:
- Week 1 Leadership
- Weeks 2-7 Mental Health

Careers:
- Wellbeing at work

Thinking (metacognition):
- Introduction to metacognition

Autumn 2

RSHE:
- Relationships and sexual health

Careers:
- Key workplace skills

Thinking (metacognition):
- Introduction to metacognition

Spring 1

RSHE:
- Week 1 Leadership
- Weeks 2-6 Risky behaviour

Careers:
- Work Experience

Thinking (metacognition):
- What makes a good student?

Spring 2

RSHE:
- Identity, rights and diversity

Careers:
- Careers exploration

Thinking (metacognition):
- How can I effectively plan to revise

Summer 1

RSHE:
- Week 1 Leadership
- Weeks 2-7 Global citizenship

Careers:
- Careers

Thinking (metacognition):
- Key revision strategies

Summer 2

RSHE:
- Independent living

Careers:
- Preparing for the world of work

Thinking (metacognition):
- My learning year in review

#teamOxted