Year 7 Personal Development Programme

Autumn 1

RSHE:
- Week 1 Leadership
- Weeks 2-7 Settling in and changing

Careers:
- Introduction to careers

Thinking (metacognition):
- Introduction to metacognition

Autumn 2

RSHE:
- Puberty and change

Careers:
- Introduction to careers

Thinking (metacognition):
- Introduction to metacognition

Spring 1

RSHE:
- Week 1 Leadership
- Weeks 2-6 Relationships: Friendships

Careers:
- Aspirational careers

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

Spring 2

RSHE:
- Online Safety

Careers:
- Rights in the workplace

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

Summer 1

RSHE:
- Week 1 Leadership
- Weeks 2-7 Self awareness and addiction

Careers:
- Behaviour at work and school

Thinking (metacognition):
- Key revision strategies

Summer 2

RSHE:
- What makes a good citizen?

Careers:
- Planning for success

Thinking (metacognition):
- My learning year in review

#teamOxted