Year 8 Personal Development Programme

Autumn 1

RSHE:
- Week 1 Leadership
- Weeks 2-7 Identity, belonging and respect

Careers:
- Introduction to careers

Thinking (metacognition):
- Introduction to metacognition

Autumn 2

RSHE:
- Relationships

Careers:
- Introduction to careers

Thinking (metacognition):
- Introduction to metacognition

Spring 1

RSHE:
- Week 1 Leadership
- Weeks 2-6 Mental health and wellbeing

Careers:
- Careers and aspiration

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

Spring 2

RSHE:
- Media and influence

Careers:
- Rights in the workplace

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

Summer 1

RSHE:
- Week 1 Leadership
- Weeks 2-7 Family relationships

Careers:
- Behaviour at work and school

Thinking (metacognition):
- Key revision strategies

Summer 2

RSHE:
- Responsible citizenship

Careers:
- Planning for success

Thinking (metacognition):
- My learning year in review

#teamOxted