

PDT Curriculum Overview Year 12

The Year 12 programme of study in Personal Development Time (PDT) builds on our student's Key Stage 3 and 4 experience of the range of curriculum topics within PSHE.

PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. A strong PDT education is important to help our students develop into well-rounded members of society, who can make a positive contribution to their community – this is particularly important as students come to the end of compulsory education and get ready to become responsible members of society.

During PDT lessons, students explore the PSHE objectives. Students consider why they are learning the topic, and why it might be relevant to themselves both now and in their futures.

KS5 Themes:

- Living in the Wider World
- Health and Wellbeing
- Relationships and Sex education
- Skills for Success
- Destinations
- Careers
- Independence
- Academic Reading

Through PDT, students develop the following skills:

- | | | |
|-------------------|---------------------|------------------------------|
| • Goal setting | • Decision making | • Negotiation and compromise |
| • Organisation | • Assertiveness | • Adaptability |
| • Time management | • Analytical skills | • Leadership |
| • Communication | • Self-motivation | • Resilience |

- Active listening
- Team working
- Self-improvement (self-reflection)
- Improving study skills
- Assessing the validity and reliability of information
- Self-awareness
- Developing and maintaining a healthy self-concept (self-confidence, realistic self-image, self-worth, and self-respect)
- Awareness of personal boundaries
- Clarifying values
- Identify links between values and beliefs, decisions, and actions
- Valuing and respecting diversity, beliefs, values, and opinions
- Empathy and compassion
- Strategies to manage influence
- Recognising and managing peer

- Self-regulation (growth mind-set, managing strong emotions and impulses)
- influence
- Risk management
- Strategies to identify bias
- Identifying unhelpful ‘thinking traps’ (e.g. generalisation and stereotyping)
- Identifying and accessing help and support
- Building and maintaining healthy relationships
- Formulating questions
- Evaluating the arguments and opinions of others

- Perseverance
- Adaptability
- Flexibility
 - Independence
 - Financial and budgeting
 - Digital awareness

AUTUMN 1		
Units	Lesson Objectives	What will be learnt?
<ul style="list-style-type: none"> Weekly study skills 	To successfully make the transition between Year 11 and 12	The leap from GCSE – realising the challenges and understanding your subjects Engagement, enrichment and extracurricular The importance of organisation Independent learning Having a goal and the importance of this. Work ethic and growth mindset
<ul style="list-style-type: none"> Health and Wellbeing 	To raise awareness around mental health and wellbeing and the impact on young people	Wellbeing and mental health Alcohol and drug abuse Mental health and masculinity Media influences – identities and relationships.
<ul style="list-style-type: none"> Finance 	To gain an understanding of areas of finance linked to the world of work and personal budgeting. How to remain safe financially.	Minimum wages, income tax, budgeting and personal finance aspects
AUTUMN 2		
Units	Lesson Objectives	What will be learnt?
<ul style="list-style-type: none"> Academic reading 	To encourage and promote the importance of academic reading for subject understanding	
<ul style="list-style-type: none"> Weekly Study Skills 	To develop independent learning and preparation for examinations	How to take notes effectively in lessons and during revision time Next Steps – CVs and letters of application ready for the mock interviews Work experience importance Revision techniques Using study periods effectively and avoiding distractions Asking others for help Careers introduction through UniFrog.

<ul style="list-style-type: none"> Enterprise 	To discuss, design and carry out a business plan to improve profit.	Key skills are developed such as team work, leadership, problem solving and communication.
SPRING 1		
Units	Lesson Objectives	What will be learnt?
<ul style="list-style-type: none"> Weekly Study Skills 	To manage and respond effectively to feedback and being resilient to failure.	Developing understanding and deepening subject knowledge Responding to feedback Preparing for applications to universities Resilience and failure Attending lessons and valuing each one Procrastination
<ul style="list-style-type: none"> Living in the wider world 	To promote British Values To raise awareness of being safe	Road safety – all aspects of driving, alcohol and drug use and impact, key statistics and what other dangers or considerations need to be made when starting to drive. Democracy and mutual respect through the Notley MUN
SPRING 2		
Units	Lesson Objectives	What will be learnt?
<ul style="list-style-type: none"> Weekly Study Skills 	To prepare for the increased pressure of academic study and thinking about the next steps.	Time management Employability skills and the value of work experience Stress, communication and support Perfectionism and recognising the signs
<ul style="list-style-type: none"> Living in the wider world 	To promote British Values	Democracy and mutual respect through the Notley MUN Teamwork and leadership skills will be developed.
SUMMER 1		
Units	Lesson Objectives	What will be learnt?
<ul style="list-style-type: none"> Weekly Study Skills 	To start consolidating thoughts about next steps and being aware of everything that is on offer post-18.	Considering university and what that entails Choosing the right university course What a Firm and Insurance choice is Oxbridge applications Medicine applications
<ul style="list-style-type: none"> RSE 		Ending and improving relationships

	To be aware of changing relationships and what type of person individuals want to be within a relationship	Deepening knowledge of consent What kind of person do individuals want to be in a relationship Sharing with others Sexual assault and violece
SUMMER 2		
Units	Lesson Objectives	What will be learnt?
<ul style="list-style-type: none"> Weekly Study Skills 	<p>To undertake work experience successfully, and to develop knowledge of an individual's employability.</p> <p>To prepare for the next steps by relevant interactions with others</p>	<p>What it is like being on work experience and making the most of it. Employability advice and the value of work experience. Finding a job and keeping up with studies Networking Work ethic</p> <p>Writing a personal statement support – academic and other experiences.</p>
<ul style="list-style-type: none"> Living in the Wider World 	<p>To raise awareness of online profiles and who looks at these.</p>	<p>Managing online profiles Using social media responsibly Online wellbeing – bias and extremism</p>