

PDT Curriculum Overview Year 13

The Year 13 programme of study in Personal Development Time (PDT) builds on our student's Key Stage 3 and 4, and Year 12 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
- Academic Reading

Through PDT, students develop the following skills:

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|-------------------|------------------------------|--------------------------------------|
| • Goal setting | • Assertiveness | • Leadership |
| • Organisation | • Analytical skills | • Resilience |
| • Time management | • Self-motivation | • Active listening |
| • Communication | • Negotiation and compromise | • Team working |
| • Decision making | • Adaptability | • Self-improvement (self-reflection) |

- Self-regulation (growth mind-set, managing strong emotions and
- 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 influence
- Risk management

- impulses)
- Perseverance
- 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

- Adaptability
- Flexibility

AUTUMN 1		
Units	Lesson Objectives	What will be learnt?
Weekly Study Skills	To effectively make the transition from 12 into 13 whilst maintaining motivation towards achieving a goal	Making the leap successfully Active listening skills Managing distractions Listening and respectful conversations Changing habits; routines and rewards Personal statements continued Motivation – finding ways to keep going Putting in the hours and the 9-day challenge
RSE	To promote positive sexual relationships and health	Consent revisited The use of condoms Stealthling Parenthood and fertility
AUTUMN 2		
Units	Lesson Objectives	What will be learnt?
Weekly Study Skills	To understand how to use the sixth form community in order to have a voice and create a positive environment, whilst studying effectively.	Turning it around in Year 13 Mutual respect and having a voice Making the sixth form a positive community for everyone Working effectively in study periods Asking others for help – both staff and students.
Health and Wellbeing	To develop understanding about how best to support one's own body in order to be able to be as healthy and successful as possible	Feeling overwhelmed and who can help Food and exercise Connecting with body and emotions mindfully
SPRING 1		
Units	Lesson Objectives	What will be learnt?

Weekly Study Skills	To continue to learn effectively as individuals prepare for their examinations. To create a clear goal in their head regarding their next steps and making the most of the time they have left in the sixthform.	Learning effectively and making the most of lessons. The first term challenges in Year 13 and how to deal with these. Friends as a support and a distraction Employability and next step information regarding universities and apprenticeship support.
Living in the Wider World	To increase awareness and appreciation of inclusion, privilege and diversity amongst the sixth form community and beyond.	Exploring privilege Appreciating diversity Norms, values and behaviours Exploring inclusion and discrimination British Values – rule of law British values – individual liberty
SPRING 2		
Units	Lesson Objectives	What will be learnt?
Weekly Study Skills	To develop revision skills that successfully allow information to be retained and retrieved.	Revision techniques and timetable support.
Finance	To increase understanding of financial stability and challenges when living independently.	Credit and borrowing Credit score and debt Tax Gambling Fraud and cons Living independently Food shopping
SUMMER 1		
All PDT time will now be allocated to revision with one to one tutorials continuing to ensure wellbeing and managing exam preparing including stress and anxiety, results days, clearing and making a new plan.		