

# PERSONAL DEVELOPMENT

## Autumn Term

### **Study Skills**

- Establishing the ground rules within PD lessons
- Settling into a new school and becoming part of a new community
- Developing a group ethos where pupils support and value each other
- Developing communication and problem solving skills
- Learning Styles
- Note taking skills

### **Actions and Consequences**

- What happens if ....
- Understanding the consequences of our behaviour towards other people and their belongings;
- Is it 'teasing' or 'bullying'?
- Dealing with the issue of bullying

## Spring Term

### **St. John Ambulance Young Lifesaver Award Stage 1**

- Managing an incident (DRABC rule);
- Recovery position;
- Knowing how to make an emergency telephone call;
- Recognising and treating choking;
- Recognising and treating asthma attacks.

### **Introduction to Careers – What is Work?**

- Is it work or leisure?
- Why do people work?
- Identify personal goals and targets

### **Get Thinking**

- Applying different approaches to problem solving

## Summer Term

### **Making a Difference**

- Understand the work of charities
- Why do people volunteer

### **Healthy Living**

- Coping with physical and emotional changes;
- Understanding the menstrual cycle;
- Understanding issues surrounding exercise, diet and hygiene.

### **Local Issues**

- Why do we need rules?
- Consequences of breaking the law
- Rights and responsibilities
- Respecting others
- Role of local council