

SCA Personal Development Framework

Year Group 11	Session	Topic	Curriculum Strand	Lesson objectives and outcomes	Focus day links	Assembly links
10	1	Welcome back – goal setting	HE	Aims for the coming academic year and how to measure achievement.		
	2	Study skills	HE	Session focusing on a range of effective strategies to study.		
	3	Study skills	HE	Session outlining effective revision tips.		
	4	Preparing for mocks and managing stress	HE	Broad discussion of stress and how it can impact on effective studying. Strategies to avoid stress and where to source help if struggling in school.		
	5	Managing stress & building resilience	HE	Focus on how to be a resilient learner.		
	6	Long term effects of drug abuse	HE	A session focusing on the effects of drugs on users physical and mental health and the social impacts of drug addiction.		
	7	Self-examination	HE	A medical session outlining how to effectively self-examine for types on cancer.		
	8	Menopause	HE	To know what the menopause and perimenopause are To understand how the body changes and the signs of this To know ways of managing the menopause and the benefits brought by this transition		
	9	Action Steps	CAR	Review of steps towards a learner's ideal career. You will identify individual actions to be completed by the end of Year 11. You will identify actions required for post-16 transition.		
	10	How are you doing?	CAR	You will review factors which can influence your post-16 decision making. You will identify individual progress for decision making and transition to post-16.		
	11	Careers Ideas	CAR	By the end of this lesson you will have explored skills and interests suitable for Post-16 options and careers.		
	12	Qualifications	CAR	You will explore post-16, full time education options and what they entail. You will explore A Levels and T Levels.		
	13	Qualifications and Equivalents	CAR	You will explore post-16, full time education options and what they entail. You will explore Technical, Vocational and applied Qualifications.		
	14	Apprenticeships	CAR	You will explore post-16 options that combine work and study. You will explore Traineeships and Apprenticeships.		
	15	Mock results	CAR	Setting goals/targets after receipt of mock grades.		
	16	Humanism	RS	Investigation into Humanist beliefs about the purpose of life.		
	17	Environmental Responsibility	RS	Explore Humanist views on environmental responsibility.		

18	Origins of Human Life	RS	Investigation into Humanist beliefs about the origins of human existence.		
19	Speciesism	RS	Explain arguments for and against speciesism.		
20	Dignity in Dying	RS	To understand the Humanist view on euthanasia and what it means.		
21	Financial Education	CAR	A discussion on managing finance as a young adult. Including bank accounts, credit cards, loans, mortgages and other financial products.		
22	Financial education	CAR	A discussion on managing finance as a young adult. Including bank accounts, credit cards, loans, mortgages and other financial products.		
23	Pregnancy	HE	To identify the stages/symptoms of pregnancy. Understand how pregnancy affects your physical health and wellbeing.		
24	Problems in pregnancy	HE	More emphasis on equality of parenthood for males in particular.		
25	Being a young parent	HE	Investigation of the challenges of being a young parent.		
26	Miscarriage and Stillbirth	HE	Understand what is meant by miscarriage and stillbirth. Identify possible emotional consequences of miscarriage and stillbirth. Identify support systems that can be accessed.		
27	Sexual Pressure	RSE	To understand the difference between pressure and coercion. To identify sources of sexual pressure and aspects of healthy communication in an intimate relationship.		
28	Harassment, Abuse and Rape	RSE	Understand the legal consequences of harassment, abuse and rape. Identify the consequences of harassment, abuse and rape. Learn how and where you can access support as a victim.		
29	Suicide Prevention	HE	Correctly identify warning signs from those who may intend on suicide, describe ways we can support those with depression. Describe the factors that contribute towards some people taking their own lives, the biggest risk factors and what we can do to aid prevention.		