

Personal Development Plan for Lower Sixth 2025-2026*

*Please note: This schedule is subject to change to address emerging local or national issues

W/C	Topic / Personal Development Focus	Key Events & Notes
01/09	Induction	Staff Training (INSET) Day. Lower Sixth Welcome Assembly, Timetables, Ice Breakers.
08/09	Transition	Presentation dates. "The Leap from GCSE to Sixth Form".
15/09	Social Media	Personal Development on Social Media. Assembly: Making a good start.
22/09	Online Dating	Extracurricular Opportunities Presentation.
29/09	Physical Health	Young Adult Illnesses. Young Carers Assembly. Work Experience Preparation.
06/10	Mental Health	Common mental health issues and strategies.
13/10	Resilience	"Being a resilient student" (Part 1). Worldviews Q&A Panel.
20/10	Mental Health	Prioritising Mental Health. Suicide Prevention.
27/10	HALF TERM	No classes scheduled.
03/11	Social Issues	Misogyny: Causes and Consequences. Introduction to Finance.
10/11	Human Rights	"Are human rights balanced?".
17/11	Motivation	Staying Motivated. Equality and Protected Characteristics. Holocaust Education Hub.
24/11	Careers	My Career Ambitions.
01/12	Self-Marketing	Marketing Yourself. Equality (Part 2).
08/12	Gap Year	Taking a Gap Year. Driving Safety (Drugs and Driving).
15/12	Money & Safety	Money Matters. Travel and Personal Safety.
22/12	CHRISTMAS BREAK	Winter Holiday.
29/12	CHRISTMAS BREAK	Winter Holiday.
05/01	Budgeting	Budgeting Skills. Growth vs Fixed Mindset. Sexual Ethics: Sanctity of Life.
12/01	The Law	The Law and You. Future Planning: Post-18 Options.
19/01	The Law (Review)	Law Quiz. Independent Learning and Organisation. Sexual Ethics: Consent
26/01	Politics	Politics and Influence. Careers and Pathways (Readiness for Work).
02/02	Values	Differences in Societal Values. Sexual Ethics: Consent/Pornography.
09/02	Stress Management	Managing Exam and Study Stress. Future Planning.

16/02	HALF TERM	No classes scheduled.
23/02	MOCK EXAMS	Mock Exam Week.
02/03	MOCK EXAMS	Mock Exam Week.
09/03	Consumer Rights	Customer Service and Consumer Rights. Sexual Ethics: STIs and Help.
16/03	Resilience	"Being a resilient student" (Part 2). CV Writing and Interview Skills.
23/03	Priorities	Setting priorities after school/college. Sexual Ethics: Fertility.
30/03	EASTER BREAK	Spring Holiday.
06/04	EASTER BREAK	Spring Holiday.
13/04	Independence	Preparing to live independently. University Finance and Debunking Debt. Business Ethics.
20/04	Religion	Religion and Conflict (The Golden Rule). UCAS Fair.
27/04	Relationships	Religion and Conflict Quiz/Debate. Personal Safety in Relationships (Session 1).
04/05	Culture	Cultural Appropriation. Portsmouth University Personal Statements. Bank Holiday.
11/05	Radicalisation	Radicalisation and Extremism Awareness. Personal Safety in Relationships (Session 2).
18/05	Mental Health	Managing mental health at University/Work. Independence: First Aid.
25/05	HALF TERM	No classes scheduled.
01/06	INTERNAL EXAMS	Internal Examination Window.
08/06	INTERNAL EXAMS	Internal Examination Window.
15/06	Health	Monitoring Health. First Aid: Driving Safety. Access to Health.
22/06	WORK EXPERIENCE	Work Experience Week.
29/06	Women's Health	Menopause and Women's Health. Driving (Session 5). Summer Concert.
06/07	Physical Health	Keeping physically healthy while studying. Cancer Awareness. Personal Safety (Sessions 3 & 4).
13/07	Healthy Eating	Healthy eating on a budget.
20/07	SUMMER HOLIDAYS	Staff Training (INSET) Days.