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| **Personal Development Themes** | | | | | |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| * Spiritual, moral, social and cultural development | * Healthy living * British Values | * Equality and diversity | * Careers guidance | * Citizenship | * Preparation for next stage |

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| **Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 9** | Taking part in a wide range of sports & able to accept differing opinions & views. | Learning how exercise contributes to a healthy lifestyle. | Encouraging & supporting others to engage in sport & exercise. | Exploring the careers available in the sport & fitness industry. | Develop respect, fairness & responsibility through sport. | Learning how to manage emotions through sport. |
| **Year 10** | Working with others.  Accepting differing points of view & opinions. | Learning how exercise contributes to a healthy lifestyle. | Encouraging & supporting others to engage in sport & exercise. | Developing leadership skills and how the skills developed through sport can contribute towards career opportunitiues. | Develop respect, fairness & responsibility through sport. | Learning how to manage emotions through sport. |
| **Year 11** | Working with others.  Accepting differing points of view & opinions. | Learning how exercise contributes to a healthy lifestyle. | Encouraging & supporting others to engage in sport & exercise. | Developing leadership skills and how the skills developed through sport can contribute towards career opportunitiues. | Learning how to manage themselves & developing respect for others through sport. |  |