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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** | Working with others. Accepting differing points of view & opinions. | To develop & cook a healthy menu and to understand how to maintain a healthy diet. | Learning about the barriers some groups of society may face when taking part in exercise. To evaluate the methods in which barriers to taking part in sport can be overcome. | Learning about career opportunities. Learning how to complete a CV & application form. | To develop and lead a project based around their values to support the local community. | To learn how to manage emotions as they move forward in education.  |
| **Year 10** | Working with others. Accepting differing points of view & opinions. | To develop & cook a healthy menu and to understand how to maintain a healthy diet. | Learning about the barriers some groups of society may face when taking part in exercise. To evaluate the methods in which barriers to taking part in sport can be overcome. | Learning about career opportunities. Learning how to complete a CV & an application form. Taking part in work experience. | To develop and lead a project based around their values & interests | To learn how to manage emotions as they move forward in education.  |
| **Year 11** | Working with others. Accepting differing points of view & opinions. | To develop & cook a healthy menu and to understand how to maintain a healthy diet. | Learning about the barriers some groups of society may face when taking part in exercise. To evaluate the methods in which barriers to taking part in sport can be overcome.  | Learning about career opportunities. Learning how to complete a CV & an application form. Taking part in work experience. | To develop and lead a project based around their values & interests. |  |