

Yearly Overview – Kings Trust

	Autumn 1	<i>Why are you delivering this topic at this time of year?</i>	Autumn 2	<i>Why are you delivering this topic at this time of year?</i>	Spring 1	<i>Why are you delivering this topic at this time of year?</i>	Spring 2	<i>Why are you delivering this topic at this time of year?</i>	Summer 1	<i>Why are you delivering this topic at this time of year?</i>	Summer 2	<i>Why are you delivering this topic at this time of year?</i>
Yr 9	Teamwork	Teamwork is taught first to help students build positive relationships, develop communication skills and learn how to work effectively with others, creating a strong foundation for the rest of the King's Trust programme.	Healthy Living	Healthy Living encourages students to understand the importance of physical, mental and emotional wellbeing, helping them make positive lifestyle choices that support their learning and personal development.	Taking part in exercise	This unit allows students to apply their knowledge of healthy living through physical activity, building confidence, resilience and an understanding of the benefits of regular exercise.	Career Guidance	Career Guidance helps students explore their interests, strengths and future opportunities, supporting them as they begin thinking about options and aspirations beyond Year 9.	Personal Project	The Personal Project develops independence, organisation and problem-solving skills by allowing students to plan and complete a project based on an area of personal interest.	Customer Experience	Customer Experience introduces workplace skills such as communication, professionalism and problem-solving, helping students understand customer needs and preparing them for future employment.

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Year 10 & 11	Teamwork	To introduce students to the qualification and to highlight the importance of working with others after time apart.	Healthy Lifestyle	Fits into the termly theme and allows students to understand the benefits of a healthy diet and lifestyle.	Taking part in Exercise	Follows on from a healthy diet and healthy lifestyle. Allows students to understand the importance exercise has on a healthy lifestyle.
	Spring 2	<i>Why are you delivering this topic at this time of year?</i>	Summer 1	<i>Why are you delivering this topic at this time of year?</i>	Summer 2	<i>Why are you delivering this topic at this time of year?</i>
	Careers/ Work Experience	Fits in with termly theme and during this term students will be engaging in Careers Guidance and work experience.	Personal Project	Students can create a project based around their own values and interests. In line with the termly theme.	Wellbeing	In line with the termly theme of preparing for the next step. Students can work on managing their emotions, managing stress and highlighting strategies to prepare them for the next step.