

Willenhall E-ACT Academy - Personal Development Long Term Plan

| Autumn Term One - Session One | | | |
|-------------------------------|------|---|--------------------------------|
| Year Group | Week | Sequencing | X Education |
| 7 | 1 | Transition into Secondary School | |
| | 2 | Charity - What is your form charity? | |
| | 3 | Introduction to Careers | |
| | 4 | Citizenship - Role of the Citizen | |
| | 5 | Problem Solving | Knowledge is Power |
| | 6 | Learning | Listening to Understand |
| | 7 | Healthy Living | Your Powerful Body |
| 8 | 1 | Transition into Year 8 | |
| | 2 | Charity - What is your form charity? | |
| | 3 | Careers | |
| | 4 | Citizenship - Operations of Parliament | |
| | 5 | Problem Solving | Understanding Root Causes |
| | 6 | Learning | Mastering Memory |
| | 7 | Healthy Living | Managing your health |
| 9 | 1 | Transition into Options Year | |
| | 2 | Charity - What is your form charity? | |
| | 3 | Careers | |
| | 4 | Citizenship - Roles of Political Parties | |
| | 5 | Problem Solving | Evaluating Potential Solutions |
| | 6 | Learning | Case for Curiosity |
| | 7 | Healthy Living | Eating like a champion |
| 10 | 1 | Transition into GCSE Year | |
| | 2 | Charity - What is your form charity? | |
| | 3 | Careers | |
| | 4 | Citizenship - The Power of Government | |
| | 5 | Problem Solving | Solving under Pressure |
| | 6 | Learning | How to learn |
| | 7 | Healthy Living | Science of Sleep |
| 11 | 1 | Transition into Exam Year | |
| | 2 | Charity - What is your form charity? | |
| | 3 | Careers | |
| | 4 | Citizenship - Different Electoral Systems | |
| | 5 | Problem Solving | Thinking and Creativity |
| | 6 | Learning | Climbing the Mountain |
| | 7 | Healthy Living | First Aid |

| Autumn Term Two - Session One | | | |
|-------------------------------|------|---|----------------------------|
| Year Group | Week | Sequencing | X Education |
| 7 | 8 | Leadership | Leaders in Life |
| | 9 | Remembrance | |
| | 10 | Resilience | Over coming the odds |
| | 11 | Careers | |
| | 12 | Citizenship - Role of Parliament | |
| | 13 | Respect | Kindness is key |
| | 14 | Religious Tolerance | |
| 8 | 8 | Leadership | Leading by Example |
| | 9 | Remembrance | |
| | 10 | Resilience | Coping with Adversity |
| | 11 | Careers | |
| | 12 | Citizenship - Voting Systems | |
| | 13 | Respect | Gratitude and Humility |
| | 14 | Religious Tolerance | |
| 9 | 8 | Leadership | Empowering Others |
| | 9 | Remembrance | |
| | 10 | Resilience | Embracing Failure |
| | 11 | Careers | |
| | 12 | Citizenship - Liberties in the United Kingdom | |
| | 13 | Respect | Keeping your cool |
| | 14 | Religious Tolerance | |
| 10 | 8 | Leadership | Making Difficult Decisions |
| | 9 | Remembrance | |
| | 10 | Resilience | Adapting to Change |
| | 11 | Careers | |

| Session Two - Safeguarding | | |
|----------------------------|------|---|
| Year | Week | Sequencing |
| 7 | 1 | Introduction to Safeguarding Team |
| | 2 | What is a healthy relationship? |
| | 3 | How to keep use Social Media properly |
| | 4 | What is peer on peer abuse? |
| | 5 | Mental Health - overcoming changes |
| | 6 | What is the Equality Act? |
| | 7 | Sexual Harrassment (SHAUV) |
| 8 | 1 | Introduction to Safeguarding Team |
| | 2 | What are values in a relationship? |
| | 3 | Online Safety |
| | 4 | Peer on Peer Abuse |
| | 5 | Mental Health - overcoming changes |
| | 6 | What is the Equality Act? |
| | 7 | Sexual Harrassment (SHAUV) |
| 9 | 1 | Introduction to Safeguarding Team |
| | 2 | What are the boundaries in a relationship? |
| | 3 | Online Safety |
| | 4 | Peer on Peer Abuse |
| | 5 | Mental Health - overcoming changes |
| | 6 | What is the Equality Act? |
| | 7 | Sexual Harrassment (SHAUV) |
| 10 | 1 | Introduction to Safeguarding Team |
| | 2 | What types of relationships are there and which ones are legal? |
| | 3 | Online Safety |
| | 4 | Peer on Peer Abuse |
| | 5 | Mental Health - overcoming changes |
| | 6 | What is the Equality Act? |
| | 7 | Sexual Harrassment (SHAUV) |
| 11 | 1 | Introduction to Safeguarding Team |
| | 2 | What types of relationships are there and which ones are legal? |
| | 3 | Online Safety |
| | 4 | Peer on Peer Abuse |
| | 5 | Mental Health - overcoming changes |
| | 6 | What is the Equality Act? |
| | 7 | Sexual Harrassment (SHAUV) |

| Session Two - Safeguarding | | |
|----------------------------|------|---|
| Year | Week | Sequencing |
| 7 | 8 | What does an unhealthy relationship look like? - Good/Bad Touch |
| | 9 | Diversity - Identity, rights and responsibilities |
| | 10 | Diversity - How to challenge prejudice and discrimination |
| | 11 | Slavery |
| | 12 | Prevent/Radicalisation |
| | 13 | Vaping |
| | 14 | Personal Care - hygiene |
| 8 | 8 | What is consent and how do I get support? |
| | 9 | Discrimination - manage influences on beliefs and decisions |
| | 10 | Discrimination - how to challenge all forms of discrimination |
| | 11 | Slavery |
| | 12 | Prevent/radicalisation |
| | 13 | Vaping |
| | 14 | Personal Care - Body choices |
| 9 | 8 | What is the impact of pornography on young adults? |
| | 9 | Consent |
| | 10 | Drugs and Alcohol - What are the risks? |
| | 11 | Drugs and Alcohol - What are the risks? |
| | 12 | Slavery |
| | 13 | Prevent/Radicalisation |
| | 14 | Personal Care - Vaping |
| 10 | 8 | What are the responsibilities of parenting? |
| | 9 | Mental Health - How to reframe negative thinking? |
| | 10 | Mental Health - How to access support and treatment |
| | 11 | Slavery |

| Weekly Assembly | | |
|-----------------|------|-----------------------|
| All Year Groups | Week | Sequencing |
| All Year Groups | 1 | Headteacher Welcome |
| | 2 | Look After yourselves |
| | 3 | World Food |
| | 4 | Cancer Awareness |
| | 5 | Black History Month |
| | 6 | Protecting Wildlife |
| | 7 | Rewards Assembly |

| Weekly Assembly | | |
|-----------------|------|---------------------|
| All Year Groups | Week | Sequencing |
| All Year Groups | 8 | Headteacher Welcome |
| | 9 | Remembrance |
| | 10 | Diwali |
| | 11 | Slavery |
| | 12 | Hanukkah |
| | 13 | Advent |
| | 14 | Rewards Assembly |

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| 10 | 12 | Citizenship - The Free Press | |
| | 13 | Respect | Giving and Earning Respect |
| | 14 | Religious Tolerance | |
| 11 | 8 | Leadership | Inspiring others |
| | 9 | Remembrance | |
| | 10 | Resilience | Never giving up |
| | 11 | Careers | |
| | 12 | Citizenship - UK Foreign Relations | |
| | 13 | Respect | Building up your intelligence |
| 14 | Religious Tolerance | | |

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| 10 | 12 | Prevent | |
| | 13 | Radicalisation | |
| | 14 | Personal Care - Vaping | |
| 11 | 8 | What are the responsibilities of parenting? | |
| | 9 | Mental Health - How to reframe negative thinking? | |
| | 10 | Mental Health - How to access support and treatment | |
| | 11 | Slavery | |
| | 12 | Prevent | |
| | 13 | Radicalisation | |
| 14 | Personal Care - Vaping | | |

| Spring Term One - Session One | | | |
|-------------------------------|------|--|------------------------------|
| Year Group | Week | Sequencing | X Education |
| 7 | 15 | Careers | |
| | 16 | Citizenship - Role of the Monarch | |
| | 17 | Review of your Form Charity | |
| | 18 | Teamwork | Strength in Numbers |
| | 19 | Holocaust | |
| | 20 | Dreams | Incredible Humans |
| 8 | 21 | Heart Disease | |
| | 15 | Careers | |
| | 16 | Citizenship - Nature of Laws | |
| | 17 | Review of your Form Charity | |
| | 18 | Teamwork | Attributes to World Class |
| | 19 | Holocaust | |
| 9 | 20 | Dreams | Big Dreams |
| | 21 | Heart Disease | |
| | 15 | Careers | |
| | 16 | Citizenship - Justice System | |
| | 17 | Review of your Form Charity | |
| | 18 | Teamwork | Knowing your strengths |
| 10 | 19 | Holocaust | |
| | 20 | Dreams | Growth Mindset |
| | 21 | Heart Disease | |
| | 15 | Careers | |
| | 16 | Citizenship - Legal Systems of the UK | |
| | 17 | Review of your Form Charity | |
| 11 | 18 | Teamwork | Inclusive Teams |
| | 19 | Holocaust | |
| | 20 | Dreams | Develop your passions |
| | 21 | Heart Disease | |
| | 15 | Careers | |
| | 16 | Citizenship - Mutual respect for all nations | |
| 11 | 17 | Review of your Form Charity | |
| | 18 | Teamwork | Teamwork in extremes |
| | 19 | Holocaust | |
| | 20 | Dreams | Ideas to challenge the world |
| | 21 | Heart Disease | |

| Session Two - Safeguarding | | | |
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| Year | Week | Sequencing | |
| 7 | 15 | Neglect | |
| | 16 | Social Media - Online Safety | |
| | 17 | Where can I get help if I need it? | |
| | 18 | Puberty - How to manage physical and emotional changes | |
| | 19 | Puberty - How to recognise and respond to unwanted contact | |
| | 20 | Puberty - FGM | |
| 8 | 21 | LGBT Rights | |
| | 15 | Neglect | |
| | 16 | Social Media - Online Safety | |
| | 17 | What are the dangers around sharing sexual images? | |
| | 18 | Equality - What are the nine protected characteristics? | |
| | 19 | Equality - What are the nine protected characteristics? | |
| 9 | 20 | Equality - What are the nine protected characteristics? | |
| | 21 | LGBT Rights | |
| | 15 | Neglect | |
| | 16 | Pornography - what are the dangers? | |
| | 17 | What are the dangers around sharing sexual images? | |
| | 18 | Intimate relationships - Readiness for sexual activity | |
| 10 | 19 | Intimate relationships - Myths and misconceptions to consent | |
| | 20 | Intimate relationships - Managing body image, physical health | |
| | 21 | Gender Identity | |
| | 15 | Neglect | |
| | 16 | Pornography - what are the dangers? | |
| | 17 | What is an STI and how do I avoid them? | |
| 11 | 18 | Exploring Influence - Who are positive and negative role models? | |
| | 19 | Exploring Influence - Unhealthy forms of relationships | |
| | 20 | Exploring Influence - Legal implications to Consent | |
| | 21 | Gender Identity | |
| | 15 | Neglect | |
| | 16 | Pornography - what are the dangers? | |
| 11 | 17 | What is an STI and how do I avoid them? | |
| | 18 | Exploring Influence - Who are positive and negative role models? | |
| | 19 | Exploring Influence - Unhealthy forms of relationships | |
| | 20 | Exploring Influence - Legal implications to Consent | |
| | 21 | Gender Identity | |

| Weekly Assembly | | |
|-----------------|------------------|---------------------|
| All Year Groups | Week | Sequencing |
| All Year Groups | 15 | Headteacher Welcome |
| | 16 | Civil Rights |
| | 17 | Obesity |
| | 18 | Chinese New Year |
| | 19 | Holocaust |
| | 20 | Time to Talk |
| 21 | Rewards Assembly | |

| Spring Term Two - Session One | | | |
|-------------------------------|------|------------------------------------|--------------------------------|
| Year Group | Week | Sequencing | X Education |
| 7 | 22 | Citizenship - Public Institutions | |
| | 23 | Thinking | Understanding your values |
| | 24 | Comic Relief | |
| | 25 | Careers | |
| | 26 | Go Getter | Power of Prevalence |
| | 27 | Religious Tolerance | |
| 8 | 22 | Citizenship- Public Institutions - | |
| | 23 | Thinking | Learning what drives you |
| | 24 | Comic Relief | |
| | 25 | Careers | |
| | 26 | Go Getter | From ordinary to extraordinary |
| | 27 | Religious Tolerance | |
| 8 | 22 | Citizenship - Voluntary Groups | |
| | 23 | Thinking | Self Awareness |
| | 24 | Comic Relief | |
| | 25 | Careers | |

| Session Two - Safeguarding | | | |
|----------------------------|------------------|--|--|
| Year | Week | Sequencing | |
| 7 | 22 | CSE/CCE | |
| | 23 | DVA | |
| | 24 | Anti-Social Behaviour - what is it? | |
| | 25 | What are the gender stereotypes and can they be challenged? | |
| | 26 | Sexual Orientation | |
| | 27 | Self Esteem | |
| 8 | 22 | CSE/CCE | |
| | 23 | DVA | |
| | 24 | Anti-Social Behaviour - what is it? | |
| | 25 | What are the benefits of social media for developing relationships | |
| | 26 | Sexual Orientation | |
| | 27 | Self Esteem | |
| 8 | 22 | CSE/CCE | |
| | 23 | DVA | |
| | 24 | Anti-Social Behaviour - what is it and what support do you need? | |
| 25 | What is grooming | | |

| Weekly Assembly | | |
|-----------------|------|---------------------|
| All Year Groups | Week | Sequencing |
| All Year Groups | 22 | Headteacher Welcome |
| | 23 | Lent |
| | 24 | Comic Relief |
| | 25 | Ramadan |
| | 26 | Easter |
| | 27 | Rewards |

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| 9 | 26 | Go Getter | Finding coverage within |
| | 27 | Religious Tolerance | |
| 10 | 22 | Citizenship - Developing the Community | |
| | 23 | Thinking | Defining Success |
| | 24 | Comic Relief | |
| | 25 | Careers | |
| | 26 | Go Getter | Planning with purpose |
| 11 | 27 | Religious Tolerance | |
| | 22 | Citizenship - Credit, Debit, Savings | |
| | 23 | Thinking | Knowing your red lines |
| | 24 | Citizenship - Pensions and Insurance | |
| | 25 | Careers | |
| 11 | 26 | Go Getter | The doorstep |
| | 27 | Religious Tolerance | |

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| 9 | 26 | Sexual Orientation | |
| | 27 | Self Esteem | |
| 10 | 22 | CSE/CCE | |
| | 23 | DVA | |
| | 24 | Anti Social Behaviour - what is it and what support do you need? | |
| | 25 | What types of contraception are available | |
| | 26 | Sexual Orientation | |
| 11 | 27 | Self Esteem | |
| | 22 | CSE/CCE | |
| | 23 | DVA | |
| | 24 | Anti-Social Behaviour - what is it and what support do you need? | |
| | 25 | What types of contraception are available | |
| 11 | 26 | What is FGM? | |
| | 27 | Sexual Orientation | |

| Summer Term One - Session One | | | |
|-------------------------------|------|---------------------------------------|-----------------------|
| Year Group | Week | Sequencing | X Education |
| 7 | 28 | COP 26 | |
| | 29 | Platinum Jubilee | |
| | 30 | Careers | |
| | 31 | Interests | Find your tribe |
| | 32 | Citizenship - Importance of money | |
| 8 | 28 | COP 26 | |
| | 29 | Platinum Jubilee | |
| | 30 | Careers | |
| | 31 | Interests | Asking for help |
| | 32 | Citizenship - Importance of money | |
| 9 | 28 | COP 26 | |
| | 29 | Platinum Jubilee | |
| | 30 | Careers | |
| | 31 | Interests | Trusted relations |
| | 32 | Citizenship - Importance of Budgeting | |
| 10 | 28 | COP 26 | |
| | 29 | Platinum Jubilee | |
| | 30 | Careers | |
| | 31 | Interests | Importance of mentors |
| | 32 | Citizenship - Income | |
| 11 | 28 | Communication | The Silence of Sound |
| | 29 | Platinum Jubilee | |
| | 30 | Careers | |
| | 31 | Deal Marker | Negotiation Tactics |
| | 32 | Expert | Path to Mastery |

| Session Two - Safeguarding | | |
|----------------------------|------|---|
| Year | Week | Sequencing |
| 7 | 28 | Self Esteem |
| | 29 | What does abuse look like in relationships |
| | 30 | Domestic Abuse |
| | 31 | Peer on Peer |
| | 32 | Knife Crime |
| 8 | 28 | Self Esteem |
| | 29 | What is sexualised bullying and how to challenge it |
| | 30 | Domestic Abuse |
| | 31 | Peer on Peer |
| | 32 | Knife Crime |
| 9 | 28 | Self Esteem |
| | 29 | What is exploitation? |
| | 30 | Domestic Abuse |
| | 31 | Peer on Peer |
| | 32 | Knife Crime |
| 10 | 28 | Self Esteem |
| | 29 | Pregnancy/STI - How do I get support |
| | 30 | Domestic Abuse |
| | 31 | Peer on Peer |
| | 32 | Knife Crime |
| 11 | 28 | Dealing with Stress |
| | 29 | How to keep calm and control yourself |
| | 30 | Dealing with Anxiety |
| | 31 | How to cope with change? |
| | 32 | Dealing with Stress |

| Weekly Assembly | | |
|-----------------|------|-------------------------|
| All Year Groups | Week | Sequencing |
| All Year Groups | 28 | Headteacher Welcome |
| | 29 | Why effort beats talent |
| | 30 | Sir David Attenborough |
| | 31 | HM The Queen |
| | 32 | Rewards |

| Summer Term Two - Session One | | | |
|-------------------------------|----------------------------|-------------------------------|---------------------------|
| Year Group | Week | Sequencing | X Education |
| 7 | 33 | Citizenship - Risk Management | |
| | 34 | Communication | Creating winning ideas |
| | 35 | Careers | |
| | 36 | How to debate | |
| | 37 | Deal Makers | Negotiations |
| | 38 | Expert | Origins of Excellence |
| | 39 | Form Awards | |
| 8 | 33 | Citizenship - Risk Management | |
| | 34 | Communication | Communication what counts |
| | 35 | Careers | |
| | 36 | How to debate | |
| | 37 | Deal Makers | When everyone wins |
| | 38 | Expert | Timeline of Success |
| | 39 | Form Awards | |
| 9 | 33 | Citizenship - Budgeting | |
| | 34 | Communication | The art of storytelling |
| | 35 | Careers | |
| | 36 | How to debate | |
| | 37 | Deal Makers | Understanding everyone |
| | 38 | Expert | Pursuit Perfection |
| | 39 | Form Awards | |
| 33 | Citizenship - Public Money | | |

| Session Two - Safeguarding | | |
|----------------------------|--------------|---|
| Year | Week | Sequencing |
| 7 | 33 | How do I talk to someone? |
| | 34 | Serious Youth Crime |
| | 35 | Pride |
| | 36 | Men's mental health |
| | 37 | Substance Abuse |
| | 38 | Online Safety |
| | 39 | Safety over Holiday |
| 8 | 33 | What's the difference between sex, gender and sexuality |
| | 34 | Serious Youth Crime |
| | 35 | Pride |
| | 36 | Men's mental health |
| | 37 | Substance Abuse |
| | 38 | Online Safety |
| | 39 | Safety over Holiday |
| 9 | 33 | What are the different sexualities and gender identities? |
| | 34 | Serious Youth Crime |
| | 35 | Pride |
| | 36 | Men's mental health |
| | 37 | Substance Abuse |
| | 38 | Online Safety |
| | 39 | Safety over Holiday |
| 33 | What is FGM? | |

| Weekly Assembly | | |
|-----------------|------|---------------------|
| All Year Groups | Week | Sequencing |
| All Year Groups | 33 | Headteacher Welcome |
| | 34 | Refugee Week |
| | 35 | Eid |
| | 36 | Mens Mental Health |
| | 37 | Fake News |
| | 38 | Water Safety |
| | 39 | Rewards Assembly |

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|----|----|---------------|----------------------------|
| 10 | 34 | Communication | Speaking with Impact |
| | 35 | Careers | |
| | 36 | How to debate | |
| | 37 | Deal Makers | Getting to Yes |
| | 38 | Expert | Practical High Performance |
| | 39 | Form Awards | |

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|----|----|---------------------|--|
| 10 | 34 | Serious Youth Crime | |
| | 35 | Pride | |
| | 36 | Men's mental health | |
| | 37 | Substance Abuse | |
| | 38 | Online Safety | |
| | 39 | Safety over Holiday | |