

Autumn 1	Assembly/PD/Tutorials	
THEME: This Is Us		
30 Aug	Assembly <i>EKI</i>	Enrolment – Skills and strategies to confidently manage transitional life phases from year 11 to post 16
	Tutorials <i>TCU</i>	Get to know form tutor – Induction and self-study expectations
THEME – HEALTH AND WELLBEING		
5 Sept	Tutorials <i>TCU</i>	<p>Mental health and emotional wellbeing –</p> <p>H4. To recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety</p> <p>H5. To recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours [NB It is important to avoid teaching methods and resources that provide instruction on ways of self-harming, restricting food/inducing vomiting, hiding behaviour from others etc., or that might provide inspiration for students who are more vulnerable (e.g. personal accounts of weight change).]</p> <p>H6. To recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing</p> <p>H7. To analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support</p>
12 Sept	Assembly <i>EKI</i>	<p>This is Leicester – (HOY/HMA)</p> <p>Celebrating Leicester – Celebrating Success</p> <p><i>Work experience - benefits for learning, career choices and development</i></p>
	Tutorials <i>TCU</i>	<p>Healthy lifestyles –</p> <p>H8. to take responsibility for monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination and cervical screening</p> <p>H9. to consistently access reliable sources of information and evaluate media messages about health</p> <p>H10. how to register with and access health services in new locations</p>
19 Sept	Tutorials <i>TCU</i>	<p>Healthy lifestyles –</p> <p>H11. to recognise illnesses that particularly affect young adults, such as meningitis and ‘freshers’ flu’</p> <p>H12. how to maintain a healthy diet, especially on a budget</p> <p>H13. how to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online</p>
26 Sept	Assembly <i>EKI</i>	<p><i>Work experience – Identifying opportunities and work placements that support learning</i></p> <p><i>Setting goals and identifying skills required to achieve them</i></p>
	Tutorials <i>TCU</i>	<p>Managing risk and personal safety –</p> <p>H14. To assess and manage risk and personal safety in a wide range of contexts, including online; about support in place to safeguard them in these contexts and how to access it</p>

		<p>H15. To manage personal safety in relation to travel, such as cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely</p> <p>H16. To travel safely around the UK and abroad; understand legal rights and responsibilities when travelling abroad, including passport, visa and insurance requirements</p> <p>H17. To perform first aid and evaluate when to summon emergency services, irrespective of any potential legal implications, for example, when the situation involves alcohol, drugs, gangs or violent crime</p>
3 Oct	Tutorials TCU	<p>Sexual health –</p> <p>H18. to develop a nuanced understanding of how to select appropriate contraception in different contexts and relationships</p> <p>H19. how to reduce the risk of contracting or passing on a sexually transmitted infection (STI)</p> <p>H20. how to take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment</p>
10 Oct	Assembly EKI	<p>Life after Post 16 – options</p> <p>Pathways</p> <p>PS@16 log in</p>
	Tutorials TCU	<p>1:1 PIT meeting</p> <p>PS@16 log in – complete personal statements – CVs etc.</p>
Autumn 2		
24 Oct	PIT review EKI & SHC	Issue reports, waves, contact home, 1:1s
	Assembly EKI	<p>This is Leicester – (HOY/HMA)</p> <p>Celebrating Leicester – Celebrating Success</p> <p>Attendance</p>
	Tutorials TCU	<p>Drugs, Alcohol and Tobacco –</p> <p>H21. to manage alcohol and drug use in relation to immediate and long-term health</p> <p>H22. to understand how alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking</p> <p>H23. the impact of alcohol and drug use on road safety, work-place safety, reputation and career</p>

		H24. the risks of being a passenger with an intoxicated driver and ways to manage this
THEME – CAREERS		
31 Oct	Tutorials TCU	<p>Choices and pathways – Destination after P16 University applications UCAS Traineeships, apprenticeships, job applications</p> <p>Work and career – Produce a personal statement, cover letter and CV Preparation for interview</p>
7 Nov	Assembly EKI	<p>Life after Post 16 – options Uni – Apprenticeships – Employment</p>
	Tutorials TCU	<p>Choices and pathways – Destination after P16 University applications UCAS Traineeships, apprenticeships, job applications</p> <p>Work and career – Produce a personal statement, cover letter and CV Preparation for interview</p>
THEME – LIVING IN THE WIDER WORLD		
14 Nov	Tutorials TCU	<p>Choices and pathways – L1. to be enterprising in life and work L2. to set realistic yet ambitious career and life goals which are matched to personal values, interests, strengths and skills L3. to evaluate the ‘next step’ options available, such as higher education, further training or apprenticeships, and gap year opportunities L4. the implications of the global market for their future choices in education and employment</p>
21 Nov	Assembly EKI	<p>Life after Post 16 – options Uni – Apprenticeships – Employment</p>
	Tutorials TCU	<p>Work and career – L5. How to identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities L6. How to produce a concise and compelling curriculum vitae and prepare effectively for interviews L7. How to recognise career possibilities in a global economy</p>
28 Nov	Tutorials TCU	<p>Employment rights and responsibilities – L8. their rights and responsibilities as students in casual, part-time jobs, including in the ‘gig economy’</p>

		<p>L9. the importance of professional conduct and how it can be demonstrated in different workplaces including following health and safety protocols</p> <p>L10. to understand and appreciate the importance of workplace confidentiality and security including cyber-security and data protection</p>
5 Dec	Tutorials TCU	<p>Employment rights and responsibilities –</p> <p>L11. to recognise bullying and harassment in the workplace in all its forms and ways to seek or provide support to resolve the situation</p> <p>L12. the role of trade unions and professional organisations; when and how to constructively challenge workplace behaviours</p>
12 Dec	Assembly EKI	Awards assembly Attendance – A2L – Wk Exp
	Tutorials TCU	DEADLINE FOR PS@16 APPLICATIONS 1:1 PIT meeting
Spring 1		
3 Jan	PIT review EKI & SHC	Issue reports, waves, contact home, 1:1s
	Assembly EKI	This is Leicester – (HOY/HMA) Celebrating Leicester – Celebrating Success Expectations
	Tutorials TCU	<p>Financial choices –</p> <p>L13. How to plan expenditure and budget for changes in circumstances (e.g. when moving out or going to university)</p> <p>L14. To understand and manage salary deductions including taxation, national insurance and pensions</p> <p>L15. To evaluate savings options</p>
9 Jan	Tutorials TCU	<p>Financial choices –</p> <p>L16. to exercise consumer rights, including resolving disputes and accessing appropriate support</p> <p>L17. to manage financial contracts including, mobile phone services and renting items and accommodation; how to identify appropriate advice</p> <p>L18. to evaluate the potential gains and risks of different debt arrangements and repayment implications</p> <p>L19. to evaluate the risks in different financial ventures including illegal schemes e.g. illegal money transfers</p>
16 Jan	Tutorials TCU	<p>Media literacy and digital resilience –</p> <p>L20. to set and maintain clear boundaries around personal privacy and to manage online safety in all its forms, including seeking help when appropriate</p> <p>L21. to effectively challenge online content that adversely affects their personal or professional reputation</p> <p>L22. to build and maintain a positive professional online presence, using a range of technologies</p>

23 Jan	Assembly <i>EKI</i>	Work experience – benefits and progression opportunities
	Tutorials <i>TCU</i>	<p>UCAS DEADLINE FOR APPLICATIONS</p> <p>Media literacy and digital resilience- L23. how social media can expand, limit or distort perspectives and recognise how content they create and share may contribute to, or challenge this L24. to be a critical consumer of online information in all its forms, including recognising bias, propaganda and manipulation L25. when and how to report or access help for themselves or others in relation to extremism and radicalisation</p>
THEME – RELATIONSHIPS		
30 Jan	Tutorials <i>TCU</i>	<p>Relationship Values – R1 – How to articulate their relationship values and to apply them in different types of relationships R2 – To recognise and challenge prejudice and discrimination and understand rights and responsibilities with regard to inclusion. R3 – to recognise, respect and, if appropriate, challenge the ways different faith and cultural views influence relationships</p>
6 Feb	Tutorials <i>TCU</i>	<p>Forming and maintaining respectful relationships – R4 – to manage mature friendships, including making friends in new places R5 – to manage personal safety in new relationships, including online activity or when meeting someone new for the first time</p>
13 Feb	Assembly <i>EKI</i>	Meeting deadlines Time management
	Tutorials <i>TCU</i>	1:1 PIT meeting
Spring 2		
27 Feb	PIT review <i>EKI & SHC</i>	Issue reports, waves, contact home, 1:1s
	Assembly	This is Leicester – (HOY/HMA)

	EKI	Celebrating Leicester – Celebrating Success Attendance
	Tutorials TCU	Forming and maintaining respectful relationships – R6. to develop and maintain healthy, pleasurable relationships and explore different levels of emotional intimacy R7. to evaluate different degrees of emotional intimacy in relationships, the role of pleasure, how they understand the difference between ‘love’ and ‘lust’
6 March	Tutorials TCU	Forming and maintaining respectful relationships – R8. to use constructive dialogue to support relationships and negotiate difficulties R9. to manage the ending of relationships safely and respectfully, including online R10. to recognise the opportunities to build meaningful relationships in the workplace and the boundaries around professional relationships
13 March	Assembly EKI	Preparation for exams and interviews
	Tutorials TCU	Consent – R11. To understand the moral and legal responsibilities that someone seeking consent has, and the importance of respecting and protecting people’s right to give, not give, or withdraw their consent (in all contexts, including online) R12. To understand the emotional, physical, social and legal consequences of failing to respect others’ right not to give or to withdraw consent R13. How to recognise, and seek help in the case of, sexual abuse, exploitation, assault or rape, and the process for reporting to appropriate authorities
20 March	Tutorials TCU	Contraception and parenthood – R14. to understand the implications of unintended pregnancy and young parenthood; to recognise the advantages of delaying conception, whilst acknowledging the changes in fertility with age R15. to negotiate, and if necessary be able to assert, the use of contraception with a sexual partner R16. how to effectively use different contraceptives, including how and where to access them R17. to evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception) R18. to access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly
27 March	Assembly EKI	
	Tutorials TCU	DEADLINE FOR DESTINATIONS – SEND TO SIOBHAN 1:1 PIT meeting

Summer 1		
17 April	PIT review EKI & SHC	Issue reports, waves, contact home, 1:1s
	Assembly EKI	This is Leicester – (HOY/HMA) Celebrating Leicester – Celebrating Success Attendance
	Tutorials TCU	Bullying, abuse and discrimination – R19. To recognise and manage negative influence, manipulation and persuasion in a variety of contexts, including online R20. To recognise and manage different forms of abuse, sources of support and exit strategies for unhealthy relationships R21. To recognise forced marriage and ‘honour’ based violence; to get help for themselves or others they believe to be at immediate or future risk R22. To understand their rights in relation to harassment (including online) and stalking, how to respond and how to access support
24 April	Tutorials TCU	
1 May	Assembly EKI	
	Tutorials TCU	
8 May	Tutorials TCU	
15 May	Tutorials TCU	
22 May	Assembly EKI	
	Tutorials TCU	1:1 PIT meeting
Summer 2		
THEME - CITIZENSHIP		
5 June	PIT review EKI & SHC	Issue reports, waves, contact home, 1:1s
	Assembly	This is Leicester – (HOY/HMA)

	EKI	Celebrating Leicester – Celebrating Success Attendance
	Tutorials TCU	Rights and Equalities What are British Values and where do they come from? What is citizenship? What are Human Rights?
12 June	Tutorials TCU	Democracy and Government How does the political system work? Who runs the country?
19 June	Assembly EKI	Voting systems and why should we vote?
	Tutorials TCU	Democracy and Government What are our national priorities and where do I fit in? Voting systems Why should we vote?
26 June	Tutorials TCU	Fairness and Justice What is crime? What is the Criminal Justice System? What can we do to prevent crime?
3 July	Assembly EKI	LEAVERS ASSEMBLY Celebrating success in POST 16. What have we achieved this year?
	Tutorials TCU	
10 July	Tutorials TCU	