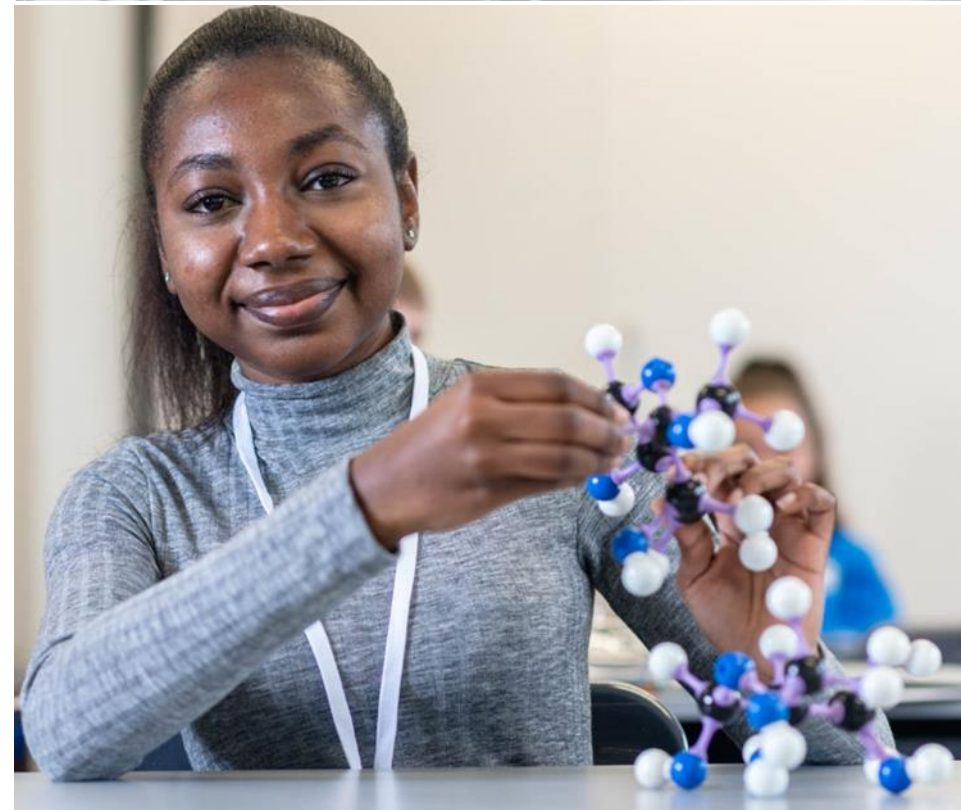




Nene Park Academy Sixth Form

Personal Development/Enrichment Session

The presentation will start shortly.



What is Personal Development at KS5?

- Students have Personal Development lessons on their timetable once a week.
- Personal Development is where we cover lots of areas beyond the usual academic curriculum.
 - It includes PSHE, Careers, Citizenship, Religion, Ethics & Philosophy
- These lessons follow a two year programme which covers the three Core Themes outlined by the PSHE Association.
- The themes are;
 - Health and Wellbeing
 - Relationships
 - Living in the Wider World
- PSHE at KS5 covers topics which may have previously been explored but students are now older, more mature and have different feelings, views and opinions on things.
- Students are also provided with resources, and the skillset of how and where to get help for themselves and their friends/ colleagues once they have left school.



**PROGRAMME OF STUDY FOR
PSHE EDUCATION**
KEY STAGES 1-5



PSHE
Association

The national body for Personal,
Social, Health and Economic
(PSHE) education

Personal Development at KS5

- Lessons are structured to explore a topic within the themes over 1 or 2 lessons.
- Students do not sit any formal exams or assessments in PD.
- Students are provided a safe space to explore the themes and discuss them.
- Students are never expected to share personal experiences, but often they do.
- In lessons, students will receive a variety of delivery methods and activities to undertake including videos, Powerpoints, research tasks, group work, self assessment questionnaires etc.
- Students also have workshops and external speakers who come in and speak to them about driving safety etc.



**PROGRAMME OF STUDY FOR
PSHE EDUCATION**
KEY STAGES 1-5



PSHE
Association

Supporting your child

- Find out what day your son/ daughter has PD on their timetable.
- Talk to them over dinner or at another suitable point about the topics they discussed.
- Be prepared to answer their questions.
- If you can't answer a question – be honest!
- Ask them if they were signposted to any websites.
- You could look at these websites together to open up conversations.
- Ask open questions, for example, 'could you tell me a little more about that'.
- Having conversations with your son/daughter about the topics can be easier when it starts as a generic conversation rather than about them personally.
- Discuss the 'wider world' with your child – local news, national news, international news.
- Be honest about challenging subjects
- Allow them to be curious
- Help build their self-esteem and confidence.



**PROGRAMME OF STUDY FOR
PSHE EDUCATION**
KEY STAGES 1-5



PSHE
Association

The national body for Personal,
Social, Health and Economic
(PSHE) education

Enrichment at KS5

- Students have enrichment sessions on their time table once a week.
- Students have chosen their own enrichment activity and could be participating in;
 - EPQ
 - Sports Leaders
 - Fitness
 - Cooking
 - Future Learn and Open Learn Courses
 - Mentoring
- These session allow students to extend the boundaries of learning and students should make the most of their sessions.



Supporting your child

- Know which enrichment activity they are participating in.
- Take time to discuss this with your son/daughter.
- Support with deadlines. Know when these are for EPQ and Sports Leaders.
- Encourage them to keep a log or record of their enrichment activity as well as all the things they do outside of school.
- This could include work experience, part time jobs, sports, competitions, hobbies, wider reading etc.
- All of this will be useful next year when students are writing personal statements for jobs, universities or apprenticeships.

Activity	What I learnt	Skills acquired

