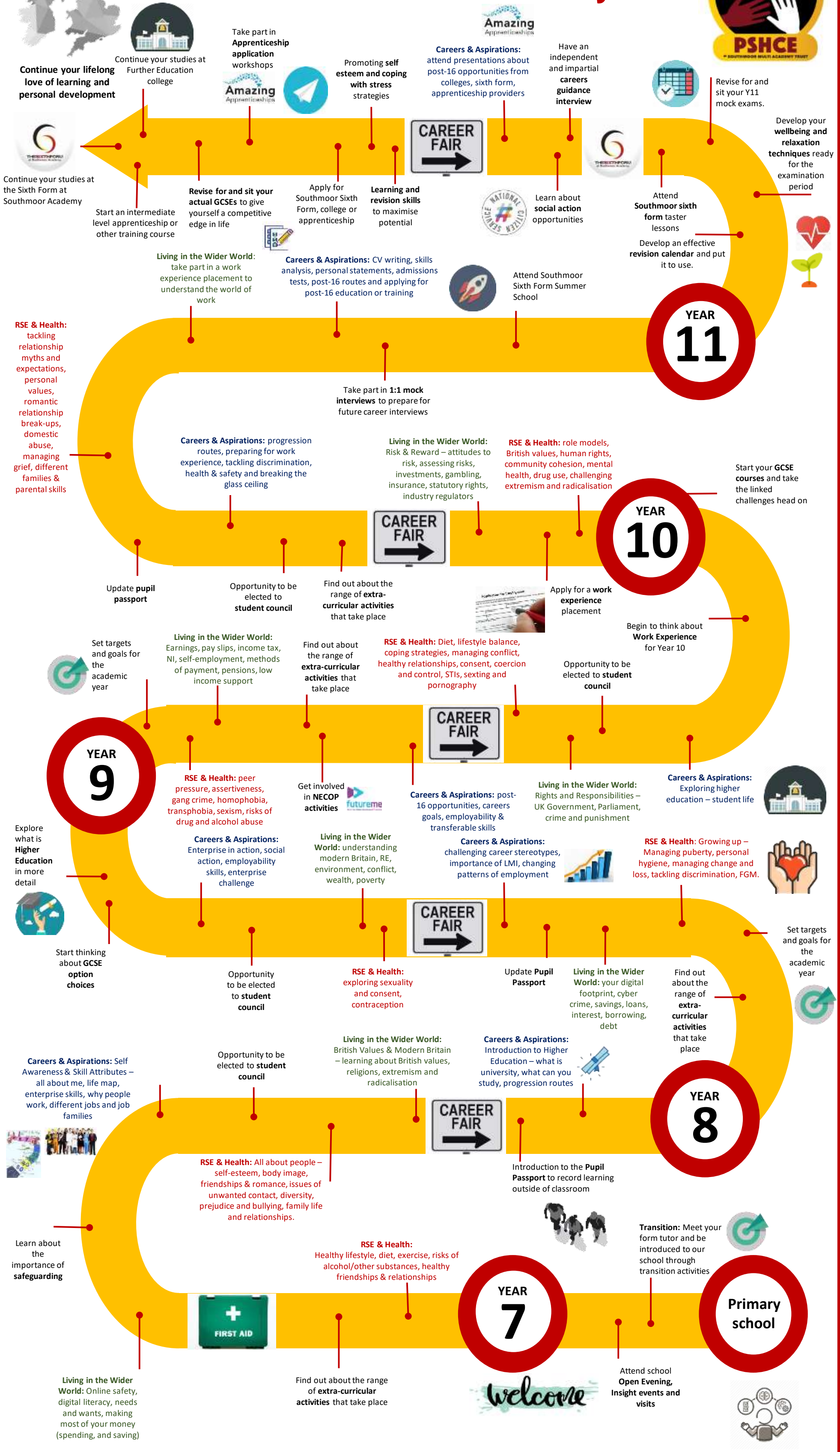


Personal Development Journey at Sandhill View Academy



YEAR 11

YEAR 10

YEAR 9

YEAR 8

YEAR 7

Primary school

Continue your lifelong love of learning and personal development
Continue your studies at Further Education college
Continue your studies at the Sixth Form at Southmoor Academy

Take part in **Amazing Apprenticeship** application workshops
Promoting **self esteem and coping with stress** strategies
Learning and revision skills to maximise potential

Careers & Aspirations: attend presentations about post-16 opportunities from colleges, sixth form, apprenticeship providers
Have an independent and impartial **careers guidance interview**

Revise for and sit your Y11 mock exams.
Develop your **wellbeing and relaxation techniques** ready for the examination period

Start an intermediate level apprenticeship or other training course
Living in the Wider World: take part in a work experience placement to understand the world of work

Apply for Southmoor Sixth Form, college or apprenticeship
Careers & Aspirations: CV writing, skills analysis, personal statements, admissions tests, post-16 routes and applying for post-16 education or training

Attend Southmoor Sixth Form Summer School
Attend **Southmoor sixth form** taster lessons
Develop an effective **revision calendar** and put it to use.

Attend **Southmoor sixth form** taster lessons
Develop an effective **revision calendar** and put it to use.

RSE & Health: tackling relationship myths and expectations, personal values, romantic relationship break-ups, domestic abuse, managing grief, different families & parental skills

Take part in **1:1 mock interviews** to prepare for future career interviews
Careers & Aspirations: progression routes, preparing for work experience, tackling discrimination, health & safety and breaking the glass ceiling

Living in the Wider World: Risk & Reward – attitudes to risk, assessing risks, investments, gambling, insurance, statutory rights, industry regulators
RSE & Health: role models, British values, human rights, community cohesion, mental health, drug use, challenging extremism and radicalisation

Start your **GCSE courses** and take the linked challenges head on

Update **pupil passport**
Set targets and goals for the academic year

Opportunity to be elected to **student council**
Find out about the range of **extra-curricular activities** that take place

Apply for a **work experience placement**
Begin to think about **Work Experience** for Year 10

Opportunity to be elected to **student council**

Explore what is **Higher Education** in more detail

Get involved in **NECOP activities**
Living in the Wider World: understanding modern Britain, RE, environment, conflict, wealth, poverty

Careers & Aspirations: post-16 opportunities, careers goals, employability & transferable skills
Careers & Aspirations: challenging career stereotypes, importance of LMI, changing patterns of employment

Careers & Aspirations: Exploring higher education – student life
RSE & Health: Growing up – Managing puberty, personal hygiene, managing change and loss, tackling discrimination, FGM.

Start thinking about **GCSE option choices**

Opportunity to be elected to **student council**
RSE & Health: exploring sexuality and consent, contraception

Update **Pupil Passport**
Living in the Wider World: your digital footprint, cyber crime, savings, loans, interest, borrowing, debt

Find out about the range of **extra-curricular activities** that take place

Careers & Aspirations: Self Awareness & Skill Attributes – all about me, life map, enterprise skills, why people work, different jobs and job families

Opportunity to be elected to **student council**
Living in the Wider World: British Values & Modern Britain – learning about British values, religions, extremism and radicalisation

Careers & Aspirations: Introduction to Higher Education – what is university, what can you study, progression routes

Set targets and goals for the academic year

Learn about the importance of **safeguarding**

RSE & Health: All about people – self-esteem, body image, friendships & romance, issues of unwanted contact, diversity, prejudice and bullying, family life and relationships.
RSE & Health: Healthy lifestyle, diet, exercise, risks of alcohol/other substances, healthy friendships & relationships

Introduction to the **Pupil Passport** to record learning outside of classroom

Transition: Meet your form tutor and be introduced to our school through transition activities

Living in the Wider World: Online safety, digital literacy, needs and wants, making most of your money (spending, and saving)

Find out about the range of **extra-curricular activities** that take place

Attend school **Open Evening, Insight events and visits**

welcome