



Year Group	Strand	Theme
13 <i>Finding My Place.</i>	Communication	Productive and reductive debate. Listening.
	Futures	Plans for the future. Equality and Diversity.
	Wellbeing	Self-awareness
	Resilience	Resiliently flexible. Zooming in and out
	Wellbeing	Connections. Self-care.
12 <i>Becoming mindful.</i>	Initiative	Creative problem solving. How I learn best. Showcasing my initiative.
	Futures	The professional and legal sectors
	Wellbeing	Managing change.
	Communication	What works for me might not work for you. Empathy. When am I developing my communication skills?
	Futures	Science and Health Care sector.
	Wellbeing	Being Mindful.
11 <i>Charting the course.</i>	Initiative	Spotting a gap in the market. Continual challenge. Positive thinking.
	Futures	Apprenticeships. What course available at university.
	Leadership	Leadership and humility. When leaders make mistakes. How I react when things go wrong.
	Wellbeing	Mental Toughness.
10 <i>Owning my actions.</i>	Them and Us	Physical Harm. Psychological Harm. Harm on-line. Helping 'them' groups at risk of harm.
	Resilience	Emotional psychological and physical resilience. What is my motivation? Motivating myself.
	Futures	How to build a portfolio
	Communication	What do I find effective. Giving and receiving constructive criticism. Interviews.



9 <i>Adapting my voice.</i>	Them and Us	<i>Impact of being offended. Respecting those who are not the same as us.</i>
	E-safety	On-line behaviour.
	Communication	Content and rhetoric. Social media and communication. Communications in the work place.
	Organisation	What does an organised person look like? Organisation in the future: What organisational techniques work for me?
	PiXL Orate	Content, structure, Rhetorical techniques.
8 <i>Thinking with a clear head.</i>	Initiative	When did I last show initiative? Taking the initiative on learning. Approaching problems with a clear head.
	Futures	Routes to work.
	Wellbeing	Stigma. Positivity.
	Them and Us	Everyday kindness. Kindness; worth so much yet costs nothing. Thinking outside the box.
	PiXL Orate	Clarifying and summarising. Audience awareness. Self-regulation.
7 <i>Expressing myself effectively.</i>	Resilience	What does resilience mean? Coping with change. When am I resilience?
	Them and Us	What are acts of kindness? The difference between being nice and being kind. Kindness what does it look like.
	Communication	What do we mean by effective communication?
	PiXL Orate	Introduction to Oracy. Self-assessment
	Communication	Dealing with confrontation. Communication in Learning
	PiXL Orate	Listening and responding