## Personal Development Provision: Years 7 to 13

The personal development provision at TCS supports and challenges students to be confident, resilient and independent. It develops their strength of character and prepares them for life in modern Britain.

It is rooted firmly in and reflects our vision to unlock the best version of you by working hard and never giving up; being kind and caring for each other and joining in to develop and grow.









YEAR 7	PSHE Lessons	Assemblies	Events	Careers
	Transition to Secondary School	Making a successful transition:	Extracurricular programme	
	Personal identity and values	routines and expectations,	launched	
	Learning skills and teamwork	nerves are normal, where to get		
		help		
			Safer places safer spaces	
		Celebrating difference: LGBT &	creative workshop	
		Black history month, adoption		
		week (October)	Launch of Student Voice	
Ξ ,			Charity committee cake bake	
ter			sale	
Half term 1			Cturdout voice and about.	
_ <del>_</del>			Student voice and charity Committee reward trip –	
			Paignton Zoo	
			Faigilton 200	
			Netball South Devon	
			tournaments	
			tournaments	
	(*************************************	$(\check{\infty})$	( <b>\$\$</b> )( 🂢 )	

YEAR 7	PSHE Lessons	Assemblies	Events	Careers
	Making and maintaining	The science behind learning:	Christmas carol Concert	Green Careers' Week – Guest
	friendships	how our brains work, the value		Speakers.
	Identifying and challenging	of retrieval, the role of practice,	Winter gala concert – Exeter	
	bullying	growth mindset and resilience.	Cathedral	
	Communicating online.			
		Celebrating peace and	E Sports Year group Tournament	
1 2		acceptance: Armistice,	Duraling Countly Daylor Coun	
erm		elimination of prejudice	Rugby South Devon Cup	
Half term 2				
На			English Schools' Football	
			Association Cup	
			·	
			4	
			<b>\$</b>	<u> </u>
	Respect in school	Making a difference to our	Visiting Speaker – Professor	Apprenticeship week – Guest
	Rights in the community	community and the wider world	Martin Siegert Exeter University	Speakers
	Human rights		– Climate Change	
8			Drama Production: Into the	
Ę			Woods.	
tel .			woods.	
Half term 3			Basketball Young NBA cup	
	(⊗)	( <del>***</del> )	( <b>₹</b> ♥ )( <u>\$\$\$</u> )	( <u>\$\$\$</u> )
	w			

YEAR 7	PSHE Lessons	Assemblies	Events	Careers
	Regulating emotions Healthy routines for resilience Managing peer pressure	Looking after ourselves and others: mental and physical health	Leadership: Year 6 transition process	National careers week – Guest assemblies and workshops
Half term 4	3 31 1		World Book/Art Day	
Half t			Museum and Cathedral visit	
		$\bigotimes$	( \$ \$ \$ \$ )	(
	Puberty and managing change Relationships and boundaries Unwanted contact	Overcoming Adversity: World Refugee Day, Helen Keller Day	Charity Committee – Beach clean	
	onwanted contact		Sports Marathon – Charity Event	
Half term 5			Technology: Rocket regional competition	
Half			Rounders South Devon Competition	

YEAR 7	PSHE Lessons	Assemblies	Events	Careers
	Personal safety	Best Version of you? A	Graduation	
	First aid Training	reflection on this year.		
			British Esports Championship	
			finals	
			Awards' Evening	
			Day of Coast	
9			Day of Sport	
Half term 6			Devon Music Mix trip	
alf t			CEND Man of Coult of	
エ			SEND Moors festival	
			SEND Beach Festival	

YEAR 8	PSHE Lessons	Assemblies	Events	Careers
	Aspirations for the future	The Best Version of You: Our	KS3 Student voice and charity	Devon Partnership Trust Careers
	Online choices and influences	values	committee selection	Workshops
	Resisting peer influence			
		Celebrating difference: LGBT &	Extracurricular programme	
		Black history month, adoption week (October)	launched	
		Week (Gelobel)	Safer places safer spaces	
			creative workshop	
<u> </u>				
erm			Charity committee cake bake	
Half term 1			sale	
<u> </u>			Student voice and charity	
			Committee reward trip	
			Netball South Devon	
			tournaments	
			0	
			( 🚫 )(垂鑿)	( <u>⊕\$\$</u> )

YEAR 8	PSHE Lessons	Assemblies	Events	Careers
	Stereotypes, prejudice and discrimination	The science behind learning: how our brains work, the value	Northcott Theatre trip	Green Careers' Week – Guest Speakers.
	Promoting diversity and equality LGBTQ+ inclusivity.	of retrieval, the role of practice, growth mindset and resilience.	Christmas carol concert	
		Celebrating peace and acceptance: Armistice,	Winter gala concert – Exeter Cathedral	
21		elimination of prejudice	E Sports Year group Tournament	
Half term 2			Rugby South Devon Cup	
Нај			English Schools' Football Association Cup	
	<b>⊗</b>			\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$
	Career choices Identity and the world of work	Post-16 study options	Life Story: Professional Footballer to the World of	Apprenticeship week – Guest Speakers
	Online presence	Making a difference to our community and the wider world	Work.	
Half term 3			Drama Production: Into the woods	
Half			Basketball Young NBA cup	
	<b>***</b>	**		

YEAR 8	PSHE Lessons	Assemblies	Events	Careers
	Maintaining positive mental health	Looking after ourselves and others: mental and physical	World Book/Art Day	National careers week – Guest assemblies and workshops
Half term 4		health	Swimming gala	
	Healthy relationships	Overcoming Adversity: World	Charity Committee – Beach	
	Boundaries and consent  Managing conflict	Refugee Day, Helen Keller Day	clean	
			Sports Marathon – Charity Event	
2			Technology: Rocket regional	
Half term			competition	
Hal			Rounders South Devon	
			Competition	

YEAR 8	PSHE Lessons	Assemblies	Events	Careers
	Introduction to contraception	Best Version of you? A	Awards' Evening	
	First aid training	reflection on this year.	Day of Sport	
			Devon Music Mix trip	
9 E			British Esports Championship finals	
Half term 6			SEND Moors festival	
I			SEND Beach Festival	

YEAR 9	PSHE Lessons	Assemblies	Events	Careers
	Personal goals and aspirations	The Best Version of You: Our	KS3 Student voice and charity	Devon Partnership Trust Careers
	Career Pilot	values	committee selection	Workshops
	GCSE options process			
		Celebrating difference: LGBT &	Extracurricular programme	
		Black history month, adoption week (October)	launched	
			Safer places safer spaces	
₩.			creative workshop	
٤				
fe			Charity committee cake bake	
Half term			sale	
_			Netball South Devon	
			tournaments	
			(《文)(李重章)	( <u>कैकेक</u> )

YEAR 9	PSHE Lessons	Assemblies	Events	Careers
	Friendship challenges Healthy & unhealthy	The science behind learning: how our brains work, the value	Christmas carol concert	Green Careers' Week – Guest Speakers.
	relationships Consent	of retrieval, the role of practice, growth mindset and resilience.	Winter gala concert – Exeter Cathedral	
	Consent	growth minuset and resilience.	Catileurai	
2 ر		Celebrating peace and	Rugby South Devon Cup	
Half term 2		acceptance: Armistice, elimination of prejudice	English Schools' Football Association Cup	
			**	
	Financial decisions Saving and borrowing	GCSEs and beyond: moving towards independence	Preferences Evening	Apprenticeship week – Guest Speakers
	Gambling, financial choices and debt	to naras inaepenaenee	Drama Production: Into the woods	Speakers
Half term 3			Basketball Young NBA cup	
				( * * * * * * * * * * * * * * * * * * *

YEAR 9	PSHE Lessons	Assemblies	Events	Careers
Half term 4	Mental health Change, loss & bereavement Healthy coping strategies	Looking after ourselves and others: mental and physical health	World Book/Art Day  Guest Speaker – Inspirational  life experience	National careers week – Guest assemblies and workshops
rm 5	Relationships and sex in the media Assertive communication Gangs and violent crime	Overcoming Adversity: World Refugee Day, Helen Keller Day	Charity Committee – Beach clean  Sports Marathon – Charity Event  Technology: Rocket regional competition	
Half term 5			Rounders South Devon Competition	

PSHE Lessons	Assemblies	Events	Careers
First Aid	Best Version of you? A	Awards' Evening	
Cancer awareness	reflection on this year.	Day of Sport	
		British Esports Championship	
		Sport leader induction	
	First Aid	First Aid Cancer awareness Best Version of you? A reflection on this year.	First Aid Cancer awareness  Best Version of you? A reflection on this year.  Day of Sport  British Esports Championship finals  SEND Moors festival  SEND Beach Festival  Sport leader induction

YEAR 10	PSHE Lessons	Assemblies	Events	Careers
	Managing transition to Key	The Best Version of You: Our	KS3 Student voice and charity	Devon Partnership Trust Careers
	Stage 4	values	committee selection	Workshops
	Managing mental health			
		Celebrating difference: LGBT &	Extracurricular programme	
		Black history month, adoption week (October)	launched	
		, ,	Safer places safer spaces	
			creative workshop	
Half term 1			Sport leader training	
Half t			Netball South Devon tournaments	
			Charity committee cake bake sale	

YEAR 10	PSHE Lessons	Assemblies	Events	Careers
	Relationship expectations &	The science behind learning:	Residential London Trip – Dance	
	nature of committed	how our brains work, the value		
	relationships	of retrieval, the role of practice,	Christmas carol concert	
	Impact of pornography	growth mindset and resilience.	Winter gala concert Eveter	
	Online relationships	Celebrating peace and	Winter gala concert – Exeter Cathedral	
2		acceptance: Armistice,	Cathediai	
Half term 2		elimination of prejudice	Rugby South Devon Cup	
Half			English Schools' Football	
			Association Cup	
			Ten Tors Training and Event	
	$\otimes$			
	Interviews	Making a difference to our	Drama Production: Into the	Apprenticeship week – Guest
	CV's	community and the wider world	woods	Speakers
	Preparation for Work Experience			
	Εχρεπέπε		Plymouth University –	
Half term 3			Journalism taster day	
fer				
Half			Ski Trip – Austria	
	* ( <u>* * * *</u>		### ###	<u>****</u>

YEAR 10	PSHE Lessons	Assemblies	Events	Careers
	Skills for employment Online presence and reputation Online opportunities	Looking after ourselves and others: mental and physical health	World Book/Art Day	National careers week – Guest assemblies and workshops
Half term 4			Ten Tors Training and Event	Employability workshops – Mock Interview preparation
	**			
	Diversity and discrimination Forced marriage & extremism Identifying and responding to	Overcoming Adversity: World Refugee Day, Helen Keller Day	Charity Committee – Beach clean	Mock Interviews
£ 5	abuse and harassment		Sports Marathon – Charity Event	
Half term 5			Rounders South Devon Competition	

YEAR 10	PSHE Lessons	Assemblies	Events	Careers
	Personal safety	Best Version of you? A	Awards' Evening	Work Experience Week
	First aid and lifesaving skills	reflection on this year.		
			Day of Sport	
			Dawlish Warren Fieldtrip	
9			(Geography)	
			Post 16 taster day	
Half term			,	
l			British Esports Championship	
			finals	
				(4 g g g
				(春葉草)

PSHE Lessons	Assemblies	Events	Careers
Managing transition to Year 11	The Best Version of You: Our	Plymouth University Taster Trip	Devon Partnership Trust Careers
New opportunities	values		Workshops
Preparing for adult life		Extra-curricular programme	
	Celebrating difference: LGBT &	launched	
	Black history month, adoption		
	week (October)	Year 11 Success Evening	
		Launched	
		tournaments	
			( • # \$\)
( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )		( 東東東	<u> </u>
	Managing transition to Year 11  New opportunities  Preparing for adult life	Managing transition to Year 11 New opportunities Preparing for adult life  Celebrating difference: LGBT & Black history month, adoption week (October)	Managing transition to Year 11 New opportunities Preparing for adult life  Celebrating difference: LGBT & Black history month, adoption week (October)  The Best Version of You: Our values Plymouth University Taster Trip  Extra-curricular programme launched  Year 11 Success Evening  Ten Tors and Duke of Edinburgh Launched  Netball South Devon tournaments

YEAR 11	PSHE Lessons	Assemblies	Events	Careers
	Relationship values	The science behind learning:	Post 16 Options Evening	
	Maintaining sexual health	how our brains work, the value		
	Managing relationship	of retrieval, the role of practice,	Marjon University taster	
	challenges and endings	growth mindset and resilience.	sessions:	
			Faculty of Sport	
		Celebrating peace and	Health Sciences	
		acceptance: Armistice,		
		elimination of prejudice	Christmas carol concert	
7			_	
E			Winter gala concert – Exeter	
Half term 2			Cathedral	
Hal			5 11 6 1 1 1 5 11 11	
_			English Schools' Football	
			Association Cup	
			Ton Tone Training and Frant	
			Ten Tors Training and Event	
	$(\infty)$		( *** )	

YEAR 11	PSHE Lessons	Assemblies	Events	Careers
	Apprenticeships	Making a difference to our	External Speaker: MADE Study	Apprenticeship week – Guest
	Advice for the future	community and the wider world	Support	Speakers
	Blood, organ & stem cell			
	donation			
m			Plymouth University –	
Ē			Journalism taster day	
Half term				
Hal			Ski Trip - Austria	
			**	
	Work smarter not harder	Looking after ourselves and	World Book/Art Day	National careers week – Guest
	Positive mental health	others: mental and physical		assemblies and workshops
4	Recognising and celebrating	health	Ten Tors Training and Event	
Ë	successes			
Half term 4				
Hal				
		(%)	( <b>↓\$</b> \$)( <b>☆</b> ♥)	(***)

YEAR 11	PSHE Lessons	Assemblies	Events	Careers	
	Families and parenting	Overcoming Adversity: World	How to revise effectively –	CSW appointments	
	Fertility, adoption and abortion	Refugee Day, Helen Keller Day	workshops		
	Managing grief and loss		Life chance Trust –targeted		
			student support		
n 5			student support		
Half term			Rounders South Devon		
alf			Competition		
_ =					
	(%)			( <u>*</u>	
E					
ter	GCSEs GCSEs				
Half term 6					
_					

YEAR 12	PSHE Lessons	Assemblies	Events	Careers
	Being kind to our mental health	Super Curricular and reading	Launch of Enrichment	Apprenticeship Fair Bristol
	LGBTQ+	culture	Programme:	
	Healthy, intimate relationships		Fitness suite	
		Ten Tors launched	Multi Sports	
			Cooking on a budget	Cardiff Met and NSSW Induction
		Independent Study	Charity committee	Day – Destination routes
			School improvement project	
		Sixth Form – Role Model culture		
			Additional courses launched:	
4		Student Voice – plan and	EPQ	
Ę		feedback	Spanish Business	
Half term 1			Army Enrichment – Role model culture and team work	
			First Aid CPR training – Jays Aim	
			Charity committee and Student Senior Leadership launched	

YEAR 12	PSHE Lessons	Assemblies	Events	Careers
	Love Languages	Tutorial – 6 weeks stepping up	Enrichment block 2 Choices:	University Trip Cardiff/Bath
	Media and pornography on	to Post 16 Study Skills	Charity committee	
	sexual expectations		Volunteering	Employability Enrichment block
	Taking responsibility for your	Charity Event launch – Alice	Healthy lifestyles	
	sexual health	Cross		
			Learn to Live Conference – Road	
	Life chance Trust – extractions,	Linked In speaker – Social media	safety	
	targeted student support	footprint	Ton Tone Training and Syant	
		Christmas End of term Awards	Ten Tors Training and Event	
		Cillistillas Eliu of terrif Awarus	Adam Williams – External	
			Speaker (Stress management	
			strategies ahead of exams)	
			and the second s	
m 2			Christmas Social trip – Student	
Half term 2			voice	
alf				
I			Sixth form leadership – Next	
			Steps evening	
			Falmouth University Taster trip	
			Digital Media	
			Esports	
			Day award Datus Aves de twice	
			Boneyard Retro Arcade trip	
			Esports	
		(*♥	(***)(*****)	( <b>\$\$</b> )

YEAR 12	PSHE Lessons	Assemblies	Events	Careers
	Positive male role models and	Responding to feedback	Sixth Form leaders – Swimming	Mock Interviews – external
	masculinity	(following PPE results)	Gala for lower school	employers
	Alcohol			
	Rights and responsibilities in	Made – Revision Skills ahead of	Spring Formal	
	part time work & tattoos	BTEC exams		
			Art and Photography – Trip to	
			Venice	
E 33	Life chance Trust – extractions,			
ter	targeted student support		Exeter Quayside Fieldtrip	
Half term			Geography	
_ <u>_</u>			Ski Trip - Austria	
		**	**	**************************************

YEAR 12	PSHE Lessons	Assemblies	Events	Careers
	Getting on the road and driver awareness Basic car maintenance	South Devon College – Apprenticeship routes	Enrichment block 3 Choices: Charity committee Volunteering	Work Experience launch
	Mortgages vs. Renting	Guest Speaker – Inspirational life experience	Healthy lifestyles  Ten Tors Training and Event	
# 4		Easter Awards Assembly	NCS Residential	
Half term 4			External Speaker: Raising Awareness and Prevention: mutual respect; mutual consent	
			Spring formal	
				**
	Eating and cooking on a budget Living independently (washing, ironing, cleaning, making a bed) Travelling the world	NSSW – Career talks (Apprenticeships, Employment and University pathways)	Disneyland Paris Residential – Vocational Education	CSW appointments
Half term 5	0	Summer Safety – Festivals/Nightlife		
Ĭ				

YEAR 12	PSHE Lessons	Assemblies	Events	Careers
	First aid and lifesaving skills	Introduction to UCAS	Sixth Form leaders – Sports	Work Experience Week
			Marathon and Day of Sport	
		Enrichment Awards	supporting lower school	UCAS registration workshops – NSSW
9			A Level Fieldwork Week	
term			(Geography)	
Half t			British Esports Championship	
_			finals	

YEAR 13	PSHE Lessons	Assemblies	Events	Careers
	Living in the wider world	UCAS support – The application	UCAS Enrichment Day –	Unifrog programme
		process	Applications and Student	
			finance	'Choosing a course/choosing a
		Reading for pleasure		University' workshop - NSSW
			Art and Photography: Eden	
		1 on 1 intervention	Project Trip	
Half term 1		Sixth Form – Role model culture		
Half 1		Student Voice – plan and feedback		

YEAR 13	PSHE Lessons	Assemblies	Events	Careers
	Living independently	UCAS Personal Statements	Guest speaker - Exam stress and	UCAS fortnightly drop in
			revision	programme – SF team
		Academic reading		
			Make South West exhibition:	
		1 on 1 academic interventions	Bovey Tracey	Plymouth University – Student ambassador personal support
		Uplearn Programme	Christmas Social	during study sessions
7		Charity Event launch – Alice	Falmouth University Taster trip	
		Cross	Digital Media	SF teachers write references for
Half term			Esports	UCAS applications
Half		Linked In speaker – Social media		
_		footprint	Boneyard Retro Arcade trip Esports	Unifrog programme
		Christmas End of term Awards		

YEAR 13	PSHE Lessons	Assemblies	Events	Careers
	Gender identity LGBT	Responding to feedback	Art and Photography – Trip to	Level 2 Careers appointments
		(following PPE results)	Venice	Careers South West
۳ 8		Made – Revision Skills ahead of BTEC exams	Ski Trip - Austria	Unifrog Programme
Half term		Uplearn – Science and Maths		
			### ###	### ### ### ### ### ### #### #########
	First Aid and Life Saving Skills	Uplearn Science and Maths	Ten Tors Training and Event	Careers South West
		University Life preparation	External Speaker: Raising	appointments
4 u		Easter Awards Assembly	Awareness and Prevention: mutual respect; mutual consent	
Half term 4		South Devon College –		
Half		Apprenticeship routes	Spring Formal	
				**

YEAR 13	PSHE Lessons	Assemblies	Events	Careers
		Revision focus	Disneyland Paris Residential –	UCAS Support drop in's
		BTEC course work	Vocational Education	
		Unlearn – Science and Maths		
Half term 5		Summer Safety – Festivals/Nightlife		
		<b>**</b> ®		
Half term 6	A Level Exams			
I				