

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.**














Teignmouth Community School


















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








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




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








YEAR 7	PSHE Lessons	Assemblies	Events	Careers
<p>Half term 6</p>	<p>Personal safety First aid Training</p> <div style="text-align: center;">  </div>	<p>Best Version of you? A reflection on this year.</p> <div style="text-align: center;">  </div>	<p>Graduation</p> <p>British Esports Championship finals</p> <p>Awards' Evening</p> <p>Day of Sport</p> <p>Devon Music Mix trip</p> <p>SEND Moors festival</p> <p>SEND Beach Festival</p> <div style="text-align: center;">  </div>	









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








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




YEAR 8	PSHE Lessons	Assemblies	Events	Careers
Half term 4	<p>Maintaining positive mental health</p> 	<p>Looking after ourselves and others: mental and physical health</p> 	<p>World Book/Art Day</p> <p>Swimming gala</p> 	<p>National careers week – Guest assemblies and workshops</p> 
Half term 5	<p>Healthy relationships Boundaries and consent Managing conflict</p> 	<p>Overcoming Adversity: World Refugee Day, Helen Keller Day</p> 	<p>Charity Committee – Beach clean</p> <p>Sports Marathon – Charity Event</p> <p>Technology: Rocket regional competition</p> <p>Rounders South Devon Competition</p> 	





YEAR 8	PSHE Lessons	Assemblies	Events	Careers
<p>Half term 6</p>	<p>Introduction to contraception</p> <p>First aid training</p> <div style="text-align: center;">  </div>	<p>Best Version of you? A reflection on this year.</p> <div style="text-align: center;">  </div>	<p>Awards' Evening</p> <p>Day of Sport</p> <p>Devon Music Mix trip</p> <p>British Esports Championship finals</p> <p>SEND Moors festival</p> <p>SEND Beach Festival</p> <div style="text-align: center;">  </div>	








YEAR 9	PSHE Lessons	Assemblies	Events	Careers
Half term 1	Personal goals and aspirations Career Pilot GCSE options process 	The Best Version of You: Our values Celebrating difference: LGBT & Black history month, adoption week (October)   	KS3 Student voice and charity committee selection Extracurricular programme launched Safer places safer spaces creative workshop Charity committee cake bake sale Netball South Devon tournaments  	Devon Partnership Trust Careers Workshops 









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





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 
Half term 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 Rounders South Devon Competition 	





YEAR 9	PSHE Lessons	Assemblies	Events	Careers
<p>Half term 6</p>	<p>First Aid Cancer awareness</p> 	<p>Best Version of you? A reflection on this year.</p> 	<p>Awards' Evening</p> <p>Day of Sport</p> <p>British Esports Championship finals</p> <p>SEND Moors festival</p> <p>SEND Beach Festival</p> <p>Sport leader induction</p> 	





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









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







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





YEAR 10	PSHE Lessons	Assemblies	Events	Careers
Half term 6	Personal safety First aid and lifesaving skills 	Best Version of you? A reflection on this year. 	Awards' Evening Day of Sport Dawlish Warren Fieldtrip (Geography) Post 16 taster day British Esports Championship finals 	Work Experience Week 



YEAR 11	PSHE Lessons	Assemblies	Events	Careers
Half term 1	<p>Managing transition to Year 11 New opportunities Preparing for adult life</p> 	<p>The Best Version of You: Our values</p> <p>Celebrating difference: LGBT & Black history month, adoption week (October)</p> 	<p>Plymouth University Taster Trip</p> <p>Extra-curricular programme launched</p> <p>Year 11 Success Evening</p> <p>Ten Tors and Duke of Edinburgh Launched</p> <p>Netball South Devon tournaments</p> 	<p>Devon Partnership Trust Careers Workshops</p> 





YEAR 11	PSHE Lessons	Assemblies	Events	Careers
<p>Half term 2</p>	<p>Relationship values Maintaining sexual health Managing relationship challenges and endings</p> 	<p>The science behind learning: how our brains work, the value of retrieval, the role of practice, growth mindset and resilience.</p> <p>Celebrating peace and acceptance: Armistice, elimination of prejudice</p>  	<p>Post 16 Options Evening</p> <p>Marjon University taster sessions: Faculty of Sport Health Sciences</p> <p>Christmas carol concert</p> <p>Winter gala concert – Exeter Cathedral</p> <p>English Schools' Football Association Cup</p> <p>Ten Tors Training and Event</p> 	









YEAR 11	PSHE Lessons	Assemblies	Events	Careers
Half term 3	<p>Apprenticeships Advice for the future Blood, organ & stem cell donation</p> 	<p>Making a difference to our community and the wider world</p> 	<p>External Speaker: MADE Study Support</p> <p>Plymouth University – Journalism taster day</p> <p>Ski Trip - Austria</p> 	<p>Apprenticeship week – Guest Speakers</p> 
Half term 4	<p>Work smarter not harder Positive mental health Recognising and celebrating successes</p> 	<p>Looking after ourselves and others: mental and physical health</p> 	<p>World Book/Art Day</p> <p>Ten Tors Training and Event</p> 	<p>National careers week – Guest assemblies and workshops</p> 





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





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





YEAR 12	PSHE Lessons	Assemblies	Events	Careers
<p>Half term 2</p>	<p>Love Languages Media and pornography on sexual expectations Taking responsibility for your sexual health</p> <p>Life chance Trust – extractions, targeted student support</p> <div style="text-align: center;">  </div>	<p>Tutorial – 6 weeks stepping up to Post 16 Study Skills</p> <p>Charity Event launch – Alice Cross</p> <p>Linked In speaker – Social media footprint</p> <p>Christmas End of term Awards</p> <div style="text-align: center;">  </div>	<p>Enrichment block 2 Choices: Charity committee Volunteering Healthy lifestyles</p> <p>Learn to Live Conference – Road safety</p> <p>Ten Tors Training and Event</p> <p>Adam Williams – External Speaker (Stress management strategies ahead of exams)</p> <p>Christmas Social trip – Student voice</p> <p>Sixth form leadership – Next Steps evening</p> <p>Falmouth University Taster trip Digital Media Esports</p> <p>Boneyard Retro Arcade trip Esports</p> <div style="text-align: center;">  </div>	<p>University Trip Cardiff/Bath</p> <p>Employability Enrichment block</p> <div style="text-align: center;">  </div>









YEAR 12	PSHE Lessons	Assemblies	Events	Careers
Half term 3	<p>Positive male role models and masculinity Alcohol</p> <p>Rights and responsibilities in part time work & tattoos</p> <p>Life chance Trust – extractions, targeted student support</p> <div style="text-align: center;">  </div>	<p>Responding to feedback (following PPE results)</p> <p>Made – Revision Skills ahead of BTEC exams</p> <div style="text-align: center;">  </div>	<p>Sixth Form leaders – Swimming Gala for lower school</p> <p>Spring Formal</p> <p>Art and Photography – Trip to Venice</p> <p>Exeter Quayside Fieldtrip Geography</p> <p>Ski Trip - Austria</p> <div style="text-align: center;">  </div>	<p>Mock Interviews – external employers</p> <div style="text-align: center;">  </div>




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

YEAR 12	PSHE Lessons	Assemblies	Events	Careers
<p>Half term 6</p>	<p>First aid and lifesaving skills</p> 	<p>Introduction to UCAS</p> <p>Enrichment Awards</p> 	<p>Sixth Form leaders – Sports Marathon and Day of Sport supporting lower school</p> <p>A Level Fieldwork Week (Geography)</p> <p>British Esports Championship finals</p> 	<p>Work Experience Week</p> <p>UCAS registration workshops – NSSW</p> 

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

YEAR 13	PSHE Lessons	Assemblies	Events	Careers
Half term 2	<p>Living independently</p> 	<p>UCAS Personal Statements</p> <p>Academic reading</p> <p>1 on 1 academic interventions</p> <p>Uplearn Programme</p> <p>Charity Event launch – Alice Cross</p> <p>Linked In speaker – Social media footprint</p> <p>Christmas End of term Awards</p> 	<p>Guest speaker - Exam stress and revision</p> <p>Make South West exhibition: Bovey Tracey</p> <p>Christmas Social</p> <p>Falmouth University Taster trip</p> <p>Digital Media Esports</p> <p>Boneyard Retro Arcade trip</p> <p>Esports</p> 	<p>UCAS fortnightly drop in programme – SF team</p> <p>Plymouth University – Student ambassador personal support during study sessions</p> <p>SF teachers write references for UCAS applications</p> <p>Unifrog programme</p> 

YEAR 13	PSHE Lessons	Assemblies	Events	Careers
Half term 3	<p>Gender identity LGBT</p> 	<p>Responding to feedback (following PPE results)</p> <p>Made – Revision Skills ahead of BTEC exams</p> <p>Uplearn – Science and Maths</p> 	<p>Art and Photography – Trip to Venice</p> <p>Ski Trip - Austria</p> 	<p>Level 2 Careers appointments Careers South West</p> <p>Unifrog Programme</p> 
Half term 4	<p>First Aid and Life Saving Skills</p> 	<p>Uplearn Science and Maths</p> <p>University Life preparation</p> <p>Easter Awards Assembly</p> <p>South Devon College – Apprenticeship routes</p> 	<p>Ten Tors Training and Event</p> <p>External Speaker: Raising Awareness and Prevention: mutual respect; mutual consent</p> <p>Spring Formal</p> 	<p>Careers South West appointments</p> 

YEAR 13	PSHE Lessons	Assemblies	Events	Careers
Half term 5		Revision focus BTEC course work Unlearn – Science and Maths Summer Safety – Festivals/Nightlife 	Disneyland Paris Residential – Vocational Education 	UCAS Support drop in's 
Half term 6	<h1>A Level Exams</h1>			