Personal Development Schedule: 2025/26

Theme:	Person/s:	Topics within Theme:	LEIGH Learner Disposition/Attribute
'Developing a New Beginning:'	(ACR)	• Welcome & Introduction -Learning the LAR way: SLANT, STEPS, SHAPES • Goals & Ambitions -Short Term Target Setting -Long Term Target Setting • Safeguarding -Safeguarding Team Intro -Knowing and Reporting • References to behaviour curriculum; how do I respond to challenges appropriately?	***Introduction to LEIGH Attributes***
'Developing a New Beginning:'			
*'Developing **Leadership**: How can I become a better leader?'*	Winston Churchill: 'Democracy is the best form of the worst type of government.' Margaret Thatcher: 'All attempts to destroy democracy will fall. Until it does, it must be business as usual	• Importance of Democracy -What is Democracy? -What are the key features of a democratic society? • Active VS Passive listening -Listening & Empathising with Issues • Debating & Disagreeing -How should I be debating? -How can I articulate disagreements? • Social Development: Maintaining Friendships • Student Leadership Elections: -Developing confidence in public speaking -What makes a good/poor speech? -Form elections and Voting	***Leadership***
'Black History Month Theme: *"Celebrating our Sisters'*	Mary Seacole: 'I might be a few shades of deeper brown but I trust England will not forget one who nursed her sick'.	• What is Black History and why should it be celebrated? • What contributions have black individuals made in society?	***Humility***
*'Developing Inclusivity: **Neurodiversity** & Kindness'*	Bill Gates: 'Be nice to nerds, chances are in the future	• Define what neurodiversity is. • Introduction to a range of different needs	**Emotional Intelligence**

	you will end up working for one!'	including: dyspraxia, dyslexia, ADHD, tourettes and dyscalculia	
'Remembrance Lest We Forget:'	Rupert Brooke: 'If I was to die, think only this of me as a soldier who is forever in England.'	• What is Remembrance Day and why is it significant? • Activities linked to the contributions of soldiers and nurses during the First World War	*Humility*
'Developing Inclusivity: Neurodiversity & **Kindness**'	Bill Gates: 'Be nice to nerds, chances are in the future you will end up working for one!'	• Re-cap on neurodiversity • Exploration of ways humans can demonstrate kindness to those who are associated with being neuro-diverse • How can we demonstrate kindness?	*Emotional Intelligence*
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*'Developing **Communityship**: How and why is volunteering important?'*	Zach Braff: 'When people come together and share common interests that is when the world that we live in can improve.'	• WINTER WONDERLAND PREPARATION • Why is undertaking service in the community important? • How can humans improve the lives of their local community by volunteering? • Reference to service learning (IB)p	*Emotional Intelligence*
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Developing **Communityship**: *Why should I be thankful during the Festive Period?'*	Dave Cooke: 'The best gift you can give at Christmas is something you can give those less fortunate than yourself.'	• How does Christmas link to Christianity? • How is Christmas celebrated around the world and differently? • How do multi-faith families celebrate christmas? • Other similar festivals	*Humility*

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Developing **Habits**: 'How can I become a successful learner?'	Lionel Messi: 'You have to fight to reach your dream. You have to sacrifice-start early, stay late!'	• What is the forgetting curve? (Email/Link to JSA and RSI) • How can the forgetting curve influence revision and learning? • How does the forgetting curve link to short term memory? • How can I improve my memory? • What physiological factors can affect memory? • What is spaced learning? • What is retrieval practice? • What is an illusion of confidence? • What makes an effective flashcard? • What are Cornell notes? • What is the Pomodoro technique?	*Grit*
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Careers: *"Where and how can I discover new opportuntiies?'*	Steve Jobs: 'The only way to do great work is by choosing a career that you love to do!'	• Introduction to Unifrog • Guest Speakers during Assemblies • Introduction to characteristics needed in the workplace	*Leadership*
Holocaust Memorial Fortnight ***HMD (27th January)** **Fragility of Freedom'**	Anne Frank: 'In spite of everything they have done, I still believe that people are really good at heart.'	• What is genocide? • What was the Holocaust? • How can genocide take place? • Different types of genocides in modern History	*Humility*
Holocaust Memorial Fortnight ***HMD (27th January)** **Fragility of Freedom'**	Anne Frank: 'In spite of everything they have done, I still believe that people are really good at heart.'	• Series of lessons exploring: 'How could the Holocaust happen?' Include: -History of Antisemitism -Indoctrination & Scapegoating -Nuremberg Laws & Kristallnacht -Ghettos -Einsatzgruppen -Final Solution **AGU - planning resources.**	*Humility*
Careers: *"Where and how can I discover new opportuntiies?'* *Safer Internet Day: 'Too good to be true? Protecting yourself and others from scams online'*	Steve Jobs: 'The only way to do great work is by choosing a career that you love to do!'	• Introduction to Unifrog • Guest Speakers during Assemblies • Introduction to characteristics needed in the workplace	*Leadership*
*'Developing **self-regulated learners**: How can I become more independent in my own learning?'*	Marie Curie: 'Be less curious about people and more curious about ideas.'	• Develop independent learning project; presentation of interest/topic; can range-what you have learnt about new about… • Area of study/interest	*Inquisitive*
World Book Day/Literacy Week **WBD (7rd March)** Theme TBA	Roald Dahl: 'If you are going to get anywhere in life you have to read a lot of books'	• Literacy activities throughout the week to promote a love of reading and World Book Day	*Inquisitive*

'Developing **self-regulated learners**: How can I become more independent in my own learning?'	Marie Curie: 'Be less curious about people and more curious about ideas.'	• Proven strategies to help improve cognitive retention; trial and testing a range of revision techniques (students create their own to adopt in their own learning)	*Inquisitive*
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'Developing **Resilience**: How can I overcome challenges I experience?	Thomas Edison: 'I have not failed, I have just found 10,000 ways that will not work.'	• Activities linked to bullying? • Activities linked to poor attainment score-how can you improve?	*Grit*
'Developing **Resilience**: How can I overcome challenges I experience?	Thomas Edison: 'I have not failed, I have just found 10,000 ways that will not work.'	• Activities linked to bullying? • Activities linked to poor attainment score-how can you improve?	*Grit*
Developing **Responsibility**: How and why is it important to be honest?'	Emma Watson: 'Do not feel stupid if you do not like what everyone else is pretending to love and say.'		*Humility*
Developing **Responsibility**: How does Britain uphold laws and rules?	Martin Luther King Jr: 'Injustice anywhere is a threat to justice everywhere.'	• Lesson coverage to include: British Justice System, Jury Service and key specific British values • Potential trip to Maidstone Crown Court for some students?	*Inquisitive*
Developing **Responsibility**: How can I take better care of our planet?'	David Attenborough: 'The future of humanity and indeed all life on earth depends on us.'	• Lesson coverage to include: climate challenges and opportunities for humans to reduce waste e.t.c • Wasteful Worlds Workshop: Medway Recycling Centre	*Grit*
Careers: How can jobs in **STEAM** improve our planet?	Vera Wang: 'When you have a passion for something then you tend not only to be better at it, but you work harder at it too.'	• Joint effort between Science & Tech for the three weeks • **5th-9th May**: DT assemblies/form time focus. Y7/8 form time resources to focus on WW2 in preparation for STEM drop down day. Y9 resources to focus on different DT careers in run up for pathways on STEM Drop down day	*Leadership*

'Pride Week: Raising Awareness & Acceptance of LGBTQ	P! NK: 'The best days will involve us saying things like: it is not a 'gay marriage' but just a marriage and it is not a 'gay wedding' but just a wedding.	• Activities linked to history of LGBTQ and improvements through case studies like: Stonewall and PRIDE	*Emotional Intelligence*
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*'Understanding our **identity and demographic:** Rainham & Medway, UK and National'*	Eric Overby: No matter where you live, we are all in the membership of this small group of people that we call a county	• • • Where have we come from? • Medway demographic and history? • How does our local area shape our attitudes, views and thinking?	*Emotional Intelligence*
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Developing: **Financial Security** "Look after the pennies and the pounds will look after themselves"	Steven Barlett: 'Too many people nowadays waste their money they have not earned, buy things they do not need just to impress people they will	• Activities linked to banking and savings • Bank of England Guest Speaker	*Leadership*

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'Recognising Progress and Achievement'	Elizabeth I 'I will bow to no man. I will face every threat to my reign with sword in hand and those who stand in my way will fall.'	• Review of personal development; WWW and EBI-reflections; how much have they developed in their attributes?	*Review of LEIGH Attributes*