

Personal development (PD) forms part of the PSHE programme for Cambourne Sixth Form students, complemented by the assembly and tutor programme. PD is made up of both Life Lectures, which involve members of the sixth form team or guest speakers giving a talk, and Life Lessons, where students complete a classroom based interactive session in their tutor groups.

PD takes place on Wednesday afternoons, when there is no PD scheduled below students take part in their enrichment options.

### Block 1

Date	Life Lecture	Life Lesson
4 <sup>th</sup> September 2024	Settling in	Setting goals
11 <sup>th</sup> September 2024	Managing Change	Setting goals & planning for change
18 <sup>th</sup> September 2024	EHWB	Building resilience
25 <sup>th</sup> September 2024	Healthy Relationships	Sexual Ethics
2 <sup>nd</sup> October 2024	Responsible Health Choices	Planning for a healthy future
9 <sup>th</sup> October 2024	Drive to Arrive CFRS	
16 <sup>th</sup> October 2024 (possibly closer to Mocks?)	Cognitive Science & Study skills	Revision mapping and planning

### Block 2

Date	Life Lecture	Life Lesson
22 <sup>nd</sup> January 2025	Sexual Health in 2025	STIs and staying safe
29 <sup>th</sup> January 2025	Consent in all its forms	Finance
5 <sup>th</sup> February 2025	Assertive Communication	Communication skills
12 <sup>th</sup> February 2025	Drug Awareness - CASUS	Alcohol & Drug abuse in young people
26 <sup>th</sup> February 2025	Prevent - Radicalisation & Extremism	Social Media and the 21 <sup>st</sup> Century
5 <sup>th</sup> March 2025	Coppafeel – cancer awareness	Vaping, smoking & risk-taking behaviours
12 <sup>th</sup> March 2025	Abuse	SAV workshop

### Block 3

Date	Life Lecture	Life Lesson
18 <sup>th</sup> June 2025	UCAS Registration (in computer rooms)	

25 <sup>th</sup> June 2025	Exploring options	Researching options
2 <sup>nd</sup> July 2025	Challenging prejudice and discrimination – what it means to be British.	Recognising and working against institutional injustice
9 <sup>th</sup> July 2025	Travel options – Raleigh International & volunteering abroad	Staying safe abroad and at home
16 <sup>th</sup> July 2025	The Year in Review	Planning for progression