

The IGS Personal Development Handbook

2024-25



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What is Personal Development?

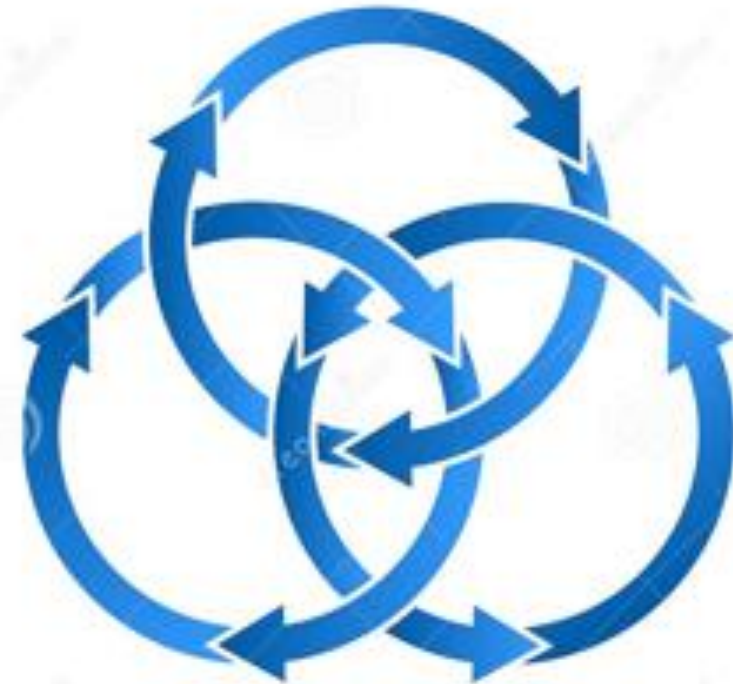
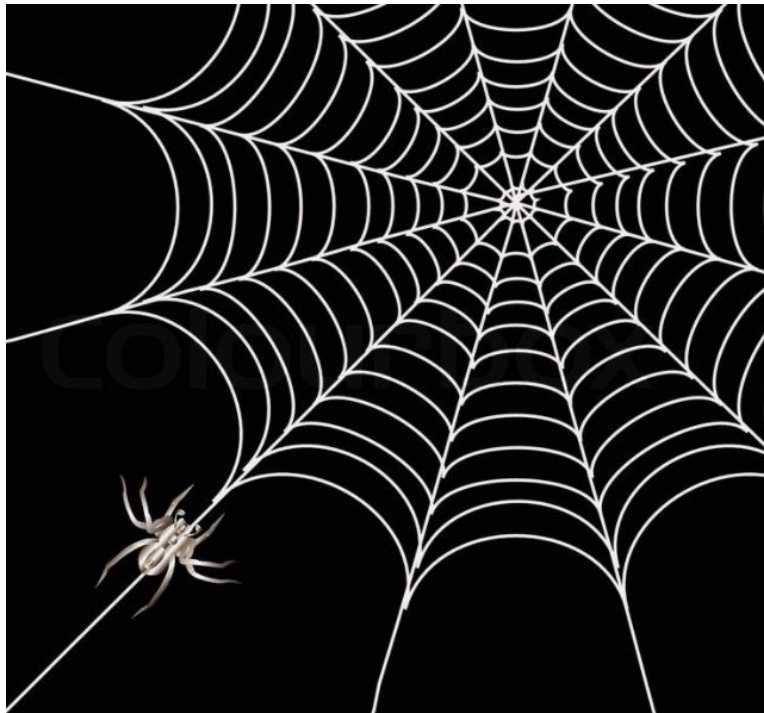
Personal Development is the combination of experiences across the taught curriculum, and beyond, which lead to the development of qualities such as...



What is Personal Development?

It is a web of experiences...

...creating virtuous circles...



« The more we do the more we become »

The 8 Personal Development strands at IGS



The vision for Personal Development at IGS

"In a real sense all life is inter-related. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be...

This is the inter-related structure of reality."

Martin Luther King Jr., Letter from Birmingham Jail

Curriculum Intent Statement:

Our vision for Personal Development at IGS is that by the time they leave all students are prepared to be responsible, respectful, engaged and influential and adult citizens, willing to act with both kindness and courage in order to make a positive difference to their own lives and those of others.

Over time each student will systematically build a uniquely rich set of skills, knowledge and experiences which will make them resilient, enable their character to develop, provide them with the qualities they need to flourish in society and to make a successful transition to each new stage of their lives.

They will be able to articulate with confidence and pride how the unique web of experiences they have built up over time combine to make them who they are, empowered as individuals to grow in both wisdom and stature.



The formula for Personal Development at IGS...

Knowledge, skills & experiences
(curriculum lessons + beyond)

+

Values

=

Personal
Development

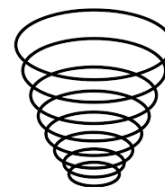
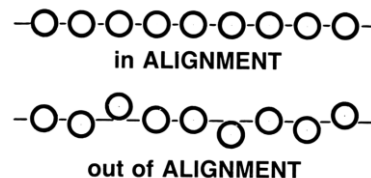
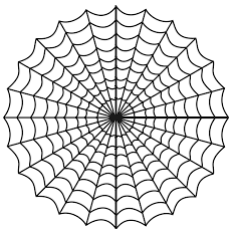


*Growing in wisdom &
stature*

Core principles for Personal Development at IGS

The Personal Development curriculum at IGS...

- is a 7-year ***journey*** which runs from Y7-13
- is a ***web of experiences*** unique to each individual
- is in ***alignment*** with the school vision and values
- is a ***curriculum*** with ***core content*** that all students will access each year in lessons like PBT and PSHE.
- This sits alongside the range of ***opt-in additional enrichment opportunities*** on offer which take place ***in and out of school***
- is ***interwoven*** with the main subject curriculum
- has a ***spiral structure*** with ***recurrent themes*** which are revisited and build over time as part of a ***joined-up vision*** for years 7-13
- offers a ***balance of general experiences*** alongside the opportunity for ***individual specialism***
- should enable students to ***confidently articulate*** and ***connect-up*** their experiences



The Personal Development Curriculum at IGS (SMSC curriculum)

PSHE curriculum	PBT & tutor time curriculum	The RE curriculum	The wider curriculum, extra-curriculum & super-curriculum
Aspects of the Citizenship curriculum			
Relationships, Sex Health Education	The Learner curriculum	6 world religions Understanding of and respect for different people's faiths and values	Key aspects of Personal Development are also 'delivered' through expert teaching by Curriculum Areas.
Living in the wider world (inc. economic literacy)	The Reader curriculum	Right and wrong and moral dilemmas	Students gradually specialise as they move through school
Health and wellbeing	The Mental Health curriculum		
	The Next Steps curriculum		

The assembly programme, awareness weeks and 'drop down' days introduce and reinforce aspects of Personal Devt.

British Values – Democracy, Tolerance and Respect, The Rule of Law, Individual Liberty



Is Personal Devt. optional or compulsory?

Personal Development is **delivered** through a complex 'web' of experiences both in and out of school

Compulsory/core curriculum

- PBT, tutor time and assemblies
- RSE, Citizenship, RE lessons (Curriculum Enrichment Programme (CEP) in Post-16)
- Activities in the main subjects students study each day
- Challenge & Celebration week options
- 'Drop Down' days and 'Awareness Weeks' such as Diversity Day and Wellbeing week

Optional Personal Development activities

- Extra-curricular opportunities at break, lunch and after school, at weekends e.g. Charities Week
- Super-curricular opportunities in different subjects e.g. competitions, wider reading, visiting speakers, theatre trips
- iLeader roles – Sports Leaders, eco-iLeaders, anti-bullying iLeaders
- Trips and visits at any time (these may or may not be organised by school)
- Out of school activities e.g. Sport, scouts, guides, a part-time job...



Examples of opt-in extra-curricular opportunities

[C] Year 8 Drama Club	[C] Other activity (HVM)	[C] C Arts- School Production	[I] Subject iLeader
[C] Year 7 Drama Club	[C] Open Evening Support	[C] C Arts- IGS Showcase	[I] Student Leadership Team/Ambassador
[C] Year 12- MH Champions- Wellbeing	[C] Olicana Scholars- Mr Revell	[C] C Arts- Creative Arts Festival	[I] Student Council
[C] Year 12- MH Champions	[C] Music- Y7/8 Band Night	[C] C Arts- Christmas Concert	[I] Sports Council
[C] Wellbeing iLeaders	[C] Music- Ukulele Club	[C] Breakfast club	[I] STEM Challenge iLeader
[C] Total Attendances	[C] Music- Samba Band	[C] Board Games Club- Mr Pearce	[I] Primary Sports Leader
[C] SS	[C] Music- Pop Choir	[C] Art- fun Christmas card designs	[I] Post-16 English LSA
[C] Revision- Physics	[C] Music- Orchestra	[C] Art- creative character illustrations	[I] Post-16 English Academic Mentor
[C] Revision- Chemistry	[C] Music- Jazz Band	[C] Art- Infinity Origami	[I] PBT iLeader
[C] Revision- Biology	[C] Music- Guitar Club	[C] Art Club	[I] Olicana Scholars
[C] Quiet room	[C] Music- GREASE Band	[C] Anti-bullying iLeaders	[I] Model UN Head iLeader
[C] Peri music- Strings Ms Hutton-Searle	[C] Music- Composing Club	[C] PE- Football Year 10	[I] Model UN
[C] Peri music- Singing Mrs Turner/Ms Thomas	[C] Music- Close Harmony	[C] PE- Dodgeball	[I] Mental Health Champions
[C] Peri music- Piano/keyboard Ms Topalian	[C] Music- Band Night	[C] PE- Dance	[I] Literature Festival iLeader
[C] Peri music- Guitar Mr Wells	[C] Model UN	[C] PE- Cross Country	[I] Library iLeader
[C] Peri music- Flute Ms Lewis	[C] Minecraft club	[C] PE- Basketball	[I] LGBTQ+ iLeader
[C] Peri music- Drums Mr Lewalski	[C] Menu Masters	Student Leadership Team Y8 Hub Helpers Interview panels P16 run enrichment e.g. sport	[I] KS3 Drama Subject Support
[C] Peri music- Clarinet/sax Mrs Wells	[C] MFL Film Club- Mrs Kelly		[I] KS3 Creative Writing Club Lead Student
[C] Peri music- Brass Mr Griffiths	[C] KS3 STEM- Science		[I] KS3 Creative Writing Club
[C] PE- cricket	[C] Intervention-Maths Past Paper Club/lunchtime revision sessions		[I] Higher Sports iLeader
[C] PE- Volleyball	[C] Intervention- Rise and Revise		[I] Gardening Club
[C] PE- Tennis	[C] Intervention- Maths		[I] Eco-iLeader
[C] PE- Rugby Year 9/10	[C] Inclusive Learning Homework		[I] Drama/Theatre Studies Mentor
[C] PE- Rugby Year 7/8	[C] Gardening club		[I] Drama/Theatre Studies Ambassador
[C] PE- Rounders	[C] G floor lunch time club- Mrs Iliff		[I] Drama Club iLeader
[C] PE- Netball Year 8/9	[C] Eco iLeaders		[I] Diversity iLeader
[C] PE- Netball Year 7	[C] Dungeons and Dragons- Mrs Brown		[I] Community iLeader
[C] PE- Netball (Senior) Year 10+	[C] Duke of Edinburgh		[I] Business Studies Mentor
[C] PE- Hockey	[C] Drama- Year 9 Script improvisation		[I] Bitesitze.Business Content Creator
[C] PE- <u>Girls</u> football	[C] Drama- Set Design & Props		[I] Art iLeader
[C] PE- Football Year 9	[C] Drama- Backstagers		[I] Anti-Bullying iLeader
[C] PE- Football Year 8	[C] Creative Writing Club		
[C] PE- Football Year 7	[C] Computing Club		
[C] PE- Football Year 11	[C] Christian Union		
	[C] Chess Club- Mr Spencer		

PBT, tutor time and assembly overview

A typical 2 week cycle – by year group

Week	Day	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Week A	Monday	Assembly	Weekly Bulletin & Values	Weekly Bulletin & Values	Weekly Bulletin & Values	Weekly Bulletin & Values	Weekly Bulletin & Values	Weekly Bulletin & Values
	Tuesday	Weekly Bulletin & Values	Assembly	Reading/tutor time	Reading/tutor time	Reading/tutor time	Super Tuesday	Briefing (Armitage)
	Wednesday	PBT	PBT	PBT	PBT	PBT	PBT	PBT
	Thursday	Shared Reading Y12 iLeader led	Shared Reading	Assembly	Moral Maze Prep	Moral Maze Prep	Moral Maze	Moral Maze
	Friday	Shared Reading	Shared Reading Y13 iLeader led	Reading/tutor time	Moral Maze Debate	Moral Maze Debate	Assembly (BHall)	TEd+ / Tutor Time
Week	Day	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Week B	Monday	Weekly Bulletin & Values	Weekly Bulletin & Values	Weekly Bulletin & Values	Weekly Bulletin & Values	Assembly	Weekly Bulletin & Values	Weekly Bulletin & Values
	Tuesday	Shared Reading	Shared Reading	Reading/tutor time	Reading/tutor time	Weekly Bulletin & Values	Super Tuesday	Briefing (Armitage)
	Wednesday	PBT	PBT	PBT	PBT	PBT	PBT	PBT
	Thursday	Shared Reading Y12 iLeader led	Shared Reading	Moral Maze Prep	Assembly	Reading/tutor time	Moral Maze	Moral Maze
	Friday	Shared Reading	Shared Reading Y13 iLeader led	Moral Maze Debate	Reading/tutor time	Reading/tutor time	Assembly (BHall)	TEd+ / Tutor Time

Example: The Year 7 Assembly Programme

	2024.2025	Link to value or personal development strand (IGS or FBV)
Autumn Term	<ol style="list-style-type: none"> Welcome assembly (SF/HOY) Leadership Launch (TJB) Student Council & Democracy Black History Month (Student led/ external speaker) Remembrance (Open up to staff) Antibullying week (Student led/external speaker) Charities week launch Interfaith week – the importance of religious festivals (RS team/ external speakers/ KSK) 	<ol style="list-style-type: none"> Respect, resilience, responsibility, pride, courage, kindness. Individual liberty, responsibility Democracy, responsibility Respect and tolerance Pride Courage and Kindness Kindness Respect and tolerance
Spring Term	<ol style="list-style-type: none"> Learner curriculum launch (LBC) The Equality Act – challenging stereotypes (real life examples) (EEG/ open up to staff) International women's day (external speakers) Citizenship launch – why is citizenship important (RB/EEG) Ramadan and Eid (external speakers) Cyberbullying and its consequences (HOD) 	<ol style="list-style-type: none"> Responsibility Rule of law, responsibility Pride Responsibility Respect, tolerance Courage and kindness
Summer Term	<ol style="list-style-type: none"> Using your voice – debating introduction (PREXYL/HOD/ visiting speaker) Why are relationships important? (EEG) Mental health awareness week (student led) Why do people celebrate pride? (KSK RED) Charities week (AAH) The world of work (VM/ visiting speakers) 	<ol style="list-style-type: none"> Courage Responsibility Courage Respect Pride Responsibility



Assemblies will typically..

- be aligned with V&V and Personal Devt. Strands
- explore inspirational & positive themes
- link to current affairs and national events & awareness weeks
- use a range of speakers from in and out of school including student groups e.g. iLeaders
- Be flexible to allow for assemblies to be responsive

Exemplar PBT overview Y7-13

Autumn Half Term 1 2024-25

Wk	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
1	Extended tutor time and transition activities PBT-break	Extended tutor time and transition activities PBT-break	Extended tutor time and transition activities PBT-break	Extended tutor time and transition activities PBT-break	Extended tutor time and transition activities PBT-break	Extended tutor time and transition activities PBT-break	Extended tutor time and transition activities PBT-break
2	Leadership & Enrichment Fayre in PBT 1st half (TJB/JLW)	Leadership & Enrichment Fayre in PBT 2nd half (TJB/JLW)	Learner Curriculum launch - Making a successful transition into Y9 (LBC/JM+) Enrichment Fayre lunchtime (SH)	Learner Curriculum launch - Making a successful transition into Y10 (LBC/JM+) Enrichment Fayre lunchtime (SH)	Learner Curriculum launch - Making a successful transition into Y11 (LBC/JM+) Enrichment Fayre lunchtime (SH)	Leadership & Enrichment Fayre in Sports Hall for PBT (TJB/JLW)	Enrichment Fayre in PBT and lunchtime (TJB/JLW)
3	PBT + TT programme launch + Target setting	Learner Curriculum launch - Making a successful transition into Y8 (LBC/JM+)	Leadership launch and applications (TJB/JLW)	Leadership launch and applications (TJB/JLW)	Leadership launch and applications (TJB/JLW)	Learner Curriculum launch - Making a successful transition into Y12 (AFO/JLP)	Personalised Next Steps launch
4	Leadership launch and applications (TJB)	Leadership launch and applications (TJB)	Mental Health & Wellbeing (NA)	Mental Health & Wellbeing (NA)	Next Steps launch assembly Bhall (AFO/VM)	Leadership launch and applications (TJB/JLW)	Leadership launch and applications (TJB/JLW)
5	Team building (PrExL+)	Mental Health & Wellbeing (NA)	Mental Health & Wellbeing (NA)	Mental Health & Wellbeing (NA)	Mental Health & Wellbeing (NA)	Learner Curriculum	Personal Devt Survey - to be used for UCAS references (JAG)
6	Team building (PrExL+)	Mental Health & Wellbeing (NA)	Mental Health & Wellbeing (NA)	Mental Health & Wellbeing (NA)	Mental Health & Wellbeing (NA)	Learner Curriculum	Personalised Next Steps
7	Team building (PrExL+)	Mental Health & Wellbeing (NA)	Mental Health & Wellbeing - Goal-setting (NA)	Mental Health & Wellbeing - Goal-setting (NA)	Mental Health & Wellbeing (NA)	Learner Curriculum	Personalised Next Steps
8	Shared Reading Booster (LBC/JM)	Mental Health & Wellbeing - Goal-setting (NA)	Learner Curriculum - Launch and Recap (LBC/JM)	TBC VM / European Day of Languages KSK	Learner Curriculum launch (LBC/JM)	Learner Curriculum	Personalised Next Steps

PBT

A Spiral Curriculum: Examples of 'golden threads' across different year groups



- Understanding mental health and wellbeing
- Stigmas and misconceptions
- Building a self-care toolkit (common apps KS3-4)
- Resilience toolkits
- Coping with stress – practical approaches
- Meditation and mindfulness
- Understanding where to access support



- Learner Curriculum-how can I be an effective learner? Homework, revision and independent study
- How can I be an effective learner? Organisational skills and personal attributes.
- Cognitive Science - how does my brain work? How does my memory work? How can I retrieve and memorise effectively?
- Resilience and self-regulation



- Options processes
- Careers Fair
- CVs, applications and mock interviews
- Understanding finances and managing money
- My rights and responsibilities in the workplace



Progress and
Experience
Leaders (PrExLs) +
tutors

Key roles and responsibilities 2024-25

+ Student
leadership roles

*C&C week
iLeaders*

Mr Carr
Mrs Robson (DofE)

Mrs Booth

*Community iLeaders
Eco-iLeaders*

*Diversity iLeaders
LGBTQ+ iLeaders
Anti-bullying
iLeaders*

Mr Kehoe
Mrs Griffiths

Mr Boyd

*Post-16 SLT
School Council
iLeader programme*

*Wellbeing
iLeaders*

Mr Adams

Mrs Capstick
Mr Fox (P16)

*Peer mentoring
programmes*

*Sports iLeaders
Literature Festival
iLeaders*

Miss Womack
Mr Burton (PE)

Mrs Marshall
Mr Sykes (P16)

Alumni

+ Subject teachers
and staff running
extra-curricular
activities



Systems, platforms and processes

1.

Information and opportunities
stored on Showbie



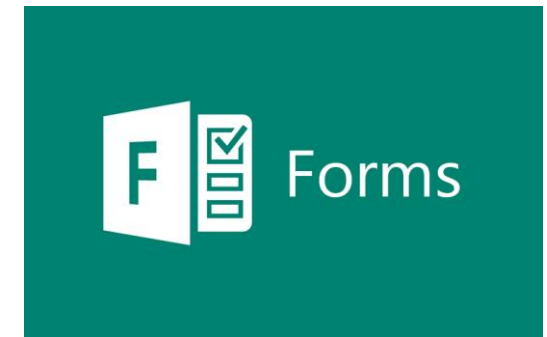
2.

Students participate in core
and optional activities



3.

Participation tracked and
monitored on MSForms and then
'self-reported' to parents, tutors
and students annually



Teachers 'drop' resources into their designated Showbie folder and launch/promote as normal, taking opportunities to encourage and promote the use of Showbie as a 'one-stop-shop'.

Home

Groups

Students

Y7 (Red Tie) Personal Devt. ...

1. Active Citizenship & Community

2 assignments / 4 folders

2. Leadership & Influence

5 assignments

3. Scholarship and Curiosity

3 assignments / 3 folders

4. Next Steps & Careers

7 assignments

5. Sport, Interests & Culture

5 assignments

6. Health & Wellbeing

1 assignment / 3 folders

7. Respect, Equality and Diversity

9 assignments / 1 folder

8. Discovery & Adventure

2 assignments

Sharing new posts with everyone

C

Write a comment...

Week A and B							
DAY	SPORT	YEAR	STAFF	VENUE	No STUDENTS FOR TRANSPORT	START	FINISH
Mon	Rugby	Y11 + 6 th form	ACF	IRUFC	N/A	3.15	5.00
	Netball	YB+9	KH/FEA	Sports Hall	N/A	3.00	4.30
	Football boys	Y10,11,6 th form	RCB/MWC	Field		3.15	4.30
	Football boys Year 7	Y7 Trials, 13 th , 20 th , 27 th Sept	SP	3G		3.15	4.30
	Hockey girls	All years	JH/AJK	Ben Rhydding Astro		3.15	4.30
Tues	Dance	9,10,11	KH	B Hall	N/A	3.00	4.15
	Rugby	Y7-10	ACF	IRUFC	N/A	3.30	5.00
	Netball	Y7	SB	Sports Hall	N/A	3.00	4.30
	Football boys	Y9	SP	Field		3.15	5.30
Wed	Football all girls	All year groups	LV/JG	3G		3.15	4.30
	Rugby	Y11+6 th form	ACF	IRUFC	N/A	3.00	4.30
Thurs	Badminton	Y7, 8, 9	JH	Sports Hall	N/A	2.30	3.45
	Football boys	YB	AE	3G		3.00	4.30
	Netball	Y10-13	FEA	Sports Hall	N/A	3.00	4.30
	Dance	Y7-8	KH	Gym	N/A	3.00	4.15
	Rugby	Y7-10	ACF	IRUFC	N/A	3.30	5.00
	Rugby Girls	All Years	ACF	Ben Rhydding Field		3.00	4.30
	Cross country	Y7-8,12	Week A MWC, AE Week B MWC, AE	Moors	N/A	11.40	12.20
	Cross Country	Y9,10,11,13	Week A+B AJK	Moors	N/A	13.00	13.40
Fri							

Accreditation and recognition (making it count)



Some accreditations are in place/secured others are in process/planned



We're working towards Artsmark
Awarded by Arts Council England



Personal Development PROMPTS

There are 8 Personal Development strands.
These are like a *web* as they are all interconnected...

The following pages contain examples of the types of activities in and out of school which will support Personal Development for students in each year group.



Activities in **bold** are examples of Personal Development activities that **all students** will encounter just by coming to school each day

Year 7: Examples of Personal Development activities

(**bold** = activity **all** students likely to access)

Strand	1. Active Citizenship & Community	2. Leadership & Influence	3. Scholarship & Curiosity	4. Next Steps & Careers	5. Sport, Interests & Culture	6. Health & Wellbeing	7. Respect, Equality & Diversity (RED)	8. Discovery & Adventure
CORE (all students) (Delivered in school)	<ul style="list-style-type: none"> Charities launch assembly Charities research in PBT Charities week activities (give examples) Children in need non-uniform day Citizenship lessons in PBT – How is our school run, elections, campaigning, laws and rules – how they keep us safe 	<ul style="list-style-type: none"> Leadership launch assembly and the Leadership and Enrichment Fayre Team-building in PBT Citizenship unit - Living in the wider world – politics, democracy, elections, campaigning, parliament & debates Moral Maze in tutor time Inter-tutor-group debating in tutor groups Delivering a presentation to your class Discussion and debate in lessons 	<ul style="list-style-type: none"> Shared reading in form time Learner Curriculum in PBT – being a responsible and organised learner World Book Day activities Subject specific approaches to effective study (e.g. how to revise in English, maths, French etc. 	<ul style="list-style-type: none"> FutureFest careers fair Finance module in PBT – the function and use of money, the importance of budgeting Next Step Programme in PBT (summer) & research and activities around job roles and sectors in PBT Provider assembly on Technical Education 	<ul style="list-style-type: none"> Launch of extra-curricular timetable <p>All these sport and creative subjects on your timetable automatically support your Personal Development</p> <ul style="list-style-type: none"> PE lessons Drama lessons Art lessons Music lessons DT, Food, Textiles lessons <p>Other subjects might support this too..</p>	<ul style="list-style-type: none"> Mental Health, self-care and wellbeing lessons in PBT PSHE lessons term 1+2: Managing emotions and friendships, Making healthy lifestyle choices, managing risks, puberty, staying safe online Can you think of any other subjects you are studying which help you stay healthy? Biology, Food Tec..? 	<ul style="list-style-type: none"> Values presentations in tutor time Black History Month assembly Remembrance assembly Interfaith week assembly PBT and other activities for anti-bullying week Citizenship term 2 lessons – staying safe online Topics studied in variety of subjects e.g., RE, History PSHE lessons Term 3 – Healthy and unhealthy relationships, being an upstander, communicating consent, bullying, cyberbullying, stereotyping 	<ul style="list-style-type: none"> Participating in the Nell Bank Day Citizenship lessons in Term 2 – Staying safe in the community Participating in Challenge and Celebration Week
In-school (organised by school)	<ul style="list-style-type: none"> Any activity where you are involved in fundraising for charity Fundraising activities for Children in Need Donating items to the food bank Eco iLeader role / Litter-picking Community iLeader role Supporting school events e.g. Open Evening Offering to help around school 	<ul style="list-style-type: none"> Signing up to become an iLeader Captain/vice-captain of a sports team Student Council / Sports Council Participating in an assembly Debating club + competitions Exploring the debating websites Performing music/drama in public e.g. Creative Arts festival or the school production Model UN Helping at school events such as Open Evening Presentation to class/group 	<ul style="list-style-type: none"> Independent research / extension work suggested by your teacher Lessons you have had on effective study / revision skills Subject-related clubs at school e.g., languages club Subject-related trips and visits Competitions 	<ul style="list-style-type: none"> Careers links made in subject lessons Trips and visits which are linked to careers and your future Visitors to school who talk about their jobs Careers meeting/interview at parent evening 	<ul style="list-style-type: none"> Attending or leading a lunch time or after-school club – football, netball, strategy games, chess, D&D, coding Playing in a sports team Participating in the school drama production Taking part in Xmas concert or Creative Arts Evening Taking part in Battle of the Bands Musical instrument 	<ul style="list-style-type: none"> Lunchtime or after school sports club Art/drama music club Other school club that you find relaxing Quiet room at lunchtime 	<ul style="list-style-type: none"> Topics studied in a variety of subjects e.g. History Anti-bullying i-Leader Diversity iLeader LGBT iLeader Safe Space Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity 	<ul style="list-style-type: none"> Visits to school by external speakers Trips linked to subject areas Drama residential
Out of school (organised yourself)	<ul style="list-style-type: none"> Volunteering at local events / for local organisations e.g. Ilkley Carnival Donating clothes/other items to charity Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club 	<ul style="list-style-type: none"> Captain/vice-captain of a local sports team Leading a warmup/ coaching session Scouts, Brownies or Guides, Cadets Performing or presenting in public connected to anything you do out of school Engaging in discussion and debate in an organised way online or in person 	<ul style="list-style-type: none"> Examples of books & magazines you read out of school High-quality and informative websites/podcasts / films that challenge your thinking Trips/visits which link to a subject you study at school e.g. History 	<ul style="list-style-type: none"> Part-time job Entrepreneurial activity Independent work experience / visits to a workplace Volunteering for local businesses/ organisations 	<ul style="list-style-type: none"> Playing for a local sports team Member of a gym Walking / biking / hiking Any out of school club e.g. martial arts, swimming Doing activities for enrichment e.g. painting Playing a musical instrument, performing in a band / cooking / musical / theatre 	<ul style="list-style-type: none"> Being a member of a gym Being a member of a church Meditation Yoga classes, Taequondo, Tai Chi Supportive online groups you are part of that support mental health Regular exercise, walking 	<ul style="list-style-type: none"> Films you have watched, podcasts you have listened to and books you have read that explore the importance of respecting others. Organisations you support e.g. Amnesty International, Refugee Action Organisations or individuals you follow on Social Media e.g Greta Wearing a pride badge in support of LGBTQ+ 	<ul style="list-style-type: none"> Holidays where you did ‘more than just relax’ such as activity holidays or visiting a capital city Trips to art galleries, the theatre, cities Attending major sporting events

Year 8: Examples of Personal Development activities (**bold** = activity **all** students likely to access)

Strand	1. Active Citizenship & Community	2. Leadership & Influence	3. Scholarship & Curiosity	4. Next Steps & Careers	5. Sport, Interests & Culture	6. Health & Wellbeing	7. Respect, Equality & Diversity (RED)	8. Discovery & Adventure
CORE (all students) (Delivered in school)	<ul style="list-style-type: none"> Charities launch assembly Charities research in PBT Children in need non-uniform day Citizenship lessons in PBT – How parliament enacts change, living by our values, police and the public services Completing Born In Bradford Survey Being a HUB helper 	<ul style="list-style-type: none"> Leadership launch assembly & Leadership and Enrichment Fayre Citizenship lessons in Term 1 - Living in the wider world – how parliament works and how they enact change, freedom of speech Moral Maze in tutor time Inter-tutor-group debating in tutor groups Being a HUB Helper A presentation given to the class Discussion and debate in lessons 	<ul style="list-style-type: none"> Learner Curriculum in PBT – self-regulation, goal setting, metacognition, growth mindset Shared reading in form time Subject specific approaches to effective study (e.g. how to revise in English, maths etc. Learner Curric. Summer term – working V long-term memory, consolidation & retrieval 	<ul style="list-style-type: none"> FutureFest careers fair Y8 Options launch assembly & process Options evening Y8 Next Steps lessons in PBT (see Showbie) Provider assembly on Technical Education – Leeds City College Finance module in PBT – Bank accounts, recognising scams and fraud, financial risk 	<ul style="list-style-type: none"> Launch of extra-curricular timetable <p>All the sport and creative subjects on your timetable automatically support your Personal Development</p> <ul style="list-style-type: none"> PE lessons Drama lessons Art lessons Music lessons DT, Food, Textiles lessons <p>Other subjects might support this too</p> <p>Summer Term: Enrichment option in PBT</p>	<ul style="list-style-type: none"> Taking part in self-care and mental health awareness lessons in PBT Assemblies with a health & wellbeing focus Born in Bradford Survey PSHE lessons term 2 – making healthy choices – substance misuse, energy drinks, habit V dependency Water safety PBT/assembly 	<ul style="list-style-type: none"> Values presentations in tutor time PSHE Term 1 - Living in the wider world lessons: The Equality Act, rights, freedom of speech, challenging racism, radicalisation, homophobia, biphobia and transphobia, digital responsibilities and safety online RE Jewish Anthropology topic Assemblies: Interfaith week, Black History Month assembly, Remembrance, anti-bullying week LGBT History/Pride assembly PSHE Term 3 – healthy relationships, consent, genderstereotypes, basic contraception, image sharing 	<ul style="list-style-type: none"> Participating in Challenge and Celebration Week London or local option
In-school (organised by school)	<ul style="list-style-type: none"> Any activity where you are involved in fundraising for charity Donating items to the food bank Fundraising activities for Children in Need Eco iLeader role / Litter-picking Community iLeader Supporting school events e.g. Open Evening Helping around school 	<ul style="list-style-type: none"> Signing up to become an iLeader? Student Council / Sports Council Captain/vice-captain of a school team A presentation given to the class or a group Participating in an assembly Debating club + competitions Exploring the debating websites Performing music/drama in public e.g Creative Arts festival or school play Discussion and debate in lessons Model UN Helping at events e.g. Open Evening 	<ul style="list-style-type: none"> Independent research / extension work suggested by your teacher Lessons on effective study / revision skills Subject-related clubs at school e.g. languages club Subject-related trips and visits Competitions 	<ul style="list-style-type: none"> Careers links made in subject lessons Trips and visits which are linked to careers and your future Visitors to school who talk about their jobs Careers meeting/interview at parent evening 	<ul style="list-style-type: none"> Attending/leading a lunchtime or after-school club – football, netball, strategy games, chess, D&D Playing in a sports team Participating in school drama production Xmas concert or in Creative Arts Evening Taking part in Battle of the Bands Musical instrument 	<ul style="list-style-type: none"> Lunchtime or after school sports club Art/drama music club Other school club that you find relaxing Quiet room at lunchtime 	<ul style="list-style-type: none"> Topics studied in a variety of subjects e.g. History Anti-bullying i-Leader Diversity iLeader LGBT iLeader Safe Space Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity 	<ul style="list-style-type: none"> Visits to school by external speakers Trips and visits led by subjects Drama residential
Out of school (organised yourself)	<ul style="list-style-type: none"> Volunteering at local events / for local organisations Donating clothes to charity Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club 	<ul style="list-style-type: none"> Captain/vice-captain of a sports team Leading a warmup/ coaching session Scouts, Brownies, Guides, Cadets Performing or presenting in public connected to anything you do out of school Engaging in discussion and debate in an organised way online or in person 	<ul style="list-style-type: none"> Books & magazines you read out of school High-quality and informative websites/podcasts / films that challenge your thinking Trips/visits organised out of school which link to studies e.g. History 	<ul style="list-style-type: none"> Part-time job Entrepreneurial activity Volunteering for local businesses/ organisations Independent work experience / visits to a workplace 	<ul style="list-style-type: none"> Playing for sports team Member of a gym Walking /biking / hiking Out of school club e.g. martial arts, dance, chess,swimming, climbing Enrichment activities e.g. painting Musical instrument, band / cooking/musical theatre 	<ul style="list-style-type: none"> Member of a gym Member of a church Meditation, yoga classes, taequondo, tai chi Supportive online groups you are part of that support mental health and wellbeing Regular exercise, walking 	<ul style="list-style-type: none"> Films you have watched, podcasts you have listened to and books you have read that explore the importance of respecting others. Organisations you support e.g. Amnesty International, Refugee Action Organisations or individuals you follow on Social Media e.g Greta Wear a pride badge in support of LGBTQ+ 	<ul style="list-style-type: none"> Holidays where you did ‘more than just relax’- activity holidays/ visiting a capital city monuments Trips to art galleries, theatre, major cities Attending major sporting events

Year 9: Examples of Personal Development activities

(**bold** = activity **all** students likely to access)

Strand	1. Active Citizenship & Community	2. Leadership & Influence	3. Scholarship & Curiosity	4. Next Steps & Careers	5. Sport, Interests & Culture	6. Health & Wellbeing	7. Respect, Equality & Diversity (RED)	8. Discovery & Adventure
CORE (all students) (Delivered in school)	<ul style="list-style-type: none"> Charities launch assembly Charities research in PBT Charities Week activities (give examples) Children In Need non-uniform day Born in Bradford Survey (autumn term) Citizenship lessons in PBT – the importance of community, how laws help us to deal with complex problems, the justice system 	<ul style="list-style-type: none"> Leadership launch assembly and Leadership & Enrichment Fayre Moral Maze in tutor time Inter-tutor-group debating in tutor groups Citizenship lesson in PBT – giving constructive feedback A presentation given to the class Discussion and debate in lessons 	<ul style="list-style-type: none"> Reading in tutor time Year 9 Learner Curriculum in PBT – How to be an excellent learner – understanding, consolidation, memorisation and application Lessons on effective study / revision skills in different subjects 	<ul style="list-style-type: none"> FutureFest careers fair Next Steps programme in PBT – community, stereotypes, work-life balance Y9 Options assembly Y9 Options Evening Assembly from Leeds City College on Technical Education Finance module Summer Term – budgeting, finance, loans/mortgages, credit ratings/credit cards 	<ul style="list-style-type: none"> Launch of extra-curricular timetable Core PE lessons One or more creative subjects – Art, Drama, Media, Technology, Music Subjects you study that link to your interests Summer Term - Enrichment choices in PBT 	<ul style="list-style-type: none"> Taking part in self-care and mental health awareness activities in PBT Year 9 RE lessons Born in Bradford Survey PSHE lessons Term 1+2 – recognising different behaviours e.g. aggressive and assertive behaviour, risks of cannabis use, gangs and knife crime, healthy relationships, trust, sleep, diet, body image 	<ul style="list-style-type: none"> Values presentations in tutor time Year 9 RE unit – The pursuit of happiness, ethics Assemblies: Interfaith week, Black History Month, Remembrance, LGBT History/Pride/ Anti-bullying week activities PSHE Term 3 – gender roles, relationship stages, online safety, consent, marriage, stages of relationships, pornography risks, explicit images 	<ul style="list-style-type: none"> Participating in Challenge and Celebration Week - Shropshire – The Big Outdoors or in-school activities
In-school (organised by school)	<ul style="list-style-type: none"> Any activity where you are involved in fundraising for charity Donating items to the food bank Raising money for Children in Need Eco iLeader role / Litter-picking Community iLeader Supporting school events e.g. Open Evening Offering to help around school DofE Bronze service 	<ul style="list-style-type: none"> iLeader roles? Captain/vice-captain of team Student/Sports Council Participating in an assembly Debating club+ competitions Exploring the debating websites on Showbie Performing music/drama Helping at school events such as Open Eve Model UN / DofE Bronze 	<ul style="list-style-type: none"> Independent research / extension work suggested by your teacher Lessons on effective study / revision skills Subject-related clubs at school e.g. languages club Subject-related trips and visits Competitions 	<ul style="list-style-type: none"> Careers links made in subject lessons Trips and visits which are linked to careers and your future Visitors to school who talk about their jobs Careers meeting/interview at parent evening 	<ul style="list-style-type: none"> Attending a lunch/after-school club – Strategy Games, chess, D&D Playing in a sports team Participating in the school drama production/Xmas concert /Creative Arts Eve iLeader helping at a club Taking part in Battle of the Bands Playing musical instrument 	<ul style="list-style-type: none"> Lunchtime or after school sports club Art/drama/music club Other school club that you find relaxing Quiet room at lunchtime 	<ul style="list-style-type: none"> Topics studied in a variety of subjects e.g. History Anti-bullying i-Leader Diversity iLeader LGBT iLeader Safe Space Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity 	<ul style="list-style-type: none"> Visits to school by external speakers Trips and visits led by subjects e.g. Battlefields / Coutances exchange DofE bronze KS3 Ski Trip Drama residential
Out of school (organised yourself)	<ul style="list-style-type: none"> Volunteering at local events / for local organisations e.g. Ilkley Carnival Donating clothes/other items to charity Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club 	<ul style="list-style-type: none"> Captain/vice-captain of a local sports team Leading a warm up/ coaching session Scouts, Brownies, Guides, Cadets Performing or presenting in public connected to anything you do out of school Engaging in discussion and debate in an organised way online or in person 	<ul style="list-style-type: none"> Books & magazines you read out of school High-quality and informative websites/podcasts / films that challenge your thinking Trips/visits which link to a subject you study at school eg. History 	<ul style="list-style-type: none"> Part-time job Entrepreneurial activity Volunteering for local businesses/ organisations Self-organised work experience or part-time job 	<ul style="list-style-type: none"> Playing for a local sports team Member of a gym Walking/biking/hiking Any out of school club e.g. martial arts, dance, swimming Doing activities for enrichment e.g. painting Playing a musical instrument Performing in a band / cooking / musical / theatre 	<ul style="list-style-type: none"> Being a member of a gym Being a member of a church Meditation Yoga classes, Taequondo, Tai Chi Supportive online groups you are part of that support mental health and wellbeing Regular exercise, walking 	<ul style="list-style-type: none"> Films you have watched, podcasts you have listened to and books you have read that explore the importance of respecting others. Organisations you support e.g. Amnesty International, Refugee Action Organisations or individuals you follow on Social Media e.g. Greta Wear a pride badge in support of LGBTQ+ 	<ul style="list-style-type: none"> Holidays where you did 'more than just relax' such as activity holidays or visiting a capital city Trips to art galleries, the theatre, major cities Attending major sporting events

Year 10: Examples of Personal Development activities (**bold** = activity **all** students likely to access)

Strand	1. Active Citizenship & Community	2. Leadership & Influence	3. Scholarship & Curiosity	4. Next Steps & Careers	5. Sport, Interests & Culture	6. Health & Wellbeing	7. Respect, Equality & Diversity (RED)	8. Discovery & Adventure
CORE (all students) (Delivered in school)	<ul style="list-style-type: none"> Charities launch assembly Children in need non-uniform day Charities research in PBT Charities Week activities (give examples) Born in Bradford Survey (autumn term) Citizenship lessons in PBT – democracy and dictatorship, elections, the tripartite system of government, public money, laws, Human Rights & International laws, general elections, voting age 	<ul style="list-style-type: none"> Leadership launch assembly Leadership and Enrichment Fayre Moral Maze in tutor time Inter-tutor-group debating in tutor groups (summer term) A presentation given to the class Discussion and debate in lessons 	<ul style="list-style-type: none"> Reading in tutor time Year 10 Learner Curriculum lessons in PBT – the qualities of an effective learner, learning and wellbeing, steps for success, applying revision techniques, prioritisation, high leverage revision Lessons on effective study / revision skills in different subjects 	<ul style="list-style-type: none"> FutureFest careers fair Work experience Launch assembly World of Work PBT sessions – researching jobs, covering letter, mock application Summer term Finance module in PBT – Savings Options, compound interest and preventing debt Mock Interview with feedback from an employer WEx in C&C week Assembly on Technical Education 	<ul style="list-style-type: none"> Launch of extra-curricular timetable Core PE lessons One or more creative subjects – Art, Drama, Media, Technology, Music Subjects you study that link to your interests 	<ul style="list-style-type: none"> PBT curriculum - Taking part in self-care and mental health awareness PSHE Term 2 – Role models, media influence, drugs and decision-making, peer influence, exit strategies, PSHE Term 3 – body shaming and safe sex (pregnancy) 	<ul style="list-style-type: none"> Y10 RE module – Islam and Humanism Interfaith week assembly PSHE module Term 1 – community, the Equality Act, managing conflict & discrimination, recognising extremism and radicalisation Values presentations Assemblies: Black History Month, Remembrance, LGBT History/Pride/anti-bullying Topics studied in subjects e.g., History, Philosophy PSHE Term 3 – unhealthy relationships, coercion, cuckooing, consent, HBV, FGM 	<ul style="list-style-type: none"> Work Experience in C&C week
In-school (organised by school)	<ul style="list-style-type: none"> Any activity where you are involved in fundraising for charity Donating items to the food bank Charities research in PBT Raising money for Children in Need Eco iLeader role / Litter-picking Community iLeader Supporting school events e.g. Open Evening Offering to help around school DofE silver (service) 	<ul style="list-style-type: none"> iLeader roles? Captain/vice-captain of team Student/Sports Council Participating in an assembly Debating club + competitions Exploring debating websites Performing music/drama in public e.g Creative Arts festival or school play Helping at school events e.g. Open Eve Model UN / DofE silver 	<ul style="list-style-type: none"> Attending an Ilkley Literature festival event Independent research / extension work Lessons on effective revision techniques UK Maths challenge Subject-related clubs at school e.g. languages club Subject-related trips and visits 	<ul style="list-style-type: none"> Careers links made in subject lessons Trips and visits which are linked to careers and your future Visitors to school who talk about their jobs Careers meeting/interview at parent evening 	<ul style="list-style-type: none"> Attending a lunchtime/ after-school club – netball, strategy Games, chess, D&D, coding Playing in a sports team Participating in the school drama production / Creative Arts Evening iLeader helping at a club Taking part in Battle of the Bands Musical instrument 	<ul style="list-style-type: none"> Lunchtime or after school sports club Art/drama/music club Other school club that you find relaxing Quiet room at lunchtime 	<ul style="list-style-type: none"> Topics studied in a variety of subjects e.g. history, RE Anti-bullying i-Leader Diversity iLeader LGBT iLeader Safe Space Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity 	<ul style="list-style-type: none"> Visits to school by external speakers Subject Trips and visits e.g.Coutances / Madrid Geography Bay of Naples KS4 Ski Trip DofE silver Drama residential
Out of school (organised yourself)	<ul style="list-style-type: none"> Volunteering at local events / for local organisations e.g. Ilkley Carnival Donating clothes/other items to charity Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club 	<ul style="list-style-type: none"> Captain/vice-captain of a local sports team Leading a warm-up/ coaching session Scouts, Brownies, Guides, Cadets Performing or presenting in public connected to anything you do out of school Engaging in discussion and debate in an organised way online or in person 	<ul style="list-style-type: none"> Books & magazines you read out of school High-quality and informative websites/podcasts / films that challenge your thinking Trips/visits which link to a subject you study at school eg. History 	<ul style="list-style-type: none"> Part-time job Entrepreneurial activity Volunteering for local businesses/ organisations Self-organised work experience 	<ul style="list-style-type: none"> Playing for a local sports team Member of a gym Walking/biking/hiking Out of school clubs e.g. martial arts, dance, swimming Activities for enrichment e.g. painting Musical instrument Performing in a band / cooking / musical / theatre 	<ul style="list-style-type: none"> Being a member of a gym Being a member of a church Meditation Yoga classes, Taequondo, Tai Chi Online groups you are part of that support mental health and wellbeing Regular exercise, walking 	<ul style="list-style-type: none"> Films, podcasts and books you have read that explore respect for others. Organisations you support e.g. Amnesty International, Refugee Action Organisations or individuals you follow on Social Media e.g Greta Wear a pride badge in support of LGBTQ+ 	<ul style="list-style-type: none"> Holidays where you did 'more than just relax' such as activity holidays or visiting a capital city Trips to art galleries, the theatre, major cities Attending major sporting events

Year 11: Examples of Personal Development activities (**bold** = activity **all** students likely to access)

Strand	1. Active Cit& Community	2. Leadership & Influence	3. Scholarship & Curiosity	4. Next Steps & Careers	5. Sport, Interests & Culture	6. Health & Wellbeing	7. Respect, Equality & Diversity (RED)	8. Discovery & Adventure
CORE (all students) (Delivered in school)	<ul style="list-style-type: none"> Charities launch assembly Children in need non-uniform day Citizenship lessons in PBT – Democracy & the free press, the Commonwealth, the UN, Human Rights and International Law, Charities Week – raising money with your form 	<ul style="list-style-type: none"> Leadership launch assembly Leadership and Enrichment Fayre Moral Maze in tutor time A presentation given to the class Discussion and debate in lessons 	<ul style="list-style-type: none"> Reading/revision in tutor time Learner Curriculum in PBT – metacognition, ‘steps to success’, practice in controlled conditions, growth mindset Revision skills Info evening Lessons on effective study / revision skills 	<ul style="list-style-type: none"> FutureFest careers fair Next Steps Assembly Post-16 options activity in PBT Post-16 Open Evening Post-16 Next Steps interview Post-16 Taster Day Apprenticeships assembly from Bradford College Finance module in PBT – savings, insurance, pensions and financial planning Post-16 Induction Day (Summer term) 	<ul style="list-style-type: none"> Launch of extra-curricular timetable Core PE lessons One or more creative subjects – Art, Drama, Media, Technology, Music Subjects you study that link to your interests 	<ul style="list-style-type: none"> Y11 PSHE topic – relationship status and the law, core relationship values, communicating harassment, fertility, pregnancy, abortion laws and rights, checking for cancer Taking part in self-care and mental health awareness PBT sessions 	<ul style="list-style-type: none"> Y11 PSHE – creating positive content online, challenging harassment, challenging appearance ideals Black History month, anti-bullying week activities Assemblies: LGBT History/Pride, International Woman’s Day Remembrance and the holocaust Values Presentations in tutor time Topics studied in subjects e.g. History, RE, English, Geography 	Year 11 are not in school during C&C week
In-school (organised by school)	<ul style="list-style-type: none"> Donating items to the food bank Charities research in PBT PE lesson - hockey club fund raiser Fundraising for charity Children in Need Eco iLeader role/Litter-picking Community iLeader Supporting school events e.g. Open Evening Offering to help around school DofE service 	<ul style="list-style-type: none"> Any iLeader role Student / Sports Council Presentation given to the class Participating in an assembly Debating club/competitions Exploring debating websites Performing music/drama Discussion and debate in lessons Model UN / DofE Helping at school events such as Open Eve 	<ul style="list-style-type: none"> Independent research / extension work suggested by your teacher Lessons on effective revision techniques UK Maths challenge Subject-related clubs at school e.g. languages club Subject-related trips and visits 	<ul style="list-style-type: none"> Careers links made in subject lessons Trips and visits which are linked to careers and your future Visitors to school who talk about their jobs Careers meeting/interview at parent evening Booking a careers interview with the school careers advisor 	<ul style="list-style-type: none"> A creative or sport-repeated options subject (GCSE) Attending an after-school club – Strategy Games, chess, D&D Playing in a sports team Attending a lunch time club Participating in the school drama production / Xmas concert / Creative Arts Evening / Battle of the Bands iLeader helping at a club Musical instrument 	<ul style="list-style-type: none"> Lunchtime or after school sports club Art/drama/music club Other school club that you find relaxing Quiet room at lunchtime 	<ul style="list-style-type: none"> Topics studied in a variety of subjects e.g. history, RE Anti-bullying i-Leader Diversity iLeader LGBT iLeader Safe Space Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity 	<ul style="list-style-type: none"> Subject specific trips e.g. Bay of Naples (Geog) Visits to school by external speakers Trips and visits led by subjects e.g. Coutances exchange KS4 Ski Trip Drama residential
Out of school (organised yourself)	<ul style="list-style-type: none"> Volunteering at local events / for local organisations Donating clothes to charity Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club 	<ul style="list-style-type: none"> Captain/vice-captain of a sports team Leading a warm-up/coaching session Scouts, Brownies, Guides, cadets Performing or presenting in public out of school Engaging in discussion and debate in an organised way online or in person 	<ul style="list-style-type: none"> Books & magazines you read out of school High-quality and informative websites/podcasts / films that challenge your thinking Trips/visits which link to a subject eg. History 	<ul style="list-style-type: none"> Part-time job Entrepreneurial activity Volunteering for local businesses/ organisations 	<ul style="list-style-type: none"> Local sports team Member of a gym / Walking / biking / hiking Any out of school club e.g. Martial arts, dance Swimming Enrichment activities e.g. painting Playing an instrument Performing in a band / cooking / musical / theatre 	<ul style="list-style-type: none"> Being a member of a gym Being a member of a church Meditation Yoga classes, Taequondo, Tai Chi Supportive online groups you are part of that support mental health and wellbeing Participating regularly in exercise 	<ul style="list-style-type: none"> Films, podcasts, books you have read that address the importance of respecting others. Organisations you support e.g. Amnesty International, Refugee Action Organisations or individuals you follow on Social Media e.g Greta Wear a pride badge in support of LGBTQ+ 	<ul style="list-style-type: none"> Holidays where you did ‘more than just relax’ such as activity holidays or a capital city Trips to art galleries, the theatre, cities Attending major sporting events

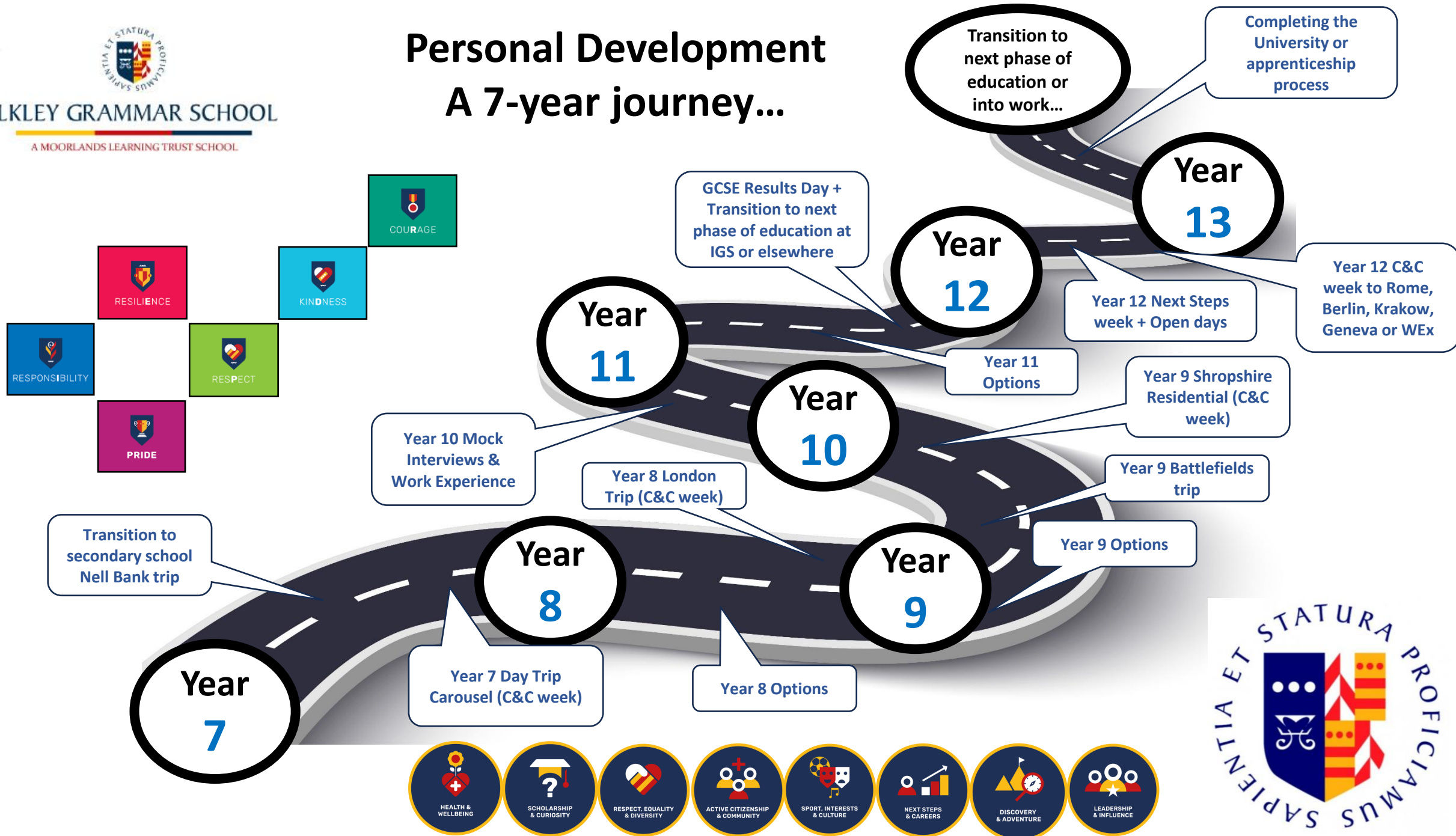
Y12/13: Examples of Personal Development activities

(**bold** = activity **all** students likely to access)

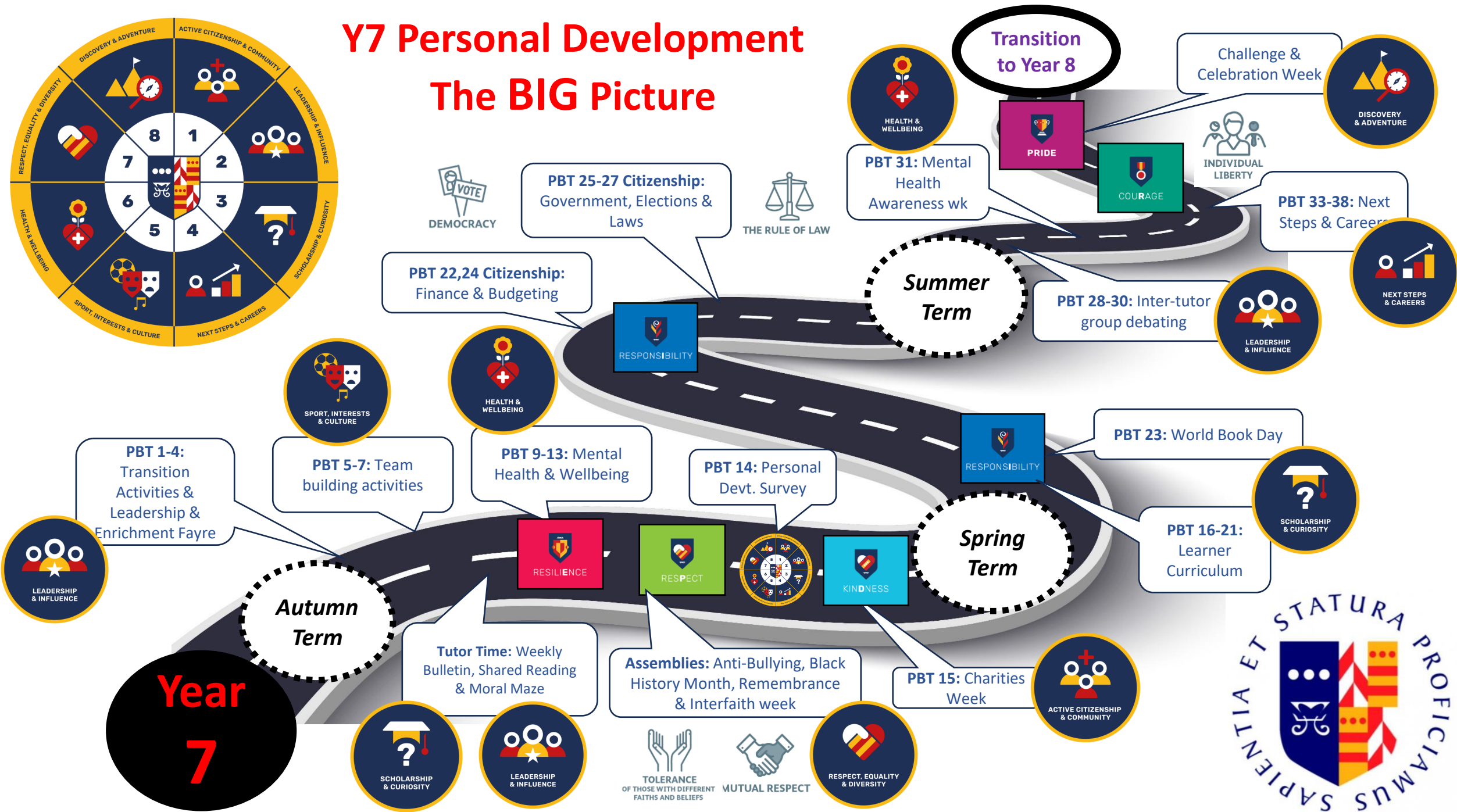
Strand	1. Active Cit. & Community	2. Leadership & Influence	3. Scholarship & Curiosity	4. Next Steps & Careers	5. Sport, interests & Culture	6. Health & wellbeing	7. Respect, Equality & Diversity	8. Disc. & Adventure
CORE (all students) (Delivered in school)	<ul style="list-style-type: none"> Charities week launch assembly Children in Need non-dress-code day Raising money during Charities Week with your form Raising money for Children in Need Y12 Citizenship in PBT – voting, activism Y13 Citizenship in PBT – Voting, politics and active democracy 	<ul style="list-style-type: none"> Leadership launch assembly Leadership and Enrichment Fayre Great Speeches Moral Maze debating in tutor time Presentations in PBT Presentation given to your class PSHE Y13 – Managing conflicting views 	<ul style="list-style-type: none"> Year 12 + 13 PBT Learner Curriculum –Independent study skills for P16, planning, personal organisation, the psychology of learning, cognitive load, working memory, sensory memory, encoding, retrieval, the Cornell method PBT Lessons and Assemblies on effective study / revision skills Specialist subject-specific approaches to effective study integrated with subject curricula 	<ul style="list-style-type: none"> FutureFest careers fair Participating in Next Steps week (summer of Y12) Signing up for Open Days and university visits (from summer of y12) Y12 Finance module in PBT in term 3 – Employment, Basics of banking, gap years, Next Steps (Post mock exams) Y13 PBT sessions in Term 2/3 – Preparation for life after IGS – preparing for a new way of studying, cooking independently, preparing for financial independence 	<ul style="list-style-type: none"> Launch of extra-curricular timetable Cultural links within subjects studied at A level / BTEC – see Subject enrichment reading lists Great Speeches in PBT 	<ul style="list-style-type: none"> Y12 PSHE - Looking after personal health, cancer screening, managing stress independently, diet and sleep, self-image Y13 PSHE – Self-care + exams, work-life balance Parenting, fertility, body alteration, self-examination, impact of alcohol on relationships Y13 PBT – safety when independent – driving and travel safety, mental health 	<ul style="list-style-type: none"> Y12 PSHE – Relationship equality, challenging violence, impact of pornography, substance misuse/abuse in relationships, challenging discrimination, de-escalation Y13 PSHE – faith and culture in relationships, challenging toxic cultures Topics across the range of A Level/BTEC subjects e.g. Sociology, Criminology etc. Assemblies: Black Hist. Month, Remembrance, LGBT History / Pride /Inter-faith week/ Ostracism 	<ul style="list-style-type: none"> Participating in C&C week in Y12 – Berlin, Rome, Krakow, Geneva Next Steps and university-related trips
In-school (organised by school)	<ul style="list-style-type: none"> Any activity where you are raising money for charity Donating items to the food bank Becoming an iLeader IGS News iLeader / Eco-iLeader / Community iLeader STEM iLeader Supporting school events e.g. Open Eve DofE service 	<ul style="list-style-type: none"> Any iLeader role incl. SLT School Council Subject mentoring / Peer-to-peer support Leadership role in a school sports team EPQ presentation Sports Council / Sports Leader (qualification) Reading about Leadership in Wider reading booklet Supporting school events Model UN 	<ul style="list-style-type: none"> Independent research Subject-related clubs at school e.g. languages club Subject-related trips and visits EPQ research and essay Essay competitions UKMT Senior Maths challenge, British Physics Olympiad Reading/listening/ watching something on the Subject Enhancement (Wider Reading) Ilkley Literature Festival 	<ul style="list-style-type: none"> Opportunities shared in the weekly powerpoint Art/Photography careers iLeader Work Experience as part of your course (H&S) WEx Enrichment option Careers opportunities provided by subject areas Attending a conference (online or in person) 	<ul style="list-style-type: none"> Post-16 Social Sport Creative/sporting subjects at A level/BTEC Playing for a school sports team School production / Xmas concert / Creative Arts fest. Sports Leadership qualification iLeader roles/Sports Council /Art/Photography club iLeader / Battle of the Bands 	<ul style="list-style-type: none"> Gaining accreditation as a Mental Health iLeader Using self-care resources in the Personal Devt folder Mental Health First Aid qualification Lunchtime/after school club Quiet room at lunchtime 	<ul style="list-style-type: none"> Becoming a Diversity iLeader Model UN Anti-bullying iLeader LGBTQ+ safe space iLeader Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity 	<ul style="list-style-type: none"> Exchanges Subject-related trips Visits by external speakers D of E trips Ingleborough Drama residential KS5 Ski Trip Geog- Iceland
Out of school (organised yourself)	<ul style="list-style-type: none"> Raising money for charity e.g marathon Volunteering / supporting community events e.g. Climate Action Ilkley / Ilkley Lit. Fest. Member of nat. charity/organisation Volunteering with scouts/guides/cadets/ Rainbows / cubs Donating to Food Bank Going to church 	<ul style="list-style-type: none"> Captain of a sports team Coaching and refereeing Scouts, brownies or guides Taking a leading role in activities out of school Leadership or training role at work e.g. health and safety Private teaching or tutoring Performing or presenting in public Engaging in discussion and debate in an organised way online or in person 	<ul style="list-style-type: none"> Books & magazines you read out of school High-quality and informative websites/podcasts / films / TED Talks that challenge thinking Watching online lectures Trips/visits which link to a subject you study eg. History Reading/listening/ watching something on the Subject Enhancement lists Independent research MOOCs (Massive Open Online Courses) 	<ul style="list-style-type: none"> Applying for and/or securing a Part-time job WEx of any kind (incl. online) Attending Open Day and visiting a university Conversation with someone you know and trust about their experience of work Entrepreneurial activity Wider reading related to your chosen career path Gaining work-based qualifications e.g. lifeguarding, food hygiene 	<ul style="list-style-type: none"> Playing sport for a local team Walking/hiking/ climbing /biking / marathon running Out of school clubs – dance, martial arts, drama, art, creative writing, choir Enrichment activities at home e.g. painting Musical instrument In a band, Youth Orchestras Cooking, church, Air Cadets, visiting Art Galleries Gaming/coding 	<ul style="list-style-type: none"> Member of a gym Member of a church Meditation / Yoga classes, Taequondo, Tai Chi Online groups supporting mental health and wellbeing Read self-help books & listen to podcasts Cooking Online MH support 	<ul style="list-style-type: none"> Films, podcasts, books addressing respect, equality and diversity Organisations you support e.g. Amnesty International, Refugee Action Organisations or individuals on Social Media e.g Greta Attending youth club Volunteering Customer service at work Joining a political party Wear a pride badge in support of LGBTQ+ 	<ul style="list-style-type: none"> Holidays where you did ‘more than just relax’ Trips to Art Galleries, the theatre, major cities Attending major sporting events

Personal Development

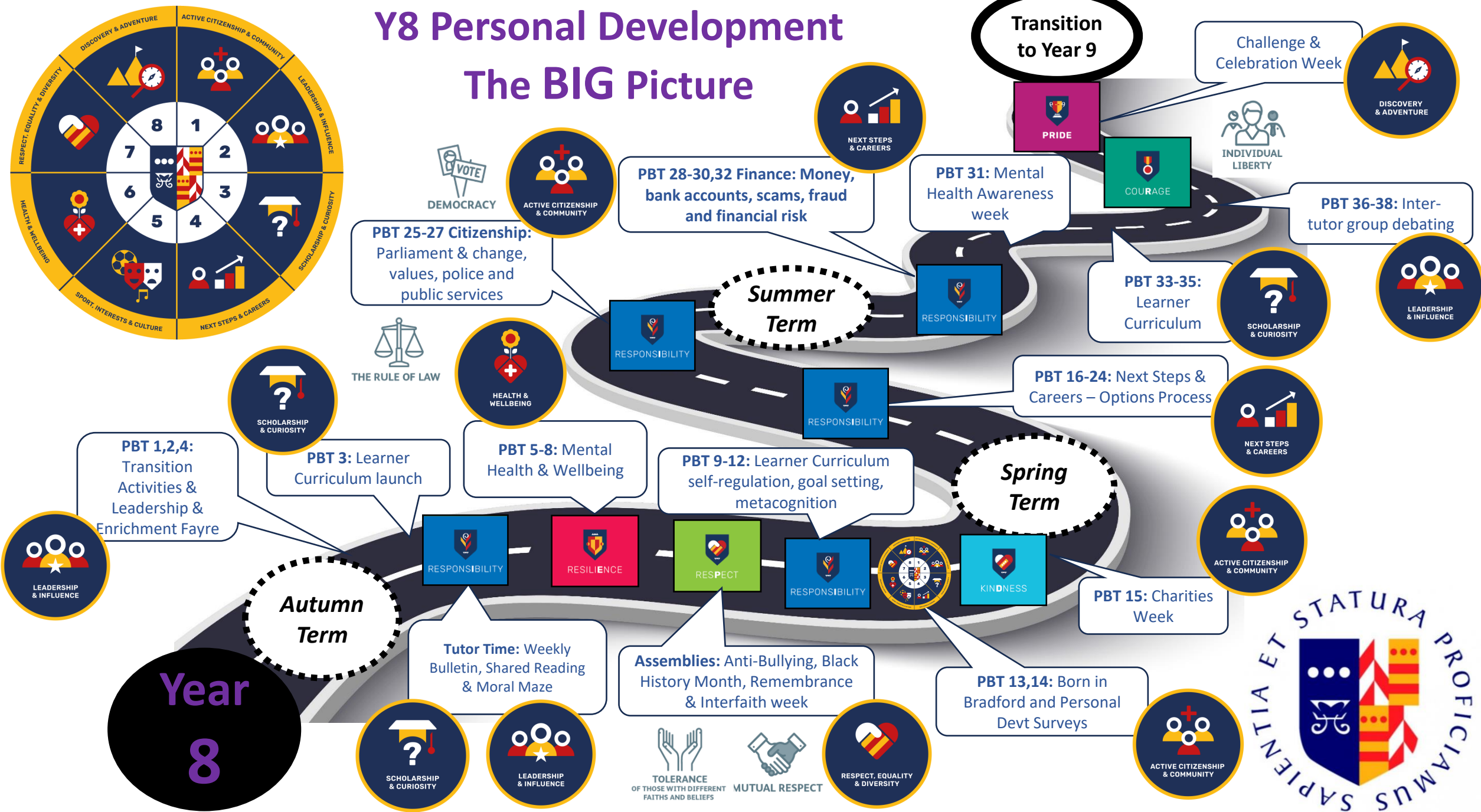
A 7-year journey...



Y7 Personal Development The BIG Picture

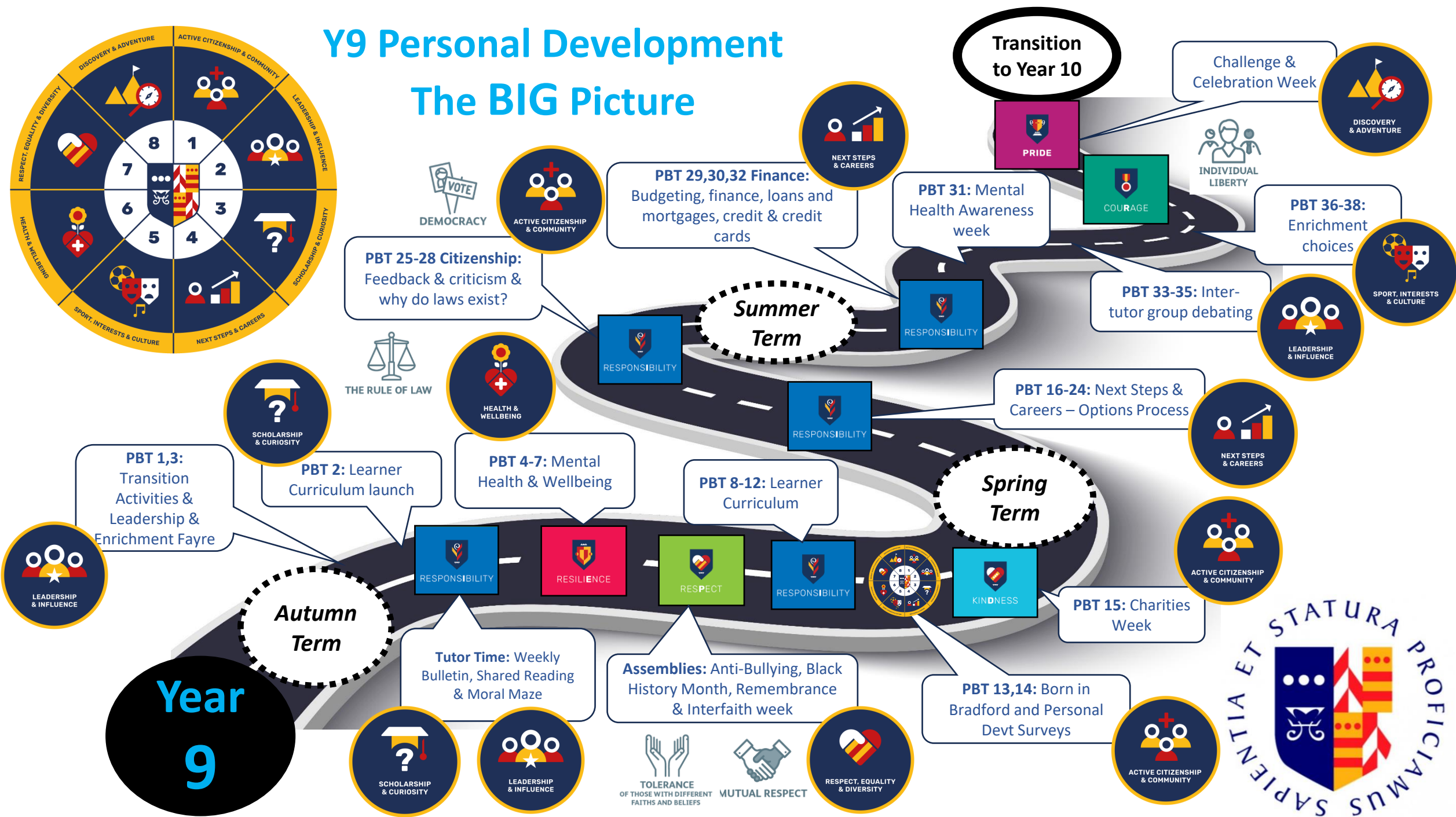


Y8 Personal Development The BIG Picture

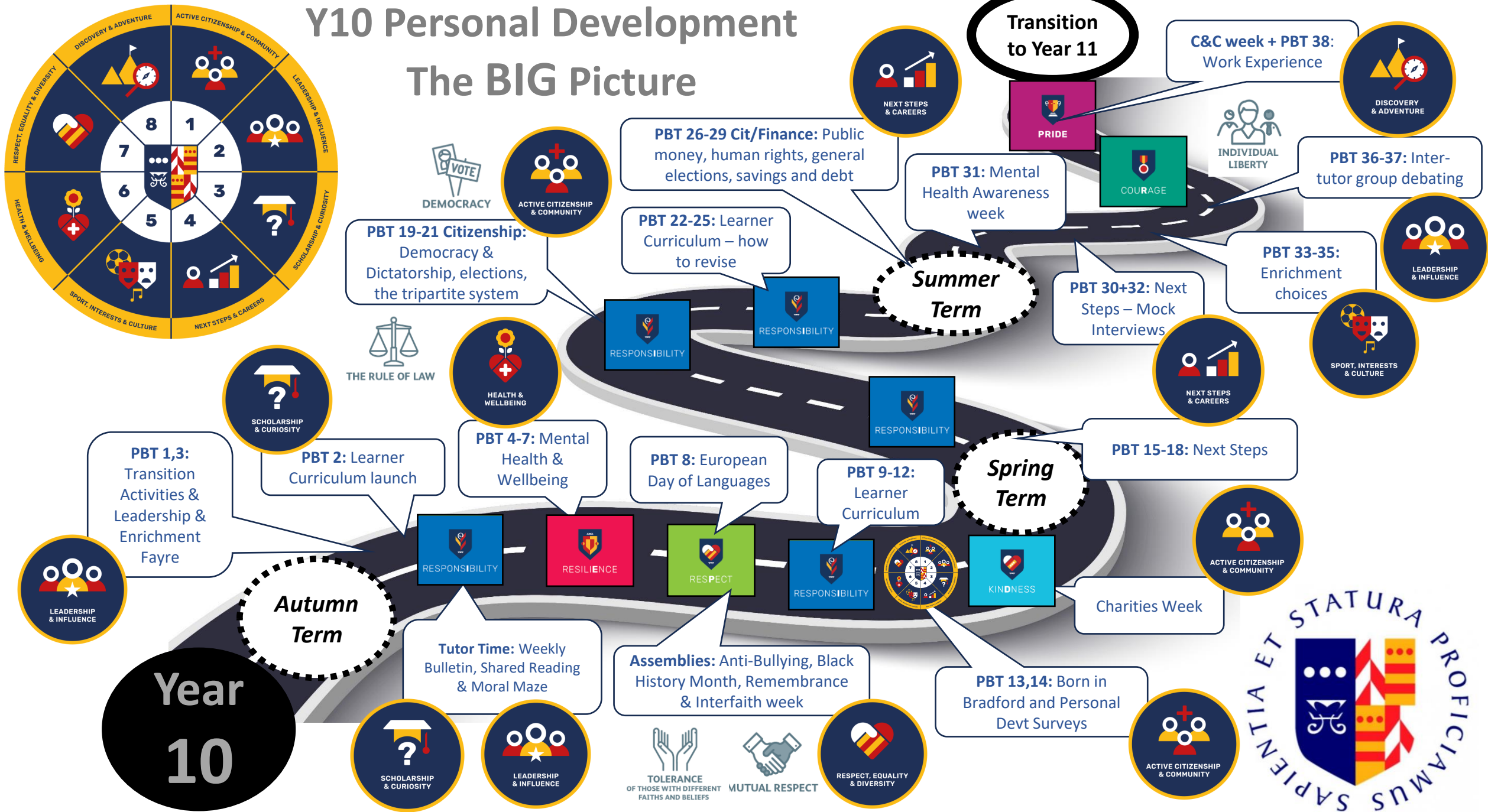


Y9 Personal Development

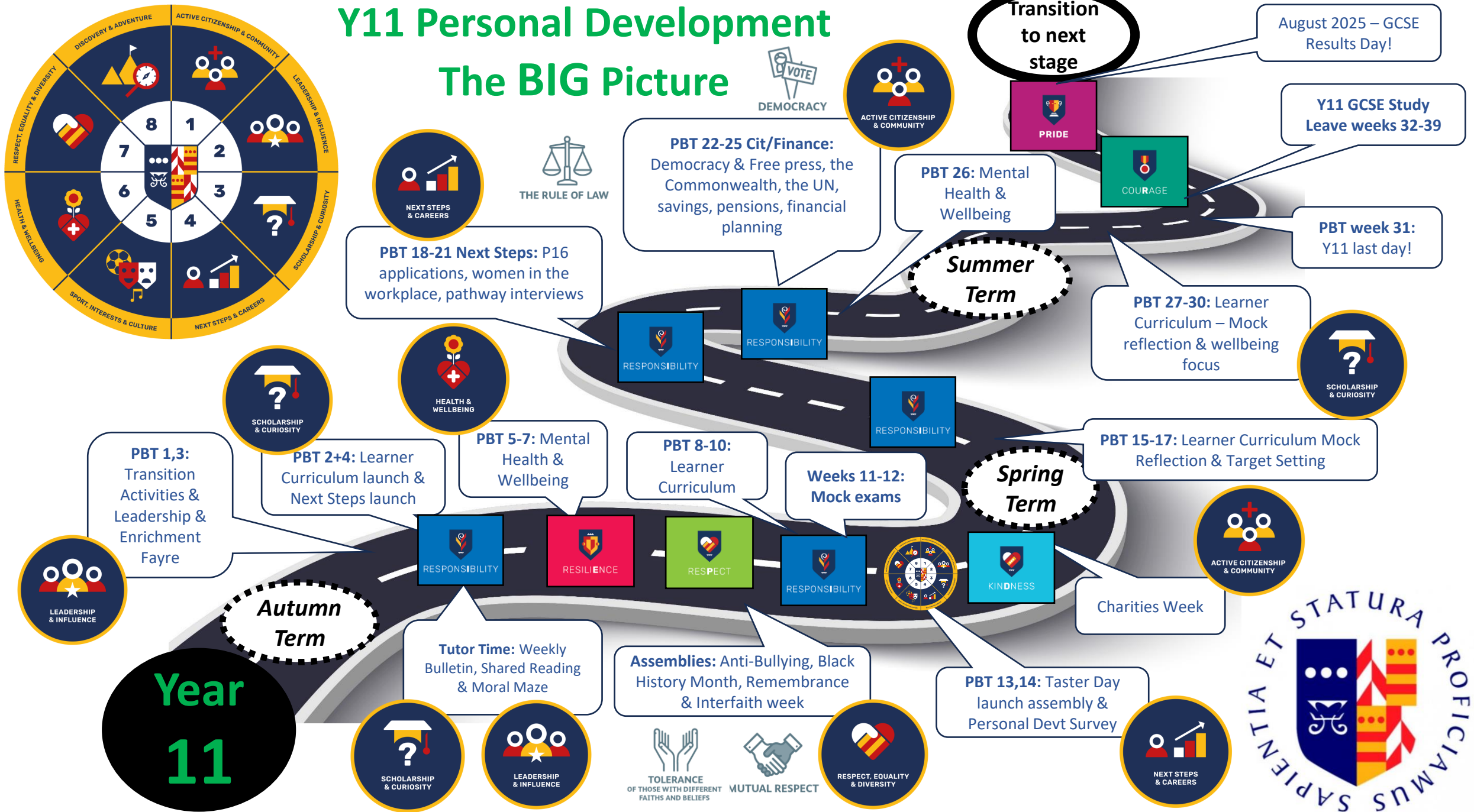
The BIG Picture



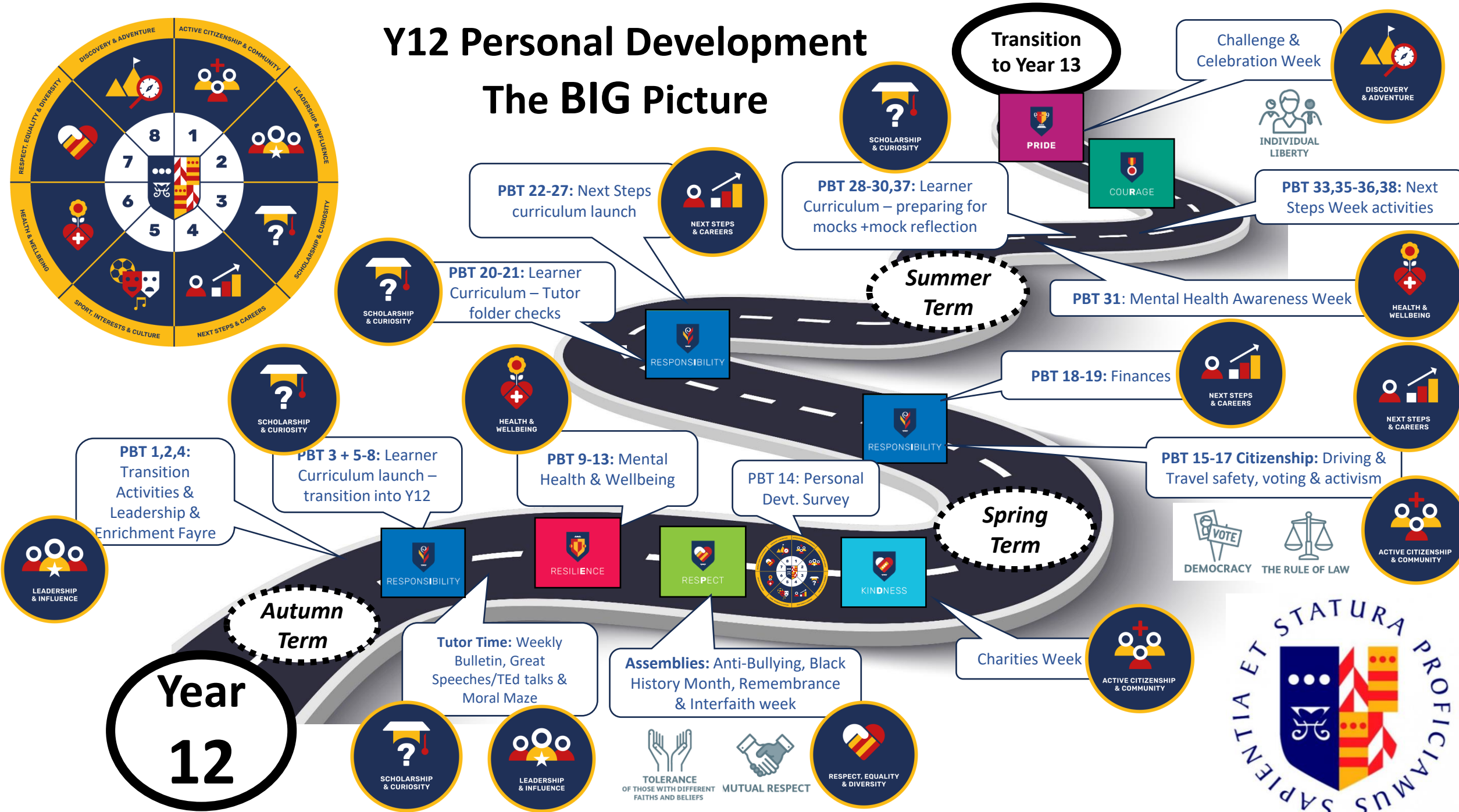
Y10 Personal Development The BIG Picture



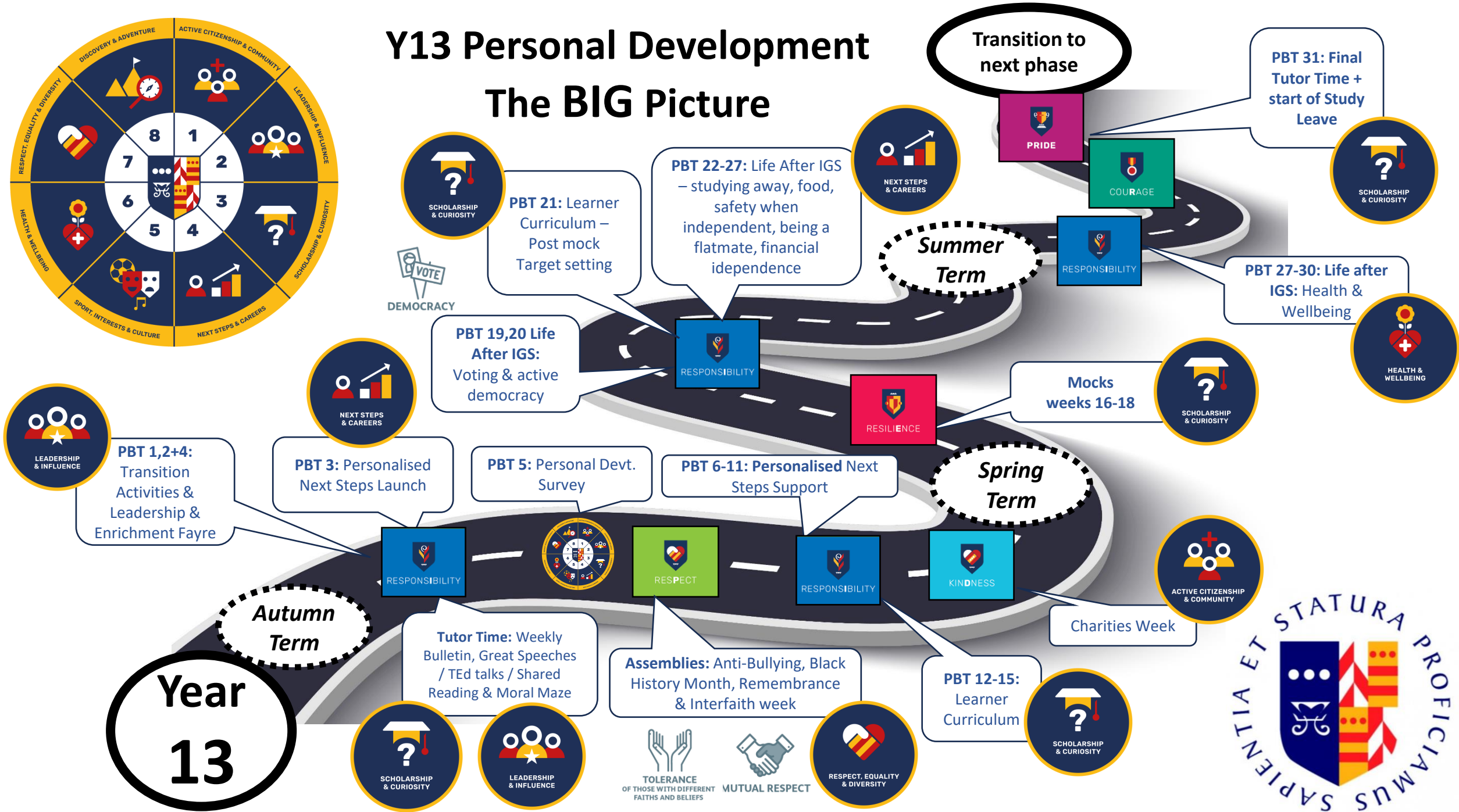
Y11 Personal Development The BIG Picture



Y12 Personal Development The BIG Picture



Y13 Personal Development The BIG Picture



From experiences to outcomes...

Experience of...	Knowledge, skills and experiences in these core areas...
Active Citizenship & Community	will enable us to be engaged with the world outside school and supportive of others
Leadership and Influence	will enable us to make a positive difference to the lives of others
Scholarship and Curiosity	will empower us to ensure that our learning is deep, durable and self-sustaining
Next Steps & Careers	will empower us to make informed decisions about our future
Health & Wellbeing	will enable us to be kind to ourselves and to empathise with others
Sports, Interests & Culture	will enable us to specialise in areas where we have unique talents and also to gain a wider range of enriching experiences
Respect, Equality & Diversity (RED)	will make us more compassionate, understanding and tolerant of others
Discovery & Adventure	will give us a deeper insight into the world and cultures around us



These experiences will enable us over time to ***grow in wisdom and stature***

Living out our values...

By showing **respect** for ourselves, each other and our environment...

By having the **courage** to speak up and to ask for help when we need it...

By taking **responsibility** for our learning and for our actions...

By being **kind** to ourselves and to those we encounter each day..

By showing and developing **resilience** when we face adversity...

By being **proud** of who we are and of what we achieve...

we will achieve our **Personal Best**,
we will grow in **wisdom** and **stature**,
we will become ever stronger as individuals and as a community

Personal
Best Values



RESPECT



COURAGE



RESPONSIBILITY



KINDNESS



RESILIENCE



PRIDE

Statements aligning Personal Development to the IGS values...

1. Active Citizenship & Community

Through active citizenship and service, we show **kindness** for others and by taking action we are taking **responsibility** for making a positive difference to others. Sometimes active citizenship demands **courage** as we are standing up for what we believe in, which also requires **resilience**.

2. Leadership & Influence

By taking on positions of leadership **responsibility** as iLeaders, through sport or the School Council we will develop skills which will enable us to have a positive influence on the world around us. Effective leaders show **respect** for others by listening carefully to different points of view and show **kindness** by acting fairly and consistently towards those that we lead. Great leaders show **courage** by speaking up for those that don't have a voice and **resilience** when trying to resolve conflict. Leaders are also **proud** of the community and people they serve.

3. Scholarship & Curiosity

On our learning journeys at IGS we will have the opportunity to become ever more **confident**, **resilient** and **proud** of ourselves as effective learners and scholars. Every learning journey is unique and includes a unique combination of subjects, skills, knowledge and experience. If we read more widely, we will be taking greater **responsibility** for our learning. Deep and durable learning requires **resilience**, but this will also enable us to feel **proud** of what we achieve precisely because the process of learning is not always easy.

4. Next Steps & Careers

As we start to consider our next steps and possible careers, we start to take increasing **responsibility** for our decisions and show **resilience** and **courage** in the face of uncertainty or when required to move outside our comfort zone. We should all have the opportunity to feel **proud** of the informed choices we make and proud of the rich and varied destinations we secure.

5. Sport, Interests & Culture

Through engaging with sport, art and culture and in a wide range of other interests (in or out of school) we will be able to develop skills and gain valuable knowledge and experience that combine in a way that is unique and personal to each of us. These experiences and skills will often require us to show **resilience** and **courage** and to take **responsibility** for getting involved. These experiences will feed our characters and enrich our understanding of the richness and complexity of human relations.

6. Health & Wellbeing

As we learn more about the factors influencing our health and wellbeing, we will reflect on the range of choices we have and on the choices we make. We will need to **respect** ourselves as well as others and be **kind** to ourselves as well as others. We never know what life will throw at us and we therefore know that at times we will all need to be **resilient** and to have the **courage** to carry on in the face of adversity and to ask for help. We will increasingly take responsibility for our own health and wellbeing, having been provided with the right information about how to make informed choices.

7. Respect, Equality & Diversity

Over the course of our time at IGS we will learn the fundamental value of **Respect**, Equality and Diversity (RED). We will take **responsibility** for the impact of our words and actions on others and will understand the power and importance of **kindness** in all our interactions. Sometimes it will take **courage** to stand up for what is right in the face of peer pressure or to reach out for help and sometimes it will require **resilience** and patience while things start to improve.

8. Discovery & Adventure

We want to develop the confidence to be adventurous and to seek out new experiences and this requires having the **courage** to take a step into the unknown. We will feel **proud** of going outside our comfort zone and of therefore having the opportunity to grow as a person. By opening ourselves up to new experiences we will have the opportunity to develop insight into other cultures and in doing so to **respect** other cultures and countries because we understand them better.

As we move up through the school our activities will form a *web of experience* which will make us unique and therefore uniquely placed to make a positive difference to our own lives and the lives of others. Our community will become ever stronger as a result.

THE PERSONAL DEVELOPMENT WEB

