

# The IGS Personal Development Handbook 2023-24

For parents/carers



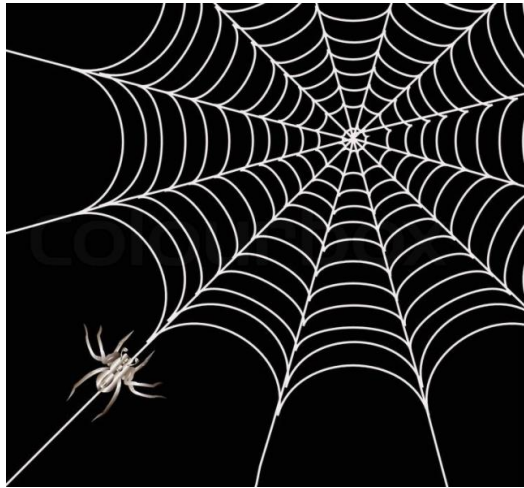
# *What is Personal Development?*

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 cont.?***

*It is a web of experiences...*



All these experiences are **inter-related**

*...creating virtuous circles...*



These experiences **reinforce** each other and  
combine together

***« The more we do the more we become »***

# The 8 Personal Development strands at IGS





# The formula for Personal Development at IGS...

Knowledge, skills & experiences  
(curriculum lessons + beyond)

+ Values

=

Personal  
Development



The role of the tutor sits at the heart of this process

# 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 with common threads
- 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 ***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 Personal Development 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 in and out of school (examples)

- 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...





# PBT, tutor time and assembly overview

A typical 2 week cycle – by year group

		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Week A	Monday	Assembly	Shared Reading	Weekly Bulletin	Weekly Bulletin	Weekly Bulletin	Weekly Bulletin	Weekly Bulletin
	Tuesday	Shared Reading	Assembly	DEAR	DEAR		Values	Values
	Wednesday	PBT	PBT	PBT	PBT	PBT	PBT	PBT
	Thursday	Shared Reading	Shared Reading	Assembly		DEAR	Great Speeches/TEd	Great Speeches/TEd
	Friday	Shared Reading	Shared Reading	Values	Values	Values	Assembly	
		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Week B	Monday	Weekly Bulletin	Weekly Bulletin	Weekly Bulletin	Weekly Bulletin	Assembly	Weekly Bulletin	Weekly Bulletin
	Tuesday	Shared Reading	Shared Reading	DEAR	DEAR	Weekly Bulletin	Values	Values
	Wednesday	PBT	PBT	PBT	PBT	PBT	PBT	PBT
	Thursday	Shared Reading	Shared Reading		Assembly	DEAR	Great Speeches/TEd	Great Speeches/TEd
	Friday	Shared Reading	Shared Reading	Values	Values	Values		Assembly

# Assemblies

## 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



# Exemplar PBT overview Y7-13

## Autumn Half Term 1 2023-24

Wk	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
1	Tutor Time periods 1-3 (V&V assembly on Tuesday)	V&V Assembly & Tutor Time 1-3	V&V Assembly & Tutor Time 1-3	V&V Assembly & Tutor Time 1-3	V&V Assembly & Tutor Time 1-3	Tutor Time periods 1-3 Study Skills intro The PBT & Tutor time programme Reflection & target setting	V&V Assembly & Tutor Time 1-3 The PBT and tutor time programme 2023-24 Reflection and target setting
2	The PBT and tutor time programme 2023-24 Reflection and target setting	The PBT and tutor time programme 2023-24 Reflection and target setting	The PBT and tutor time programme 2023-24 Reflection and target setting	The PBT and tutor time programme 2023-24 Reflection and target setting	The PBT and tutor time programme Reflection and target setting including WEx report	Learner Curriculum - Study Skills Part 1	Next Steps
3	Leadership launch and applications	Leadership launch and applications	Leadership	Making a successful transition into Y10	Leadership launch and applications	Learner Curriculum - Study Skills Part 2	Leadership follow up (from assembly launch)
4	Enrichment Fayre in PBT	Enrichment Fayre in PBT	Leadership applications (Enrichment Fayre at lunchtime)	Leadership applications (Enrichment fayre at lunchtime)	Citizenship - Democracy & Free Press	Enrichment Fayre (running stalls)	Enrichment Fayre / Next Steps
5	Mental Health & Wellbeing	Mental Health & Wellbeing	Mental Health & Wellbeing	Mental Health & Wellbeing	Citizenship - Commonwealth, UN and relations with the world	Leadership Applications	Next Steps
6	Mental Health & Wellbeing	Mental Health & Wellbeing	Mental Health & Wellbeing	Mental Health & Wellbeing	Mental Health & Wellbeing recap	Learner Curriculum	Next Steps
7	Mental Health & Wellbeing	Mental Health & Wellbeing	Mental Health & Wellbeing	Mental Health & Wellbeing	Mental Health & Wellbeing	Learner Curriculum	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 2023-24

*C&C week  
iLeaders*

**Mr Carr  
Mrs Robson**

*Community iLeaders  
Eco-iLeaders*

**Mr Carr  
Mrs Booth**

*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*

**Mr Carr  
Mr Burton (PE)  
Miss Womack  
(Creative Arts)**

**Mrs Marshall  
Mr Sykes (P16)**

**Subject teachers  
and staff running  
extra-curricular  
activities**





# Systems, platforms and processes

1.

Information and opportunities  
stored on Showbie



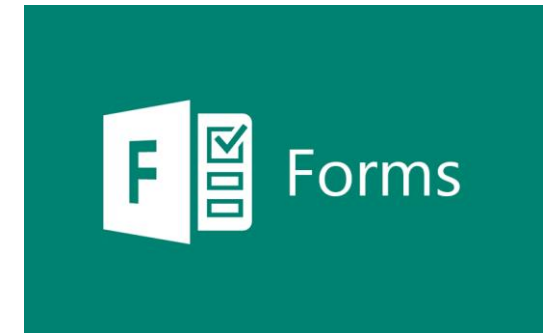
2.

Students participate in core  
and optional activities



3.

Participation tracked and  
monitored on Forms and then  
'reported' to parents, tutors and  
students each term



QR CODE FOR EXTRA CURRICULAR CLUBS  
2022 - 2023



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

Mr. Jamie Gu

Personal Devt. 2022-23

Admin and overviews

no assignments

8. Discovery & Adventure

1 assigned

7. Respect, Equality and Diversity

1 assigned

6. Health & Wellbeing

1 assigned

5. Sport, Interests & Culture

1 assigned

4. Next Steps & Careers

1 assigned

3. Scholarship and Curiosity

1 assigned

2. Leadership & Influence

1 assigned

1. Active Citizenship & Community

1 assigned

Sharing new posts with everyone

write a comment...

Post

IGS EXTRA-CURRIC SPORT SEPT 2021

→ Everyone

Sep 8 12:31pm

showbie

Week A and B							
DAY	SPORT	YEAR	STAFF	VENUE	No STUDENTS FOR TRANSPORT	START	FINISH
Mon	Rugby	Y11 + 6 <sup>th</sup> 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 <sup>th</sup> form	RCB/MWC	Field		3.15	4.30
	Football boys Year 7	Y7 Trials, 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> 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
	Football all girls	All year groups	LV/JG	3G		3.15	4.30
Wed	Rugby	Y11+6 <sup>th</sup> form	ACF	IRUFC	N/A	3.00	4.30
	Badminton	Y7, 8, 9	JH	Sports Hall	N/A	2.30	3.45
Thurs	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							

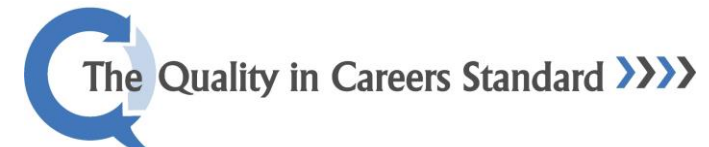
# Accreditation and recognition (making it count)



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)

**Yellow** = accessed this year so far

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
<b>CORE (all students)</b> (Delivered in school)	<ul style="list-style-type: none"> <li>Charities launch assembly</li> <li>Children in need non-uniform day</li> <li>Citizenship lessons - Living in the wider world – politics, democracy, elections, campaigning, parliament and debates</li> </ul>	<ul style="list-style-type: none"> <li>Leadership launch assembly and leadership and enrichment Fayre</li> <li>Citizenship unit - Living in the wider world – politics, democracy, elections, campaigning, parliament &amp; debates</li> <li>Year 7 debating in tutor groups</li> <li>Delivering a presentation to your class</li> <li>Discussion and debate in lessons</li> </ul>	<ul style="list-style-type: none"> <li>Learner Curriculum in PBT</li> <li>Shared reading in form time</li> <li>Subject specific approaches to effective study (e.g. how to revise in English, maths, French etc.</li> </ul>	<p>Coming in the summer term</p> <ul style="list-style-type: none"> <li>Research and activities around job roles and sectors</li> <li>Enterprise challenge</li> <li>Provider assembly on Technical Education</li> </ul>	<p>All these sport and creative subjects on your timetable automatically support your Personal Development</p> <ul style="list-style-type: none"> <li>PE lessons</li> <li>Drama lessons</li> <li>Art lessons</li> <li>Music lessons</li> <li>DT, Food, Textiles lessons</li> </ul> <p>Other subjects might support this too</p>	<ul style="list-style-type: none"> <li>Mental Health, self-care and wellbeing lessons in PBT</li> <li>Citizenship lessons in term 2: Making healthy lifestyle choices, managing risks, puberty, staying safe online, and in the Community, First Aid</li> <li>Can you think of any other subjects you are studying which help you stay healthy? Biology, Food Tec..?</li> <li>Water safety assembly</li> </ul>	<ul style="list-style-type: none"> <li>Elizabeth II commemoration activities</li> <li>Black History Month assembly</li> <li>Remembrance assembly/presentation</li> <li>Citizenship term 2 lessons – staying safe online</li> <li>Hinduism topic in RE</li> <li>PBT and other activities for anti-bullying week</li> <li>Topics studied in variety of subjects e.g., History</li> <li>Citizenship Term 3 lessons – consent, healthy and unhealthy relationships, bullying, cyberbullying, stereotyping</li> </ul>	<ul style="list-style-type: none"> <li>Participating at Nell Bank</li> <li>Citizenship lessons in Term 2 – Staying safe in the community</li> <li>Participating in Challenge and Celebration Week</li> </ul>
<b>In-school</b> (organised by school)	<ul style="list-style-type: none"> <li>Charities research in PBT</li> <li>PE lesson - hockey club fund raiser</li> <li>Donating items to the food bank</li> <li>Any activity where you are involved in fundraising for charity</li> <li>Eco iLeader role</li> <li>Litter-picking</li> <li>Community iLeader</li> <li>Supporting school events e.g. Open Evening</li> <li>Offering to help around school</li> </ul>	<ul style="list-style-type: none"> <li>Signing up to become an iLeader?</li> <li>Student Council / Sports Council</li> <li>Participating in an assembly</li> <li>Debating competitions</li> <li>Exploring the debating websites in the Pers. Devt. folder</li> <li>Performing music/drama in public</li> <li>Model UN</li> <li>Helping at school events such as Open Eve</li> </ul>	<ul style="list-style-type: none"> <li>Independent research / extension work suggested by your teacher</li> <li>Lessons on effective study / revision skills</li> <li>Subject-related clubs at school e.g., languages club</li> <li>Subject-related trips and visits</li> </ul>	<ul style="list-style-type: none"> <li>Careers links made in subject lessons</li> <li>Trips and visits which are linked to careers and your future</li> <li>Visitors to school who talk about their jobs</li> <li>Careers meeting/interview at parent evening</li> </ul>	<ul style="list-style-type: none"> <li>Attending an after-school club – Strategy Games, chess, D&amp;D</li> <li>Playing in a sports team</li> <li>Attending a lunch time club</li> <li>Participating in the school drama production</li> <li>iLeader helping at a club</li> <li>Taking part in Creative Arts Evening</li> <li>Taking part in Battle of the Bands</li> </ul>	<ul style="list-style-type: none"> <li>Lunchtime or after school sports club</li> <li>Art/drama music club</li> <li>Other school club that you find relaxing</li> <li>Quiet room at lunchtime</li> </ul>	<ul style="list-style-type: none"> <li>Anti-bullying i-Leader</li> <li>Diversity iLeader</li> <li>LGBT iLeader</li> <li>Safe Space</li> <li>Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity</li> </ul>	<ul style="list-style-type: none"> <li>Visits to school by external speakers</li> <li>Trips linked to subject areas</li> <li>Ingleborough Drama residential</li> </ul>
<b>Out of school</b> (organised yourself)	<ul style="list-style-type: none"> <li>Volunteering at local events / for local organisations e.g. Ilkley Carnival</li> <li>Donating clothes to charity</li> <li>Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club</li> </ul>	<ul style="list-style-type: none"> <li>Captain/vice-captain of a sports team</li> <li>Leading a warmup/ coaching session</li> <li>Scouts, Brownies or Guides, Cadets</li> <li>Performing or presenting in public connected to anything you do out of school</li> <li>Engaging in discussion and debate in an organised way online or in person</li> </ul>	<ul style="list-style-type: none"> <li>Books &amp; magazines you read out of school</li> <li>High-quality and informative websites/podcasts / films that challenge your thinking</li> <li>Trips/visits which link to a subject you study at school e.g. History</li> </ul>	<ul style="list-style-type: none"> <li>Part-time job</li> <li>Entrepreneurial activity</li> <li>Independent work experience / visits to a workplace</li> <li>Volunteering for local businesses/ organisations</li> </ul>	<ul style="list-style-type: none"> <li>Playing for a local sports team</li> <li>Member of a gym</li> <li>Walking/biking / hiking</li> <li>Any out of school club e.g. Martial arts, swimming</li> <li>Doing activities for enrichment e.g. painting</li> <li>Playing a musical instrument, performing in a band / cooking / musical / theatre</li> </ul>	<ul style="list-style-type: none"> <li>Being a member of a gym</li> <li>Being a member of a church</li> <li>Meditation</li> <li>Yoga classes, Taequondo, Tai Chi</li> <li>Supportive online groups you are part of that support mental health</li> <li>Regular exercise</li> </ul>	<ul style="list-style-type: none"> <li>Films you have watched, podcasts you have listened to and books you have read that address the importance of respecting others.</li> <li>Organisations you support e.g. Amnesty International, Refugee Action</li> <li>Organisations or individuals you follow on Social Media e.g Greta</li> <li>Wear a pride badge in support of LGBTQ+</li> </ul>	<ul style="list-style-type: none"> <li>Holidays where you did ‘more than just relax’ such as activity holidays or visiting a capital city</li> <li>Trips to art galleries, the theatre, cities</li> <li>Attending major sporting events</li> </ul>



# Year 8: Examples of Personal Development activities

(**bold** = activity **all** students likely to access)  
**Yellow** = accessed this year so far

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
<b>CORE (all students)</b> (Delivered in school)	<ul style="list-style-type: none"> <li>Charities launch assembly</li> <li>Children in need non-uniform day</li> <li>Citizenship lessons in PBT – Being a UK citizen, Rules, laws and school rules, the justice system, the police, courts and tribunals</li> <li>Being a HUB helper</li> </ul>	<ul style="list-style-type: none"> <li>Leadership launch assembly and leadership and enrichment Fayre</li> <li>Citizenship lessons in term 1 - Living in the wider world – how parliament works and how they enact change, freedom of speech,</li> <li>Being a HUB Helper</li> <li>A presentation given to the class</li> <li>Discussion and debate in lessons</li> </ul>	<ul style="list-style-type: none"> <li>Learner Curriculum in PBT</li> <li>Shared reading in form time</li> <li>Subject specific approaches to effective study (e.g. how to revise in English, maths, French etc.</li> </ul>	<ul style="list-style-type: none"> <li>Y8 Options launch assembly</li> <li>Options evening</li> <li>Y8 Next Steps lessons in PBT (see Showbie)</li> <li>Summer term</li> <li>Enterprise challenge in forms and assembly.</li> <li>Provider assembly on Technical Education</li> </ul>	<p>All these sport and creative subjects on your timetable automatically support your Personal Development</p> <ul style="list-style-type: none"> <li>PE lessons</li> <li>Drama lessons</li> <li>Art lessons</li> <li>Music lessons</li> <li>DT, Food, Textiles lessons</li> </ul> <p>Other subjects might support this too</p>	<ul style="list-style-type: none"> <li>Taking part in self-care and mental health awareness lessons in PBT</li> <li>Citizenship/RSE – Staying safe lessons in term 2 - making healthy choices – substance misuse, energy drinks, habit V dependency, positive norms</li> <li>Water safety PBT/assembly</li> </ul>	<ul style="list-style-type: none"> <li>Citizenship - Living in the wider world lessons: The Equality Act, discrimination, rights, freedom of speech, digital responsibilities and safety online</li> <li>RE Jewish Anthropology topic</li> <li>Elizabeth II commemoration activities</li> <li>Black History Month assembly</li> <li>Remembrance assembly/presentation</li> <li>PBT + other activities for, anti-bullying week</li> <li>LGBT History/Pride assembly</li> <li>Citizenship Term 3 lessons – healthy relationships, ending relationships, grooming, managing rejection, consent, gender identity</li> </ul>	<ul style="list-style-type: none"> <li>Participating in Challenge and Celebration Week London or local option</li> </ul>
<b>In-school</b> (organised by school)	<ul style="list-style-type: none"> <li>PE lesson - hockey club fund raiser</li> <li>Donating items to the food bank</li> <li>Fundraising activities Children in Need</li> <li>Eco iLeader role / Litter-picking</li> <li>Community iLeader</li> <li>Supporting school events e.g. Open Evening</li> <li>Helping around school</li> </ul>	<ul style="list-style-type: none"> <li>Signing up to become an iLeader?</li> <li>Student Council / Sports Council</li> <li>A presentation given to the class or a group</li> <li>Participating in an assembly</li> <li>Debating competitions</li> <li>Exploring the debating websites in the Personal Devt folder</li> <li>Performing music/drama in public</li> <li>Discussion and debate in lessons</li> <li>Model UN</li> <li>Helping at school events e.g. Open Eve</li> </ul>	<ul style="list-style-type: none"> <li>Independent research / extension work suggested by your teacher</li> <li>Other lessons on effective study / revision skills</li> <li>Subject-related clubs at school e.g. languages club</li> <li>Subject-related trips and visits</li> </ul>	<ul style="list-style-type: none"> <li>Trips and visits which are linked to careers and your future</li> <li>Careers assembly</li> <li>Careers links made in subject lessons</li> <li>Visitors to school who talk about their jobs</li> <li>Careers meeting/interview at parent evening</li> </ul>	<ul style="list-style-type: none"> <li>Attending an after-school club – Strategy Games, chess, D&amp;D</li> <li>Playing in a sports team</li> <li>Attending a lunch time club</li> <li>Participating in the school drama production</li> <li>Taking part in Creative Arts Evening</li> <li>Taking part in Battle of the Bands</li> </ul>	<ul style="list-style-type: none"> <li>Lunchtime or after school sports club</li> <li>Art/drama music club</li> <li>Other school club that you find relaxing</li> <li>Quiet room at lunchtime</li> </ul>	<ul style="list-style-type: none"> <li>Topics studied in a variety of subjects e.g. History</li> <li>Social Media Kindness Day</li> <li>Anti-bullying i-Leader</li> <li>Diversity iLeader</li> <li>LGBT iLeader</li> <li>Safe Space</li> <li>Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity</li> </ul>	<ul style="list-style-type: none"> <li>Visits to school by external speakers</li> <li>Trips and visits led by subjects</li> <li>Ingleborough Drama residential</li> </ul>
<b>Out of school</b> (organised yourself)	<ul style="list-style-type: none"> <li>Volunteering at local events / for local organisations</li> <li>Donating clothes to charity</li> <li>Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club</li> </ul>	<ul style="list-style-type: none"> <li>Captain/vice-captain of a sports team</li> <li>Leading a warmup/ coaching session</li> <li>Scouts, Brownies or Guides</li> <li>Performing or presenting in public connected to anything you do out of school</li> <li>Engaging in discussion and debate in an organised way online or in person</li> <li>Cadets.</li> </ul>	<ul style="list-style-type: none"> <li>Books &amp; magazines you read out of school</li> <li>High-quality and informative websites/podcasts / films that challenge your thinking</li> <li>Trips/visits organised out of school which link to studies e.g. History</li> </ul>	<ul style="list-style-type: none"> <li>Part-time job</li> <li>Entrepreneurial activity</li> <li>Volunteering for local businesses/ organisations</li> </ul>	<ul style="list-style-type: none"> <li>Playing for sports team</li> <li>Member of a gym</li> <li>Walking/biking / hiking</li> <li>Out of school club e.g. Martial arts, dance, chess, swimming, climbing</li> <li>Enrichment activities e.g. painting</li> <li>Musical instrument</li> <li>Performing in a band / cooking/musical theatre</li> </ul>	<ul style="list-style-type: none"> <li>Member of a gym</li> <li>Member of a church</li> <li>Meditation, yoga classes, taequondo, tai chi</li> <li>Online groups you are part of that support mental health and wellbeing</li> <li>Regular exercise</li> </ul>	<ul style="list-style-type: none"> <li>Films you have watched, podcasts you have listened to and books you have read that address the importance of respecting others.</li> <li>Organisations you support e.g. Amnesty International, Refugee Action</li> <li>Organisations or individuals you follow on Social Media e.g. Greta</li> <li>Wear a pride badge in support of LGBTQ+</li> </ul>	<ul style="list-style-type: none"> <li>Holidays where you did 'more than just relax'- activity holidays/ visiting a capital city monuments</li> <li>Trips to art galleries, theatre, major cities</li> <li>Attending major sporting events</li> </ul>

# Year 9: Examples of Personal Development activities

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

**Yellow** = accessed this year so far

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
<b>CORE (all students)</b> (Delivered in school)	<ul style="list-style-type: none"> <li>Charities launch assembly</li> <li>Children In Need non-uniform day</li> <li>Citizenship lessons in PBT – the roles of public institutions, improving communities, the functions of money, budgeting and managing financial risk</li> </ul>	<ul style="list-style-type: none"> <li>Leadership launch assembly and leadership and enrichment Fayre</li> <li>A presentation given to the class</li> <li>Discussion and debate in lessons</li> </ul>	<ul style="list-style-type: none"> <li>DEAR time</li> <li>Year 9 Learner Curriculum lessons in PBT</li> <li>Lessons on effective study / revision skills in different subjects</li> </ul>	<ul style="list-style-type: none"> <li>Next Syeps programme in PBT – Decision-making, indigo Careers</li> <li>Options assembly</li> <li>Options Evening</li> <li>Assembly from Leeds City College on Technical Education</li> <li>Summer Term – Enterprise challenge</li> </ul>	<ul style="list-style-type: none"> <li>Launch of extra-curricular timetable</li> <li>Core PE lessons</li> <li>One or more creative subjects – Art, Drama, Media, Technology, Music</li> <li>Subjects you study that link to your interests</li> </ul>	<ul style="list-style-type: none"> <li>Year 9 RE unit – The pursuit of happiness, community and ethics</li> <li>Taking part in self-care and mental health awareness activities in PBT</li> <li>Water safety PBT/assembly</li> <li>Citizenship/RSE Term 3 Staying safe module, risks of cannabis use, consequences of crime, , healthy relationships, trust,</li> </ul>	<ul style="list-style-type: none"> <li>Values presentations in tutor time</li> <li>Year 9 RE unit – The pursuit of happiness, ethics</li> <li>Elizabeth II commemoration activities</li> <li>Assemblies: Black History Month, Remembrance, LGBT History/Pride</li> <li>Anti-bullying week activities</li> <li>Citizenship/RSE Term 3 – online safety, consent, marriage, stages of relationships, pornography risks</li> </ul>	<ul style="list-style-type: none"> <li>Participating in Challenge and Celebration Week – Lake District</li> </ul>
<b>In-school</b> (organised by school)	<ul style="list-style-type: none"> <li>Donating items to the food bank</li> <li>PE lesson - hockey club fund raiser</li> <li>Any activity where you are involved in fundraising for charity</li> <li>Eco iLeader role</li> <li>Litter-picking</li> <li>Community iLeader</li> <li>Supporting school events e.g. Open Evening</li> <li>Offering to help around school</li> <li>DofE Bronze service</li> </ul>	<ul style="list-style-type: none"> <li>iLeader roles?</li> <li>Student Council / Sports Council</li> <li>Participating in an assembly</li> <li>Debating competitions</li> <li>Exploring the debating websites on Showbie</li> <li>Performing music/drama</li> <li>Helping at school events such as Open Eve</li> <li>Model UN / DofE Bronze</li> </ul>	<ul style="list-style-type: none"> <li>Independent research / extension work suggested by your teacher</li> <li>Subject-related clubs at school e.g. languages club</li> <li>Subject-related trips and visits</li> </ul>	<ul style="list-style-type: none"> <li>Trips and visits which are linked to careers and your future</li> <li>Visitors to school who talk about their jobs</li> <li>Careers meeting/interview at parent evening</li> </ul>	<ul style="list-style-type: none"> <li>Attending an after school club – Strategy Games, chess, D&amp;D</li> <li>Playing in a sports team</li> <li>Attending a lunch time club</li> <li>Participating in the school drama production</li> <li>iLeader helping at a club</li> <li>Taking part in Creative Arts Evening</li> <li>Taking part in Battle of the Bands</li> </ul>	<ul style="list-style-type: none"> <li>Lunchtime or after school sports club</li> <li>Art/drama music club</li> <li>Other school club that you find relaxing</li> <li>Quiet room at lunchtime</li> </ul>	<ul style="list-style-type: none"> <li><b>Topics studied in a variety of subjects e.g. History</b></li> <li>Anti-bullying i-Leader</li> <li>Diversity iLeader</li> <li>LGBT iLeader</li> <li>Safe Space</li> <li>Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity</li> </ul>	<ul style="list-style-type: none"> <li>Visits to school by external speakers</li> <li>Trips and visits led by subjects e.g. Battlefields / Coutances exchange</li> <li>DofE bronze</li> <li>KS3 Ski Trip</li> <li>Drama residential to Ingleborough</li> </ul>
<b>Out of school</b> (organised yourself)	<ul style="list-style-type: none"> <li>Volunteering at local events / for local organisations</li> <li>Donating clothes to charity</li> <li>Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club</li> </ul>	<ul style="list-style-type: none"> <li>Captain/vice-captain of a sports team</li> <li>Leading a warm up/ coaching session</li> <li>Scouts, Brownies or Guides</li> <li>Performing or presenting in public connected to anything you do out of school</li> <li>Engaging in discussion and debate in an organised way online or in person</li> <li>Cadets.</li> </ul>	<ul style="list-style-type: none"> <li>Books &amp; magazines you read out of school</li> <li>High-quality and informative websites/podcasts / films that challenge your thinking</li> <li>Trips/visits which link to a subject you study at school eg. History</li> </ul>	<ul style="list-style-type: none"> <li>Part-time job</li> <li>Entrepreneurial activity</li> <li>Volunteering for local businesses/ organisations</li> <li>Self-organised work experience or part-time job</li> </ul>	<ul style="list-style-type: none"> <li>Playing for a local sports team</li> <li>Member of a gym</li> <li>Walking/biking / hiking</li> <li>Any out of school club e.g. Martial arts, dance</li> <li>Swimming</li> <li>Doing activities for groups you are part of that support mental health and wellbeing</li> <li>Playing a musical instrument</li> <li>Performing in a band / cooking / musical / theatre</li> </ul>	<ul style="list-style-type: none"> <li>Being a member of a gym</li> <li>Being a member of a church</li> <li>Meditation</li> <li>Yoga classes, Taequondo, Tai Chi</li> <li>Supportive online</li> <li>groups you are part of that support mental health and wellbeing</li> <li>Participating regularly in exercise</li> </ul>	<ul style="list-style-type: none"> <li>Films you have watched, podcasts you have listened to and books you have read that address the importance of respecting others.</li> <li>Organisations you support e.g. Amnesty International, Refugee Action</li> <li>Organisations or individuals you follow on Social Media e.g Greta</li> <li>Wear a pride badge in support of LGBTQ+</li> </ul>	<ul style="list-style-type: none"> <li>Holidays where you did ‘more than just relax’ such as activity holidays or visiting a capital city</li> <li>Trips to art galleries, the theatre, major cities</li> <li>Attending major sporting events</li> </ul>

# Year 10: Examples of Personal Development activities

(**bold** = activity all students likely to access)  
**Yellow** = **Yellow** = accessed this year so far

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
<b>CORE (all students)</b> (Delivered in school)	<ul style="list-style-type: none"> <li>Charities launch assembly</li> <li>Children in need non-uniform day</li> <li>Citizenship lessons in PBT – democracy and dictatorship, elections, the tripartite system of government, public money, laws, British Values</li> <li>Charities Week – raising money with your form</li> </ul>	<ul style="list-style-type: none"> <li>Leadership launch assembly and leadership and enrichment Fayre</li> <li>A presentation given to the class</li> <li>Discussion and debate in lessons</li> </ul>	<ul style="list-style-type: none"> <li>DEAR time</li> <li>Year 10 Learner Curriculum lessons in PBT</li> <li>Lessons on effective study / revision skills in different subjects</li> </ul>	<ul style="list-style-type: none"> <li>Work experience Launch assembly</li> <li>World of Work PBT sessions – researching jobs, covering letter, mock application</li> <li>Summer term</li> <li>Mock Interview with feedback from an employer</li> <li>Work Experience in C&amp;C week</li> <li>Assembly on Technical Education</li> </ul>	<ul style="list-style-type: none"> <li>Launch of extra-curricular timetable</li> <li>Core PE lessons</li> <li>One or more creative subjects – Art, Drama, Media, Technology, Music</li> <li>Subjects you study that link to your interests</li> </ul>	<ul style="list-style-type: none"> <li>Taking part in self-care and mental health awareness PBT curriculum</li> <li>Citizenship/RSE Term 2 – Role models, media influence, drugs and decision-making, peer influence, exit strategies,</li> <li>Term 3 PSHE – safe sex, pregnancy, good parenting, infertility, miscarriage, body image</li> </ul>	<ul style="list-style-type: none"> <li>Y10 RE module – Islam and Humanism</li> <li>Citizenship PSHE module Term 2 – inclusion, respect, equality, diversity, managing conflict, extremism, discrimination</li> <li>Values presentations</li> <li>Elizabeth II commemoration</li> <li>Assemblies: Black History Month, Remembrance, LGBT History/Pride, Ostracism</li> <li>Topics studied in subjects e.g., History, Philosophy</li> <li>PBT activities for anti-bullying week</li> <li>Term 3 PSHE – unhealthy relationships, coercion, cuckooing, consent, HBV, FGM</li> </ul>	<ul style="list-style-type: none"> <li>Work Experience in C&amp;C week</li> </ul>
<b>In-school</b> (organised by school)	<ul style="list-style-type: none"> <li>Donating items to the food bank</li> <li>Charities research in PBT</li> <li>PE lesson - hockey club fund raiser</li> <li>Any activity where you are involved in fundraising for charity</li> <li>Children in Need</li> <li>Eco iLeader role / Litter-picking</li> <li>Community iLeader</li> <li>Supporting school events e.g. Open Evening</li> <li>Offering to help around school</li> <li>DofE silver</li> </ul>	<ul style="list-style-type: none"> <li>Did you sign up to become an iLeader?</li> <li>Student Council</li> <li>Sports Council</li> <li>Participating in an assembly</li> <li>Debating competitions</li> <li>Exploring debating websites in the Personal Devt folder</li> <li>Performing music/drama</li> <li>Model UN / DofE silver</li> <li>Helping at school events such as Open Eve</li> </ul>	<ul style="list-style-type: none"> <li>Attending an Ilkley Literature festival event</li> <li>Independent research / extension work</li> <li>UK Maths challenge</li> <li>Subject-related clubs at school e.g. languages club</li> <li>Subject-related trips and visits</li> </ul>	<ul style="list-style-type: none"> <li>Careers links made in subject lessons</li> <li>Trips and visits which are linked to careers and your future</li> <li>Visitors to school who talk about their jobs</li> <li>Careers meeting/interview at parent evening</li> </ul>	<ul style="list-style-type: none"> <li>Attending an after school club – Strategy Games, chess, D&amp;D</li> <li>Playing in a sports team</li> <li>Lunch time clubs</li> <li>Participating in the school drama production</li> <li>iLeader helping at a club</li> <li>Taking part in Creative Arts Evening</li> <li>Taking part in Battle of the Bands</li> </ul>	<ul style="list-style-type: none"> <li>Luncheon or after school sports club</li> <li>Art/drama music club</li> <li>Other school club that you find relaxing</li> <li>Quiet room at lunchtime</li> </ul>	<ul style="list-style-type: none"> <li>Social Media Kindness Day</li> <li>Anti-bullying i-Leader</li> <li>Diversity iLeader</li> <li>LGBT iLeader</li> <li>Safe Space</li> <li>Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity</li> </ul>	<ul style="list-style-type: none"> <li>Visits to school by external speakers</li> <li>Trips and visits led by subjects e.g. Coutances/M adrid exchange</li> <li>Geography Bay of Naples</li> <li>KS4 Ski Trip</li> <li>DofE silver</li> <li>Ingleborough</li> </ul>
<b>Out of school</b> (organised yourself)	<ul style="list-style-type: none"> <li>Volunteering at local events / for local organisations</li> <li>Donating clothes to charity</li> <li>Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club</li> </ul>	<ul style="list-style-type: none"> <li>Captain/vice-captain of a sports team</li> <li>Leading a warm up/ coaching session</li> <li>Scouts, Brownies or Guides</li> <li>Performing or presenting in public connected to anything you do out of school</li> <li>Engaging in discussion and debate in an organised way online or in person</li> <li>Cadets.</li> </ul>	<ul style="list-style-type: none"> <li>Books &amp; magazines you read out of school</li> <li>High-quality and informative websites/podcasts / films that challenge your thinking</li> <li>Trips/visits which link to a subject you study at school eg. History</li> </ul>	<ul style="list-style-type: none"> <li>Part-time job</li> <li>Entrepreneurial activity</li> <li>Volunteering for local businesses/ organisations</li> </ul>	<ul style="list-style-type: none"> <li>Playing for a local sports team</li> <li>Member of a gym</li> <li>Walking/biking / hiking</li> <li>Out of school clubs e.g. martial arts, dance, swimming</li> <li>Activities for enrichment e.g. painting</li> <li>Musical instrument</li> <li>Performing in a band / cooking / musical / theatre</li> </ul>	<ul style="list-style-type: none"> <li>Being a member of a gym</li> <li>Being a member of a church</li> <li>Meditation</li> <li>Yoga classes, Taequondo, Tai Chi</li> <li>Online groups you are part of that support mental health and wellbeing</li> <li>Regular exercise</li> </ul>	<ul style="list-style-type: none"> <li>Films, podcasts and books you have read that address respect for others.</li> <li>Organisations you support e.g. Amnesty International, Refugee Action</li> <li>Organisations or individuals you follow on Social Media e.g Greta</li> <li>Wear a pride badge in support of LGBTQ+</li> </ul>	<ul style="list-style-type: none"> <li>Holidays where you did 'more than just relax' such as activity holidays or visiting a capital city</li> <li>Trips to art galleries, the theatre, major cities</li> <li>Attending major sporting events</li> </ul>

# Year 11: Examples of Personal Development activities (**bold** = activity **all** students likely to access) **Yellow** = accessed this year so far

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
<b>CORE (all students)</b> (Delivered in school)	<ul style="list-style-type: none"> <li>Charities launch assembly</li> <li>Children in need non-uniform day</li> <li>Citizenship lessons – local, regional and international governance, UK and Europe, UK and the commonwealth, the UN and the wider world, Human Rights and International Law, Income and Expenditure, Credit &amp; debt, Insurance, savings, pensions</li> <li>Charities Week – raising money with your form</li> </ul>	<ul style="list-style-type: none"> <li>Leadership launch assembly and leadership and enrichment Fayre</li> <li>A presentation given to the class</li> <li>Discussion and debate in lessons</li> </ul>	<ul style="list-style-type: none"> <li>DEAR time</li> <li>Learner Curriculum in PBT</li> <li>Revision skills Info evening</li> <li>Lessons on effective study / revision skills</li> </ul>	<ul style="list-style-type: none"> <li>Next Steps Assembly</li> <li>Post-16 options activity in PBT</li> <li>Post-16 Open Evening</li> <li>Post-16 Next Steps interview</li> <li>Post-16 Taster Day</li> <li>Apprenticeships assembly from Bradford College</li> <li>Post-16 Induction Day (Summer term)</li> </ul>	<ul style="list-style-type: none"> <li>Launch of extra-curricular timetable</li> <li>Core PE lessons</li> <li>One or more creative subjects – Art, Drama, Media, Technology, Music</li> <li>Subjects you study that link to your interests</li> </ul>	<ul style="list-style-type: none"> <li>Y11 Citizenship topic – online safety, risks of pornography, grooming, substance abuse, risk-taking behaviour, county lines</li> <li>Taking part in self-care and mental health awareness PBT</li> <li>Y11 Citizenship Term 3 - Core relationship values, fertility, pregnancy, managing change, loss and bereavement, health checks</li> </ul>	<ul style="list-style-type: none"> <li>Y11 Citizenship – online safety, risks of pornography, grooming, substance abuse, risk-taking</li> <li>Black History month, anti-bullying week activities</li> <li>LGBT History/Pride assembly</li> <li>International Woman’s Day Assembly</li> <li>Values Presentations in tutor time</li> <li>Topics studied in subjects e.g. History, RE, English, Geography...</li> <li>Attending an assembly on Remembrance and the holocaust</li> </ul>	Year 11 are not in school during C&C week
<b>In-school</b> (organised by school)	<ul style="list-style-type: none"> <li>Donating items to the food bank</li> <li>Charities research in PBT</li> <li>PE lesson - hockey club fund raiser</li> <li>Fundraising for charity</li> <li>Children in Need</li> <li>Eco iLeader role/Litter-picking</li> <li>Community iLeader</li> <li>Supporting school events e.g. Open Evening</li> <li>Offering to help around school</li> <li>DofE service</li> </ul>	<ul style="list-style-type: none"> <li>Any iLeader role</li> <li>Student Council / Sports Council</li> <li>Presentation given to the class</li> <li>Participating in an assembly</li> <li>Debating competitions</li> <li>Exploring the debating websites</li> <li>Performing music/drama in public</li> <li>Discussion and debate in lessons</li> <li>Model UN / DofE</li> <li>Helping at school events such as Open Eve</li> </ul>	<ul style="list-style-type: none"> <li>Independent research / extension work suggested by your teacher</li> <li>Subject-related clubs at school e.g. languages club</li> <li>Subject-related trips and visits</li> </ul>	<ul style="list-style-type: none"> <li>Careers links made in subject lessons</li> <li>Trips and visits which are linked to careers and your future</li> <li>Visitors to school who talk about their jobs</li> <li>Careers meeting/interview at parent evening</li> <li>Booking a careers interview with the school careers advisor</li> </ul>	<ul style="list-style-type: none"> <li>A creative or sport-repeated options subject (GCSE)</li> <li>Attending an after school club – Strategy Games, chess, D&amp;D</li> <li>Playing in a sports team</li> <li>Attending a lunch time club</li> <li>Participating in the school drama production</li> <li>iLeader helping at a club</li> <li>Creative Arts Evening</li> </ul>	<ul style="list-style-type: none"> <li>Citizenship/RSE – Staying safe module, self-confidence and resilience, making healthy choices</li> <li>Citizenship - ‘The holistic learner’ – ambition V realism</li> <li>Citizenship –managing stress (including online)</li> </ul>	<ul style="list-style-type: none"> <li>Social Media Kindness Day</li> <li>Anti-bullying i-Leader</li> <li>Diversity iLeader</li> <li>LGBT iLeader</li> <li>Safe Space</li> <li>Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity</li> </ul>	<ul style="list-style-type: none"> <li>Subject specific trips e.g. Bay of Naples (Geog)</li> <li>Visits to school by external speakers</li> <li>Trips and visits led by subjects e.g. Coutances exchange</li> <li>KS4 Ski Trip</li> <li>Ingleborough Drama residential</li> </ul>
<b>Out of school</b> (organised yourself)	<ul style="list-style-type: none"> <li>Volunteering at local events / for local organisations</li> <li>Donating clothes to charity</li> <li>Supporting local organisations such as Climate Action Ilkley, Ilkley Literature Festival or events at your local sports club</li> </ul>	<ul style="list-style-type: none"> <li>Captain/vice-captain of a sports team</li> <li>Leading a warm up/ coaching session</li> <li>Scouts, Brownies, Guides, cadets</li> <li>Performing or presenting in public out of school</li> <li>Engaging in discussion and debate in an organised way online or in person</li> </ul>	<ul style="list-style-type: none"> <li>Books &amp; magazines you read out of school</li> <li>High-quality and informative websites/podcasts / films that challenge your thinking</li> <li>Trips/visits which link to a subject eg. History</li> </ul>	<ul style="list-style-type: none"> <li>Part-time job</li> <li>Entrepreneurial activity</li> <li>Volunteering for local businesses/ organisations</li> </ul>	<ul style="list-style-type: none"> <li>Local sports team</li> <li>Member of a gym / Walking / biking / hiking</li> <li>Any out of school club e.g. Martial arts, dance</li> <li>Swimming</li> <li>Enrichment activities e.g. painting</li> <li>Playing an instrument</li> <li>Performing in a band / cooking / musical / theatre</li> </ul>	<ul style="list-style-type: none"> <li>Being a member of a gym</li> <li>Being a member of a church</li> <li>Meditation</li> <li>Yoga classes, Taequondo, Tai Chi</li> <li>Supportive online groups you are part of that support mental health and wellbeing</li> <li>Participating regularly in exercise</li> </ul>	<ul style="list-style-type: none"> <li>Films, podcasts, books you have read that address the importance of respecting others.</li> <li>Organisations you support e.g. Amnesty International, Refugee Action</li> <li>Organisations or individuals you follow on Social Media e.g Greta</li> <li>Wear a pride badge in support of LGBTQ+</li> </ul>	<ul style="list-style-type: none"> <li>Holidays where you did ‘more than just relax’ such as activity holidays or a capital city</li> <li>Trips to art galleries, the theatre, cities</li> <li>Attending major sporting events</li> </ul>

# Y12/13: Examples of Personal Development activities

(**bold** = activity all students likely to access)  
**Yellow** = most students accessed this term/recently

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. Discovery & Adventure
<b>CORE (all students)</b> (Delivered in school)	<ul style="list-style-type: none"> <li>Raising money during Charities Week with your form</li> <li>Raising money for Children in Need</li> </ul>	<ul style="list-style-type: none"> <li>Leadership launch assembly and leadership and enrichment Fayre</li> <li>Great Speeches presentations in PBT</li> <li>Presentation given to your class</li> </ul>	<ul style="list-style-type: none"> <li>PBT Lessons and Assemblies on effective study / revision skills</li> <li>Specialist subject-specific approaches to effective study integrated with subject curricula</li> </ul>	<ul style="list-style-type: none"> <li>Participating in Next Steps week (summer of Y12)</li> <li>Signing up for Open Days and university visits (from summer of y12)</li> <li>Y12 CEP Term 3 – Employment, Basics of banking, gap years, Next Steps (Post mock exams)</li> <li>Y13 – PBT sessions in Term 2/3 – Preparation for life after IGS</li> </ul>	<ul style="list-style-type: none"> <li>Great Speeches</li> <li>Cultural links within subjects studied at A level / BTEC – see Subject enrichment reading lists</li> </ul>	<ul style="list-style-type: none"> <li>Y12 CEP Term 1 – How can I be the healthiest version of myself, Healthy and unhealthy relationships, safe sex, abortion</li> <li>Y12 CEP Term 2 – Parenting, fertility, body alteration, self-examination</li> <li>Participating in PBT wellbeing lessons</li> </ul>	<ul style="list-style-type: none"> <li>Y12 CEP Term 1 lessons on consent, HSB, FGM, VAWG, risks of pornography</li> <li>Topics studied across the range of A Level/BTEC subjects e.g. Politics, Sociology, Criminology etc.</li> <li>Great speeches in PBT</li> <li>Elizabeth II commemoration</li> <li>Assemblies: Black Hist. Month, Remembrance, Kindness (Kintsugi), LGBT History/Pride/Ostracism</li> </ul>	<ul style="list-style-type: none"> <li>Participating in C&amp;C week in Y12 – Paris, Rome, Krakow, Cern</li> <li>Next Steps and university-related trips</li> </ul>
<b>In-school</b> (organised by school)	<ul style="list-style-type: none"> <li>Donating items to the food bank</li> <li>Becoming a Mentoring iLeader</li> <li>IGS News iLeader</li> <li>Eco-iLeader</li> <li>Community iLeader</li> <li>Breakfast Club iLeader</li> <li>STEM iLeader</li> <li>Supporting school events e.g. Open Evening</li> <li>DofE service</li> </ul>	<ul style="list-style-type: none"> <li>Any iLeader role incl. Member of SLT</li> <li>Joining the School Council</li> <li>Subject mentoring / Peer-to-peer support</li> <li>Leadership role in a school sports team</li> <li>Leadership training</li> <li>Sports Council / Sports Leader (qualification)</li> <li>Reading about Leadership in Wider reading booklet</li> <li>Supporting school events</li> </ul>	<ul style="list-style-type: none"> <li>Independent research / extension</li> <li>Subject-related clubs at school e.g. languages club</li> <li>Subject-related trips and visits</li> <li>EPQ presentation</li> <li>Essay competitions</li> <li>UKMT Senior Maths challenge, British Physics Olympiad</li> <li>Reading/listening/ watching something on the Subject Enhancement (Wider Reading)</li> <li>Ilkley Literature Festival</li> </ul>	<ul style="list-style-type: none"> <li>Opportunities shared in the weekly powerpoint</li> <li>Art/Photography careers iLeader</li> <li>Careers and Next Steps iLeader role</li> <li>Work Experience as part of your course (H&amp;S)</li> <li>WEx Enrichment option</li> <li>Opportunities provided by subject areas</li> <li>Attending a conference (online or in person)</li> </ul>	<ul style="list-style-type: none"> <li>Choosing a creative or sporting subject at A level/BTEC</li> <li>Playing for a school sports team</li> <li>School production</li> <li>Sports Leadership qual</li> <li>Becoming a Subject iLeader</li> <li>IGS News iLeader</li> <li>Drama Club iLeader</li> <li>Dance iLeader/Sports Council / Art/Photography club iLeader</li> </ul>	<ul style="list-style-type: none"> <li>CEP module in Spring Term</li> <li>Gaining accreditation as a Mental Health iLeader</li> <li>Using self-care resources in the Personal Devt folder</li> <li>Mental Health First Aid qualification</li> </ul>	<ul style="list-style-type: none"> <li>Becoming a Diversity iLeader</li> <li>Model UN</li> <li>Anti-bullying iLeader</li> <li>LGBTQ+ safe space iLeader</li> <li>Posters in D Floor / Armitage toilets giving advice and guidance about respect, equality and diversity</li> </ul>	<ul style="list-style-type: none"> <li>Exchanges</li> <li>Subject-related trips</li> <li>Visits by external speakers</li> <li>D of E trips</li> <li>Ingleborough Drama residential</li> <li>KS5 Ski Trip</li> <li>Geography - Iceland</li> </ul>
<b>Out of school</b> (organised yourself)	<ul style="list-style-type: none"> <li>Raising money for charity e.g. marathon</li> <li>Volunteering / supporting community events e.g. Climate Action Ilkley / Ilkley Lit. Fest.</li> <li>Member of nat. charity/organisation</li> <li>Volunteering with scouts/guides/cadets/ Rainbows / cubs</li> <li>Donating to Food Bank</li> <li>Going to church</li> </ul>	<ul style="list-style-type: none"> <li>Captain of a sports team</li> <li>Coaching and refereeing</li> <li>Scouts, brownies or guides</li> <li>Taking a leading role in activities out of school</li> <li>Leadership or training role at work e.g. health and safety</li> <li>Private teaching or tutoring</li> <li>Performing or presenting in public</li> <li>Engaging in discussion and debate in an organised way online or in person</li> </ul>	<ul style="list-style-type: none"> <li>Books &amp; magazines you read out of school</li> <li>High-quality and informative websites/podcasts / films / TED Talks that challenge thinking</li> <li>Watching online lectures</li> <li>Trips/visits which link to a subject you study eg. History</li> <li>Reading/listening/ watching something on the Subject Enhancement lists</li> <li>Independent research</li> <li>MOOCs (Massive Open Online Courses)</li> </ul>	<ul style="list-style-type: none"> <li>Applying for and/or securing a Part-time job</li> <li>WEx of any kind (including online)</li> <li>Attending Open Day and visiting a university</li> <li>Conversation with someone you know and trust about their experience of work</li> <li>Entrepreneurial activity</li> <li>Wider reading related to your chosen career path</li> <li>Gaining work-based qualifications e.g. lifeguarding, food hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Playing sport for a local team</li> <li>Walking/hiking/ climbing /biking / marathn running</li> <li>Out of school clubs – dance, martial arts, drama, art, creative writing, choir</li> <li>Enrichment activities at home e.g. painting</li> <li>Musical instrument</li> <li>In a band, Youth Orchestras</li> <li>Cooking, going to church, Air Cadets</li> <li>Visiting Art Galleries</li> <li>Gaming/coding</li> </ul>	<ul style="list-style-type: none"> <li>Member of a gym</li> <li>Member of a church</li> <li>Meditation / Yoga classes, Taekwondo, Tai Chi</li> <li>Online groups supporting mental health and wellbeing</li> <li>Read self-help books &amp; listen to podcasts</li> <li>Cooking</li> <li>Online MH support</li> </ul>	<ul style="list-style-type: none"> <li>Films, podcasts, books addressing respect, equality and diversity</li> <li>Organisations you support e.g. Amnesty International, Refugee Action</li> <li>Organisations or individuals on Social Media e.g. Greta</li> <li>Attending youth club</li> <li>Volunteering</li> <li>Customer service through work</li> <li>Being a member of a political party</li> <li>Wear a pride badge in support of LGBTQ+</li> </ul>	<ul style="list-style-type: none"> <li>Holidays where you did ‘more than just relax’</li> <li>Trips to Art Galleries, the theatre, major cities</li> <li>Attending major sporting events</li> </ul>



# From experiences to outcomes...

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

Moorlands  
Learning Trust



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 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 PERSONAL DEVELOPMENT WEB

