



Snapshot of personal development opportunities for Myton students

		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
PSHE	Sexual Health, Sexuality and Gender	<ul style="list-style-type: none"> • Puberty - physical and mental changes 	<ul style="list-style-type: none"> • Gender and discrimination 	<ul style="list-style-type: none"> • Contraception • Consent • The media • STIs • HIV 	<ul style="list-style-type: none"> • Sexual identity • Accessing contraception/ STIs • Sexual imagery • Consent and coercion 	<ul style="list-style-type: none"> • Pregnancy • Abortion • IVF • Menopause • Miscarriages 	<ul style="list-style-type: none"> • Health and safety 	
	Wellbeing and Mental Health	<ul style="list-style-type: none"> • What is mental health? • Social Media 	<ul style="list-style-type: none"> • Depression • Anxiety • Eating disorders • Stress • Self-actualisation 	<ul style="list-style-type: none"> • Healthy and unhealthy coping • Body image 	<ul style="list-style-type: none"> • Performance anxiety – exam stress • Body image 	<ul style="list-style-type: none"> • Social media • Self-actualisation • Revision • Exam stress 	<ul style="list-style-type: none"> • Mental health and wellbeing 	
	Relationships, Friends, and Family	<ul style="list-style-type: none"> • Bereavement • Divorce • Age appropriate behaviours including: Consent 	<ul style="list-style-type: none"> • Appropriate behaviours • Communication skills • Types of relationships and behaviours 	<ul style="list-style-type: none"> • Consent • Age of consent 	<ul style="list-style-type: none"> • Normalisation and coercion in society. 	<ul style="list-style-type: none"> • Dangers of sexual imagery and social media 		
	Physical Health/ Life Skills	<ul style="list-style-type: none"> • Food • Exercise • Sleep • Money • Women’s treatment in the world • Road safety 	<ul style="list-style-type: none"> • Diet • Exercise • Vaping • Gangs • Games and gambling 	<ul style="list-style-type: none"> • Employment • Addiction • Cannabis • Smoking/ vaping • Steroids/ other drugs • Gambling 	<ul style="list-style-type: none"> • Diet • Exercise • Abuse in the home • Gangs • CPR/ blood and organ donation • Sexual abuse • Drugs 	<ul style="list-style-type: none"> • Taxes • Pensions • Economic basics • Workplace • Diversity/CSR • Vaccines • Self-checking and cancer 	<ul style="list-style-type: none"> • Sexual health and gender health • Healthy sexual Relationships • How to study/revise • Driving safety • Drink drug awareness • Bullying and harassment • Health and safety 	<ul style="list-style-type: none"> • LGBTQ – inclusion • When to ask for help • Disabilities • Cooking for yourself • Domestic independence • Coping when being ill
	Online Safety	<ul style="list-style-type: none"> • Location data • What to share • Fake news 	<ul style="list-style-type: none"> • Social media • Online harassment 	<ul style="list-style-type: none"> • Consent online 	<ul style="list-style-type: none"> • Media literacy • Extremism online 	<ul style="list-style-type: none"> • Dangers of the dark web including INCEL • Personal data 		<ul style="list-style-type: none"> • Online rights and responsibilities

<p>Life Skills</p>	<ul style="list-style-type: none"> • Metacognition • British values 	<ul style="list-style-type: none"> • Crime • Democracy 				<ul style="list-style-type: none"> • Careers and the workplace • Economy 	<ul style="list-style-type: none"> • Voting • Political parties • Rights and responsibilities • The monarchy • Mortgages, loans, savings, current accounts • Pensions
<p>Trips (These are the trips that took place last academic year and may be offered again this year subject to resources and staff capacity)</p>	<ul style="list-style-type: none"> • Carol service • Sports Day • Year 7 rewards trip • Theatre trip (English) • Careers Fair • LINC Hatton Farm • District Athletics • Athletics • Visit to All Saints Church • LINC Newbold • Para football at Aston Villa • Bruehl residential • FA Activators Conference • Foodbank drop off • Robot Wars final (Physics) • Music Rotary • English debate competition • English Schools football game • Music Come and Play • Care home visit • Secondary Book Awards 	<ul style="list-style-type: none"> • Sports Day • Careers Big Bang • Spain (MFL) • District Athletics • Coten End Francophone (MFL) • Bruehl residential • Athletics • PE Sports Leaders • Girls' Rugby • Robot Wars final (Physics) • Para football at Aston Villa • LINC Newbold • FA Activators Conference • Tennis • Music Rotary • English debate competition • Singing at Warwick Hospital • English Schools Football Games • Music Come and Play • Care home visit • Secondary Book Awards • Pantathlon Finals • Jess Carter training event (PE) 	<ul style="list-style-type: none"> • Newquay • Sports Day • Rewards trip • Drayton Manor (Media/Film Studies) • DofE Bronze (including residential) • Theatre trip (Dance) • Coten End visit (MFL German) • Coten End visit (MFL Spanish) • Coten End visit (MFL French) • Athletics competitions (x3) • Singing at Warwick Hospital • Bruehl residential • Netball • Tennis • Football • Bowls • Girls' Rugby • Pantathlon • English debate competition • Holocaust memorial • English Schools Athletics Championships • Visit to All Saints Church • Secondary Book Awards 	<ul style="list-style-type: none"> • Rewards trip • Sports Day • Cadbury's World (Creative IT) • London trip (Art) • JLR (Careers) • Theatre trip (English) • NEC (DT Food) • Careers Aim Higher • Cadbury's World (DT) • Careers Physics • Bruehl residential • Athletics • DofE Silver • Spain (MFL) • Mallory Court (Careers) • Football • Care home visit • English Schools Athletics • Green Power Car Racing (DT) • MFL Francophone • Netball • Jess Carter training event (PE) • Theatre trip (Dance) • Pantathlon 	<ul style="list-style-type: none"> • Careers option post-16 • Field trip (Geography) • Gurdwara (RE) • Careers trip Birmingham Women and Children's Hospital • Lifesaving skills • Theatre trip (Drama) • University Taster Day (MFL) • Mallory Court (Careers) • Netball • Bruehl residential 	<ul style="list-style-type: none"> • Newquay • Rewards trip • Careers UCAS • DofE Gold • WMS (Psychology) • Biology/ Environmental Science • Biology • London (Art) • Siemens (Careers) • Field trip (Geography) • Global Social Leaders • Theatre trip (English) • IT cyber security • Supreme Court (Law) • Hampton Court (History) • Environmental Science • Rugby School tour • Leamington Court House • Philosophy at University of Warwick • Sports Science University • Netball • Shrewsbury Prison (Law and Criminology) • Theatre trip (Drama) • Houses of Parliament (Politics) • Residential (Physics) • National Computing Museum (IT) • Compton Verney (Art) • Media/Film Studies 	<ul style="list-style-type: none"> • National Justice Museum (Law) • Coventry University (Film and Media Studies) • National Computing Museum (IT) • Residential (Physics) • Houses of Parliament (Politics) • Theatre trip (English) • Theatre trip (Drama) • Netball • Rugby School tour • IT cyber security • Hampton Court (History) • PE Athletics

			<ul style="list-style-type: none"> • Theatre trip • Careers trip Birmingham Women and Children's Hospital • MFL Francophone • Robot Wars final (Physics) • Jess Carter training event (PE) 			<ul style="list-style-type: none"> • National Justice Museum • RE Business Ethics CS • Modern Farming (Environmental Science) • Birmingham (Photography) • Drawing in Birmingham (Art) • Robot Wars final (Physics) • PE District Athletic • Secondary Book Awards 	
Clubs	<ul style="list-style-type: none"> • Homework club • Scribblers & Bookworms • Warwickshire Book Awards group • Sparx homework club • Manga & cartoon drawing club • Debate club • Crochet & knitting club • Board games club • Free book Thursday • Robot Wars • Film club • Maths puzzle club <p>Music</p> <ul style="list-style-type: none"> • Vocal Group • Keyboard • Ukuele • School Chamber Ensemble • Band <p>PE</p> <ul style="list-style-type: none"> • Girls' rugby • Hockey • Basketball 	<ul style="list-style-type: none"> • Homework club • Scribblers and Bookworms • Warwickshire Book Awards group • Sparx homework club • Manga & cartoon drawing club • Debate club • Crochet & knitting club • Natural history club • Board games club • Free book Thursday • Robot Wars • Film club • Girls' computer club <p>Music</p> <ul style="list-style-type: none"> • Vocal Group • Keyboard • Ukuele • School Chamber Ensemble • Band <p>PE</p> <ul style="list-style-type: none"> • Girls' rugby • Hockey 	<ul style="list-style-type: none"> • Homework club • Scribblers and Bookworms • Warwickshire Book Awards group • Sparx homework club • Manga & cartoon drawing club • Debate club • Crochet & knitting club • Natural history club • Board games club • Free book Thursday • Robot Wars • Film club <p>Music</p> <ul style="list-style-type: none"> • Vocal Group • Keyboard • Ukuele • School Chamber Ensemble • Band <p>PE</p> <ul style="list-style-type: none"> • Girls' rugby • Hockey • Netball 	<ul style="list-style-type: none"> • Homework club • Warwickshire Book Awards group • Sparx homework club • Manga & cartoon drawing club • English mini masterclass • Debate club • Crochet & knitting club • Natural history club • Green Power • Board games club • Free book Thursday • Robot Wars • Film club • Minecraft club <p>Music</p> <ul style="list-style-type: none"> • Vocal Group • KS3 Keyboard • Ukuele • School Chamber Ensemble <p>PE</p> <ul style="list-style-type: none"> • Girls' rugby • Hockey • Netball • Girls' football 	<ul style="list-style-type: none"> • Homework club • Warwickshire Book Awards group • Sparx homework club • Manga & cartoon drawing club • Debate club • Crochet & knitting club • Natural history club • Board games club • Free book Thursday • Robot Wars • Film club • Minecraft club <p>Music</p> <ul style="list-style-type: none"> • Vocal Group • KS3 Keyboard • Ukuele • School Chamber Ensemble <p>PE</p> <ul style="list-style-type: none"> • Girls' rugby • Hockey • Netball • Girls' football • Running club 	<ul style="list-style-type: none"> • Duke of Edinburgh Gold • Kissing it Better • Volunteering • Board games club • Mock United Nations • Law and Politics Societies • Coding Club • Sixth Form Leadership • Book club • EPQ • Online Learning • Aim High opportunities <p>PE</p> <ul style="list-style-type: none"> • Girls' rugby • Hockey • Girls' football • Running club • Gym club • Targeted fitness • Street dance • Basketball 	<ul style="list-style-type: none"> • Duke of Edinburgh Gold • Kissing it Better • Volunteering • Board games club • Mock United Nations • Law and Politics Societies • Coding Club • Sixth Form Leadership • Book club • EPQ • Online Learning • Aim High opportunities <p>PE</p> <ul style="list-style-type: none"> • Girls' rugby • Hockey • Girls' football • Running club • Gym club • Targeted fitness • Street dance • Basketball

	<ul style="list-style-type: none"> Girls' football Rugby Running club Indoor cricket Gym club Targeted fitness Netball Football Street dance 	<ul style="list-style-type: none"> Basketball Girls' football Rugby Running club Indoor cricket Gym club Targeted fitness Netball Football Street dance 	<ul style="list-style-type: none"> Girls' football Running club Football Gym club Targeted fitness Basketball Rugby Street dance 	<ul style="list-style-type: none"> Football Running club Gym club Targeted fitness Rugby Badminton Street dance Basketball 	<ul style="list-style-type: none"> Gym club Targeted fitness Badminton Street dance Basketball 		
Careers	<p>Knowing Me</p> <ul style="list-style-type: none"> To be able to identify my own skills, likes and dislikes and how these relate to different types of careers Introduction to Careers at Myton School Introduction to Unifrog and researching careers Unifrog – Treasure Hunt workshop 1 Employer encounters Unifrog -What is your dream job workshop? Understand what transferable skills are 	<p>Future Careers</p> <ul style="list-style-type: none"> To be aware of the jobs that exist now, in the future and in my local area Unifrog – What does success mean workshop Understand stereotypes that exist and how to challenge them Unifrog – Treasure Hunt Workshop 2 Unifrog - Understand what LMI shows and where to find it University assembly Employer encounters Unifrog – Your superhero CV workshop Identify what is important in a future career Big Bang Show - NEC Know the post-16 and post-18 options that are available 	<p>Option Choices</p> <ul style="list-style-type: none"> To understand how subjects and hobbies can link to the world of work Unifrog – identifying interest's workshop Know where to find relevant information to assist decision making and distinguish between different sources of information College awareness assembly (including T Levels) Identify own strengths and skills World of work Unifrog – Career Library treasure hunt workshop 3 Options Evening Career Detective Event Unifrog – What makes a great leader workshop University Visit Optional career guidance interviews 	<p>Developing employability skills</p> <ul style="list-style-type: none"> To understand what life is like in a variety of workplaces and to develop the skills needed Unifrog – Personality profile workshop Identify skills related to subjects and link to careers (through lessons) Unifrog – career treasure hunt 4 workshop University assembly Apprenticeship awareness assembly Careers/apprenticeship fair Unifrog – CV Building workshop University Visit Work experience Employers Visits/talks Targeted Careers Interviews Business Breakfast 	<p>Next Steps</p> <ul style="list-style-type: none"> To understand a variety of routes into further education and employment enabling student to make best informed decision going forward Unifrog – Interview Skills workshop Post-16 options assemblies (FE Colleges, Sixth Forms, apprenticeships etc) One to one Careers Interviews Group career guidance sessions School Leaver Festival Trip Lunch time drop-in career sessions Unifrog – Coping with change workshop Support with completing Post 16 applications Group career guidance sessions One to one Career interviews Mock Interviews 	<p>Exploring your Future Options</p> <ul style="list-style-type: none"> To understand routes into higher education and employment including degree apprenticeships. Identify and explore the different post-18 options Identify and explore enrichment and work experience opportunities Assemblies/workshops by colleges, universities, training providers and employers Employer/ University Visits Business Breakfast Unifrog – workshops Assemblies/workshops on Post 18 options by colleges, universities, training providers and employers Apprenticeship awareness assembly Career/apprenticeship fair Employer/ University Visits Unifrog workshops 	<p>Making Decisions and Applications</p> <ul style="list-style-type: none"> To successfully achieve desired outcomes Support with applications and interviews techniques. Employer/University Visits Careers interviews available Mock Interviews CV/Personal Statement writing/Application support Unifrog – workshops Budgeting and Student Finance Apprenticeship application support workshops Career/apprenticeship fair A level results support

					<ul style="list-style-type: none"> • Apprenticeship application workshops • Lunch time drop-in career sessions • Sixth Form taster sessions • College taster sessions • Careers Interviews as required • Lunch time drop in career sessions • September guarantee – all students with an offer. • GCSE results day support 	<ul style="list-style-type: none"> • UCAS information/guidance application sessions • UCAS/Careers Convention • Personal Statement workshops/support • Undertaking enrichment opportunities/work experience • Careers Interviews available • Post 18 Options Assemblies and evenings • Unifrog workshops 	
Events	<ul style="list-style-type: none"> • Be Real • Canvas of Culture • Remembrance Day • VE Day • CARE Curriculum 	<ul style="list-style-type: none"> • Be Real • Canvas of Culture • Remembrance Day • VE Day • CARE Curriculum • Code production 	<ul style="list-style-type: none"> • Be Real • Canvas of Culture • Remembrance Day • VE Day • CARE Curriculum • Prison Me? No Way! • Loudmouth • Safeline 	<ul style="list-style-type: none"> • Be Real • Canvas of Culture • Remembrance Day • VE Day • CARE Curriculum 	<ul style="list-style-type: none"> • Be Real • Canvas of Culture • Remembrance Day • VE Day • CARE Curriculum 	<ul style="list-style-type: none"> • Be Real • Canvas of Culture • Remembrance Day • VE Day • CARE Curriculum 	<ul style="list-style-type: none"> • Be Real • Canvas of Culture • Remembrance Day • VE Day • CARE Curriculum