

Personal Development Long Term Plan (Year 7)

Year 7 Intent / End Point: Our personal development programme is designed to support Y7 students in their development of a Growth Mindset. The lessons are packed with the essential tools for building personal successes. Using Growth Mindset, the ability to learn from failure, grit and marginal gains, students will be equipped with the resilience to face the challenges in our rapidly changing, complex world.

	HT1	HT2	HT3	HT4	HT5	HT6
Unit Title	You are Awesome	You are Awesome	You are Awesome	Dare to Be You	Dare to Be You	Dare to Be You
Key Principles	You Are Awesome - An introduction to Growth Mindset From Kid Average to Kid Awesome - Identifying good habits	Practice Makes Awesome - Using feedback to improve Genius or What? - The hard work behind famous successes Research and present somebody who is excellent in their field	Small Steps and Giant Leaps - Marginal gains Under Pressure - The physical response to pressure Don't Stop Me Now - Examining your change in mindset	Dare to Be You - Why Change Makers The Doubts - One Size Doesn't Fit All The Difference - Being Different Makes the Biggest Difference	Be Daring - Dare to be You Be Distictive - Can you Think Differently to Others Be Decisive - Don't be a Clone	Be Determined - Get Curious Be-a-Do-er - Be your own Action Hero Be Decent - Be Kind
Middle Stakes Testing	Try Now	Try Now Presentation	Try Now	Try Now	Try Now	Try Now

Skills Development: Some of the skills addressed in Y7 are: Reframing and understanding how success really happens. How the brain grows with practice, challenge and mistakes. How to practise in order to maximise opportunities for building abilities. Building resilience and GRIT. The importance of a Growth Mindset (in comparison to a 'Fixed' one). How to learn from making mistakes. Building confidence and perseverance. Even small incremental gains in improvement can lead to big changes. Strategies for dealing with pressure and anxiety.