All	Assemblies| Successful Lives Days| Exams| Progress Checks| Celebrating Success | Activities Days| Year Group trips																	
Themes	**Ambitious**			**Resilient**			**Independent**			**Reflective**			**Collaborative**					
13	UCAS & post 18 pathway		Destinations	Coping with exam stress			RSE	Moving out	Finances	Mock exam review	VESPA	Year 12 Self -reflection	Tutor quiz & competitions			Leaver's celebrations		
12	Post 18 options UCAS	WEX & careers	Preparing for interviews	Coping with exam stress			Study skills		Relationships	Retrieval	VESPA	Preparing for mock exams	Enterprise successful lives day		Celebrating success assemblies		Tutor quiz & competitions	
11	Goal setting	Belief	Success – what does it mean	Overcoming learning fatigue	Optimism / Positivity	Optimism / Positivity	Importance of Hard Work	Self-sufficient	Acting on feedback	Reflection	Evaluating results	Modifying approach	Coping with exams		Mind, body, breath		Confidence	
10	Goal setting	Good choices	Pride	Strategies	Persistence	Fear of failure	Ownership	Organisation	Positive Choices	Retrieval	Cognitive load	Approaching revision	Being in the zone		Mindfulness		Ambition	
9	Future planning	Ambition	Teamwork	Worrying vs anxiety	Working together	Problem solving	Critical thinking	Decision making	Online etiquette	Motivation	Learning review	Reflection on exams	Taking responsibility		RESPECT		Body image	
8	Progress	Self-discipline	Teamwork	Friendships / daily problems	Decisions	Seeking assistance	Accepting consequences	HW	Options	Exams Planning	Learning approach	Self-Assess Strategies	Goal setting		RESPECT - feelings		Self-confidence	
7	Goals	Planning	Pride	Trying again	Transition	Responsibility	Organising HW	Time management	Time management	Primary Reflection	Memory Skills	Progress Passport	Working together		Regulating behaviour		RESPECT	



Ambitious

Language for Life Pathway

Y13 **Y12**	Post 18 pathway	UCAS	Destinations
	Post-18 pathways	WEX & careers	Preparing for interviews
	Post-18 pathways including university, apprenticeships, & careers; CV preparation & writing; UCAS applications & personal statements; making informed choices for destinations		
Y11	Goal setting	Belief	Success
	Post-16 options; optimism for the future		
Y10	Goal setting	Good choices	Pride
	Feedback & progress review; Goal-setting linked to upcoming mocks; Roles of responsibility		
Y9	Future planning	Ambitious	Teamwork
	Preparing for options; understanding barriers to ambition; soft skills development		
Y8	Progress	Self-discipline	Teamwork
	Emphasis on teamwork & self-discipline; taking responsibility; introduction to future planning		
Y7	Goals	Planning	Pride
	Focus on transition from primary to secondary; goal-setting for the year; building routines & organisation to support ambition		



Resilient

Language for Life Pathway

Y13 **Y12**	Coping with exam stress	Coping with exam stress	Coping with exam stress
	Coping with exam stress	Coping with exam stress	Coping with exam stress
	Addressing factors affecting well-being; proactive strategies for stress management; resilience in independent living & academic challenges		
Y11	Overcoming learning fatigue	Optimism	Positivity
	Coping with exam pressure & results; strategies for moving forward.		
Y10	Strategies	Persistence	Fears of failure
	Managing stress & anxiety; resilience during revision & exams		
Y9	Worrying vs anxiety	Working together	Problem-solving
	Coping with increased workload & expectations; preparing for mocks		
Y8	Friendships/daily problems	Decisions	Seeking assistance
	Bouncing back from setbacks; managing new subject sets & friendships; mental health focus		
Y7	Trying again	Transition	Responsibility
	Adapting to routines & structures; coping with transition challenges; teamwork & responsibility		



Independent

Language for Life Pathway

Y13 Y12	RSE	Moving out	Finances
	Study skills	Relationships	Choices
	Managing relationships, making safe choices; preparing for independent living. Financial independence (budgeting, fraud awareness); household tasks; managing conflicts		
Y11	Importance of hard work	Self-sufficient	Acting on feedback
	Revision planning & self-organisation		
Y10	Ownership	Organisation	Positive choice
	Independent decision-making for WEX; Revision strategies		
Y9	Critical thinking	Decision-making	Online etiquette
	Taking responsibility; learning email etiquette; critical thinking skills		
Y8	Accepting consequences	Homework	Options
	Emphasis on self-discipline; taking responsibility; introduction to future planning		
Y7	Organising homework	Time management	Self-management
	Developing self-management skills without parental intervention		



Reflective

Language for Life Pathway

Y13 Y12	Mock exam review	Year 12 self-reflection	VESPA
	Retrieval	VESPA	Preparing for mock exams
	Reflecting on Year 12; Reflection on revision techniques; goal-setting & growth mindset; managing habits & systems for success		
Y11	Goal setting	Belief	Success
	Reviewing mock performance & learning from results		
Y10	Retrieval	Cognitive load	Approaching revision
	Reflection after mocks; evaluating revision strategies.		
Y9	Motivation	Learning review	Reflection on exams
	Mental health reflection; end-of-Key Stage 3 review		
Y8	Exams planning	Learning approach	Self-assess strategies
	Reflection after progress reports & exams		
Y7	Primary reflection	Memory skills	Progress report
	Reflecting on transition; sending postcards to primary schools; involvement in induction for new Year 7s		



Collaborative

Language for Life Pathway

Y13 Y12	Tutor quizzes	Tutor Competitions	Leaver's celebrations
	Enterprise Day	Celebrating Success assemblies	Tutor quizzes & competitions
	Successful Lives days; Celebrating Success assemblies; tutor competitions; collaborative well-being activities		
Y11	Coping with exam stress	Mind, body, breath	Confidence
	Celebrating Success assembly & tutor videos; Kindness Calendar		
Y10	Being in the zone	Mindfulness	Ambition
	Tutor well-being projects; Sports Day; assemblies; Successful Lives days		
Y9	Taking responsibility	RESPECT	Body image
	Olympic Bid Day; Peer support activities; joint work on revision strategies		
Y8	Goal setting	RESPECT – feelings	Self-confidence
	Successful Lives days; teamwork in assemblies; group quizzes & projects.		
Y7	Working together	Regulating behaviour	RESPECT
	Tutor group teamwork; kindness theme; primary liaison activities		