

Sixth Form PDE Programme

The Sixth Form PDE Programme aims to equip all Sixth Form students with the knowledge and skills they need to live a successful and safe adult life. It is taught by specially trained PDE teachers and Sixth Form tutors in compulsory lessons of one hour every week.



	Lower Sixth		Upper Sixth	
	Lesson	Learning Objectives	Lesson	Learning Objectives
Autumn Term 1		Learning goal		Learning goals
	Developing Positive Habits	Understand the relationship between values, behaviours and habits and use this knowledge to lead a fulfilling and purpose-filled life. Measures of success Students select values that are important to themselves. Identify how values, behaviours and habits are interconnected. Identify values, behaviours and habits students want to live their lives by. Learning goals	Lifelong Growth Mindset	To develop a growth mindset by reframing your thoughts and stretching beyond your comfort zone. Measures of success Identify the elements of a growth mindset. Recognise how to reframe mental thoughts to align with a growth mindset. Recognise the boundaries of your comfort zone and how to expand it.
	Moving Towards Your Ideal Self	To learn which values are integral to the ideal self and the extent to which they are currently being fulfilled. Measures of success Identify which values are integral to the person you want to be. Recognise which values we want present in our work, relationships, and friendships. Identify how to use our values as a metric in decision making.	Overcoming Worry In Your Final Years of School	Learning goals To identify the role worry has in our lives, how it can cause problems and ways to manage it. Measures of success Reflect on what causes me to worry. Recognise that worrying itself is not a problem. Identify strategies that help my worries subside. Lesson goals
	Transitions Toolkit		Embracing Challenges & Discomfort	To embrace challenges and discomfort and learn why stepping outside of the comfort zone is important. Measures of success Recognise the importance of embracing discomfort. Identify the importance of continuing towards our life goals Identify ways to step outside comfort zone.
	Pathways After School	TBC Learning goals To evaluate post-school pathway options by comparing study, training, and gap year choices with future career requirements. Measures of success Compare options for further education, working, and gap years. Identify qualifications needed for different careers. Evaluate a next-step option that suits their goals and readiness.	Speaking Up and Leading	
	Money Matters Post-16			TBC
Autumn Term 2	Credit Cards	TBC Learning goals To understand the benefits and risks of credit cards and develop responsible financial habits. Measures of success Explain the differences between credit and debit cards. Identify the risks of credit card use. Describe strategies to minimise credit card risks.	Lessons focused on Futures: Self-Organisation for success; writing personal statements and applying for further study. Lessons focused on Futures: Self-Organisation for success; writing personal statements and applying for further study. Lessons focused on Futures: Self-Organisation for success; writing personal statements and applying for further study. Lessons focused on Futures: Self-Organisation for success; writing personal statements and applying for further study. Lessons focused on Futures: Self-Organisation for success; writing personal statements and applying for further study. Lessons focused on Futures: Self-Organisation for success; writing personal statements and applying for further study. Lessons focused on Futures: Self-Organisation for success; writing personal statements and applying for further study.	
	UNIFROG WORK	Recording skills and achievements on Unifrog		
	UNIFROG WORK	Researching Post-18 Options on Unifrog		
	Digital Reputation and Career Opportunities	Learning goals To identify strategies for managing online presence and its impact on career opportunities. Measures of success Explain how online presence can impact career opportunities. Identify strategies to manage and improve your digital footprint. Apply strategies to take control of your online presence in preparation for employment. Learning goal		
	Democracy v Autocracy	To identify the characteristics, benefits, and negatives of democracy and autocracy. Measures of success To identify the defining characteristics of democracy. To identify the defining characteristics of autocracy. To recognise the trade off between autocracy and democracy. Learning goals		
	Separation of Power	To understand what separation of powers is, how it's enforced, and what happens in society when separation of powers is removed. Measures of success Understand what is meant by the term 'separation of power' Able to articulate the three branches of separate power in our country's system Explore what happens in society without separation of power and how such a society could impact our life.		
	Religious Freedom in the UK	Lesson goal To identify the importance of religious freedom in society. Measures of success To identify what religious freedom means. To identify why religious freedom is important. To understand what religious discrimination means.		
	Gay Rights	Lesson goal To recognise the development and origins of gay rights in the UK. Measures of success To identify the primary rights all citizens should have and why they matter. To understand the UK's historical relationship with homosexuality. To identify the keystone events in the development of gay rights.	Living a Purposeful Life	Learning goals To analyse a values-driven approach to life and evaluate how effectively I am living in alignment with my values. Measures of success Evaluate the importance of a values-driven approach to life. Identify my values and whether I am living in alignment with them. Identify actions that would help me to live by my values.

Spring Term 1	Navigating Conflict	Lesson goals To learn how to prevent and resolve conflict using effective communication. Measures of success Understand ways to talk that reduce or prevent conflict. Understand strategies that can effectively resolve conflict. Apply skills to effectively resolve conflict in a role-play scenario.	Living Independently	Learning goals To understand key factors in independent living and make informed decisions about housing options. Measures of success Compare living arrangements by cost, privacy, and housemate fit. Identify key priorities for independent living. Evaluate housing options for future planning.
	Online Content and Mental Health	Learning goals To recognise how online content and screen time can influence mental health. Measures of success Explain the difference between normal emotional experiences and mental health conditions. Describe how online content and screen time can affect wellbeing. Identify risks online and explain how to seek help and report harmful content.	Taxation	Learning goal To understand what taxes are, why they exist, how they are collected, and how the government uses tax money. Measures of success Form an opinion on whether taxation is fair or not. Identify the main sources of tax revenue and government spending. Design your own national budget justifying your allocation of taxes.
	Emotional Balance	To understand the importance of emotional regulation and to develop practical skills to recognise and manage emotions effectively. Measures of success Identify emotions and discuss them openly. Practise strategies to help balance emotions. Identify mindfulness strategies to use in the future when emotions arise.	Financial Potholes	Learning goals To make informed financial decisions that prevent debt and build security. Measures of success Identify risky financial habits. Recognise ways to minimise financial risks. Apply strategies to deal with financial trouble situations.
	Unlocking Mindful Awareness	Learning goals To develop skills to improve emotional regulation techniques and apply them to real-life scenarios. Measures of success Define what emotion regulation is and why it's important. Reflect on your own ability to regulate emotions. Apply the "spotlight" strategy to real-life scenarios.	Rethinking Masculinity	Learning goal To explore changing ideas around masculinity and the influence of harmful subcultures. Measures of success Explore the changing ideas around masculinity in modern society. Identify how online sub-cultures frame masculinity and relationships. Analyse the impact of these narratives.
	Consent & Coercion	Learning goals To understand the behaviours that lead to control and coercion, know how to ask for consent and to be assertive in a relationship. Measures of success Identify the elements of a controlling relationship. Learn how to communicate effectively and assertively in relationships. Learn how to ask for consent and how to seek help.	Safeguarding Democratic Systems	Learning goals To understand how democracy is protected, recognise that democracy can be threatened, and apply the safeguards of democracy to real-life scenarios. Measures of success Recognise that safeguards are necessary to protect democracy. Explain how the separation of powers and checks and balances work to limit government power. Critically analyse real-life scenarios where the separation of power is in operation, and understand how it provides individual freedoms.
Spring Term 2	Navigating Sexual Safety	To understand the risks and responsibilities of sexual activity and develop practical knowledge about safe sexual practices. Measures of success Understand the responsibility and risks associated with sexual activity. Outline the use of contraceptive options for healthy sexual activity. Demonstrate an understanding of responsible sexual behaviours regarding STIs and contraception.	Honour-Based Violence	Learning goals To identify why honour-based violence occurs and how to provide victims with support. Measures of success Investigate why honour-based violence occurs. Examine the thoughts and emotions surrounding honour-based violence. Identify ways to identify potential victims and provide support.
	Attitudes Towards Sexualisation and Pornography	Learning goal To recognise the ways that sexualisation and pornography have impacted the ways women are treated in society. Measures of success Identify how sexualisation objectifies women. Examine how pornography creates unrealistic expectations of sex. Identifying solutions to sexualisation and disrespect to women.	Striving for Equality	Learning goals Understand the concept of equality, its historical progression and its legal protections, and advocate for improved equality in their school environment. Measures of success Articulate the evolution in equality from the 1910s, 1950s, and 1990s to the present. Understand the protections under the Equality Act 2010 and its characteristics. Apply their understanding of equality in a one-minute speech proposing a practical initiative to combat discrimination.
	Examining Sexual Violence	Learning goals To identify the signs of sexual violence and how respecting consent can prevent it. Measures of success Identify different forms of sexual violence and harassment. Examine the elements of sexual violence and consent. Explore community strategies to address sexual violence.	Navigating Pregnancy Choices	To understand the complex nature of pregnancy, the physical and emotional challenges and the factors that impact the choices available and decision-making. Measures of success Understand what happens in the different stages of pregnancy. Apply critical thinking skills to analyse a scenario of unplanned pregnancy. Actively engage in group discussions, demonstrating empathy and respect for diverse perspectives on pregnancy choices.
	Preventing Sexual Harassment	Learning goals To identify the different forms of sexual harassment and ways to stand up and support victims. Measures of success Identify different forms of sexual harassment. Determine how to support victims. Practise addressing sexual harassment through scenarios	Overcoming Mob Mentality	Learning Goals Define Mob Mentality, analyse how it works in practice, and recognise what strategies work to combat this mentality. Measures of Success Understand the concept of Mob Mentality. Reflect on our own experiences of Mob Mentality. Recognise the dangerous impact of Mob Mentality, and explore how to avoid falling victim to it.
	Illegal and Imitation Weapons	To identify the dangers and consequences of bringing weapons, including imitation weapons, to school. Measures of success Identify legal outcomes of bringing weapons to school. Compare the impacts of real and imitation weapons. Outline the ripple effects of bringing a weapon to school.	Career Planning and Weighing Your Options	Learning goals To evaluate different post-school pathways and make informed decisions about career options. Measures of success Identify risks and rewards of different career pathways. Analyse how lifestyle and values influence career decisions. Evaluate and determine your own next steps.
	Gang Violence	To understand the violent nature of gangs and how it affects members and their community. Measures of success Recognise how gangs recruit and exploit young people. Identify the nature and impact of gang violence. Recognise the cyclical nature of gang violence.		

Summer Term 1	Substance Use And The Law	Learning goals Understand the laws that apply to the use of drugs, alcohol, vaping and tobacco. Measures of success Understand the penalties for using drugs, alcohol, vaping and tobacco. Identify the long-term ramifications of a criminal record. Apply legal knowledge to scenarios for drugs, alcohol, tobacco and vaping use. Learning goal
	Alcohol Dependence & Excessive Drinking	To identify the symptoms and consequences of alcohol dependence, and how it can develop. Measures of success Identify the definition and symptoms of alcohol dependence and excessive drinking. Recognise the impact of alcohol dependence and excessive drinking. Develop strategies to recognise it and to intervene with themselves or others.
	Positive Habits Hacks	Learning goals To identify positive habits I can incorporate into my life and how to maintain this long-term. Measures of success Identify daily habits that will improve my life. Apply strategies to maintain these habits long term. Use peer sharing to strengthen commitment to my habit changes.
	Workplace Culture and Expectations	Learning goals To actively research and reflect on workplaces, workplace culture and expectations. Measures of success Identify the similarities and differences between workplace cultures. Reflect on personal preferences and values in relation to different workplaces. Describe the expectations and behaviours that different workplaces require.
	Know Your Workplace Rights	TBC
	Design Your Work-Life Fit	TBC
Summer Term 2	Global Careers Landscape	Learning goal To explore how workplaces, national decisions, and global forces shape career opportunities and expectations. Measures of success Explain how workplace culture and professional behaviour differ between jobs. Describe how government priorities can influence job opportunities. Identify which careers are more global and which are more locally based.
	Labour Market Trends Shaping Career Choices	Learning goals To explore labour market trends and examine how they impact future job opportunities. Measures of success Define what the labour market is and explain why it matters. Identify job sectors that are growing or changing. Match strengths or interests to potential future job opportunities.
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