

Year Group	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Intent of study year 10	At TWA, Students will study the ASDAN AoPE (Award of Personal Effectiveness) qualification. The Qualification is designed to develop and recognize a range of skills that enhance students' personal, social, and work-based competencies. Aimed particularly at students aged 14-16, it focuses on helping them build skills they can apply to both academic and life settings, including those related to personal development, teamwork, and employability. The core aims are to develop key life skills, promote independence and responsibility, enhance employability and encourage self-reflection and goal setting. These are important and essential skills for life after school and education.					
10	<p>Introduction to working with others/Group Discussion</p> <ul style="list-style-type: none"> <li>Understanding verbal and non-verbal communication.</li> <li>Learning to listen actively and respond appropriately.</li> <li>Expressing ideas clearly and respectfully.</li> <li>Identifying roles and responsibilities within a group.</li> <li>Contributing effectively to shared tasks and activities.</li> <li>Developing trust and respect among team members.</li> <li>Approaching challenges collaboratively.</li> <li>Sharing ideas and suggestions constructively.</li> <li>Negotiating and reaching group decisions.</li> <li>Evaluating personal and group performance.</li> <li>Identifying strengths and areas for improvement.</li> <li>Giving and receiving constructive feedback.</li> <li>Recognizing potential conflicts and resolving them amicably.</li> <li>Using strategies to address disagreements productively.</li> </ul>	<p>Planning and Reviewing Learning</p> <ul style="list-style-type: none"> <li>Identifying personal strengths and areas for improvement.</li> <li>Choosing realistic and meaningful goals based on personal aspirations and interests.</li> <li>Understanding the steps required to achieve these goals.</li> <li>Breaking goals into manageable tasks and setting deadlines.</li> <li>Prioritizing tasks and organizing resources effectively.</li> <li>Creating a structured plan to guide their work.</li> <li>Using tools like schedules, timetables, or checklists to manage time effectively.</li> <li>Understanding the importance of deadlines and how to meet them.</li> <li>Identifying challenges or barriers to learning and developing strategies to overcome them.</li> <li>Adjusting plans when unexpected issues arise.</li> <li>Evaluating their progress against initial goals and plans.</li> <li>Identifying successes and areas for improvement.</li> <li>Recording reflections in a log or journal.</li> <li>Understanding how and when to adjust plans based on performance or new priorities.</li> <li>Developing resilience and adaptability when things don't go as planned.</li> </ul>	<p>Dealing with Problems in Daily Life</p> <ul style="list-style-type: none"> <li>Recognizing problems in everyday situations (e.g., at school, home, or in the community).</li> <li>Understanding how to break down complex issues into manageable parts.</li> <li>Generating solutions through brainstorming and creative thinking.</li> <li>Weighing the pros and cons of potential solutions.</li> <li>Using logic and reasoning to decide on the best course of action.</li> <li>Expressing concerns clearly and respectfully.</li> <li>Negotiating and compromising to resolve conflicts.</li> <li>Asking for help or advice when necessary.</li> <li>Staying calm under pressure or in stressful situations.</li> <li>Developing strategies to handle frustration or disappointment.</li> <li>Setting realistic goals and steps to solve a problem.</li> <li>Managing time effectively to implement solutions.</li> <li>Reflecting on what worked well and what could be improved.</li> <li>Learning from mistakes to handle similar issues in the future.</li> <li>Working with others to tackle group problems.</li> <li>Sharing responsibilities and respecting others' opinions.</li> </ul>	<p>Planning and carrying out Research</p> <ul style="list-style-type: none"> <li>Identifying clear and focused research questions or areas of investigation.</li> <li>Exploring what makes a question relevant or worth investigating.</li> <li>Learning how to identify appropriate sources of information (e.g., books, websites, interviews, surveys).</li> <li>Practicing effective search strategies, including online and offline research tools.</li> <li>Assessing the reliability, credibility, and bias of different sources.</li> <li>Comparing information from multiple perspectives</li> <li>Creating a research plan or timeline with specific steps and deadlines.</li> <li>Prioritizing tasks and managing time effectively.</li> <li>Establishing realistic and measurable goals for their research project.</li> <li>Understanding the importance of breaking down complex tasks into manageable parts.</li> <li>Interpreting and synthesizing data or findings.</li> <li>Drawing logical conclusions from research data.</li> <li>Overcoming challenges or barriers during the research process.</li> <li>Adapting plans when new information or obstacles arise.</li> <li>Working with others (if the research involves teamwork) and sharing roles.</li> <li>Incorporating feedback to improve the quality of the project.</li> </ul>	<p>Developing Self</p> <ul style="list-style-type: none"> <li>Understanding personal strengths and areas for improvement.</li> <li>Recognizing emotions and how they influence behaviour.</li> <li>Setting personal goals and tracking progress.</li> <li>Developing strategies for managing stress and emotions.</li> <li>Building self-esteem and confidence in personal abilities.</li> <li>Learning to overcome challenges and setbacks.</li> <li>Improving verbal and non-verbal communication.</li> <li>Engaging in active listening and constructive conversations.</li> <li>Practicing teamwork and collaborative problem-solving.</li> <li>Setting realistic, measurable goals and creating action plans.</li> <li>Managing time and prioritizing tasks effectively.</li> <li>Understanding the importance of preparation and follow-through.</li> <li>Evaluating options and making informed decisions.</li> <li>Reflecting on past decisions to improve future outcomes.</li> <li>Applying creative thinking to solve personal and group challenges.</li> <li>Identifying healthy lifestyle choices and routines.</li> <li>Developing a sense of responsibility for actions and decisions.</li> <li>Fostering a growth mindset to embrace continuous learning.</li> <li>Recognizing and expressing personal needs and preferences.</li> <li>Building independence through practical skills.</li> <li>Learning to seek help when needed and accessing support networks</li> </ul>	<p>Preparing for and giving a presentation</p> <ul style="list-style-type: none"> <li>Understanding personal strengths and areas for improvement.</li> <li>Recognizing emotions and how they influence behavior.</li> <li>Setting personal goals and tracking progress.</li> <li>Developing strategies for managing stress and emotions.</li> <li>Building self-esteem and confidence in personal abilities.</li> <li>Learning to overcome challenges and setbacks.</li> <li>Improving verbal and non-verbal communication.</li> <li>Engaging in active listening and constructive conversations.</li> <li>Practicing teamwork and collaborative problem-solving.</li> <li>Setting realistic, measurable goals and creating action plans.</li> <li>Managing time and prioritizing tasks effectively.</li> <li>Understanding the importance of preparation and follow-through.</li> <li>Evaluating options and making informed decisions.</li> <li>Reflecting on past decisions to improve future outcomes.</li> <li>Applying creative thinking to solve personal and group challenges.</li> <li>Identifying healthy lifestyle choices and routines.</li> <li>Developing a sense of responsibility for actions and decisions.</li> <li>Fostering a growth mindset to embrace continuous learning.</li> </ul>

				<ul style="list-style-type: none"><li>• Reflecting on the success of the research process and what could be improved.</li><li>• Recognizing how skills gained during the research project could be applied to other areas of life or study.</li><li>• Taking responsibility for their learning and making independent decisions.</li><li>• Balancing guidance from others with personal initiative.</li></ul>		<ul style="list-style-type: none"><li>• Recognizing and expressing personal needs and preferences.</li><li>• Building independence through practical skills.</li><li>• Learning to seek help when needed and accessing support networks.</li></ul>
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