

BARKING ABBEY PASTORAL CURRICULUM PLAN - KS5

Term	Week	Week's content plan	Resources / Observances	BEST HABIT
AUTUMN	1	(Assembly then with tutors)		
	2	MON: VESPA Activity: Twenty questions + Attitude: Force Field Analysis TUES: Leadership Journal –launch challenges and leadership programs WEDS: Current Affairs Quiz THURS: Study Skills – Realising the challenges FRI: One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	https://www.netsixthform.co.uk/files/Resource/Feb2019/45e5f3c75361137701b434667806d57840e9e6dc.jpg [video - Thursday]	Launch BEST leadership programme
	3	MON: VESPA Activity: Getting Dreams Done+ Attitude: Stopping negative thoughts TUES: Leadership Journal reminder WEDS: COVID 19: A Spotlight on democracy https://www.un.org/en/observances/democracy-day THURS: Study Skills – understanding your subject FRI: One to one mentoring	International Day of Democracy	Democracy SLIDES 13-14
	4	MON: VESPA Activity: Your 21 st Birthday + Attitude: Kill your critic TUES: Peace: what it means to us: https://internationaldayofpeace.org/get-involved/colleges-and-universities/ WEDS: Current Affairs THURS: Study Skills - Extracurricular opportunities FRI: One to one mentoring	International Day of Peace	Democracy SLIDES 13-14
	5	MON: VESPA Activity: Fix your dashboard+ Attitude: There and back TUES: Leadership Journal reminder WEDS: One to one mentoring THURS: Study Skills – Having a goal FRI: Black History Month Friday: Start of Black History Month – Themes to cover in October: 1. Current Black political issues 2. Black mental health 3. Stereotypes and micro-aggressions 4. The history and impact of Black culture 5. The history of hip hop 6. African Americans and the Vote 7. The Black Family: Representation, Identity, and Diversity	Black History Month – October	Democracy SLIDES 13-14
	6	MON: VESPA Activity: The Perfect Day+ Attitude: Failing forwards TUES: Leadership Journal reminder WEDS: Current Affairs THURS: Study Skills – Habit changer FRI: One to one mentoring	Year 12 Learning Gateway Formal Assessment week	Self- Regulation SLIDES 15-16

	7	MON: VESPA Activity: SMART goals + Attitude: The Change curve TUES: Leadership Journal reminder WEDS: Mental Health: Hello Yellow for Mental Health THURS: Study Skills Independent Learning FRI: One to one mentoring	World Mental Health Day: 10TH Oct	Self- Regulation SLIDES 15-16
	8	MON: VESPA Activity: Mental Contrasting + Attitude: The vampire test TUES: Leadership Journal to be signed off – certificates awarded WEDS: Current Affairs THURS: Study Skills Organisation FRI: One to one mentoring	Form of the half term award presented Learning gateway assessments finished and reports to be entered by staff Reports sent to Parents and uploaded to SISRA and ALPS Whole School Event 5K Charity Run	Self- Regulation SLIDES 15-16
Half Term				
AUTUMN	1	VESPA Activity: Fake it + Attitude: Stand Tall Leadership Journal Half term challenges launched Current Affairs Study Skills: Note taking One to one mentoring	Year 12 Learning Gateway Meetings commence	Respect and Tolerance SLIDES 18-20
	2	VESPA Activity: A vision journal + An Attitude journal Leadership Journal reminder Current Affairs Remembrance Day: Remembering the fallen heroes One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	Remembrance Day	Respect and Tolerance SLIDES 18-20
	3	VESPA Activity: The 1-10 scale Tolerance: Remembering 20/21 - BETTER TOGETHER: BURYING THE HATCHET AND LETTING GO OF BEING 'RIGHT' Anti-Bullying pledges (each form) Study Skills A Level Mindset 2 One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	Anti-Bullying Week International Day for Tolerance	Respect and Tolerance SLIDES 18-20
	4	VESPA Activity: Working Weeks Leadership Journal reminder Current Affairs Study Skills Procrastination: routines and disciplines One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Courage SLIDES 21-22

	5	VESPA Activity: The Three Rs of Habit Leadership Journal reminder Current Affairs Study Skills social media and phones One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Courage SLIDES 21-22
	6	VESPA Activity: Recognising your blockers Leadership Journal reminder Current Affairs Study Skills: Putting in the hours One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	Human Rights Day	Courage SLIDES 21-22
	7	VESPA Activity: Overspill – catch up on activities not finished for booklets Leadership Journal reminder Current Affairs Study Skills: Attending lessons/ sleep is essential One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone) Leadership journals signed off and certificates presented Form of 2 nd half term awarded		Optimism SLIDES 23-24
	8			Optimism SLIDES 23-24
Winter break				
SPRING	1	Term Review reflection sheet Leadership Journal challenges launched Current Affairs Study Skills: Attending lessons/ sleep is essential One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone) Autumn term report review		Empathy SLIDES 26-27
	2	VESPA Activity: The Ten-Minute Rule Leadership Journal reminder Current Affairs Study Skills: One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Empathy SLIDES 26-27
	3	VESPA Activity: The Power of If... Then thinking Leadership Journal reminder What Martin Luther King done to change the world Study Skills:	Martin Luther King Day	Empathy SLIDES 26-27

		One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		
	4	VESPA Activity: An Effort Journal Leadership Journal reminder The Holocaust – what has it taught us Study Skills: One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	International Day of Commemoration in Memory of the Victims of the Holocaust Year 12 report deadline Year 12 Reports sent out	Open Mindedness SLIDES 28-29
	5	VESPA Activity: The Energy Line Leadership Journal reminder Current Affairs Study Skills: One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Open Mindedness SLIDES 28-29
	6	VESPA Activity: The Breakfast club Leadership Journal reminder Mental Health Activity TBC Study Skills: One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	Children's Mental Health Week	Open Mindedness SLIDES 28-29
SPRING	1	VESPA Activity: Snack, don't binge (or the weekly review) Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Organisation SLIDES 31-32
	2	VESPA Activity: The 2-4-8 rule Leadership Journal reminder Current Affairs Study Skills: One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Organisation SLIDES 31-32
	3	VESPA Activity STQR Leadership Journal reminder International Women's Day: Activity Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	Tuesday 8 th March: International Women's Day	Organisation SLIDES 31-32
	4	VESPA Activity: Project Progress Chart Leadership Journal reminder Current Affairs		Perseverance SLIDES 33-34

		Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		
	5	VESPA Activity: The Eisenhower Matrix Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways: One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	International Day of Happiness	Perseverance SLIDES 33-34
	6	VESPA Activity: The Lead Domino and A Systems Journal Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Perseverance SLIDES 33-34
SUMMER	1	VESPA Activity: The revision questionnaire Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone) Spring term report review	Earth Day MOCK EXAMS YEAR 12 – 1 WEEK	Prioritizing SLIDES 36-37
	2	VESPA Activity: Know the skills Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Prioritizing SLIDES 36-37
	3	VESPA Activity: Graphic organisers Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	Bank Holiday Monday MOCK EXAM RESULTS FINALISED YEAR 12 LEARNING REVIEW YEAR 12 FINAL REPORTS	Prioritizing SLIDES 36-37
	4	VESPA Activity: The Leitner Box Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Rule of Law and Justice SLIDES 38-39
	5	VESPA Activity: Two slow, one fast Leadership Journal reminder		Rule of Law and Justice

		Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		SLIDES 38-39
	6	VESPA Activity: Right, wrong, right Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Rule of Law and Justice SLIDES 38-39
SUMMER				
SUMMER	1	VESPA Activity: Learning from mistakes Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Curiosity SLIDES 41-42
	2	VESPA Activity: Mechanical vs. Flexible Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Curiosity SLIDES 41-42
	3	VESPA Activity: A Practice Journal Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)	World Refugee Day	Curiosity SLIDES 41-42
	4	Tutors to give back letters to former year 11 self – self-reflection – what has changed? What advice would you give now? Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Individual Liberty SLIDES 43-44
	5	Application for year 13 Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Individual Liberty SLIDES 43-44

	6	Application for year 13/ Yearly review Leadership Journal reminder Current Affairs Personal statement / Post 16 pathways One to one mentoring (capture form – previous school, priorities, subject choices, how this week has gone)		Individual Liberty SLIDES 43-44
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