

**T Level Transition - Pastoral Support and Personal Development Year Plan
2025 - 2026**

Introduction to qualification:

What is the qualification about and how is it structured?

Personal Growth and Wellbeing is designed to help learners develop practical skills and knowledge to manage their physical, emotional, and social wellbeing. It focuses on personal development, resilience, and transferable skills such as communication, teamwork, and problem-solving. The qualification supports progression to higher-level learning and enhances employability skills, rather than leading directly to employment.

Unit 2 will be taught over term 1 and assessed at the beginning of term 2. Unit 3 will be taught and assessed over term 2 and 3.

		Key Vocabulary
<p>Intent: Unit 2 Appreciating Emotional Wellbeing. What is the content of the unit and what will pupils learn? The intent of Unit 2: Exploring Emotional Wellbeing is to provide students with a clear understanding of the internal and external factors that shape how they feel and how they perceive themselves. This unit focuses on the connection between self-esteem, self-image, and overall mental health. Students will explore the impact of social media, peer relationships, and life stressors, the unit aims to equip students with practical coping strategies and resilience-building techniques to manage challenges effectively and support their long-term personal growth.</p>	<p>Unit? Career links: Health and Social Care: Provides care and support to individuals in hospitals, care homes, or the community to promote health, independence, and wellbeing.</p> <p>Youth Work and Community: Engages with young people and communities to build confidence, provide guidance, and encourage positive social development.</p> <p>Public Services: Delivers essential services such as policing, firefighting, and emergency response to protect and serve the public.</p>	<p>Unit 2</p> <ul style="list-style-type: none"> ● Emotional Wellbeing – Positive mental health and ability to cope with stress. ● Mental Health – State of emotional and psychological wellbeing. ● Emotional Expression – How feelings are communicated through words and behaviours. ● Stress – Physical or emotional tension caused by challenges. ● Anxiety – Feelings of worry or nervousness. ● Depression – Persistent sadness affecting daily life. ● Self-esteem – Confidence in one’s worth and abilities. ● Resilience – Ability to recover from setbacks. ● Coping Strategies – Methods to manage stress and emotions. ● Warning Signs – Indicators of declining emotional wellbeing. ● Consequences – Outcomes of poor emotional health (e.g., eating disorders, self-harm). ● Confidentiality – Keeping personal information private. ● Support Networks – People or organisations that provide help.

<p>Unit 3: Developing Social Health and Wellbeing. What is the content of the unit and what will pupils learn?</p> <p>The intent of Unit 3: Developing Social Health and Wellbeing explores how our connections with others and our sense of belonging within a community impact our overall happiness and success. This unit focuses on the skills needed to build and maintain healthy, positive relationships while navigating the complexities of social interactions. Students will examine the importance of effective communication, the role of social boundaries, and how to manage conflict constructively.</p>		<ul style="list-style-type: none"> ● Online Safety – Protecting emotional wellbeing in digital spaces. ● Mental Ill Health – Conditions like anxiety, panic attacks, depression. ● Empathy – Understanding and sharing others’ feelings. <p>Unit 3</p> <ul style="list-style-type: none"> ● Social Health – Ability to form and maintain positive relationships. ● Social Relationships – Connections with family, friends, colleagues, online contacts. ● Respect – Valuing others’ opinions and rights. ● Empathy – Understanding others’ feelings. ● Assertiveness – Expressing needs confidently without aggression. ● Boundaries – Limits that protect wellbeing in relationships. ● Bullying – Repeated harmful behaviour towards others. ● Cyberbullying – Online harassment or abuse. ● Harassment – Unwanted behaviour that causes distress. ● Consent – Agreement in relationships, respecting personal autonomy. ● Stereotypes – Oversimplified ideas about groups of people. ● Prejudice – Unfair judgment based on differences. ● Equality – Treating people fairly regardless of differences. ● Online Safety – Protecting personal information and wellbeing online. ● Parenting Roles – Responsibilities in raising children. ● Long-term Relationships – Committed partnerships such as marriage. ● Social Skills – Communication, teamwork, negotiation.
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Year 12

Sept 2025	Oct	Nov	Dec	Jan	Feb	March	April	May	June
Unit 2 Appreciating Emotional Wellbeing.	Unit 2 Appreciating Emotional Wellbeing.	Unit 2 Appreciatin g Emotional Wellbeing.	Unit 2 Appreciati ng Emotional Wellbeing.	Unit 3 Developin g Social Health and Wellbeing.	Unit 3 Developin g Social Health and Wellbeing.	Unit 3 Developi ng Social Health and Wellbein g.	Unit 3 Develo ping Social Health and Wellbe ing.	Unit 3 Developing Social Health and Wellbeing.	