



Sixth Form @ Formby High School

DREAM IT. DO IT.
Your future starts here!



**PERSONAL
DEVELOPMENT
PROGRAMME**



What's PDP?

We believe that Personal Development is of key importance for our young people, providing them with the information and knowledge they require to make safe and healthy choices at such a transformative time in their lives. Our Personal Development Programme (PDP) is our Sixth Form PSHE Curriculum. Students in Year 12 and Year 13 have two dedicated PDP lessons per fortnight, taught in mixed groups as part of their compulsory contact time.

PDP has been carefully planned so that it is age appropriate and incorporates a wide range of topics which are relevant for our students. Students will spend a half-term on each topic, completing tasks in their workbooks. As with any PSHE curriculum, it is important that the content delivered is consistently reviewed and updated.



PDP is also supported where possible with drop-down events and sessions delivered by specialists. For example, in the coming months our Sixth Form students will attend talks delivered by:

- Diversity Role Models – LGBTQ+ Inclusion
- Merseyside Police, Brake and Carpenters Solicitors – Road Safety for New Drivers
- Brook – Relationships and Sex Education (Healthy Relationships and Consent, Contraception and STIs)
- The RAP Foundation – ‘The Big Leap’ (Sexual Harassment)

PDP is also supported with a Personal Development section within our fortnightly Sixth Form Bulletin. The bulletin is shared with students and parents via Class Charts and hopefully this will serve to start further conversations about these important topics at home. The Sixth Form Bulletin will focus on one aspect of PDP – either one which has been studied in lessons that fortnight, or one which has emerged in school or in the local area. As within timetabled lessons, the bulletin will provide links for further reading and signposts for advice, guidance and support.

Ultimately our PDP is intended to ensure that our young people are as supported, informed and aware as possible as they move towards life after Sixth Form.



A CURIOUS
DREAM

ENRICHMENT

Our Enrichment Programme provides all our students with the opportunity to develop themselves outside of their academic studies. Enrichment takes place fortnightly – Wednesday Week 2 sees the usual academic timetable ‘collapsed’ for both Year 12 and Year 13, and instead the students attend their chosen enrichment session. Enrichment allows the students to work on an area in which they are particularly interested, potentially to support or develop their university, apprenticeship or work applications or simply to provide them with some life skills as they become young adults! The Enrichment Programme is updated annually.

Our current enrichment options are as follows:

Personal Finance

Psychology for
Beginners

Cooking for
Survival

Gold Arts Award

British Sign
Language

Sport, Health
and Fitness

Community
Volunteering

Extended
Project
Qualification

Enrichment sessions can also be used to allow sessions with guest speakers, in support of our Personal Development Programme or Post-18 Options.



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