



**Oakwood Academy**  
A Visual Arts, Technology & Sports College

# Personal Development Home Learning

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By Mrs L Cohen

# Basic Learning in Personal Development

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The purpose of Personal Development is to:

- To foster independence and life skills for the future
- To provide further opportunities for young people which contribute towards developing well rounded, responsible young citizens
- To develop understanding of one's own unique development (both strengths and areas for improvement)



# Learning Task 1 - PD

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- How do you stay safe when out with friends? Create a poster
- OR
- Create a list of top 10 tips for living a healthy and safe lifestyle
- WHY? - Being healthy and safe is a skill needed throughout life and can be transferred to many different scenarios.



# Learning Task 2 - PD

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- List the dangers of the internet
- OR
- Produce a booklet on why internet safety is so important
- WHY? With the internet playing such a vital role in daily living it is vital that pupils are aware of the need to stay safe online, and how to stay safe online



# Learning Task 3 - PD

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- Make a member of your family feel good about themselves by saying nice comments to them
- OR
- Identify 4 features of your body that you like. Explain why you have chosen these
- **WHY?** Body positivity and self liking is vital nowadays for good mental health and wellbeing. This is something we try to promote at Oakwood

