



Oakwood Academy
A Visual Arts, Technology & Sports College

Personal Development Home Learning

By Mrs L Cohen

Basic Learning in Personal Development

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

- Make a colourful list of your top 10 favourite foods
- OR
- Find pictures of healthy and unhealthy foods. Label them
- WHY? Eating a healthy diet not only helps our bodies but also our brains.



Learning Task 2 - PD

- Tell an adult about the rules that you have to follow when at school. Ask them about the rules they had to follow when they were at school
- WHY? Sharing ideas verbally by having conversations is a great way to communicate and connect with others. Talking helps us compare what we know with others too.



Learning Task 3 - PD

- Find out the age restrictions of 2 of your favourite games or apps
- OR
- Find the logos of the apps that you go on and/or games you play on
- **WHY?** Not all computer games are suitable for all ages. Rules are there to keep us safe.

