



Personal Development – Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	RSE – Healthy relationships and friendships	Self-care – physical	Self-care – e-safety	Self-care – mental wellbeing	Citizenship – community and inequalities	CEIAG – Dream Job
Year 8	Citizenship – a fair society	Citizenship – criminal justice and county lines	RSE – change in families	RSE – healthy relationships	Self-care – drug use	CEIAG – Revision and employability
Year 9	Self-care – physical health	RSE – sex education	CEIAG – Post 16 and GCSE Options	Self-care – physical health	Self-care – financial management	Citizenship – democracy
Year 10	Mental wellbeing	CEIAG – WEX Prep	RSE – healthy relationships, pregnancy	Citizenship – voting, elections, tax	Self-care – life for beginners	WEX, Graduation
Year 11	CEIAG – Post 16	Self-care	Life for beginners	GCSE prep		
	RSE	Mocks 1	Mocks 2			



Personal Development – Year 7

The Year 7 PD curriculum is primarily designed to support the transition from primary to secondary, for example making friends, healthy relationships, peer pressure, bullying, puberty and personal hygiene. It is also designed to provide the basis for exploration of a range of topics in later year groups.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	RSE – Healthy relationships and friendships	Self-care – physical	Self-care – e-safety	Self-care – mental wellbeing	Citizenship – community and inequalities	CEIAG – Dream Job
Core concepts	Consent	Healthy lifestyle	Seeking support	Positive mental health	Inequalities in society	Future goals
Key knowledge	1) Characteristics of a good friend 2) Effective communication 3) Bullying – types of bullying, reporting and being an upstander 4) Communication online 5) Introduction to consent 6) Introduction to equality	1) Personal hygiene 2) Body changes through puberty 3) Oral Health 4) Emergency calls 5) Smoking and vaping 6) FGM	1) Online privacy 2) Online gaming – staying safe 3) Fake news 4) Radicalisation and prevent 5) Online literacy and responsibility	1) Risk taking 2) Dealing with anxious emotions 3) Negative emotions 4) Happiness 5) Mental health and the internet 6) Accessing support	1) Equality and prejudice 2) Discrimination 3) Homophobia 4) Human rights 5) Being responsible 6) Being part of a community	1) Preparation for end of year exams 2) Researching and presenting future idea of a dream job



Personal Development – Year 8

The Year 8 PD curriculum builds on content from Year 7, in Citizenship, students build on the concept of radicalisation in the form of gangs and explore the criminal justice system. They also further explore the themes of inclusivity and equality. Students look again at healthy relationships with a focus on families and personal relationships. Students will also link their learning around drugs to mental wellbeing. In CEIAG, students are introduced to skills which they will need to develop to be successful in later years, and the workplace.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Citizenship – a fair society	Citizenship – criminal justice and county lines	RSE – change in families	RSE – healthy relationships	Self-care – drug use	CEIAG – Revision and employability
Core concepts	Inequalities in society	Rule of law	Challenges in relationships	Consent, healthy relationships	Mental wellbeing, seeking support	Revision strategies, Post 16
Key knowledge	1) Respect 2) Inequalities and the law 3) Inequalities in society 4) Challenging others respectfully 5) What if we are treated unequally? 6) The wealth divide in Britain 7) Is Britain fairer?	1) Arrest 2) How the criminal justice system works 3) Why people commit crimes 4) Prison and punishment 5) Gangs and county lines 6) Online safety and the law	1) Types of relationships 2) Marriage and divorce 3) Managing change 4) Blended families 5) Single parent families	1) Healthy relationships 2) Romantic relationships 3) Managing relationships online 4) Strong emotions 5) Consent 6) Breakups and social media	1) Drugs and the law 2) Effects of drugs 3) Energy drinks 4) Alcohol and the law 5) Drugs and mental health 6) Addiction support	1) How to study 2) Soft skills 3) Goal setting 4) Managing expectations and stereotypes



Personal Development – Year 9

The Year 9 PD curriculum has a focus on CEIAG, and employability given the key transition point of GCSE options. The self-care content continues to build on physical health and mental health, for example alcohol but also introduces new concepts such as body image and STI's. In RSE, students are introduced to core knowledge around sex which builds on prior knowledge of consent and prepares students for further KS4 study, e.g., pregnancy. Students also learn the basics of financial management in readiness for the 'life for beginners' topic in Y10.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Self-care – healthy lifestyle	RSE – sex education	CEIAG – Post 16 and GCSE Options	Self-care – physical health	Self care – financial management	Citizenship – democracy
Core concepts	Healthy lifestyle, positive mental health	Consent, healthy relationships	Post 16 options	Mental health, seeking support	Budgeting	Democracy, voting and elections
Key knowledge	1) Diet and exercise 2) Importance of sleep 3) Body image 4) Self harm 5) Smoking and vaping 6) Drugs 7) Alcohol	1) Right time for sex 2) Sexting and texting 3) Accessing support 4) Informed consent 5) STIs 6) Contraception 7) Coercive control	1) GCSE choices 2) Looking ahead to post 16 options	1) Vaccination and blood donation 2) Body lumps an and self-screening 3) Reproductive health 4) First Aid 5) Managing stress	1) Why money matters 2) Borrowing and debt 3) Pay day loans 4) Payslips 5) Types of bank account 6) Money and mental health	1) The monarchy 2) Different types of political regime 3) Political parties 4) The government 5) Voting and elections



Personal Development – Year 10

The Year 10 PD curriculum focusses on all 4 key areas; with additional input on mental wellbeing and stress management as students begin their GCSEs. Students also build on the prior employability topics as they research, organise, and undertake a work experience placement. In RSE students build in prior learning to explore issues such as coercive control and unplanned pregnancy. Students build on their prior knowledge of democracy to explore voting in more detail, and they also build on their knowledge of finances, for example exploring how to open bank accounts and rent/buy homes.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Mental wellbeing	CEIAG – WEX Prep	RSE – healthy relationships, pregnancy	Citizenship – voting, elections, tax	Self-care – life for beginners	WEX, Graduation
Core concepts	Managing stress, accessing support	Employability	Consent, healthy relationships	Community, democracy	Budgeting	Employability
Key knowledge	1) Mental wellbeing 2) Impact of social media 3) Mental illness 4) Managing change 5) Stress, anxiety and depression 6) Self-care including diet and exercise	1) CV writing and application preparation 2) Applying for a work experience placement	1) Rights, responsibilities, respect 2) Coercive and abusive relationships 3) FGM and honour-based violence 4) Forced marriage 5) Child on child abuse 6) Harassment and upskirting 7) Grooming 8) Contraception and unplanned pregnancy	1) Local and devolved governments 2) Standing for election 3) Voting 4) Taxes and government spending	1) Opening bank accounts 2) Setting up different services 3) Renting and buying homes 4) Using the NHS	1) Graduation preparation 2) Work experience placement 3) Reflections ahead of year 11



Personal Development – Year 11 (23-24 Only)

The Year 11 PD curriculum focusses on preparing students to leave school, the next phase of their education and beginning life as an independent adult. Key themes such as consent, alcohol, drugs, financial management and Post-16 options are re-visited, with some new areas pertinent to 15–16-year-olds also being explored such as pornography, young parenthood and infertility.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	RSE, Post 16 options	Self-Care	Life for beginners	GCSE prep		
Core concepts	Consent	Seeking support	Budgeting and financial management	Revision strategies		
Key knowledge	<p>Post 16: Securing a post 16 place (ongoing) and the options available.</p> <p>RSE: Pleasure and respect, consent and sexual assault, porn, revenge porn, unplanned pregnancy, ACEs.</p>	Seeking support for addiction, seeking support for domestic violence/abusive relationships.	Opening bank accounts, renting and buying homes, using the NHS.			