

Personal Development Curriculum Design 2025-26

Personal Development							
		Term1		Term2		Term3	
		Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
7	Theme	Good Citizens 1/ Staying Safe 1	Respectful Relationships 1/ Staying Healthy 1	Staying Healthy 1/ Careers & Finance 1	Good Citizens 2/ Staying Safe 2	Respectful Relationships 2	Careers & Finance 2 / Staying Healthy 2
	Concept	Citizenship/ Staying Safe	RSE/ Mental Health	Mental Health/ Finances	Citizenship/ Staying Safe	RSE	Careers/ Staying Healthy
	Skills Knowledge	<ol style="list-style-type: none"> 1. Intro to PD 2. British Values 3. Diversity 4. White Privilege 5. Smoking and Vaping 6. Road Safety 7. Fireworks Safety 	<ol style="list-style-type: none"> 1. Alcohol 2. Bullying 3. Identity 4. Friendships 5. Everyday Consent 6. Reflection Time 7. Metacognition 	<ol style="list-style-type: none"> 1. Emotions 2. Poor and Good Mental Health 3. Mindfulness 4. Budgeting 5. Future of Money 6. Savings 	<ol style="list-style-type: none"> 1. Protected Characteristics 2. Democracy 3. Just Like Us 4. Online Bullying 5. Online Contact 	<ol style="list-style-type: none"> 1. Reflection Time 2 2. Screen time and Wellbeing 3. Water Safety 4. Families 5. Marriage Breakdown 6. Staying Safe 	<ol style="list-style-type: none"> 1. Sexual Harassment 2. Careers Profile 3. Careers Skills 4. Healthy Eating 5. Sleep 6. Vaccines 7. Dental Health
	Wider Curriculum	Pride Month, BHM, HMD, Refugee Week	Anti-Bullying Week	Mental Health Awareness week My Money Week	Pride Month, BHM, HMD, Refugee Week Safer Internet Day	RSE Day	Careers Week Snacktember
8	Theme	Respectful Relationships/ Staying Healthy	Staying Healthy1 / Careers & Finance 1	Respectful Relationships 2	Good Citizens 1	Staying Safe 2	Staying Healthy 2/ Careers & Finance 2
	Concept	RSE/ Staying Healthy	Staying Healthy/ Finances	RSE	Citizenship	Staying Safe	Staying Healthy/ Careers
	Skills Knowledge	<ol style="list-style-type: none"> 1. Intro to PD 2. Gender Stereotypes 3. Staying Safe 4. Consent: Avoiding Assumptions 5. Online Grooming 6. Cyber Bullying 7. Fireworks Safety 	<ol style="list-style-type: none"> 1. Online Stress 2. Hygiene 3. Healthy Eating 4. First Aid 5. Managing Emotions 6. My Money Personality 7. Bank Accounts 	<ol style="list-style-type: none"> 1. Financial Dilemmas 2. Anti-Bullying 3. Puberty 1 4. Puberty 2 5. Gender Identity 6. Reflection Time 1 	<ol style="list-style-type: none"> 1. Parliament 2. Voting & Elections 3. Local Government 4. Belonging 5. Law 	<p>Crime</p> <p>Knife Crime</p> <p>What is Gambling?</p> <p>Drugs & their effects</p> <p>Alcohol Abuse</p> <p>Reflection Time 2</p>	<ol style="list-style-type: none"> 1. Body Image 2. Sun Health 3. Anxiety 4. Male Mental Health 5. Coping with Bereavement 6. Behaviour for Work 7. Exploring Job Sectors
	Wider Curriculum	Safer Internet Day	My Money Week- Snacktember	Anti-Bullying Week- RSE Day	Parliament Week	Knife Crime Awareness Week	Careers Week Mental Health Awareness Week
9	Theme	Good Citizens/ Staying Safe	Staying Healthy / Careers	Careers & Finance	Respectful Relationships / Staying Safe 2	Staying Safe 2/ Staying Healthy 2	Respectful Relationships 2
	Concept	Citizenship / Staying Safe	Mental Health/ Careers & Finance	Careers & Finance	RSE / Staying Safe	Staying Safe/ Staying Healthy	RSE
	Skills Knowledge	<ol style="list-style-type: none"> 1. Intro Lesson 2. Law & Liberty 3. Tolerance 4. Charity 5. Online Privacy 6. Smoking and Vaping Peer Pressure 7. Fireworks Safety 	<ol style="list-style-type: none"> 1. Thinking Critically 2. Social Anxiety 3. Eating Disorders 4. Depression 5. Career Pathways 6. Career Plans 7. Career Stereotypes 	<ol style="list-style-type: none"> 1. Money and Work 2. Options L1 3. Options L2 4. Borrowing Money 5. Staying in Control of your Finances 6. Reflection Time 1 	<ol style="list-style-type: none"> 1. Anti Bullying 2. Freedom & Capacity to Consent 3. LGBT Representation 4. Online Communication 5. Gangs 	<ol style="list-style-type: none"> 1. Gambling: Managing Impulses & Influences 2. Drugs: The Law & Managing Risk 3. Alcohol and Its effects 4. Sleep Hygiene 5. Illness & Lifestyle 6. Self-Checking 	<ol style="list-style-type: none"> 1. Reflection Time 2 2. Love is... 3. Commitment 4. Building Blocks 5. Contraception 1 6. Contraception 2 7. Prison Me No Way

	Wider Curriculum	Christmas Jumper Day Parliament Week Safer Internet Day	Careers Week Mental Health Awareness Week	Options Anti-Bullying Week Pride Month	Healthy Schools Week STEM week	My Money Week	RSE Day
10	Theme	Careers & Finance 1/ Respectful Relationships 1	Staying Safe 1/ Staying Healthy 1	Staying Healthy? Statutory RS	Good Citizens 1/ Respectful Relationships 2	Respectful Relationships 2/ Staying Healthy 2	Staying Safe 2/ Good Citizens 2
	Concept	Finances/ RSE	Staying Safe/ Staying Healthy	Staying Healthy/Statutory RS	Statutory RS/ Careers & Finances	RSE /Staying Healthy	Staying Safe/ Citizenship
	Skills Knowledge	<ol style="list-style-type: none"> Intro Lesson Consumer Rights Understanding Debt Insurance Consent: The Role of Intimacy & Pleasure Coercive Control Pornography 	<ol style="list-style-type: none"> LGBT Challenges Online Identity & Body Image Social Media & Wellbeing Copyright Laws Hope not Hate Gambling Addiction Blood Donation 	<ol style="list-style-type: none"> CPR& Defibrillators Accessing the NHS Self-Harm Reflection Time 1 Intro to Statutory RS How are Quakers Distinctive? 	<ol style="list-style-type: none"> Can you believe in God today? Career Goals AHEAD Employ Me Bootcamp Part-time Employment Sexual Health 	<ol style="list-style-type: none"> Pregnancy Miscarriage & Baby Loss Study Skills Screen time Coping Strategies Reflection Time 2 	<ol style="list-style-type: none"> Drugs: How to get help in an emergency Smoking Cessation Alcoholism How do People work for Peace? What are Human Rights? Free Press United Nations
Wider Curriculum	Pride My Money Week	Safer Internet Day	Healthy Schools Week Careers week	Sexual Health Awareness Anti-Bullying Week	Mental Health Awareness Week	Parliament Week Christmas Jumper Day	
11	Theme	Careers & Finance	Good Citizens	Staying Safe	Respectful Relationships	Staying Healthy	
	Concept	Careers & Finance	Statutory RS	Staying Safe	RSE	Staying Healthy	
	Skills Knowledge	<ol style="list-style-type: none"> Intro Lesson CVs After Y11 HE Transferable Skills Financial Survival Skills Student Loans Revision Techniques 1 	<ol style="list-style-type: none"> Revision Techniques 2 What is Religion & do we need it? How do believers make moral choices? Can beliefs ever justify violent extremism? How can we make the world a fairer place? Is there a connection between religion & state? Volunteering and Social Action 	<ol style="list-style-type: none"> Sending Nudes Misinformation Reflection Time 1 Personal Safety DSM Drugs Talk Consent: pressure, Persuasion & Coercion 	<ol style="list-style-type: none"> Managing Breakups Relationship Abuse Fertility Parenting Skills Reflection Time 2 	<ol style="list-style-type: none"> Aging Piercings, Sunbeds & Tattoos Good Luck Getting Exam Ready Core Revision Core Revision 	
Wider Curriculum	Careers Week My Money Week Virtual Interviews	Parliament Week Christmas Jumper Day Pride	Safer Internet Day Sexual Health Awareness Week Anti-Bullying Week	Healthy Schools Week	Mental Health Awareness Week		