

## Personal Development (PD) curriculum map 2024/25

KS3		Autumn	Spring	Summer
Year 7	1 hour lesson	<b>Relationships (RSE)</b> <ol style="list-style-type: none"> <li>1. Introduction to PD</li> <li>2. Positive qualities</li> <li>3. Friendships</li> <li>4. Coping with feelings</li> <li>5. Regret</li> <li>6. Appearance ideals</li> <li>7. Social media</li> <li>8. Gender stereotypes</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>9. Rules &amp; Fairness</li> <li>10. Democracy</li> <li>11. Individual differences</li> <li>12. Tolerance</li> <li>13. Rule of Law</li> </ol>	<b>Health &amp; Wellbeing (TBC)</b> <ol style="list-style-type: none"> <li>14. Becoming an entrepreneur</li> <li>15. Idea/ design</li> <li>16. Costs</li> <li>17. Profit</li> <li>18. Pitch</li> <li>19. Presentations</li> </ol>
	½ hour form time	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Feelings</li> <li>2. Help &amp; support</li> <li>3. Secondary school advice</li> <li>4. New opportunities</li> <li>5. Attitudes to learning</li> <li>6. A healthy diet</li> <li>7. Exercise</li> <li>8. My lifestyle choices 1</li> <li>9. My lifestyle choices 2</li> <li>10. Drug awareness</li> <li>11. The effects of drugs</li> <li>12. The effects of alcohol</li> <li>13. The effects of smoking</li> <li>14. Addiction</li> </ol>	<b>Relationships (SRE)</b> <ol style="list-style-type: none"> <li>15. Different family structures</li> <li>16. Stereotypes within the family</li> <li>17. Healthy/ unhealthy family relationships</li> <li>18. Feelings toward puberty</li> <li>19. Values</li> <li>20. My Values</li> <li>21. Friends: what's important to me?</li> <li>22. Relationship &amp; sexual attraction</li> <li>23. Love &amp; the media</li> <li>24. Intimacy &amp; consent</li> <li>25. Recognising risks</li> <li>26. Sharing images online</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>27. Rights &amp; responsibilities online</li> <li>28. Trustworthy information</li> <li>29. Who are you?</li> <li>30. Identity &amp; differences</li> <li>31. Stereotypes</li> <li>32. What is LGBTQ+</li> <li>33. Identifying LGBTQ+</li> <li>34. Prejudice &amp; discrimination</li> <li>35. Homophobia</li> <li>36. Celebrating diversity</li> <li>37. Who influences me?</li> <li>38. Social media</li> <li>39. Personal Development (PD) form time Evaluation.</li> </ol>

KS3		Autumn	Spring	Summer
Year 8	1 hour lesson	<b>Relationships (RSE)</b> <ol style="list-style-type: none"> <li>1. Introduction to PD</li> <li>2. Good / Bad relationships</li> <li>3. Bullying or banter</li> <li>4. Bereavement</li> <li>5. Attitudes towards sex</li> <li>6. Delaying sex</li> <li>7. Contraception</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>8. Consent</li> <li>9. Gender equality</li> <li>10. Positive masculine qualities</li> <li>11. Sexting</li> <li>12. County Lines</li> <li>13. Antisocial behaviour knife crime</li> </ol>	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>14. Drug &amp; alcohol effects</li> <li>15. Alcohol misuse</li> <li>16. Drugs risks</li> <li>17. Drug effects</li> <li>18. Asserting control</li> <li>19. TBC</li> </ol>
	½ hour form time	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Keeping safe</li> <li>2. Road hazards</li> <li>3. Road safety</li> <li>4. Defining peer pressure</li> <li>5. Peer pressure in action</li> <li>6. Surviving peer pressure</li> <li>7. Quiz: what would you do?</li> <li>8. Mental health: myths &amp; truths</li> <li>9. Emotions</li> <li>10. Thoughts, feelings &amp; emotions</li> <li>11. Managing grief &amp; loss</li> <li>12. Growth mindset</li> <li>13. Resilience</li> </ol>	<b>Relationships (SRE)</b> <ol style="list-style-type: none"> <li>14. Online safety</li> <li>15. Social media</li> <li>16. Reducing risks</li> <li>17. Getting help</li> <li>18. Self esteem</li> <li>19. Different committed relationships</li> <li>20. Family relationships/ happiness</li> <li>21. Coping with divorce/ break ups</li> <li>22. Trustworthy sources</li> <li>23. Valuing differences 1</li> <li>24. Valuing differences 2</li> <li>25. Identifying as LGBTQ+</li> <li>26. Respect</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>27. Intolerance</li> <li>28. Rights &amp; responsibilities</li> <li>29. Differences &amp; discrimination</li> <li>30. 1st aid training 1</li> <li>31. 1st aid training 2</li> <li>32. 1st aid training 3</li> <li>33. Needs &amp; wants</li> <li>34. Needs versus wants</li> <li>35. Debt, interest &amp; payments</li> <li>36. Budgeting</li> <li>37. Earnings</li> <li>38. The money quiz</li> <li>39. Personal Development (PD) form time Evaluation.</li> </ol>

KS3		Autumn	Spring	Summer
Year 9	1 hour lesson	<b>Relationships (RSE)</b> <ol style="list-style-type: none"> <li>1. Antisocial behaviour</li> <li>2. Conflict management</li> <li>3. Sexting</li> <li>4. Myths &amp; reality of Pornography</li> <li>5. Pornography stereotypes</li> <li>6. Child exploitation</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>1. Parliament</li> <li>2. Political parties &amp; voting</li> <li>3. Criminal justice system</li> <li>4. Youth justice system</li> <li>5. Money laundering</li> <li>6. TBC</li> </ol>	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Digital footprint</li> <li>2. Screen time</li> <li>3. Smoking &amp; vaping</li> <li>4. Privilege</li> <li>5. 1st aid</li> <li>6. CPR</li> </ol>
	½ hour form time	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Criteria for a healthy lifestyle</li> <li>2. Diet</li> <li>3. Exercise</li> <li>4. Different drug classes</li> <li>5. Drugs &amp; peer pressure</li> <li>6. Drugs &amp; being a teenager</li> <li>7. Alcohol</li> <li>8. Risky behaviours</li> <li>9. Cigarettes</li> <li>10. Addiction</li> <li>11. Understanding yourself</li> <li>12. GCSE options</li> <li>13. Understanding 9-1 grades, EBACC &amp; AP</li> </ol>	<b>Relationships (SRE)</b> <ol style="list-style-type: none"> <li>14. Your values</li> <li>15. Friendship</li> <li>16. Friends or gang</li> <li>17. Bullying</li> <li>18. Respect 1</li> <li>19. Respect 2</li> <li>20. Identity</li> <li>21. Gender identity</li> <li>22. Sex, consent &amp; the law</li> <li>23. Sex myths</li> <li>24. Contraception</li> <li>25. Sexually transmitted infections</li> <li>26. Domestic violence/ abuse</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>27. Media representations of relationships</li> <li>28. Social media safety</li> <li>29. Safe online footprint</li> <li>30. Support with online issues</li> <li>31. Sharing/ viewing of indecent images</li> <li>32. Criminal behaviours</li> <li>33. LGBTQ+ 1</li> <li>34. LGBTQ+ 2</li> <li>35. Transgender</li> <li>36. Skills employability</li> <li>37. Jobs</li> <li>38. Skills for jobs 1</li> <li>39. Skills for jobs 2</li> </ol>

KS4		Autumn	Spring	Summer
Year 10	1 hour lesson	<b>Relationships (RSE)</b> 1. Body shaming 2. Positive masculinity 3. Consent & Rape 4. Sexual health 5. Unwanted pregnancy/ Choices 6. Miscarriage/ Ectopic pregnancy	<b>Wider world</b> 1. Risk taking 2. Revenge Porn 3. Online fraud 4. Gambling 5. Dark web 6. CPR - recap	<b>Health &amp; Wellbeing</b> 1. Mindfulness - Paying attention 2. Mindfulness - Taming the animal 3. Mindfulness - Worry 4. Mindfulness - Responses 5. Mindset 6. Binge drinking
	½ hour form time	<b>Health &amp; Wellbeing</b> 1. Being resilient 2. Study - key skills 3. Getting support 4. Understanding grade sheets 5. Mental ill health 6. Lifestyle choices & mental health 7. Services for mental health 8. Positive/ negative role models 9. Celebrity role models 10. Media representation of drugs 11. Drug use 12. Identities 13. LGBTQ+	<b>Relationships (RSE)</b> 14. Roles in the family 15. Family structures 16. Roles & responsibilities of parents/ guardians 17. The law & relationships 18. Respect, romance & love 19. Relationship stress 20. Breaking up 21. Coercive relationships 22. Sex myths revisited 23. Contraception 1 24. Contraception 2 25. Sexual exploitation 26. Rape	<b>Wider world</b> 27. British law 28. Harassment & victimisation 29. Pornography 30. Gambling 31. Knife crime 32. County lines 33. Money management 34. Types of debts & loans 35. Tackling stress 36. Who is JCQ? 37. Resilience again! 38. Different careers that use English 39. Different careers that use maths

KS4		Autumn	Spring	Summer
Year 11	1 hour lesson	<b>Relationships (RSE)</b> 1. Why is PD important 2. Families 3. Fertility, IVF, fostering & adoption 4. Teen pregnancy 5. Parenthood 6. Grief & loss	<b>Wider world (TBC)</b> 1. 2. 3. 4. 5. 6.	<b>Health &amp; Wellbeing (TBC)</b> 1. 2. 3. 4. 5. 6.
	½ hour form time	<b>Health &amp; Wellbeing</b> 1. Welcome to year 11 2. Reduce stress/ maximise learning 3. The importance of sleep 4. Remember to breathe 5. Grade sheet recap 6. Revision - The power hour 7. Revision poster 8. Mock exam tips 9. Mock results 10. Energy drinks 11. Alcohol & drugs <b>Relationships (RSE)</b> 12. Gender identity, expression & sexual orientation 13. Trolling, harassment & stalking	14. What does consent look like? 15. Stealthing 16. STI's 17. Sharing sexual images 18. Pregnancy choices 19. Sexually explicit material 20. Forced marriage <b>Wider world</b> 21. Preparing for an interview 22. Mock interviews 23. Exploring British values 24. Open mindedness 25. Challenging extremism 26. Radicalisation	27. Exploitation 28. Online safety 29. 1st Aid training recap <b>Year 11 exams</b> 30. Beating stress & anxiety 31. REvision timetable 32. Revision –The power hour 33. Revision poster 34. 8 Top tips