

Personal Development Annual Outline

Key -	Health and Wellbeing	Relationship	Living in the wider world	Citizenship
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Key Stage 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Moving in Transition to secondary school, relationships, confidence and problem solving	Having your say Citizenship and democracy, Make Your Mark	Eat you way to health Diet, exercise and healthy choices	My changing body, Send my friend to school Puberty, self-care and healthy routines	Money, money, money Banking skills, accounts	Stay cool for summer Personal safety, online safety
National Events	Teenage Cancer Week - Signs and symptoms Make Your Mark National Parliament week Anti-bullying week		National Careers Week National Apprenticeship Week Mental Health Week		My Money Week Refugee Week Diversity Week SMSC day - being British, the role of women in literature, extremism, LGBTQ, who are you	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8	My role in the world Citizenship and community needs	My choices, healthy or not? Alcohol and drug misuse and pressures relating to drug use	WLA's Dragons Den Enterprise skills	What right do you have? Human rights, racism, discrimination and moral courage	Super Savvy Consumer spending and rights and the economy	Understanding us: People and who they are Relationships, marriages, forced marriages and sexuality
Additional Events	Teenage Cancer Week - HPV Make Your Mark National Parliament week Anti-bullying week		National Careers Week National Apprenticeship Week Mental Health Week Ready for Work Inspira event		My Money Week Refugee Week Diversity Week SMSC day - First aid and lifesaving skills	

Key Stage 4

Year 9	Disrespect Nobody: Am I valued? Relationships, abuse, consent, sharing of sexual images, FGM, sexual exploitation, grooming	Sexual health: my choice Readiness for sex, contraceptives, STI's, abortions	Baby borrowers Parenting responsibilities, adoption, fostering, fertility	The price of life Utilities, mortgages and budgets	My mind Emotional wellbeing, resilience, coping strategies
Additional Events	Teenage Cancer Week – What is cancer? Make Your Mark National Parliament week Anti-bullying week	National Careers Week National Apprenticeship Week Mental Health Week		My Money Week Refugee Week Diversity Week Hello Futures workshop SMSC Day - Respecting other cultures	

Year 10	Sex, media, me Media and the impact of sexual attitudes, pornography	Ready for work Work experience, Interviews skills, applications, CV's, health and safety in the work place	On my mind Mental health: stress, anxiety, depression, eating disorders, Body image	My body...the impact Drug misuse and consequences, organ and tissue donation	Spending the pennies Debt management, Loan sharks, wage slips, tax and gambling	My behaviour, my responsibility Gang culture, knife crime, laws, punishments risks and consequences
Additional Events	Teenage Cancer Week - Testicular Cancer Make Your Mark National Parliament week Anti-bullying week	National Careers Week National Apprenticeship Week Mental Health Week Yr10 - Mock Interviews (Jan) Yr10 - Work experience (March)		My Money Week Refugee Week Diversity Week SMSC DAY - Antisocial behaviour, alcohol and drugs, mental health, fitness, mood and health, gambling		

Year 11	My body, my choice Relationship safety, Sexual health and STIs	I'm leaving school! Post 16 options, application forms, cover letters, interview skills online	Balancing life and me Revision strategies, mental health, sleep quality	Money at work Taxes and insurance	My Next Steps Supporting transition	
Additional Events	Teenage Cancer Week - Breast Cancer Make Your Mark National Parliament week Anti-bullying week		National Careers Week National Apprenticeship Week Mental Health Week			

Key Stage 5

Key

Health and Wellbeing	Relationship	Living in the wider world
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12	Me and mental health	Health Awareness Work life balance	Relationships, intimacy and boundaries	Employment and Rights	My choices: drugs and sex	Consent and conception
Year 13	Health services and accessing help	Travel and my personal safety	Salary and expenditure	My Next Steps Supporting transition		