

2024-2025

Personal Development  
schedule

# Term 1

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1 2 <sup>nd</sup> Sept	What is resilience?	British Values	British Values	Discrimination	Discrimination
2 9 <sup>th</sup> Sept	Responsibility	What is the rule of law?	Equality and equity	Rule of law	Being a tolerant citizen
3 16 <sup>th</sup> Sept	British Values	Rail safety	Rail safety	Rail safety	Rail safety
4 23 <sup>rd</sup> Sept	What is equality?	What is equality?	Being a respectful citizen	Being a respectful citizen	What is democracy?
5 30 <sup>th</sup> Sept	Discrimination	Being a tolerant citizen	What is democracy?	What is democracy?	Contributing to a community.
6 7 <sup>th</sup> Oct	Respect	Being a respectful citizen	Individual liberty	Contributing to a community	Time management
7 14 <sup>th</sup> Oct	Tolerance	What is individual liberty?	Why do we vote?	The Rocky Road	Stress management
8 21 <sup>st</sup> Oct	Democracy	What is democracy?	Effective change	From failure comes success	Coping strategies

# Term 2

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1 4 <sup>th</sup> Nov	Rail safety	Core values	Appreciating diversity	First impressions	First impressions
2 11 <sup>th</sup> Nov	Remembrance week	Remembrance week	Remembrance week	Remembrance week	Remembrance week
3 18 <sup>th</sup> Nov	Anti-bullying	Anti-bullying	Anti-bullying	Anti-bullying	Anti-bullying
4 25 <sup>th</sup> Nov	How to be awesome	Service to others	Understanding racism	Self-esteem	Self-esteem
5 2 <sup>nd</sup> Dec	Mindset matters	Having a dream	Anti-racism	How can I judge the reliability of news?	How can I judge the reliability of news?
6 9 <sup>th</sup> Dec	Reframing failure	Motivation	Into the future	How can I verify information?	How can I verify information?
7 16 <sup>th</sup> Dec	Are you committed?	Being determined	Resilience	How might I be influenced by the media?	How might I be influenced by the media?

# Term 3

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1 6 <sup>th</sup> Jan	What is friendship?	Online friendship	Healthy relationships	What is a role model?	Healthy lifestyles
2 13 <sup>th</sup> Jan	How can we be better friends?	What makes a good friend?	What is peer pressure?	Managing peer pressure	Insta life vs Real life
3 20 <sup>th</sup> Jan	What are the different types of relationship?	Pressure and influence	What is trust?	Dealing with conflict in relationships	Digital footprint and online reputation
4 27 <sup>th</sup> Jan	Holocaust Memorial Week	Holocaust Memorial Week	Holocaust Memorial Week	Holocaust Memorial Week	Holocaust Memorial Week
5 3 <sup>rd</sup> Feb	Children's Mental Health week	Children's Mental Health week	Children's Mental Health week	Children's Mental Health week	Children's Mental Health week
6 10 <sup>th</sup> Feb	Safer Internet Day	Safer Internet Day	Safer Internet Day	Safer Internet Day	Safer Internet Day

# Term 4

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1 24 <sup>th</sup> Feb	What is mental wellbeing?	What is mental wellbeing?	Promoting mental wellbeing	The Rocky Road	Taking responsibility for physical health
2 3 <sup>rd</sup> March	Physical health and fitness	Attitudes to mental health	Physical health and fitness	Reframing negative thinking	Identity and mental health
3 10 <sup>th</sup> March	Healthy eating	Digital resilience	Healthy eating	Recognising mental ill-health	Adulting, self-worth and celebrating successes
4 17 <sup>th</sup> March	Drugs and alcohol	Physical health and fitness	Sleep and technology	Change, loss and grief	Connecting with body and emotions mindfully
5 24 <sup>th</sup> March	Dental health	Dental health	Drugs and alcohol	Promoting emotional and mental wellbeing	Body image in pornography
6 31 <sup>st</sup> March	Vaping	Healthy eating	Vaping	Peer pressure and exploitation	Body image dangers

# Term 5

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1 21 <sup>st</sup> April	Keeping healthy Screentime	Peer influence	From failure comes success	Online reputation	R e v i s i o n
2 28 <sup>th</sup> April	Keeping healthy Making healthy choices for diet and exercise	What is peer approval?	Goal setting	Online gambling	
3 5 <sup>th</sup> May	Keeping healthy Improving sleep habits	Why do people join gangs?	Proud to be me	Social media validation	
4 12 <sup>th</sup> May	Keeping healthy	Managing pressure to join gangs	Skills and attributes that employer's value	Keeping data safe	
5 19 <sup>th</sup> May	Keeping healthy Managing influences on your health	Staying safe online	Employment and financial management	Fake news	

# Term 6

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1 2 <sup>nd</sup> June	Pride Month				R e v i s i o n
2 9 <sup>th</sup> June	Democracy in the UK	Respecting diversity	Basic first aid	Are school and work really that different?	
3 16 <sup>th</sup> June	Parliament and elections	Impact of drugs	Behaviours, thoughts and feelings	What are job sectors?	
4 23 <sup>th</sup> June	Rights and responsibilities	Impacts of alcohol	What is anger?	How do you make decisions?	
5 30 <sup>th</sup> June	The diverse world	Impact of tobacco	Values and constructive disagreement	Credit, debit and debt	
6 7 <sup>th</sup> July	Challenging discrimination	Medicinal drugs	Risky behaviours	Are you a spender or a saver?	
7 14 <sup>th</sup> July	Impact of bullying	Managing risks and staying safe	Recognising unsafe online relationships	Impact of sexual violence	
8 21 <sup>st</sup> July	Keeping safe Staying safe in the sun	Keeping safe Vapes	Keeping safe Sextortion	Keeping safe Flexi lesson	