Personal Development Studies: Curriculum Overview (grid) 2025 2026

Year 7						
Aut 1	**Aut 2**	**Spr 1**		**Spr 2**	**Sum 1**	**Sum 2**
Living in the outside world	**RSE**	**Living in the outside world**	**RSE**	**Careers**	**Health and Wellbeing**	**Health and Wellbeing and being a global citizen**
Rights and responsibilities Rules Democracy Form Rep election	Fair treatment of others Types of bullying online safey Seeking help Peer influences	Community (inc school community)	Different types of family Healthy / unhealthy relationships Managing conflict	Why do we work? The world of work Local Market information – key terms and local employers	Healthy body -importance of diet, physical activity and self-care importance of sleep	Healthy mind- What is mental health and emotional wellbeing? How to look after your emotional wellbeing? Being a global citizen

Online safey					
Aut 1	**Aut 2**	**Spr 1**	**Spr 2**	**Sum 1**	**Sum 2**
Living in the outside world	**Health and Wellbeing**	**Careers**	**Living in the outside world**	**Health and Wellbeing**	**RSE**
Young people and the law Local democracy – the work of the council	Reducing risk online (inc protecting information) Health and wellbeing Seeking help	Raising aspirations Transition Influences on career choices - values and strengths	Children's rights Discrimination Unacceptability of prejudice-based language (including sexist language and misogny) Protected characteristics	Dangers of substances Caffeine Tobacco Alcohol Vaping	Positive relationships Features of positive friendships Relationship warning signs (inc consent) Safely exiting a relationships Sexuality

Year 9						
Aut 1	**Aut 2**	**Spr 1**	**Spr 2**	**Sum 1**	**Sum 2**	
Living in the outside world	**RSE**	**Living in the outside world**	**Careers**	**Living in the outside world**	**RSE**	**Health and Wellbeing**
The work of the UN Human Rights issues	Sex and the Law Contraception STIs Accessing support	Critical analysis of online content How do people try to influence others Misleading information social media Identifying scams	Transition 2 LMI Planning ahead – post 6 options Linking subjects to careers	National politics Political parties Manifestos How laws are made First Past the Post	Pride month- issues still facing LGBTQ community	Mental health Body image Coping strategies

Year 10					
Aut 1	**Aut 2**	**Spr 1**	**Spr 2**	**Sum 1**	**Sum 2**
Living in the outside world	**RSE**	**Health and Wellbeing**	**RSE**	**Living in the outside world**	**Careers**
The UK constitution Voting rights How Parliament can create change Role of Royal Family Commonwealth	Consent (inc informed consent, consequences of no consent) Sharing images Appropriate behaviour How to get help in relationships Fertility	Mental health conditions Stress Symptoms and triggers Coping strategies	Sexual harassment Online harassment misogyny Impact of pornography Victim blaming	Crime Gangs Debates on punishments Why are some people drawn to extremism Recognising extremism	World of work Preparing for work experience

Year 11				
Aut 1	**Aut 2**	**Spr 1**	**Spr 2**	**Sum1 and Sum 2**
Careers	**RSE**	**Careers**	**Careers**	
Post 16 options Apprenticeships A Levels T Levels LMI	Unhealthy relationships Family and the law Forced marriages and exploitation Parenting Unplanned pregnancy	Linking subjects and skills to careers Whart are CVs? What are Cover letters	Interview styles and skills Review of skills for life Preparation for mock interview	Exams