



## PERSONAL DEVELOPMENT KS3 Curriculum Plan

|               | Autumn 1                                                                                                                                                                                                                                                    | Autumn 2                                                                                                                                                                                                                                    | Spring 1                                                                                                                                                                                                                                                         | Spring 2                                                                                                                                                                                              | Summer 1                                                                                                                                                                                      | Summer 2                                                                                                                                                                                                                                                                                            |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Year 7</b> | <b>Emotional Wellbeing:</b><br>Managing change and transition; Setting goals; developing good study habits<br><br>Diversity, Prejudice & Bullying<br><br>Friendship challenges, bullying and bystanders, peer influence                                     | <b>Relationships:</b> 'Step In' for Violence Against Women and Girls<br><br><b>Relationships:</b> Building and maintaining healthy friendships; boundaries, consent and conflict resolution; characteristics of positive relationships      | <b>Health and Wellbeing:</b><br>Looking after my physical and mental wellbeing; benefits of physical activity, sleep and time outdoors.<br><br><b>Families &amp; Changing Relationships</b><br><br>Families and committed relationships, change, loss and grief. | <b>Careers:</b> What are my interests, skills and aspirations?<br><br><b>Health and Wellbeing:</b><br>Navigating the challenges of growing up; puberty; menstrual health and wellbeing; FGM awareness | <b>Citizenship:</b> What is citizenship and what are the Fundamental British Value?<br><br><b>Financial Decision making</b><br><br>Saving, borrowing, budgeting and making financial choices. | <b>Personal Safety:</b> How can I keep myself safe over the holidays?<br><br><b>Online Safety:</b><br><br>Misinformation and disinformation, how to access support.                                                                                                                                 |
| <b>Year 8</b> | <b>Relationships:</b> Respecting diversity and promoting equality; protected characteristics; challenging stereotypes and prejudice<br><br><b>Health and Wellbeing: Drugs and Alcohol</b><br><br>Alcohol and drug misuse and pressures relating to drug use | <b>Relationships:</b> 'Step In' for Violence Against Women and Girls'<br><br><b>Relationships:</b> What makes our relationships healthy or unhealthy? Recognising abuse; where to seek help                                                 | <b>Online Safety and Media Literacy:</b> Evaluating trust and reliability online; risks & the law on sharing personal information and images; deepfakes and AI-generated content; social media age restrictions.                                                 | <b>Careers:</b> Exploring dream careers and future pathways<br><br><b>Emotional Wellbeing:</b> Mental health and emotional wellbeing, including body image and coping strategies.                     | <b>Citizenship:</b> How citizens bring about change<br><br><b>Healthy Lifestyle:</b> Decision making skills to support a healthy lifestyle Food for thought, Physical activity, sleep habits  | <b>Relationships and identity:</b><br>How our identity is shaped, how attitudes and rights have changed over time, how our attitudes can impact others.<br><br><b>Financial Education:</b><br>Making informed financial decisions; online scams and fraud awareness, everyday finance e.g. banking. |
| <b>Year 9</b> | <b>Relationships:</b> Protecting myself and others against extremism and exploitation; grooming, criminal exploitation; gangs and county lines; recognising who to trust                                                                                    | <b>Relationships:</b> 'Step In' for Violence Against Women and Girls.<br><br><b>Health and Wellbeing:</b> Risks and consequences of substance use; legal and illegal drugs; alcohol and its effects; smoking, vaping and nicotine addiction | <b>Financial Education:</b><br>Managing financial risk; gambling harms and addiction<br><br><b>Online Harm:</b> Sharing nudes, thinking critically about misogyny, understanding deepfakes.                                                                      | <b>Careers:</b> Preparing for KS4 and beyond Managing pressure and seeking support, exploring career interests.                                                                                       | <b>Citizenship:</b> The UK political system and democracy.<br><br><b>Mental Health and Wellbeing:</b><br>Managing strong emotions, Unhealthy coping strategies.                               | <b>Sex Education:</b> Safely navigating intimate relationships; consent and the law; age of consent; contraception and the risk of STIs.                                                                                                                                                            |