



# WHAT IS TAUGHT IN KS3 PERSONAL DEVELOPMENT?



## YEAR 7

### 1. What is Personal Development?

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### 2. Looking after our Mental Health?

1. Why do we express emotions?

2. What are mindfulness techniques?

3. How to respond to mental and emotional disappointment?

4. What do you do in stressful situations?

5. Bereavement

### 3. Christmas Bazaar (tutor time)

1. Planning the Christmas Bazaar

2. Designing and preparing for the Christmas Bazaar

### 4. Looking after our Physical Body

1. Why is it important to have a healthy diet?

2. Why is exercise important?

3. What are healthy sleeping habits?

4. How do you care for teeth?

5. What is puberty?

6. What is FGM and breast ironing?

### 5. Citizenship and British Values

1. What are Human Rights?

2. What is Fair Trade?

3. Can you make enough bags to survive poverty?

4. What is homelessness?

5. Why is respect important?

6. What is discrimination?

## YEAR 8

### 1. The impact of Crime

1. Why do individuals commit crimes?

2. Why do individuals get involved in criminal gangs?

3. What is county lines?

4. Why do people choose to carry knives?

5. What are the court punishments in the UK for crimes?

### 2. The impact of Drugs

1. What are the effects of smoking?

2. What are the effects of vaping / e-cigarettes?

3. What are the effects of alcohol?

4. What are the effects of drugs and illegal highs?

### 3. E-Safety

1. How can you be safe online?

2. What is cyberbullying?

3. What are the causes and effects of cybercrime?

4. Piracy : What is the big deal?

### 4. Financial Wellbeing

1. Why do people work?

2. Is it easy to budget?

3. How do banks work?

### 5. First Aid

1. Basic Life Skills

2. How do you respond to someone bleeding or choking?

3. How should you respond to an allergic reaction?

## YEAR 9

### 1. Careers

1. What careers are available to me?

2. Researching careers paths

3. What makes a person employable?

4. How do I choose my GCSE options?

### 2. Government and Politics

1. What is the difference between the Parliament and Government?

2. How are laws made?

3. Why should we vote?

4. What is the role of our local MP?

### 3. Relationships, Sex and Health Education (RSHE)

1. What makes a healthy and unhealthy relationship?

2. What is sexting?

3. Why is it difficult to have a positive body image?

4. What is consent?

5. What is an STI?

6. What is chlamydia?

7. What contraception is available to you?

### 4. Homophobia

1. What is LGBTQ+ or LGBTQAI?

2. What is homophobia behaviour?

3. What does it mean to be transgender?



# WHAT IS TAUGHT IN KS4 PERSONAL DEVELOPMENT?



## YEAR 10

### 1. Financial Wellbeing

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|---|--|
| 1. How do I budget effectively?                       |  |
| 2. How do I read my income payslips?                  |  |
| 3. What are the different attitudes towards gambling? |  |
| 4. How do I own a property in the future?             |  |

### 2. Careers

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| 1. What are A-Levels and Vocational Courses? |  |
| 2. What are T-Levels and Apprenticeships?    |  |
| 3. How to write an effective CV?             |  |
| 4. How do conduct an effective interview?    |  |

### 3. Preparing for your Year 10 Mock Examinations

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| 1. How should I prepare for my GCSEs successfully? |  |
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### 4. Relationships

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| 1. What is an abusive relationship?                                     |  |
| 2. What support is there for pregnant teenagers?                        |  |
| 3. What do we need to know about fertility and our reproductive health? |  |
| 4. What are the different perspectives on pornography?                  |  |

### 5. Reviewing Work Experience

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|-----------------------------------|--|
| 1. Reviewing your work experience |  |
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### 6. Citizenship and British Values

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|---|--|
| 1. What are hate crimes?                                      |  |
| 2. Does forced marriage occur in the UK?                      |  |
| 3. What support charities are available for forced marriages? |  |
| 4. What is mutual respect and masculinity?                    |  |

## YEAR 11

### 1. Religion and Spirituality

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| 1. What is community cohesion?               |  |
| 2. What is radicalisation?                   |  |
| 3. What is unconscious bias?                 |  |
| 4. Why is it important to talk about racism? |  |

### 2. Careers

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|---|--|
| 1. Is Influencer culture/Reality Stars damaging for young people? |  |
| 2. Should I apply for university or college?                      |  |
| 3. What do you do on a gap year?                                  |  |
| 4. How do I apply for a job?                                      |  |

### 3. Health

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| 1. Use of drugs and alcohol              |  |
| 2. What is an eating disorder?           |  |
| 3. What is self-harm?                    |  |
| 4. What is testicular and breast cancer? |  |

### 4. Citizenship and British Values

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| 1. What is the Criminal Justice System?                        |  |
| 2. Voting, Elections and Democracy                             |  |
| 3. What is the UK's role in Global Institutions?               |  |
| 4. What Global issues are there and what can we do about them? |  |



## WHAT IS TAUGHT IN KS5 PERSONAL DEVELOPMENT?



### YEAR 12

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|-------------------------------------|--|
| 1. What makes a successful student? |  |
| 2. Free speech vs hate speech       |  |
| 3. Drive safely                     |  |
| 4. Body image                       |  |
| 5. Drugs and alcohol                |  |
| 6. Consent                          |  |
| 7. LGBTQIA rights                   |  |
| 8. First Aid                        |  |
| 9. Mental Health                    |  |
| 10. Developing Oracy                |  |
| 11. University: is it for me?       |  |
| 12. Budgeting at University         |  |
| 13. UCAS—how to apply?              |  |
| 14. Personal statements             |  |
| 15. Mock preparation                |  |
| 16. Apprenticeships                 |  |
| 17. Mock reflection                 |  |

### YEAR 13

|   |  |
|---|--|
| 1. Target setting and the year ahead    |  |
| 2. Personal statements                  |  |
| 3. Mental health                        |  |
| 4. Interviews                           |  |
| 5. Sexual violence                      |  |
| 6. Domestic abuse                       |  |
| 7. Exam preparation                     |  |
| 8. Politics                             |  |
| 9. Responding to mocks                  |  |
| 10. Online behaviour                    |  |
| 11. Traveling                           |  |
| 12. Finance (including student finance) |  |
| 13. The clearing process                |  |