

Personal Development Curriculum 2024-25

Year 7 – fortnightly PSCH	
Autumn – Health and wellbeing	• Transition to Year 7 • Self-concept • Mental health • Healthy lifestyles • Addiction • Vaping • Staying safe online • First aid
Spring – Relationships and sex education	• Happy relationships and consent • Relationships on screen • Harassment • LGBT • Periods, puberty, breastfeeding • Contraception
Summer – Citizenship	• Learning skills • Careers • Money • Democracy • What makes us British • Environment

Year 8 – fortnightly PSCH	
Autumn – Health and wellbeing	• Body positivity • Social media • Mental health awareness • Mental health strategies • Healthy eating • Addiction and vaping • Staying safe online • First aid
Spring – Relationships and sex education	• Unhealthy relationships and consent • Relationships on screen • Harassment • LGBT • Periods, puberty, fertility • Contraception, teenage pregnancy, abortion
Summer - Citizenship	• Learning skills • Careers • Finance • Democracy • Environment • Environment water pollution

Year 9 – weekly RE/PSCH

Autumn 1 – Human Rights	• Intro and human rights • Freedom of speech and terrorism • Black rights • Women • LGBTQ • Holocaust • Holocaust
Autumn 2 – Health and wellbeing	• Positivity and making a difference • Mental health • Recovery position and CPR • Healthy living • Vaping • Drug awareness • Grooming
Spring 1 – Sikhism	• Intro to Sikhism • Guru Nanak • The Khalsa • The 5 Ks • The story of the turban • Sikhs in Britain
Spring 2 - Relationships and sex education	• Positive relationships • Relationship values • LGBTQ • Fertility • Contraception • Harassment
Summer 1 – Value of money	• Relative poverty • Absolute poverty • Homelessness and religious responses • Homelessness local • Hygiene poverty • Global poverty
Summer 2 – Citizenship	• Governments • British government • Finances • Environment • Social media • Career guidance

Year 10 – 2 x weekly PDL (1 x PSCH and 1 x RPE)	
RPE	PSCH
Crime and punishment • Intro • Reasons for crime • Types of crime • Aims of punishment • Types of punishment • Death penalty	Health and wellbeing • Dental hygiene • Dementia and Alzheimers • Drug awareness • Alcohol awareness • Vaping • Vaping • Screen time

	• Testicular torsion checks • Breast and ovary checks • Sun checks and safety • Mental health • Mindfulness
Buddhism • Buddhist beliefs • Buddhist prayer • 4 Noble truths • Middle Way • Reincarnation	Relationships and sex education • Positive relationships • Losing relationships • LGBTQ+ • Consent and rape culture • Puberty, reproduction and bodies • Contraception • Sexual health – HIV • Sexual health – other STIs • Fertility and unwanted pregnancy • Baby loss • Endometriosis
Existence of God • Existence of God • Existence of God • Moral evil • Natural evil • Heaven and Hell	Citizenship • Financial choices • Learning skills • Media • FGM • Tolerance • Tolerance • Human rights
Hinduism • Intro to Hinduism • Brahman and Trimurti • Karma and reincarnation • Holi • Diwali • Rites of passage • Puja • Yoga • Caste system	

Year 11 – 2 x weekly PDL (1 x PSICHE and 1 x RPE)	
RPE	PSICHE
Political literacy • Intro • Why my voice is important • 19th century protests • Democracy • Political parties • How I can get involved in politics	Health and wellbeing • Dental hygiene • Dementia and Alzheimers • Drug awareness • Alcohol awareness • Vaping • Vaping • Screen time • Testicular torsion checks • Breast and ovary checks • Sun checks and safety • Mental health 1 • Mental health 2
Islam • Intro to Islam 1	Relationships and sex education • Positive relationships

• Intro to Islam 2 • Muhammed • Qur'an • Five Pillars • Prayer	• Relationship values • Respectful relationships • Consent and rape culture • Contraception • Sexual health • Fertility • Endometriosis
Community Identity • Local community • Migration • How does migration affect society • Windrush • Respect and understanding • Citizenship	Citizenship – life after TPS • Pay slips • Finance and tax • Job interviews • Peer pressure