



Personal Development Programme – Key Stage 4

Term	Year 9	Year 10	Year 11
1	<p>Flourishing as a GCSE student</p> <ol style="list-style-type: none"> 1. Personal Development – the year ahead 2. Study Skills – Personal organisation 3. Study Skills – Note taking 4. Study Skills – Revision techniques 5. Mental health 6. Mental health challenges and support 7. Challenging prejudice and discrimination 	<p>Citizenship</p> <ol style="list-style-type: none"> 1. Government 2. Electoral system 3. UK place in the world 4. Laws & rights 5. Laws & rights 2 6. Diversity & equality act 7. Taking Action – volunteering and campaigning legally and safety 	<p>Managing Stress and Wellbeing</p> <ol style="list-style-type: none"> 1. Introduction to Wellbeing 2. Managing Stress 3. Staying Healthy 4. Mental Health- Motivation and Staying Focused 5. First Aid and Staying Safe
2	<p>Media Literacy & Staying Safe</p> <ol style="list-style-type: none"> 1. Social media – opportunities & risks 2. Real life consequences of social media 3. Privacy in online world & personal brand 4. Social media & the truth 5. Body image & social media 6. Online extremism 	<p>Relationships & Sex Education</p> <ol style="list-style-type: none"> 1. Healthy & unhealthy relationships 2. Relationship challenges 3. Gender & sexuality 4. Readiness for sex & consent 5. Contraception 6. STIs and sexual health services 7. Sexual assault and honour based violence (HBV) 	<p>Careers Post 16 Opportunities</p> <ol style="list-style-type: none"> 1. Post 16 choices and backup options 2. Mock interview Questions and Interview preparation 3. Creating a CV and Cover Letter 4. Creating a CV and Cover Letter 5. The importance of sharing the job description
3	<p>Careers</p> <ol style="list-style-type: none"> 1. Celebrating a diverse workplace 2. Unlocking industries and employer spotlights 3. Becoming model employees 4. I didn't know that was a job and Log onto UNIFROG 5. Careers related to digital transformation 6. Careers related to the green economy 	<p>Pregnancy & Parenting</p> <ol style="list-style-type: none"> 1. Unplanned pregnancy 2. Healthy pregnancy 3. Looking after a baby 4. Miscarriage & fertility 5. Fostering & adoption 6. Menopause 	<p>Social Pressures & the Media</p> <ol style="list-style-type: none"> 1. Recognising & responding to manipulation, persuasion or coercion 2. Risks of gangs 3. Organised crime 4. Sexting 5. Pornography
4	<p>Taking responsibility for Health & Wellbeing</p> <ol style="list-style-type: none"> 1. Healthy habits 2. Taking responsibility for me, accessing physical and mental health support 3. Blood and organ donation 4. Body modifications 	<p>Active Citizenship</p> <ol style="list-style-type: none"> 1. What is the issue? 2. Researching the issue 3. Action Planning 4. Initiating Action 5. Assessing the impact of the action 6. Evaluating the impact 	<p>Revision Strategies & Techniques</p> <ol style="list-style-type: none"> 1. Creating & using a revision timetable 2. Revision technique 1 3. Revision technique 2 4. Revision technique 3 5. Revision technique 4



Term	Year 9	Year 10	Year 11
	5. First aid 6. Female genital mutilation (FGM)		
5	Climate Education <ol style="list-style-type: none"> 1. Climate and the environment 2. Climate change and effects 3. Life below water 4. Life on Land 5. Rail Safety 	Careers Work Experience <ol style="list-style-type: none"> 1. Workplace Culture 2. How can I stand out and make a great impression 3. Enterprise and starting a business 4. Post year 11 options 5. Dress to impress and planning work experience 	
6	Managing Personal Finances <ol style="list-style-type: none"> 1. Making financial decisions & taking risks 2. Budgeting 3. Savings & pensions 4. Insurance, financial products & services 5. Financial exploitation 6. Young people's employment rights & responsibilities 7. Public money 	Managing risk, substances & personal safety <ol style="list-style-type: none"> 1. Identifying and managing social risk 2. What is addiction? 3. Gambling 4. Consequences of substance misuse 5. County lines 6. Identifying & responding to emergency situations 	