



## Personal Development Programme – Key Stage 4

Term	Year 9	Year 10	Year 11
<b>1</b>	<p style="text-align: center;"><b>GCSE Ready</b></p> <ol style="list-style-type: none"> <li>1. Introduction to GCSE</li> <li>2. Transitioning from key stage 3-4</li> <li>3. Effective Note Taking</li> <li>4. Productive revision at key stage 4</li> <li>5. Mental health</li> <li>6. Mental health challenges and support</li> <li>7. Challenging prejudice and discrimination</li> </ol>	<p style="text-align: center;"><b>Citizenship</b></p> <ol style="list-style-type: none"> <li>1. Government</li> <li>2. Electoral system</li> <li>3. UK place in the world</li> <li>4. Laws &amp; rights</li> <li>5. Laws &amp; rights 2</li> <li>6. Diversity &amp; equality act</li> <li>7. Taking Action – volunteering and campaigning legally and safety</li> <li>8. Active Citizenship</li> </ol>	<p style="text-align: center;"><b>Managing Stress and Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Introduction to Wellbeing</li> <li>2. Managing Stress</li> <li>3. Staying Healthy</li> <li>4. Mental Health- Motivation and Staying Focused</li> <li>5. First Aid and Staying Safe</li> </ol>
<b>2</b>	<p style="text-align: center;"><b>Media Literacy &amp; Staying Safe</b></p> <ol style="list-style-type: none"> <li>1. Social media – opportunities &amp; risks</li> <li>2. Real life consequences of social media</li> <li>3. Privacy in online world &amp; personal brand</li> <li>4. Social media &amp; the truth</li> <li>5. Body image &amp; social media</li> <li>6. Online extremism</li> <li>7. The Manosphere</li> </ol>	<p style="text-align: center;"><b>Relationships &amp; Sex Education</b></p> <ol style="list-style-type: none"> <li>1. Healthy &amp; unhealthy relationships</li> <li>2. Relationship challenges</li> <li>3. Gender &amp; sexuality</li> <li>4. Readiness for sex &amp; consent</li> <li>5. Contraception</li> <li>6. STIs and sexual health services</li> <li>7. Sexual assault and honour based violence (HBV)</li> </ol>	<p style="text-align: center;"><b>Careers Post 16 Opportunities</b></p> <ol style="list-style-type: none"> <li>1. Post 16 choices and backup options</li> <li>2. Mock interview Questions and Interview preparation</li> <li>3. Creating a CV and Cover Letter</li> <li>4. Creating a CV and Cover Letter</li> <li>5. The importance of sharing the job description</li> </ol>
<b>3</b>	<p style="text-align: center;"><b>Careers</b></p> <ol style="list-style-type: none"> <li>1. Celebrating a diverse workplace</li> <li>2. Unlocking industries and employer spotlights</li> <li>3. Becoming model employees</li> <li>4. I didn't know that was a job and Log onto UNIFROG</li> <li>5. Careers related to digital transformation</li> <li>6. Careers related to the green economy</li> </ol>	<p style="text-align: center;"><b>Pregnancy &amp; Parenting</b></p> <ol style="list-style-type: none"> <li>1. Unplanned pregnancy</li> <li>2. Healthy pregnancy</li> <li>3. Looking after a baby</li> <li>4. Miscarriage &amp; fertility</li> <li>5. Fostering &amp; adoption</li> <li>6. Menopause</li> </ol>	<p style="text-align: center;"><b>Social Pressures &amp; the Media</b></p> <ol style="list-style-type: none"> <li>1. Recognising &amp; responding to manipulation, persuasion or coercion</li> <li>2. Risks of gangs</li> <li>3. Organised crime</li> <li>4. Sexting</li> <li>5. Pornography</li> <li>6. The Manosphere (Optional)</li> </ol>



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4	<p><b>Taking responsibility for Health &amp; Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Healthy habits</li> <li>2. Taking responsibility for me, accessing physical and mental health support</li> <li>3. Blood and organ donation</li> <li>4. Body modifications</li> <li>5. First aid</li> <li>6. Female genital mutilation (FGM)</li> </ol>	<p><b>Misinformation and it's Impact on Society</b></p> <ol style="list-style-type: none"> <li>1. Online Misinformation and Conspiracy Theories</li> <li>2. Misogyny and Incel Culture</li> <li>3. Olmage Consent and Deepfakes</li> <li>4. Online Misinformation and it's negative effect</li> <li>5. Vaping and Illicit Vapes</li> </ol>	<p><b>Revision Strategies &amp; Techniques</b></p> <ol style="list-style-type: none"> <li>1. Creating &amp; using a revision timetable</li> <li>2. Revision technique 1</li> <li>3. Revision technique 2</li> <li>4. Revision technique 3</li> <li>5. Revision technique 4</li> </ol>
5	<p><b>Climate Education</b></p> <ol style="list-style-type: none"> <li>1. Climate and the environment</li> <li>2. Climate change and effects</li> <li>3. Life below water</li> <li>4. Life on Land</li> <li>5. Rail Safety</li> </ol>	<p><b>Careers Work Experience</b></p> <ol style="list-style-type: none"> <li>1. Workplace Culture</li> <li>2. How can I stand out and make a great impression</li> <li>3. Enterprise and starting a business</li> <li>4. Post year 11 options</li> <li>5. Dress to impress and planning work experience</li> </ol>	
6	<p><b>Managing Personal Finance</b></p> <ol style="list-style-type: none"> <li>1. Making financial decisions &amp; taking risks</li> <li>2. Budgeting</li> <li>3. Savings &amp; pensions</li> <li>4. Insurance, financial products &amp; services</li> <li>5. Financial exploitation</li> <li>6. Young people's employment rights &amp; responsibilities</li> <li>7. Public money</li> </ol>	<p><b>Managing risk, substances &amp; personal safety</b></p> <ol style="list-style-type: none"> <li>1. Identifying and managing social risk</li> <li>2. What is addiction?</li> <li>3. Gambling</li> <li>4. Consequences of substance misuse</li> <li>5. County lines</li> <li>6. Identifying &amp; responding to emergency situations</li> </ol>	