

## Personal Development Curriculum Year 10 2025/26

| Session   | Week Beginning  | Theme                                        | Lesson Focus                                                                                                                                                                                                  |
|-----------|-----------------|----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           | <b>WB 01.09</b> | <b>New Academic Year Expectations</b>        |                                                                                                                                                                                                               |
| <b>1</b>  | <b>WB 08.09</b> | Living in the Wider World Financial Planning | <ul style="list-style-type: none"> <li>How to effectively budget and evaluate savings options</li> </ul>                                                                                                      |
| <b>2</b>  |                 | Living in the Wider World Financial Planning | <ul style="list-style-type: none"> <li>How to prevent and manage debt, including understanding credit rating and pay day lending</li> </ul>                                                                   |
| <b>3</b>  | <b>WB 15.09</b> | Living in the Wider World Financial Planning | <ul style="list-style-type: none"> <li>How to effectively budget and evaluate savings options (cont.)</li> </ul>                                                                                              |
| <b>4</b>  | <b>WB 22.09</b> | Living in the Wider World Financial Planning | <ul style="list-style-type: none"> <li>How data is generated, collected and shared, and the influence of targeted advertising</li> </ul>                                                                      |
| <b>5</b>  | <b>WB 29.09</b> | Living in the Wider World Financial Planning | <ul style="list-style-type: none"> <li>Influences related to gambling, including online</li> </ul>                                                                                                            |
| <b>6</b>  | <b>WB 06.10</b> | Living in the Wider World Financial Planning | <ul style="list-style-type: none"> <li>About the law and illegal financial activities, including fraud and cybercrime</li> </ul>                                                                              |
| <b>7</b>  | <b>WB 13.10</b> | Living in the Wider World Financial Planning | <ul style="list-style-type: none"> <li>How to manage risk in relation to online financial activities</li> </ul>                                                                                               |
|           | <b>WB 27.10</b> | <b>HALF TERM</b>                             |                                                                                                                                                                                                               |
| <b>8</b>  | <b>WB 03.11</b> | Health and Wellbeing                         | <ul style="list-style-type: none"> <li>About positive and negative role models</li> <li>How to evaluate the influence of role models and become a positive role model for peers</li> </ul>                    |
| <b>9</b>  | <b>WB 10.11</b> | Health and Wellbeing                         | <ul style="list-style-type: none"> <li>About the factors which contribute to a young person deciding to join or not join a gang</li> </ul>                                                                    |
| <b>10</b> | <b>WB 17.11</b> | Health and Wellbeing                         | <ul style="list-style-type: none"> <li>About the impact of drugs and alcohol on individuals, personal safety, families and wider communities</li> <li>How drugs and alcohol affect decision making</li> </ul> |
| <b>11</b> | <b>WB 24.11</b> | Health and Wellbeing                         | <ul style="list-style-type: none"> <li>The effects of drug and alcohol abuse</li> </ul>                                                                                                                       |

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| 12 | WB 01.12             | Health and Wellbeing                                            | <ul style="list-style-type: none"> <li>Exit strategies for pressurised or dangerous situations</li> <li>How to seek help for substance use</li> </ul>                                                                                    |
| 13 | WB 08.12             | Relationships<br><i>Addressing extremism and radicalisation</i> | <ul style="list-style-type: none"> <li>About communities, inclusion, respect and belonging</li> <li>About the Equality Act, diversity and values (Including The British Values)</li> </ul>                                               |
| 14 | WB 15.12             | Relationships<br><i>Addressing extremism and radicalisation</i> | <ul style="list-style-type: none"> <li>About how social media may distort, mis-represent or target information in order to influence beliefs and opinions</li> <li>How to manage conflicting views and misleading information</li> </ul> |
|    | WB 22.12<br>WB 29.12 | CHRISTMAS BREAK<br>CHRISTMAS BREAK                              |                                                                                                                                                                                                                                          |
| 15 | WB 05.01             | Citizenship<br><b>'Laws and the Justice System'</b>             | <ul style="list-style-type: none"> <li>UK Laws and how they affect young people</li> <li>Laws and The Justice System- Youth Crime</li> </ul>                                                                                             |
| 16 | WB 12.01             | Citizenship<br><b>'Laws and the Justice System'</b>             | <ul style="list-style-type: none"> <li>Your rights and The Police</li> <li>Understanding stop &amp; search, arrest and interview &amp; charge</li> </ul>                                                                                 |
| 17 | WB 19.01             | Citizenship<br><b>'Laws and the Justice System'</b>             | <ul style="list-style-type: none"> <li>The Youth Justice System</li> <li>The Youth Court and Sentencing</li> </ul>                                                                                                                       |
| 18 | WB 26.01             | Citizenship<br><b>'Laws and the Justice System'</b>             | <ul style="list-style-type: none"> <li>Adult Courts- Civil Courts vs Criminal Courts</li> </ul>                                                                                                                                          |
| 19 | WB 02.02             | Citizenship<br><b>'Laws and the Justice System'</b>             | <ul style="list-style-type: none"> <li>Juries in Criminal Courts</li> <li>Understanding punishment for adult criminals</li> </ul>                                                                                                        |
| 20 | WB 09.02             | Citizenship<br><b>'Laws and the Justice System'</b>             | <ul style="list-style-type: none"> <li>The purpose of Sentencing</li> <li>Restorative Justice</li> </ul>                                                                                                                                 |
|    | WB 16.02             | HALF TERM                                                       |                                                                                                                                                                                                                                          |

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| 21 | WB 23.02             | Living in the Wider World                           | <ul style="list-style-type: none"> <li>Work Experience Expectations</li> </ul>                                                                                               |
|    | WB 02.03             | <b>WORK EXPERIENCE<br/>(NATIONAL CAREERS WEEK)</b>  |                                                                                                                                                                              |
| 22 | WB 09.03             | Living in the Wider World                           | <ul style="list-style-type: none"> <li>How to evaluate and build on the learning from work experience</li> </ul>                                                             |
| 23 | WB 16.03             | Health and Wellbeing<br><i><b>Mental Health</b></i> | <ul style="list-style-type: none"> <li>About the signs of emotional or mental ill-health</li> <li>How to manage challenges during adolescence</li> </ul>                     |
| 24 | WB 23.03             | Health and Wellbeing<br><i><b>Mental Health</b></i> | <ul style="list-style-type: none"> <li>About the portrayal of mental health in the media</li> </ul>                                                                          |
|    | WB 30.03<br>WB 06.04 | <b>EASTER BREAK<br/>EASTER BREAK</b>                |                                                                                                                                                                              |
| 25 | WB 13.04             | Relationships                                       | <ul style="list-style-type: none"> <li>About relationship values and the role of pleasure in relationships</li> </ul>                                                        |
| 26 | WB 20.04             | Relationships                                       | <ul style="list-style-type: none"> <li>About the opportunities and risks of forming and conducting relationships online</li> </ul>                                           |
| 27 | WB 27.04             | Relationships                                       | <ul style="list-style-type: none"> <li>How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours</li> </ul>                     |
| 28 | WB 04.05             | Relationships                                       | <ul style="list-style-type: none"> <li>About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent</li> </ul> |
| 29 | WB 11.05             | Relationships                                       | <ul style="list-style-type: none"> <li>About STIs, effective use of protection (E.G. contraception) and negotiating safer sex</li> </ul>                                     |
| 30 | WB 18.05             | Relationships                                       | <ul style="list-style-type: none"> <li>About the consequences of unprotected sex, including pregnancy</li> </ul>                                                             |
|    | WB 25.05             | <b>HALF TERM</b>                                    |                                                                                                                                                                              |
| 31 | WB 01.06             | <b>Exam Focus Week</b>                              | <ul style="list-style-type: none"> <li>Super Six Revision Strategies</li> </ul>                                                                                              |
|    | WB 08.06             | <b>Year 10 Exams</b>                                |                                                                                                                                                                              |

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|           | <b>WB 15.06</b> | <b>Year 10 Exams</b>                   |                                                                                                                                                          |
|           | <b>WB 22.06</b> | <b>Year 10 Exams</b>                   |                                                                                                                                                          |
| <b>32</b> | <b>WB 29.06</b> | Relationships                          | <ul style="list-style-type: none"> <li>Addressing extremism and radicalisation</li> </ul>                                                                |
| <b>33</b> | <b>WB 06.07</b> | Relationships<br><b>(ONLINE TEAMS)</b> | <ul style="list-style-type: none"> <li>About 'honour based' violence and forced marriage and how to safely access support</li> <li><b>FGM</b></li> </ul> |
|           | <b>WB 13.07</b> | <b>LAST WEEK OF TERM</b>               |                                                                                                                                                          |