

Personal Development Curriculum Year 11 2025/26

Session	Week Beginning	Theme	Lesson Focus
1	WB 08.09	Health and Wellbeing	- Emergency first aid skills - How to assess emergency and non-emergency situations and contact appropriate services
2	WB 15.09	Health and Wellbeing	- Emergency first aid skills - How to assess emergency and non-emergency situations and contact appropriate services
3	WB 22.09	Health and Wellbeing	- Emergency first aid skills - How to assess emergency and non-emergency situations and contact appropriate services
4	WB 29.09	Health and Wellbeing	About registering with healthcare clinics, drop-in centres and online services
5	WB 06.10	Health and Wellbeing	How to take increased responsibility for physical health, including testicular and breast self-examination (1)
6	WB 13.10	Health and Wellbeing	How to take increased responsibility for physical health, including testicular and breast self-examination (2)
7	WB 20.10	Health and Wellbeing	About blood and organ donation
	WB 27.10	HALF TERM	
8	WB 03.11	Living in the Wider World	How to set and achieve SMART targets
9	WB 10.11	Living in the Wider World	Online and media: Rights, responsibilities and keeping safe
10	WB 17.11	Mock Exam Focus Week	Managing Exam Stress
	WB 24.11	Year 11 MOCKS	
	WB 01.12		
	WB 08.12		
11	WB 15.12	Living in the Wider World	About how to protect your financial future

	WB 22.12 WB 29.12	CHRISTMAS BREAK CHRISTMAS BREAK	
12	WB 05.01	Relationships	• The British Values and bout core values and emotions
13	WB 12.01	Relationships	• About gender identity and discrimination
14	WB 19.01	Relationships	• About how to communicate appropriately and manage conflict
15	WB 26.01	Relationships	• About various forms of relationship abuse
16	WB 02.02	Relationships	• About unhealthy, exploitative and abusive relationships
17	WB 09.02	Living in a Wider World	• Revisitation of SMART Targets- where are you now?
	WB 16.02	HALF TERM	
	WB 23.02	Year 11 CORE MOCKS	
	WB 02.03	Year 11 CORE MOCKS	
	WB 09.03	EXAMS Focus	
	WB 16.03	EXAMS Focus	
	WB 23.03	EXAMS Focus	
	WB 30.03 WB 06.04	EASTER BREAK EASTER BREAK	
	WB 13.04	EXAMS Focus	
	WB 20.04	MFL & ART EXAMS	
	WB 27.04	EXAMS Focus	
	WB 04.05	EXAMS Focus	
	WB 11.05	EXAMS Focus	
	WB 18.05	GCSE EXAMS	
	WB 25.05	HALF TERM	
	WB 01.06		
	WB 08.06		
	WB 15.06		
	WB 22.06		
	WB 29.06		

	WB 06.07	
	WB 13.07	LAST WEEK OF TERM