

Personal Development Curriculum Year 7 2025/26

Sessions	Week Beginning	Theme	Lesson Focus
N/A	WB 01.09	INSET DAY	
1	WB 08.09	Character Education Benchmark One <i>'What Kind of School are we'</i>	• Introduction to the Character Education Programme All Year 7 classes in The Main School Hall • Alcester Academy and Me
2	WB 15.09	Character Education Benchmark One <i>'What Kind of School are we'</i>	• The British Values • Alcester Academy Values
3	WB 22.09	Character Education Benchmark One <i>'What Kind of School are we'</i>	• Alcester Academy House Culture • Personal Identities
4	WB 29.09	Character Education Benchmark One <i>'What Kind of School are we'</i>	• School communities- shared aims and values • Personal SWOT Analysis and Time Capsule
5	WB 06.10	Health and Wellbeing	• Puberty- physical and emotional changes
6	WB 13.10	Health and Wellbeing	• First Aid- Basic Life Support All Year 7 classes in The Main School Hall
7	WB 20.10	Health and Wellbeing	• Personal Safety and managing risks (including road safety and fireworks) • Consolidation of learning
	WB 27.10	HALF TERM	
8	WB 03.11	Character Education Benchmark Two <i>'What are our expectations of behaviour towards each other?'</i>	• Discipline and its importance • Alcester Academy Expectations

9	WB 10.11	Character Education Benchmark Two <i>'What are our expectations of behaviour towards each other?'</i>	- The British Values- Respect - Respect vs Disrespect
10	WB 17.11	Character Education Benchmark Two <i>'What are our expectations of behaviour towards each other?'</i>	Exploration of Positive and Negative Character Traits
11	WB 24.11	*Parliament Week* Citizenship <i>'Rules, fairness, rights and responsibilities.'</i>	UK Parliament Week 2025 Digital Assembly 10.15am TEAMS - Introduction to Citizenship - Exploration of Rules, Fairness, Rights and Responsibilities
12	WB 01.12	Citizenship <i>'Communities and Identities'</i>	- Understanding of different communities, their identities and cultures - United Kingdom Identity - Business and Company Identities (The power of branding)
13	WB 08.12	Citizenship <i>'Communities and Identities'</i>	- Exploration of different communities and the challenges/ barriers of living together - Exploration of being a 'good' and 'active' citizen
14	WB 15.12	Citizenship <i>'Communities and Identities'</i>	Giving back to our community at Christmas
	WB 22.12 WB 29.12	CHRISTMAS BREAK CHRISTMAS BREAK	
N/A	WB 05.01	INSET DAY	
15	WB 12.01	Character Education Benchmark Three	The importance of a broad and balanced curriculum

		<i>‘How well do our curriculum and teaching develop resilience and confidence?’</i>	• Exploring how ambitious our school curriculum is • Exploring individual ambitions • Building self-confidence and self-belief
16	WB 19.01	Character Education Benchmark Three <i>‘How well do our curriculum and teaching develop resilience and confidence?’</i>	• Exploration of resilience and coping strategies
17	WB 26.01	Exam Focus Week	• Super Six Revision Strategies • Knowing More, Remembering More
18	WB 02.02	Character Education Benchmark Three <i>‘How well do our curriculum and teaching develop resilience and confidence?’</i>	• Exploration of Cultural Capital • Developing an understanding of verbal and non-verbal communication • British Sign Language
19	WB 09.02	Living in the Wider World	• Safer Internet Day Awareness- Body Image and Media Airbrushing
	WB 16.02	HALF TERM	
20	WB 23.02	Character Education Benchmark Four <i>‘How good is our co-curriculum?’</i>	• Exploration of the benefits of Co-Curriculum activities • Co-Curriculum programme and opportunities at Alcester Academy
21	WB 02.03	Character Education Benchmark Four <i>‘How good is our co-curriculum?’</i>	• Co-Curricular transferable skills • Developing planning and presentation skills
22	WB 09.03	Citizenship ‘Laws and the Justice System’	• UK Laws and how they affect young people • Laws and The Justice System- Youth Crime

23	WB 16.03	Citizenship 'Laws and the Justice System'	• Your rights and The Police • Understanding stop & search, arrest and interview & charge • The Youth Justice System • The Youth Court and Sentencing
24	WB 23.03	Citizenship 'Laws and the Justice System'	• Mock Trial and Sentencing • Consolidation of learning
	WB 30.03 WB 06.04	EASTER BREAK EASTER BREAK	
25	WB 13.04	Character Education Benchmark Five <i>'How well do we promote the value of volunteering and service to others?'</i>	• Exploration of volunteering and its benefits • Community Service and The Law
26	WB 20.04	Character Education Benchmark Five <i>'How well do we promote the value of volunteering and service to others?'</i>	• Volunteering and National Service • Volunteering and raising awareness
27	WB 27.04	Health and Wellbeing	• Substance use and the risks and effects of caffeine consumption. • The risks and consequences of alcohol use. Different influences and consequences that might affect decisions relating to vaping
N/A	WB 04.05	BANK HOLIDAY	
28	WB 11.05	Relationships	• Exploration of friendships and empathy • Exploration of bullying and bystanders

29	WB 18.05	Relationships	• Exploration of the qualities in healthy and unhealthy relationships • Managing conflict in relationships • What consent means, both legally and ethically, and what it looks like in practice
	WB 25.05	HALF TERM	
30	WB 01.06	Character Education Benchmark Six <i>‘How do we ensure that all our pupils benefit equally from what we offer?’</i>	• Exploration of ‘inclusion’ and real-life barriers to inclusion
31	WB 08.06	Character Education Benchmark Six <i>‘How do we ensure that all our pupils benefit equally from what we offer?’</i>	• Understanding barriers to participation • Exploring solutions to ‘inclusivity’
32	WB 15.06	Character Education Benchmark Six <i>‘How do we ensure that all our pupils benefit equally from what we offer?’</i>	• Exploration of what makes us unique, the commonalities we share and our differences • Cultural appreciation • Personal Commitment to Inclusion
33	WB 22.06	Health and Wellbeing	• Oral hygiene, dental health and how to access NHS services
34	WB 29.06	Health and Wellbeing	• Summer Safety
35	WB 06.07	Health and Wellbeing	• Keeping Safe- FGM (Female Genital Mutilation) THE MAIN SCHOOL HALL Session (or via TEAMS)

36	WB 13.07	Character Education Award Presentations	Certificate and Badge Presentations (All Year 7 classes in the Main School Hall)
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