

Personal Development Curriculum Year 9 2025/26

Tutor Time Sessions

Session	Week Beginning	Theme	Lesson Focus
	WB 01.09	New Academic Year Expectations	
1	WB 08.09	Health and Wellbeing	How to distinguish between healthy and unhealthy friendships
2	WB 15.09	Health and Wellbeing	How to distinguish between healthy and unhealthy friendships (Cont.)
3	WB 22.09	Health and Wellbeing	About 'group think' and how it affects behaviour
4	WB 29.09	Health and Wellbeing	How to manage risk in relation to gangs
5	WB 06.10	Health and Wellbeing	How to manage risk in relation to gangs (Cont.)
6	WB 13.10	Health and Wellbeing	The legal and physical risks of carrying a knife
7	WB 20.10	Health and Wellbeing	About legal and health risks in relation to alcohol use
	WB 27.10	HALF TERM	
8	WB 03.11	Relationships	About different types of families and parenting
9	WB 10.11	Relationships	Young people's rights under the United Nations Convention on the Rights of the Child
10	WB 17.11	Relationships (TEAMS)	- About conflict and its causes in different contexts, e.g. with family and friends. Conflict resolution strategies FGM
11	WB 24.11	Relationships	- How to manage relationship and family changes, including relationship breakdown, separation and divorce - How to access support services
12	WB 01.12	Living in the Wider World <i>Careers</i>	- About transferable skills, abilities and interests - How to demonstrate strengths
13	WB 08.12	Living in the Wider World <i>Careers</i>	About different types of employment and career pathways

14	WB 15.12	Living in the Wider World <i>Careers</i>	How to work towards aspirations and set meaningful, realistic goals for the future
	WB 22.12 WB 29.12	CHRISTMAS BREAK CHRISTMAS BREAK	
15	WB 05.01	Health and Wellbeing	About the relationship between physical and mental health
16	WB 12.01	Health and Wellbeing	How to make informed healthy eating choices
17	WB 19.01	Health and Wellbeing	- How to manage influences on body image - To make independent health choices
18	WB 26.01	Health and Wellbeing	How to take increased responsibility for physical health: testicular cancer and self-examination
19	WB 02.02	Relationships	How to take increased responsibility for physical health: breast self-examination
20	WB 09.02	Relationships	About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex
	WB 16.02	HALF TERM	
21	WB 23.02	Relationships	- About facts and misconceptions relating to consent - About the continuous right to withdraw consent and capacity to consent
22	WB 02.03	Exam Focus Week NATIONAL CAREERS WEEK 2026	About STIs, effective use of condoms and negotiating safer sex
	WB 09.03	EXAM WEEK	
	WB 16.03	EXAM WEEK	
23	WB 23.03	Relationships	How to assess and manage risks of sending, sharing or passing on sexual images
	WB 30.03 WB 06.04	EASTER BREAK EASTER BREAK	
24	WB 13.04	Living in the Wider World	About young people's employment rights and responsibilities

25	WB 20.04	Living in the Wider World	• Skills for enterprise and employability
26	WB 27.04	Living in the Wider World	• How to give and act upon constructive feedback
27	WB 04.05	Living in the Wider World	• How to manage your 'personal brand' online • Habits and strategies to support progress
	WB 11.05	Newquay Trip	
28	WB 18.05	Living in the Wider World	• Consolidation of Learning (Careers)
	WB 25.05	HALF TERM	
29	WB 01.06	Citizenship 'Laws and the Justice System'	• UK Laws and how they affect young people • Laws and The Justice System- Youth Crime
30	WB 08.06	Citizenship 'Laws and the Justice System'	• Your rights and The Police • Understanding stop & search, arrest and interview & charge
31	WB 15.06	Citizenship 'Laws and the Justice System'	• The Youth Justice System • The Youth Court and Sentencing
32	WB 22.06	Citizenship 'Laws and the Justice System'	• The British Values • Adult Courts- Civil Courts vs Criminal Courts
33	WB 29.06	Citizenship 'Laws and the Justice System'	• Juries in Criminal Courts • Understanding punishment for adult criminals
34	WB 06.07	Citizenship 'Laws and the Justice System'	• The purpose of Punishment • Restorative Justice
	WB 13.07	LAST WEEK OF TERM	