

Personal Development Curriculum Year 10 2026/27

Session	Week Beginning	Theme	Lesson Focus
	WB 31.08	New Academic Year Expectations	
1	WB 07.09	Living in the Wider World Financial Planning	How to effectively budget and evaluate savings options
2	WB 14.09	Living in the Wider World Financial Planning	How to prevent and manage debt, including understanding credit rating and pay day lending
3	WB 21.09	Living in the Wider World Financial Planning	How to effectively budget and evaluate savings options (cont.)
4	WB 28.09	Living in the Wider World Financial Planning	How data is generated, collected and shared, and the influence of targeted advertising
5	WB 05.10	Living in the Wider World Financial Planning	Influences related to gambling, including online
6	WB 12.10	Living in the Wider World Financial Planning	About the law and illegal financial activities, including fraud and cybercrime
7	WB 19.10	Living in the Wider World Financial Planning	How to manage risk in relation to online financial activities
	WB 26.10	HALF TERM	
8	WB 02.11	Health and Wellbeing	- About positive and negative role models - How to evaluate the influence of role models and become a positive role model for peers
9	WB 09.11	Health and Wellbeing	About the factors which contribute to a young person deciding whether to join or not join a gang
10	WB 16.11	Health and Wellbeing	- About the impact of drugs and alcohol on individuals, personal safety, families and wider communities - How drugs and alcohol affect decision making
11	WB 23.11	Health and Wellbeing	The effects of drug and alcohol abuse

12	WB 30.12	Health and Wellbeing	- Exit strategies for pressurised or dangerous situations - How to seek help for substance use
13	WB 07.12	Relationships <i>Addressing extremism and radicalisation</i>	- About communities, inclusion, respect and belonging - About the Equality Act, diversity and values (Including The British Values)
14	WB 14.12	Relationships <i>Addressing extremism and radicalisation</i>	- About how social media may distort, mis-represent or target information in order to influence beliefs and opinions - How to manage conflicting views and misleading information
	WB 21.12 WB 28.12	CHRISTMAS BREAK CHRISTMAS BREAK	
15	WB 04.01	Health and Wellbeing	The relationship between physical and mental health Healthier sleep habits
16	WB 11.01	Health and Wellbeing	Nutrition and how to make independent, informed decisions about what to eat. Making healthier choices
17	WB 18.01	Health and Wellbeing	Common signs of ill health Signs and symptoms of stress and methods to help deal with stress
18	WB 25.01	Health and Wellbeing	How to make informed decisions regarding body modifications such as tattoos and piercings Exploration of influences and self-expression
19	WB 01.02	Health and Wellbeing	How to make informed decisions relating to the use of sunbeds and cosmetic procedures
20	WB 08.02	Health and Wellbeing	Change and how to deal with some of the challenges that can arise with change
	WB 15.02	HALF TERM	
21	WB 22.02	Living in the Wider World	Work Experience Expectations

	WB 01.03	WORK EXPERIENCE (NATIONAL CAREERS WEEK)	
22	WB 08.03	Living in the Wider World	How to evaluate and build on the learning from work experience
23	WB 15.03	Health and Wellbeing <i>Mental Health</i>	- About the signs of emotional or mental ill-health - How to manage challenges during adolescence
24	WB 22.03	Health and Wellbeing <i>Mental Health</i>	About the portrayal of mental health in the media
	WB 29.03 WB 05.04	EASTER BREAK EASTER BREAK	
25	WB 12.04	Relationships	About relationship values and the role of pleasure in relationships
26	WB 19.04	Relationships	About the opportunities and risks of forming and conducting relationships online
27	WB 26.04	Relationships	How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours
28	WB 03.05	Relationships	About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent
29	WB 10.05	Relationships	About STIs, effective use of protection (E.G. contraception) and negotiating safer sex
30	WB 17.05	Relationships	About the consequences of unprotected sex, including pregnancy
31	WB 24.05		
	WB 31.05	HALF TERM	
32	WB 07.06	Exam Focus Week	Super Six Revision Strategies
	WB 14.06	Year 10 Exams	
	WB 21.06	Year 10 Exams	

	WB 28.06	Year 10 Exams	
33	WB 05.07	Relationships	Addressing extremism and radicalisation
34	WB 12.07	Relationships (ONLINE TEAMS)	Recall: About 'honour based' violence and forced marriage and how to safely access support
	WB 19.07	REWARDS TRIPS	