

## Personal Development Curriculum Year 7 2025/26

Sessions	Week Beginning	Theme	Lesson Focus
N/A	WB 01.09	<b>INSET DAY</b>	
1	WB 08.09	Character Education Benchmark One <i>'What Kind of School are we'</i>	<ul style="list-style-type: none"> <li>• Introduction to the Character Education Programme</li> </ul> <b>All Year 7 classes in The Main School Hall</b> <ul style="list-style-type: none"> <li>• Alcester Academy and Me</li> </ul>
2	WB 15.09	Character Education Benchmark One <i>'What Kind of School are we'</i>	<ul style="list-style-type: none"> <li>• The British Values</li> <li>• Alcester Academy Values</li> </ul>
3	WB 22.09	Character Education Benchmark One <i>'What Kind of School are we'</i>	<ul style="list-style-type: none"> <li>• Alcester Academy House Culture</li> <li>• Personal Identities</li> </ul>
4	WB 29.09	Character Education Benchmark One <i>'What Kind of School are we'</i>	<ul style="list-style-type: none"> <li>• School communities- shared aims and values</li> <li>• Personal SWOT Analysis and Time Capsule</li> </ul>
5	WB 06.10	Health and Wellbeing	<ul style="list-style-type: none"> <li>• Puberty- physical and emotional changes</li> </ul>
6	WB 13.10	Health and Wellbeing	<ul style="list-style-type: none"> <li>• First Aid- Basic Life Support</li> </ul> <b>All Year 7 classes in The Main School Hall</b>
7	WB 20.10	Health and Wellbeing	<ul style="list-style-type: none"> <li>• Personal Safety and managing risks (including road safety and fireworks)</li> <li>• Consolidation of learning</li> </ul>
	WB 27.10	<b>HALF TERM</b>	
8	WB 03.11	Character Education Benchmark Two <i>'What are our expectations of behaviour towards each other?'</i>	<ul style="list-style-type: none"> <li>• Discipline and its importance</li> <li>• Alcester Academy Expectations</li> </ul>

9	WB 10.11	Character Education Benchmark Two <i>'What are our expectations of behaviour towards each other?'</i>	<ul style="list-style-type: none"> <li>The British Values- Respect</li> <li>Respect vs Disrespect</li> </ul>
10	WB 17.11	Character Education Benchmark Two <i>'What are our expectations of behaviour towards each other?'</i>	<ul style="list-style-type: none"> <li>Exploration of Positive and Negative Character Traits</li> </ul>
11	WB 24.11	<b>*Parliament Week*</b> Citizenship <i>'Rules, fairness, rights and responsibilities.'</i>	<ul style="list-style-type: none"> <li><b>UK Parliament Week 2025 Digital Assembly 10.15am TEAMS</b></li> <li>Introduction to Citizenship</li> <li>Exploration of Rules, Fairness, Rights and Responsibilities</li> </ul>
12	WB 01.12	Citizenship <i>'Communities and Identities'</i>	<ul style="list-style-type: none"> <li>Understanding of different communities, their identities and cultures</li> <li>United Kingdom Identity</li> <li>Business and Company Identities (The power of branding)</li> </ul>
13	WB 08.12	Citizenship <i>'Communities and Identities'</i>	<ul style="list-style-type: none"> <li>Exploration of different communities and the challenges/ barriers of living together</li> <li>Exploration of being a 'good' and 'active' citizen</li> </ul>
14	WB 15.12	Citizenship <i>'Communities and Identities'</i>	<ul style="list-style-type: none"> <li>Giving back to our community at Christmas</li> </ul>
	WB 22.12 WB 29.12	<b>CHRISTMAS BREAK</b> <b>CHRISTMAS BREAK</b>	
N/A	WB 05.01	<b>INSET DAY</b>	
15	WB 12.01	Character Education Benchmark Three	<ul style="list-style-type: none"> <li>The importance of a broad and balanced curriculum</li> </ul>

		<b><i>'How well do our curriculum and teaching develop resilience and confidence?'</i></b>	<ul style="list-style-type: none"> <li>• Exploring how ambitious our school curriculum is</li> <li>• Exploring individual ambitions</li> <li>• Building self-confidence and self-belief</li> </ul>
<b>16</b>	<b>WB 19.01</b>	Character Education Benchmark Three <b><i>'How well do our curriculum and teaching develop resilience and confidence?'</i></b>	<ul style="list-style-type: none"> <li>• Exploration of resilience and coping strategies</li> </ul>
<b>17</b>	<b>WB 26.01</b>	<b>Exam Focus Week</b>	<ul style="list-style-type: none"> <li>• Super Six Revision Strategies</li> <li>• Knowing More, Remembering More</li> </ul>
<b>18</b>	<b>WB 02.02</b>	Character Education Benchmark Three <b><i>'How well do our curriculum and teaching develop resilience and confidence?'</i></b>	<ul style="list-style-type: none"> <li>• Exploration of Cultural Capital</li> <li>• Developing an understanding of verbal and non-verbal communication</li> <li>• British Sign Language</li> </ul>
<b>19</b>	<b>WB 09.02</b>	Living in the Wider World	<ul style="list-style-type: none"> <li>• Safer Internet Day Awareness- Body Image and Media Airbrushing</li> </ul>
	<b>WB 16.02</b>	<b>HALF TERM</b>	
<b>20</b>	<b>WB 23.02</b>	Character Education Benchmark Four <b><i>'How good is our co-curriculum?'</i></b>	<ul style="list-style-type: none"> <li>• Exploration of the benefits of Co-Curriculum activities</li> <li>• Co-Curriculum programme and opportunities at Alcester Academy</li> </ul>
<b>21</b>	<b>WB 02.03</b>	Character Education Benchmark Four <b><i>'How good is our co-curriculum?'</i></b>	<ul style="list-style-type: none"> <li>• Co-Curricular transferable skills</li> <li>• Developing planning and presentation skills</li> </ul>
<b>22</b>	<b>WB 09.03</b>	Citizenship <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>

23	WB 16.03	Citizenship <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> <li>• The Youth Justice System</li> <li>• The Youth Court and Sentencing</li> </ul>
24	WB 23.03	Citizenship <b>'Laws and the Justice System'</b>	<ul style="list-style-type: none"> <li>• Mock Trial and Sentencing</li> <li>• Consolidation of learning</li> </ul>
	WB 30.03 WB 06.04	<b>EASTER BREAK EASTER BREAK</b>	
25	WB 13.04	Character Education Benchmark Five <b><i>'How well do we promote the value of volunteering and service to others?'</i></b>	<ul style="list-style-type: none"> <li>• Exploration of volunteering and its benefits</li> <li>• Community Service and The Law</li> </ul>
26	WB 20.04	Character Education Benchmark Five <b><i>'How well do we promote the value of volunteering and service to others?'</i></b>	<ul style="list-style-type: none"> <li>• Volunteering and National Service</li> <li>• Volunteering and raising awareness</li> </ul>
27	WB 27.04	Health and Wellbeing	<ul style="list-style-type: none"> <li>• Substance use and the risks and effects of caffeine consumption.</li> <li>• The risks and consequences of alcohol use. Different influences and consequences that might affect decisions relating to vaping</li> </ul>
N/A	WB 04.05	<b>BANK HOLIDAY</b>	
28	WB 11.05	Relationships	<ul style="list-style-type: none"> <li>• Exploration of friendships and empathy</li> <li>• Exploration of bullying and bystanders</li> </ul>

29	WB 18.05	Relationships	<ul style="list-style-type: none"> <li>• Exploration of the qualities in healthy and unhealthy relationships</li> <li>• Managing conflict in relationships</li> <li>• What consent means, both legally and ethically, and what it looks like in practice</li> </ul>
	WB 25.05	<b>HALF TERM</b>	
30	WB 01.06	Character Education Benchmark Six <i><b>‘How do we ensure that all our pupils benefit equally from what we offer?’</b></i>	<ul style="list-style-type: none"> <li>• Exploration of ‘inclusion’ and real-life barriers to inclusion</li> </ul>
31	WB 08.06	Character Education Benchmark Six <i><b>‘How do we ensure that all our pupils benefit equally from what we offer?’</b></i>	<ul style="list-style-type: none"> <li>• Understanding barriers to participation</li> <li>• Exploring solutions to ‘inclusivity’</li> </ul>
32	WB 15.06	Character Education Benchmark Six <i><b>‘How do we ensure that all our pupils benefit equally from what we offer?’</b></i>	<ul style="list-style-type: none"> <li>• Exploration of what makes us unique, the commonalities we share and our differences</li> <li>• Cultural appreciation</li> <li>• Personal Commitment to Inclusion</li> </ul>
33	WB 22.06	Health and Wellbeing	<ul style="list-style-type: none"> <li>• Oral hygiene, dental health and how to access NHS services</li> </ul>
34	WB 29.06	Health and Wellbeing	<ul style="list-style-type: none"> <li>• Summer Safety</li> </ul>
35	WB 06.07	Health and Wellbeing	<ul style="list-style-type: none"> <li>• Keeping Safe- FGM (Female Genital Mutilation)</li> </ul> <b>THE MAIN SCHOOL HALL Session (or via TEAMS)</b>

36	WB 13.07	Character Education Award Presentations	<ul style="list-style-type: none"> <li>Certificate and Badge Presentations</li> </ul> <b>(All Year 7 classes in the Main School Hall)</b>
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