

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	<ul style="list-style-type: none"> How to distinguish between healthy and unhealthy friendships
2	WB 15.09	Health and Wellbeing	<ul style="list-style-type: none"> How to distinguish between healthy and unhealthy friendships (Cont.)
3	WB 22.09	Health and Wellbeing	<ul style="list-style-type: none"> About 'group think' and how it affects behaviour
4	WB 29.09	Health and Wellbeing	<ul style="list-style-type: none"> How to manage risk in relation to gangs
5	WB 06.10	Health and Wellbeing	<ul style="list-style-type: none"> How to manage risk in relation to gangs (Cont.)
6	WB 13.10	Health and Wellbeing	<ul style="list-style-type: none"> The legal and physical risks of carrying a knife
7	WB 20.10	Health and Wellbeing	<ul style="list-style-type: none"> About legal and health risks in relation to alcohol use
	WB 27.10	HALF TERM	
8	WB 03.11	Relationships	<ul style="list-style-type: none"> About different types of families and parenting
9	WB 10.11	Relationships	<ul style="list-style-type: none"> Young people's rights under the United Nations Convention on the Rights of the Child
10	WB 17.11	Relationships (TEAMS)	<ul style="list-style-type: none"> About conflict and its causes in different contexts, e.g. with family and friends. Conflict resolution strategies FGM
11	WB 24.11	Relationships	<ul style="list-style-type: none"> 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>	<ul style="list-style-type: none"> About transferable skills, abilities and interests How to demonstrate strengths
13	WB 08.12	Living in the Wider World <i>Careers</i>	<ul style="list-style-type: none"> About different types of employment and career pathways

14	WB 15.12	Living in the Wider World <i>Careers</i>	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> About the relationship between physical and mental health
16	WB 12.01	Health and Wellbeing	<ul style="list-style-type: none"> How to make informed healthy eating choices
17	WB 19.01	Health and Wellbeing	<ul style="list-style-type: none"> How to manage influences on body image To make independent health choices
18	WB 26.01	Health and Wellbeing	<ul style="list-style-type: none"> How to take increased responsibility for physical health: testicular cancer and self-examination
19	WB 02.02	Relationships	<ul style="list-style-type: none"> How to take increased responsibility for physical health: breast self-examination
20	WB 09.02	Relationships	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> About young people's employment rights and responsibilities

25	WB 20.04	Living in the Wider World	<ul style="list-style-type: none"> • Skills for enterprise and employability
26	WB 27.04	Living in the Wider World	<ul style="list-style-type: none"> • How to give and act upon constructive feedback
27	WB 04.05	Living in the Wider World	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Consolidation of Learning (Careers)
	WB 25.05	HALF TERM	
29	WB 01.06	Citizenship 'Laws and the Justice System'	<ul style="list-style-type: none"> • 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'	<ul style="list-style-type: none"> • Your rights and The Police • Understanding stop & search, arrest and interview & charge
31	WB 15.06	Citizenship 'Laws and the Justice System'	<ul style="list-style-type: none"> • The Youth Justice System • The Youth Court and Sentencing
32	WB 22.06	Citizenship 'Laws and the Justice System'	<ul style="list-style-type: none"> • The British Values • Adult Courts- Civil Courts vs Criminal Courts
33	WB 29.06	Citizenship 'Laws and the Justice System'	<ul style="list-style-type: none"> • Juries in Criminal Courts • Understanding punishment for adult criminals
34	WB 06.07	Citizenship 'Laws and the Justice System'	<ul style="list-style-type: none"> • The purpose of Punishment • Restorative Justice
	WB 13.07	LAST WEEK OF TERM	