

Personal Development Curriculum Year 9 2026/27

Tutor Time Sessions

Session	Week Beginning	Theme	Lesson Focus
	WB 31.08	New Academic Year Expectations	
1	WB 07.09	Health and Wellbeing	- The relationship between physical and mental health - Healthier sleep habits
2	WB 14.09	Health and Wellbeing	- Nutrition and how to make independent, informed decisions about what to eat. - Making healthier choices
3	WB 21.09	Health and Wellbeing	- Common signs of ill health - Signs and symptoms of stress and methods to help deal with stress
4	WB 28.09	Health and Wellbeing	- How to make informed decisions regarding body modifications such as tattoos and piercings - Exploration of influences and self-expression
5	WB 05.10	Health and Wellbeing	How to make informed decisions relating to the use of sunbeds and cosmetic procedures
6	WB 12.10	Health and Wellbeing	Change and how to deal with some of the challenges that can arise with change
7	WB 19.10	Navigating Online Harms	Making a professional and positive first impression through a variety of online settings
	WB 26.10	HALF TERM	
8	WB 02.11	Managing Risk in Relation to the Law	Preventing involvement in serious and organised crime
9	WB 09.11	Managing Risk in Relation to the Law	Preventing involvement in serious and organised crime (Cont.)

10	WB 16.11	Managing Risk in Relation to the Law	• How and why to follow the 'RUN HIDE TELL' safety procedure in the event of a knife or gun attack • The safe and responsible use of mobile phones during a knife or gun attack • What to do if you see suspicious behaviour or suspicious items
11	WB 23.11	Managing Risk in Relation to the Law	• The causes and effects of cybercrime
12	WB 30.11	Drug Education	• The potential impact of influences and marketing on young people's behaviour related to vaping • The consequences of vaping, including the environmental cost • Ways to challenge influences and misconceptions about vaping
13	WB 07.12	Drug Education	• The legal terms 'possession', 'supply' and 'intent to supply' in relation to drugs • The short and long-term legal consequences of being found in possession of, using, selling or supplying different classes of drugs
14	WB 14.12	Drug Education	• The factors that might affect someone's decision to use or not use substances • The health risks associated with occasional and problematic substance use • Challenging misconceptions related to cannabis use and drinking alcohol
	WB 21.12 WB 28.12	CHRISTMAS BREAK CHRISTMAS BREAK	
15	WB 04.01	Health and Wellbeing	•
16	WB 11.01	Health and Wellbeing	•

17	WB 18.01	Health and Wellbeing	•
18	WB 25.01	Health and Wellbeing	•
19	WB 01.02	Relationships	•
20	WB 08.02	Relationships	•
	WB 15.02	HALF TERM	
21	WB 22.02	Relationships	•
22	WB 01.03	Exam Focus Week NATIONAL CAREERS WEEK 2026	•
	WB 08.03	EXAM WEEK	
	WB 15.03	EXAM WEEK	
23	WB 22.03	Relationships	•
	WB 29.03 WB 05.04	EASTER BREAK EASTER BREAK	
24	WB 12.04	Living in the Wider World	•
25	WB 19.04	Living in the Wider World	•
26	WB 26.04	Living in the Wider World	•
27	WB 03.05	Living in the Wider World	•
	WB 10.05	Newquay Trip	
28	WB 17.05	Living in the Wider World	•
29	WB 24.05		
	WB 31.05	HALF TERM	
30	WB 07.06	Citizenship ‘Laws and the Justice System’	•
31	WB 14.06	Citizenship ‘Laws and the Justice System’	•
32	WB 21.06	Citizenship	•

		'Laws and the Justice System'	
33	WB 28.06	Citizenship 'Laws and the Justice System'	•
34	WB 05.07	Citizenship 'Laws and the Justice System'	•
35	WB 12.07	Citizenship 'Laws and the Justice System'	•
36	WB 19.07	REWARDS TRIPS	