

Personal Development Day 1 (Term 1)						
Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<ul style="list-style-type: none"> • Healthy Friendships • Bullying • Appropriate Conduct • Problem Solving • School Community 	<ul style="list-style-type: none"> • Stereotypes • Diversity/Equality • Online Presence • Future Careers • First Aid 	<ul style="list-style-type: none"> • Friendship Challenges • County Lines • Assertive Communication • Sources of Career Advice • Drugs & Their Impact 	<ul style="list-style-type: none"> • Managing Mental Health • CV/Records of Achievement • Belonging and Community • Transition to KS4 • Goal Setting 	<ul style="list-style-type: none"> • Managing Exam Stress • Future Opportunities • Belonging and Community • Keeping Yourself Safe • Revision Skills 	<ul style="list-style-type: none"> • Life in Sixth Form • Living with Addiction • Road Safety • Financial Planning • Yoga • Road Safety 	<ul style="list-style-type: none"> • Self Defence • Road Safety • UCAS/ Apprenticeship/ virtual Work Experience
PSHE Lessons Term 1						
<p>Year 7 Being Me in My World</p> <ul style="list-style-type: none"> • A Little About Me • My Influences • Peer Pressure and Belonging • My Online Identity • My Values 	<p>Year 8 Being Me in My World</p> <ul style="list-style-type: none"> • A Little About Me • Who Am I? • Families – Part 1 • Families – Part 2 • Faith, Beliefs and Values 					
Personal Development Day 2 (Term 2)						
Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<ul style="list-style-type: none"> • Banking Basics • Body Boundaries • Diversity and Prejudice • Healthy Lifestyle and Eating • Puberty 	<ul style="list-style-type: none"> • Human Rights and Protected Characteristics • Peer pressure • World of Work • What is AI? • Body Image 	<ul style="list-style-type: none"> • Coping with Change • Financial Decisions • Learning Strengths • Mental Health • Saving and Borrowing 	<ul style="list-style-type: none"> • Cost of Living • Impact of Financial Decisions • Online Relationships • Sex and the Media • Toxic Masculinity 	<ul style="list-style-type: none"> • Families • Personal safety • Personal values • Relationship challenges • Sexual health 	<ul style="list-style-type: none"> • University Visit 	<ul style="list-style-type: none"> • Cooking on a Budget

PSHE Lessons Term 2						
Year 7 Relationships <ul style="list-style-type: none"> • Healthy and Positive Relationships • Supportive Relationships • Handling Conflict • Being Assertive 	Year 8 Relationships <ul style="list-style-type: none"> • My Relationship With Me • Managing Relationships • Controlling Relationships • Holding Boundaries 					
Personal Development Day 3 (Term 3)						
Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<ul style="list-style-type: none"> • Charity • Cyber Safety • Kindness • Student Leadership • Vaping and Smoking 	<ul style="list-style-type: none"> • Compulsive Behaviour • Mental Health and Wellbeing • Sexting • Enterprise 	<ul style="list-style-type: none"> • Employability • Families and Fertility • Healthy Boundaries • Sleep • The Brain During Puberty 	<ul style="list-style-type: none"> • Budgeting • Road Safety • Sex and the Law • Stigma and Mental Health • Values in Careers 	<ul style="list-style-type: none"> • Different Types of Work • Fertility and Parental Responsibilities • First Aid • Forced Marriage • Setting Boundaries 	<ul style="list-style-type: none"> • Cookie Apprentice • Business Planning • Sales and Advertising • Marketing • Teamwork 	<ul style="list-style-type: none"> • Cookie Apprentice • Business Planning • Sales and Advertising • Marketing • Teamwork
PSHE Lessons Term 3						
Year 7 Goals & Dreams <ul style="list-style-type: none"> • What Are My Goals? • What Are My Dreams? • What Are My Next Steps? 	Year 8 Goals & Dreams <ul style="list-style-type: none"> • What Are My Goals? • What Are My Dreams? • What Are My Next Steps? 					

PSHE Lessons Term 4						
Year 7 TBC	Year 8 TBC					
PSHE Lessons Term 5						
Year 7 TBC	Year 8 TBC					
Personal Development Day 4 (Term 6)						
Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<ul style="list-style-type: none"> • First Aid • Road Safety • Form Challenge • Plastic Pollution • Reflecting and Building 	<ul style="list-style-type: none"> • Form Challenge • Environment and Our Impacts • Road Safety • Digital Hooks • Money and Wellbeing 	<ul style="list-style-type: none"> • Employability • Families and Fertility • Healthy Boundaries • Sleep • The Brain During Puberty 	<ul style="list-style-type: none"> • Sex:No sex, sex and sexuality • Preparing for the Workplace • Online Reputation in the Workplace • Form Challenge • Free Speech 		<ul style="list-style-type: none"> • Post 18- UCAS applications • UCAS Convention in Birmingham • Apprenticeships 	