

Learning Plan: Personal Development and Citizenship discrete lessons

Summary of intent: To provide students with a safe space to discuss sensitive topics and be empowered to make informed choices for a happy, healthy and fulfilling future.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<ul style="list-style-type: none"> • Transition to secondary school • Dealing with change • Building connections • Being mates • Friendship issues and bullying • Critical thinking intro unit 	<ul style="list-style-type: none"> • Research skills & implementation • Puberty • Menstrual health • Basic first aid - recovery position • Basic first aid - CPR • Visible difference • Destigmatizing disabilities 	<ul style="list-style-type: none"> • .breathe wellbeing programme • What does it mean to be British? • Democracy: Local and national government. 	<ul style="list-style-type: none"> • Democracy: Parliament and laws • Rights up your street • Introduction to philosophy 	<ul style="list-style-type: none"> • World of work • Choice, risk and resilience • Smoking and vaping • Debating skills 	<ul style="list-style-type: none"> • Healthy and unhealthy relationships • Dove self-esteem project
Year 8	<ul style="list-style-type: none"> • Citizenship & Enterprise project • Wellbeing .b Mindfulness programme (part 2) 	<ul style="list-style-type: none"> • Restorative approaches to conflict • Drugs & the law 	<ul style="list-style-type: none"> • Healthy choices: diet & exercise • Maintaining physical health • Influences on lifestyle choices • Alcohol • Cannabis and young people 	<ul style="list-style-type: none"> • Financial capability • Causes & effects of cyber crime 	<ul style="list-style-type: none"> • First aid - Asthma, anaphylaxis, Bleeding & shock • Careers: Strengths & attributes • Setting goals at work • Workplace skills 	<ul style="list-style-type: none"> • Relationship values • Influences on relationship expectations • Sexual orientation and gender identity • Consent: avoiding assumptions • Introduction to contraception • Online stress and FOMO

Year 9	<ul style="list-style-type: none"> • Identity and belonging: Fowzia's Story • The digital world: Social media & careers • Attitudes to emotional health • Promoting emotional health 	<ul style="list-style-type: none"> • What is the Law • Legal case studies • What happens in a youth court • Building resilience to gambling 	<ul style="list-style-type: none"> • Substance misuse risks and effects • Drugs and the law • Managing risks and effects • Holocaust Memorial • Coercive friendships • Serious & organised crime 	<ul style="list-style-type: none"> • Money mules • Alcohol • Solvents • Marijuana & 'not so legal' highs • First aid: choking & head injuries 	<ul style="list-style-type: none"> • Respectful relationship behaviours • Freedom and capacity to consent • Sexual health • Contraception • Managing the ending of relationships • Staying safe: FGM 	<ul style="list-style-type: none"> • Work experience preparation • Summer self-care • Careers: Exploring career interests • Careers: Work patterns and workplaces • Careers: Managing pressure and seeking support • Staying safe: body modifications
Year 10	<ul style="list-style-type: none"> • Study skills for KS4 • Lifestyles and wellbeing • Resilience • Wellbeing: Managing studies • RSE: Intimacy and Pleasure (incl consent revision) 	<ul style="list-style-type: none"> • RSE: Impact of pornography • RSE: Pressure, persuasion and coercion • RSE: Managing relationship conflict • RSE: Addressing relationship abuse 	<ul style="list-style-type: none"> • Wellbeing: When your buttons are pressed • Wellbeing: Making skilful choices around technology 	<ul style="list-style-type: none"> • Risks & effects of drugs • Impact of drugs • Making safer choices 	<ul style="list-style-type: none"> • Wellbeing: Resilient revision • Valuing diversity • Understanding and preventing extremism • Radicalisation 	<ul style="list-style-type: none"> • Moving on from school: Student finance • Tax and national insurance
Year 11	<ul style="list-style-type: none"> • Exam stress • Making decisions • Managing social pressures • Safe celebrating 	<ul style="list-style-type: none"> • RSE: Family conflict • RSE: Long term commitments • RSE: Sexual health, fertility and routes to parenthood • Festive self-care 	<ul style="list-style-type: none"> • RSE: Pregnancy outcomes • RSE: Pregnancy choices, incl abortion • Vulva health 	<ul style="list-style-type: none"> • HBV/FGM • Money mules • Social engineering 	<ul style="list-style-type: none"> • Online blackmail • Staying safe at festivals 	Students will be on study leave.

Classes may cover aspects of the course at different points in the year, due to availability of resources.