

LONGSANDS ACADEMY

PERSONAL DEVELOPMENT CURRICULUM OVERVIEW

2025/26

PERSONAL DEVELOPMENT

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 7	Building healthy relationships	Staying safe	Puberty	Identity and equality	Digital safety	Finance and careers
Year 8	Choices, consequences and risk	Identity and relationships	Emotional and physical health	Citizenship	My personal brand	Financial decision making
Year 9	Peer influence, substance misuse and gangs	Respectful relationships	Careers: Options and future decisions	Intimate relationships	Drugs and health	Understanding and preventing hate
Year 10	Challenging harmful beliefs	Healthy lifestyles	Citizenship	Healthy relationships	Careers and finance	Families and responsibilities
Year 11	Being independent		Being healthy			

Health and Wellbeing	RSE	Wider World	Citizenship
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Year 7 Overview

Autumn Term 1 7.1 Building healthy relationships	Autumn Term 2 7.2 Staying Safe	Spring Term 1 7.3 Puberty	Spring Term 2 7.4 Identity and Equality	Summer Term 1 7.5 Digital Safety	Summer Term 2 7.6 Finance and careers
L1 Building healthy relationships	L1: Smoking	L1: What is puberty?	L1: What is identity?	L1: Staying safe online	L1: Spending decisions
L2 Safe online relationships	L2: Vaping	L2: Diet	L2: Prejudice and Discrimination	L2: Cyberbullying	L2: How to budget
L3: Banter vs. Bullying	L3: Road safety	L3: Exercise	L3: Stereotypes	L3: Safer online gaming	L3: Getting a job
L4: Managing Conflict	L4: Public transport and travel safety	L4: Personal Hygiene	L4: Disabilities	L4: Biased and misleading information online	L4: Inflation
L5: Pressure in relationships	L5: Railway safety	L5: Periods	L5: FGM	L5: British Values: Tolerance	L5: Being a critical consumer
L6: Consent	L6: Water Safety	L6: British Values: Individual Liberties	L6: British Values: Democracy		L6: Budgeting for a holiday
L7: British Values: Respect	L7: British Values: Rule of Law				

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Year 8 Overview

Autumn Term 1 8.1 Choices, consequences and risk	Autumn Term 2 8.2 Staying Safe	Spring Term 1 8.3 Puberty	Spring Term 2 8.4 Identity and Equality	Summer Term 1 8.5 Digital Safety	Summer Term 2 8.6 Finance and careers
L1: Should we be worried about vaping?	L1: Relationship values	L1: Mental and emotional health	L1: What is democracy?	L1: What are your skills and qualities?	L1: Opening a bank account
L2: Illegal vs. legal drugs	L2: Different types of long-term relationships	L2: Supporting others with their mental health	L2: How is the UK governed?	L2: How do you present yourself to others?	L2: How to read a bank statement
L3: Alcohol	L3: Conflict in relationships	L3: Healthy and unhealthy coping strategies	L3: The law	L3: How do you present yourself online?	L3: How to save money
L4: Drugs and alcohol in the media	L4: Influences and relationship expectations	L4: Digital resilience	L4: How are laws made?	L4: How do you present yourself in the community?	L4: Debit and credit cards
L5: What are county lines?	L5: Sexual orientation	L5: Body image	L5: British Values – Rule of Law: Criminal and Civil Law	L5: What is your personal brand?	L5: British values – Rule of Law – managing debt
L6: Signs of county lines and support	L6: Consent and avoiding assumptions	L6: British Values - Tolerance		L6: British Values: Respect	
L7: British Values – Rule of Law and ASB	L7: British Values - Respect				

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Year 9 Overview

Autumn Term 1 9.1 Health and Wellbeing: Peer influence and gangs	Autumn Term 2 9.2 RSE: Respectful Relationships	Spring Term 1 9.3 Wider World: Careers and Finance	Spring Term 2 9.4 RSE: Intimate relationships	Summer Term 1 9.5 Health and Wellbeing: Drugs and Health	Summer Term 2 9.6 Citizenship: Understanding and Preventing Hate
L1: Peer influence	L1: Different families	L1: Decision Making	L1: Intimacy and respectful relationships	L1: Causes of addiction	L1: Diversity in the UK
L2: Online behaviours: Risk vs. Trust	L2: Commitment in relationships	L2: Different opportunities	L2: Freedom and Capacity to consent	L2: Effects of drugs	L2: Recognising hate crime and prejudice
L3: Criminal gangs	L3: Communication in relationships	L3: Challenging career stereotypes	L3: Sexual health	L3: Drugs and the law	L3: Snitching vs. Reporting
L4: Knife crime and joint enterprise	L4: Ending relationships	L4: Financial decision making	L4: STIs	L4: Cannabis	L4: Sexual harassment and misogyny
L5: ASB	L5: Abuse in relationships	L5: Financial safety	L5: Pornography and sexting	L5: Party drugs	L5: Islamophobia
L6: Offenders	L6: Harassment and stalking	L6: British Values - Tolerance	L6: British Values – Individual Liberties	L6: British Values: Rule of Law	L6. Homophobia
L7: British Values: Rule of Law – Sentencing	L7: British Values - Respect				L7: British Values – The pyramid of hate

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Year 10 Overview

Autumn Term 1 10.1 Challenging harmful beliefs	Autumn Term 2 10.2 Healthy lifestyles	Spring Term 1 10.3 Citizenship	Spring Term 2 10.4 Relationships	Summer Term 1 10.5 Careers and Finance	Summer Term 2 10.6 Families and Responsibilities
L1: What is extremism?	L1: Fuelling your body and brain	L1: Rights and responsibilities	L1: Intimacy and consent	L1: Planning your future pathway	L1: Family conflict
L2: How do people become radicalised?	L2: Healthy sleep routines	L2: Magistrates and jury service	L2: Impact of pornography	L2: Applying for a job	L2: Honour based violence
L3: How can we challenge extremism?	L3: Looking after your mental health	L3: Young people and the law	L3: Coercion, stalking and harassment	L3: Interview techniques	L3: Young people and parenting
British Values: Democracy	British Values: Tolerance	British Values: Rule of Law	L4: Sextortion	British Values: Respect	British Values: Individual Liberties
			British Values: Individual Liberties		

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Year 11 Overview

Autumn Term		Spring Term		Summer Term	
11.1 Being Independent		11.2 Being Healthy		Summer Exam Period	
L1: Post 16 Options	L4: Take home pay	L1: Understanding STIs	L4: Organ and blood donation		
L2: Effective Study Skills	L5: Budgeting	L2: Protecting against STIs	L5: Accessing adult health services		
L3: Organisation in Year 11	L6: Different types of employment at 16	L3: Cancer awareness and self-examination	L6: Healthy habits for independent living		

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