

**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

Health and Wellbeing	RSE	Wider World	Citizenship
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## Year 7 Overview

<b>Autumn Term 1</b> <b>7.1 Building healthy relationships</b>	<b>Autumn Term 2</b> <b>7.2 Staying Safe</b>	<b>Spring Term 1</b> <b>7.3 Puberty</b>	<b>Spring Term 2</b> <b>7.4 Identity and Equality</b>	<b>Summer Term 1</b> <b>7.5 Digital Safety</b>	<b>Summer Term 2</b> <b>7.6 Finance and careers</b>
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				

*\* Buffers are built in to provide space or assessments or responsive teaching*

Health and Wellbeing	RSE	Wider World	Citizenship
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## Year 8 Overview

<b>Autumn Term 1</b> <b>8.1 Choices, consequences and risk</b>	<b>Autumn Term 2</b> <b>8.2 Staying Safe</b>	<b>Spring Term 1</b> <b>8.3 Puberty</b>	<b>Spring Term 2</b> <b>8.4 Identity and Equality</b>	<b>Summer Term 1</b> <b>8.5 Digital Safety</b>	<b>Summer Term 2</b> <b>8.6 Finance and careers</b>
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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Health and Wellbeing	RSE	Wider World	Citizenship
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## Year 9 Overview

<b>Autumn Term 1</b> <b>9.1 Health and Wellbeing: Peer influence and gangs</b>	<b>Autumn Term 2</b> <b>9.2 RSE: Respectful Relationships</b>	<b>Spring Term 1</b> <b>9.3 Wider World: Careers and Finance</b>	<b>Spring Term 2</b> <b>9.4 RSE: Intimate relationships</b>	<b>Summer Term 1</b> <b>9.5 Health and Wellbeing: Drugs and Health</b>	<b>Summer Term 2</b> <b>9.6 Citizenship: Understanding and Preventing Hate</b>
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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