

PERSONAL DEVELOPMENT



KS4

YEAR 10

YEAR 9

YEAR 8

YEAR 7

KS3

How do I revise? What methods work and how do I use them in my subjects?

Study/
Revision
Skills

What does a respectful relationship look like?

Healthy and
Unhealthy
Relationships

How can I look after my health?

How to manage my own emotional and physical health.

Why is it important to manage my finances?

Managing my finances and avoiding debt



YEAR 11

How can I develop positive mental well-being? How do I navigate emotions?

Mental and Physical Well-being

What does a consensual relationship look like? How do I communicate effectively in a relationship?

Relationships and the Law



What do we mean by British Values? How do they affect me?

British Values

What do I want to be in the future? How do I get there?

Careers and Work Experience

What influences my decision making? How does this affect others?

Ethics and Issues

What is the impact of youth crime on young people and wider society?

Crime and Punishment

What issues might people face in life? How can we tackle them? Who do we go to for advice?

Life and its issues

What does it mean to be respectful in the different types of relationships that I have?

Respect in Relationships

How do I stay safe online?



Safety Online

Why do people commit crime? What is restorative justice?

How can we develop a positive body image? How can we help our friends who may face prejudice?

How can I find out about different genders and find out which pronouns people prefer?

How do I develop physical and mental wellbeing? What is happiness?

Health and Wellbeing

How does prejudice and discrimination affect individuals, communities and wider society?

Prejudice and Discrimination

What does it mean to have healthy relationships? What does consent mean?

Real Love Rocks

How do I develop good eating habits?

Friendships and Bullying

How can I recognise prejudice in myself and others and how do I move away from these thoughts?

How do I develop healthy relationships? How do I recognise unhealthy relationships?

What makes a good friend?

How do I make sure I am a good friend?

How do I recognize bullying and what can I do about it?

Growing Up

What changes will my body go through?

What happens as I start to grow into a teenager?

At KS3 Personal Development and Religious Studies are taught on a carousel, there is a separate learning journey for RE.