

Key Stages 3 and 4

		Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
Year 7	CURRICULUM	Health and Wellbeing Starting at secondary school Friendships and managing change	Living in the Wider World Teamwork and managing conflicts Learning from mistakes	Health and Wellbeing Talking about feelings Respect Peer influence	Relationships Bullying or banter Identity and difference Stereotypes	Relationships Impacts of prejudice and discrimination Social and emotional changes during puberty	Living in the Wider World Personal safety and first aid
	CURRICULUM CAROUSEL <i>These modules are delivered on a carousel rotation.</i>	Health and Wellbeing Fit and active Food choices Personal hygiene and oral health	Living In the Wider World What's school all about? This is my story This is me today Looking ahead The power of stereotypes	Health and Wellbeing Mental health and stigma Feeling low and boosting your mood Managing disappointment and developing resilience	Relationships Families Family Disputes Bereavement and Loss	Living in the Wider World Your Online Personality Social Media Online Bullying	
Year 8	CURRICULUM	Health and Wellbeing Caffeine and energy drinks Tobacco and vaping Alcohol Gangs and county lines	Living in the Wider World Grooming and online safety Extremism and radicalisation Gambling	Relationships Inclusion in the community Gender identity, transphobia and gender-based discrimination How to recognise and challenge homophobia and biphobia How to recognise and challenge racism and religious discrimination	Health and Wellbeing Taking responsibility for my health Body image and body shaming The importance of sleep	Relationships Relationship feelings Perceptions/expectations in a romantic relationship	Relationships Consent and the law Positive online relationships Sexting and nude image sharing (inc revenge porn)
Year 9	CURRICULUM CAROUSEL <i>These modules are delivered on a carousel rotation.</i>	Health and Wellbeing Stress, anxiety and depression Unhealthy strategies, warning signs and triggers Developing Self-Esteem Bullying and Mental Health	Living in the Wider World GCSE options preparation	Relationships Managing peer approval Family diversity Sex and consent Pornography	Living in The Wider World Making decisions Influences on choice Choosing subjects Getting help Preparing for KS4	Living in the Wider World Media influence Substances and the media Different online behaviour Respectful online relationships	
Year 10	CURRICULUM	Relationships The Equality Act Values and beliefs Valuing diversity	Relationships Understanding and preventing extremism Radicalisation Sexual readiness Paths to parenthood	Relationships Marriage partnership and rights Relationship loss and change Gender diversity	Relationships Relationship abuse, coercion and exploitation Impact of the media Role models and influence	Health and Wellbeing Recreational drug use and the law Substances and communities Gangs and county lines	Health and Wellbeing Healthy strategies to promote emotional wellbeing Recognising signs of mental and emotional ill health

Carre's Grammar School – 2022/2023 Personal Development Curriculum – Key Stages 3, 4 and 5

Year 11	CURRICULUM	Health and Wellbeing Preparing for change Common mental health concerns	Living in the Wider World Dark web, harmful content and pornography Managing online profile	Relationships Values and beliefs Understanding and preventing extremism	Health and Wellbeing Drugs Alcohol	Relationships Sex – The law, rights and responsibilities Safer sex	
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Key Stage 5

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Sixth Form	TUTOR TIME CYCLE 1	Living in the Wider World What is your dream job? What does success mean to you? Remember to dream. Work towards plan A How to choose your life's path Who do you want to be?	Health and Wellbeing Introduction to resourcefulness Secrets to resilience What is resilience? Stop making excuses Who am I going to be? Getting stuck in the negatives.	Relationships We are all different Introduction to equality Who am I? Debate around equality What makes us different? Access ain't inclusion	Living in the Wider World How to live with integrity Why respect is good for future prospects Respect – pay it forward Traits of people with integrity The illusion of rudeness	Relationships The power of relationships My own wellbeing The beach ball Grow your jam jar How to be a relationship ninja	Living in the Wider World You don't know what you don't know How many hellos Will you dare Assumptions and influences What drives you Careers quiz
	TUTOR TIME CYCLE 2	Living in the Wider World Alcohol and decision making Travel safety Drink spiking Festival safety Substance misuse and safety Suicide prevention	Health and Wellbeing Sexual health and STI's Contraception and choices Healthy eating on a budget Unplanned pregnancy Body Image Keeping physically healthy while studying	Relationships Managing my online profile Managing strong emotions Maintaining online relationships Being a resilient student De-escalating aggressive social situations Prioritising mental health	Living in the Wider World Managing contracts and debt Payslips and salaries Taxes Savings Renting and Mortgages Being in financial debt	Relationships Evaluating attitudes to sexual assault Managing changes in relationships Communication in relationships Challenging work relationships The law, rights and responsibilities in sexual relationships Online dating	

Carre's Grammar School – 2022/2023 Personal Development Curriculum – Key Stages 3, 4 and 5

Key Stage 3 and 4 – Tutor Programme

Date -Week beginning	Year 7	Year 8	Year 9	Year 10	Year 11
12 th Sept	What is Personal Development?	What is Personal Development?	What is Personal Development?	What is Personal Development?	What is Personal Development?
19 th Sept	Current Events	Current Events	Current Events	Current Events	Current Events
26 th Sept	Healthy Living	Bullying	Advertising Influence	Race Commission	Race Commission
3 rd Oct	Fake News	What are British Values?	Domestic Abuse	What are British Values?	Positive Role Models
10 th Oct	Positivity	Prescription Drugs	Divorce	Testicular Cancer	Sexual Pressure
17 th Oct	What are British Values?	Healthy Eating	What are British Values?	Coercive Control	What are British Values?
HALF TERM					
31 st Oct	November	November	November	November	November
7 th Nov	Social Media Kindness Day	Social Media Kindness Day	Social Media Kindness Day	Social Media Kindness Day	Social Media Kindness Day
14 th Nov	Cyberbullying	Anxiety	British Values - Individual Liberty	British Values - Individual Liberty	Body Shaming
21 st Nov	Safety Online	British Values – Mutual Respect	Sustainability	Rights in the Workplace	Plastic Pollution
28 th Nov	Extremism	Right Wing Extremism	LGBTQAI+ Community	Sexism	Adoption & Fostering
5 th Dec	British Values - Democracy	Nitrous Oxide	Blood Donation	Suicide	British Values - Democracy
12 th Dec	What have we learnt?	What have we learnt?	What have we learnt?	What have we learnt?	What have we learnt?
CHRISTMAS					
2 nd Jan	Facing Challenges	Perseverance	British Values – Mutual Respect	Memory	Right wing radicalisation
9 th Jan	Sleep	Self-confidence	Knife Crime	Anti-Social Behaviour	British Values - Tolerance
16 th Jan	British Citizens	Homelessness	Young Offenders	British Values - Democracy	Multiculturalism
23 rd Jan	British Values – Rule of Law	Holocaust Memorial Day	Holocaust Memorial Day	Holocaust Memorial Day	Holocaust Memorial Day
30 th Jan	Online Stress	British Values – Rule of Law	Exam Stress	Time Management	British Values – Mutual Respect
6 th Feb	Safer Internet Day	Safer Internet Day	Safer Internet Day	Safer Internet Day	Safer Internet Day
HALF TERM					
20 th Feb	British Values – Mutual Respect	Communication Skills	UNICEF	British Values – Mutual Respect	County Lines
27 th Feb	Self-Esteem	Tax	British Values - Tolerance	Money Laundering	Gambling Addiction
6 th March	Women's Day	Women's Rights	Perseverance	Harassment	British Values - Individual Liberty
13 th March	Character Education	Finance	Avoiding Debt	Revision Skills	Sex in the Media
20 th March	Racism	British Values - Democracy	Extremism – Prevent	Binge Drinking	Relationship Types
27 th March	What have we learnt?	What have we learnt?	What have we learnt?	What have we learnt?	What have we learnt?
EASTER					
17 th April	British Values - Individual Liberty	LGBTQAI+ History	Acid Attacks	Drugs - Amyl Nitrate	Relationship Break-Up
24 th April	Religious Festivals	Alcohol Awareness	Foreign Aid	Marriage	Drugs – Ketamine
1 st May	Families	Charity Volunteering	Drugs – Cannabis etc.	Conflict Management	British Values – Rule of Law
8 th May	Budgeting	British Values - Tolerance	Payday Loans	Tattoos	CPR Revisited
15 th May	Keeping Safe	Cancer Awareness	Vaccinations	STEM Industries	Growing Up
22 nd May	Ethical Shopping	Body Positivity	Human Rights	British Values – Rule of Law	EXAMS
HALF TERM					
5 th June	Mindfulness	Meditation	British Values – Rule of Law	Eating disorders	
12 th June	Immigration	Passive Smoking	HIV & AIDS	County Lines	
19 th June	Brexit Britain	Seeking Asylum	Self-Harm	British Values - Tolerance	
26 th June	British Values - Tolerance	British Values - Individual Liberty	British Values – Democracy	Terrorism	
3 rd July	Discrimination	Religious Tolerance	Human Trafficking	Modern Day Slavery	
10 th July	Body Image	Disability Prejudice	Sexual Harassment	Mental Illness- Bipolar	
17 th July	End of year review	End of year review	End of year review	End of year review	

Key Stage 3 and 4 – External Provision and Workshops

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
YEAR 7	Workshop – School of Sexuality Education (11 th October) <i>Puberty and consent</i>			Workshop - Stay Safe Day (23rd March) 1. Alcohol/drug awareness 2. Antisocial behaviour 3. Fire safety 4. Healthy relationships 5. Online safety		
YEAR 8		Excursion – National Justice Museum (24 th November) Workshop - Vaping (P1 5 th December)	Workshop - School of Sexuality Education (7 th February) <i>Identities</i>			
YEAR 9		Workshop - School of Sexuality Education (8 th November) <i>Infections and protection</i> Workshop - Vaping (P1 5 th December)		Workshop - Stay Safe Day (15th March) 1. Road safety 2. Online Safety 3. Drugs awareness 4. County lines and knife crime 5. Healthy relationships	Assembly – Testicular Cancer (9 th May) Workshop – Girls Like That (DATES TBC) <i>What is sexual harassment and how do we tackle it?</i>	
YEAR 10	Workshop – Nationwide (5 th October) <i>Current accounts and savings Borrowing and debt The world of work Keeping money safe</i>	Workshop - Vaping (P2 5 th December)	Assembly - Oddballs (24 th January) Workshop – School of Sexuality Education (6 th February) <i>Consent and digital literacy</i>			
YEAR 11	Workshop - Nationwide (12 th October) <i>Current accounts and savings Borrowing and debt The world of work Keeping money safe</i>	Workshop – School of Sexuality Education (29 th November) <i>Sexual violence and media</i> Workshop Vaping (P2 5 th December)	Assembly - Oddballs (24 th January)	Careers Fair (Date TBC)		