

Personal Development Year 7 SOW

Topic 1 All about Me - Relationships	Topic 2 Health and Wellbeing	Topic 3 Citizenship	Topic 4 Careers	Topic 5 Financial Capability	Additional Experiences
Links to DfE Guidance <ul style="list-style-type: none"> Families Respectful relationships Online and media Mental wellbeing Internet safety and harms 	Links to DfE Guidance <ul style="list-style-type: none"> Online and media Mental wellbeing Drugs, alcohol and tobacco Internet safety and harms Changing adolescent body Health and prevention 	Links to DfE Guidance <ul style="list-style-type: none"> Being safe Respectful relationships including friendships 	<ul style="list-style-type: none"> In support of the Gatsby Benchmarks Use of Compass+ Start UExplore Careers development 	Links to DfE Guidance <ul style="list-style-type: none"> Financial choices 	<ul style="list-style-type: none"> Stoke Lifting – Exercise for healthy living Citizenship in the Community – Litter Picking My path to success – Guest speaker National Careers Week National Apprenticeship Week Climb Everest Challenge Bake sale for Comic Relief Amazon FC Tour PCSO – Challenging anti-social behaviour The Mental Health Team LBGTQIA+ - Raising awareness
Lesson Titles <ul style="list-style-type: none"> Self confidence How can we be aspirational students? Showing resilience Family relationships Bullying or banter Cyber bullying Falling in love Keeping safe and positive relationships 	Lesson Titles <ul style="list-style-type: none"> An introduction to mental health Social media Healthy lifestyles Smoking and drugs Controlling our anger Puberty and periods 	Lesson Titles <ul style="list-style-type: none"> What is citizenship? Charity and volunteering Charity in our local community Identity and British values Prejudice and racism Radicalisation 	Lesson Titles <ul style="list-style-type: none"> An introduction to UExplore The difference between a job and a career Jobs in our school community All about me (interests/skills) Exploring my strengths (Buzz Quiz) 	Lesson Titles <ul style="list-style-type: none"> Wants and needs Savings and interest rates Creating our own budget plan Budgeting and the budget game Financial transitions and budgets 	

Personal Development Year 8 SOW

Topic 1 Health and Wellbeing	Topic 2 Relationships	Topic 3 Citizenship	Topic 4 Careers	Topic 5 Financial Capability	Additional Experiences
<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Mental wellbeing • Physical health and fitness • Drugs, alcohol and tobacco • Health and prevention • Basic first aid 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Respectful relationships • Online and media • Being safe • Intimate and sexual relationships • Internet safety and harm • Healthy eating • Changing adolescent body 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Respectful relationships • Being safe 	<ul style="list-style-type: none"> • In support of the Gatsby Benchmarks • Use of Compass+ • Start UExplore • Careers development 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Financial choices 	<ul style="list-style-type: none"> • Stoke Lifting – Exercise for healthy living • Citizenship in the Community – Litter Picking • My path to success – Guest speaker • National Careers Week • National Apprenticeship Week • Climb Everest Challenge • Bake sale for Comic Relief • Amazon FC Tour • PCSO – Challenging anti-social behaviour • The Mental Health Team • LBGTQIA+ - Raising awareness • Stealing Dreams – Drama performance
<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • Managing my behaviour • Emotional literacy and self-awareness • Self confidence • Resilience • Mindfulness • First Aid - CPR • Vaping, nicotine and addiction • Cancer awareness 	<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • Resolving conflict • Domestic conflict • Puberty • Body image • Sexting and image sharing • Internet safety • Consent • Contraception 	<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • British values • Community work in the local area • Prejudice and discrimination – LGBT • Prejudice and discrimination – disability • Human rights and responsibilities • Extremism 	<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • An introduction to UExplore • Why do we go to work? • Careers skills • Communicating effectively • Entrepreneurship • Exploring jobs based on strengths and interests • Branding 	<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • Budgeting and saving • Income and expenditure • Tax and national insurance • How is tax spent? • The budgeting game 	

Personal Development Year 9 SOW

Topic 1 Health and Wellbeing	Topic 2 Citizenship	Topic 3 Relationships	Topic 4 Careers	Topic 5 Financial Capability	Additional Experiences
<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Online and media • Being safe • Mental wellbeing • Internet safety and harms • Drugs, alcohol and tobacco 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Respectful relationships • Being safe 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Families • Respectful relationships • Online and media • Being safe • Intimate and sexual relationships • Internet safety and harms • Physical health and fitness • Healthy eating 	<ul style="list-style-type: none"> • In support of the Gatsby Benchmarks • Use of Compass+ • Start UExplore • Careers development • Choices and pathways 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Financial choices 	<ul style="list-style-type: none"> • Citizenship in the Community – Litter Picking • My path to success – Guest speaker • National Careers Week • National Apprenticeship Week • PCSO talks surrounding anti-social behaviour and knife crime • Stand against violence - knife crime • Race for Life • Harvest and Christmas Food Hampers • LBGTQIA+ Challenging lazy language • Virtual tours of Amazon FC • Learn to Earn
<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • Coping with stress • Managing anxiety • Resilience • Safe selfies • Self-harm • Drugs and the law • Acid attacks 	<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • The British community • The LGBT community • Identity • The Discrimination Act • Young offenders and the law • Knife crime • Human trafficking • Human rights 	<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • Body image • Eating disorders • Child exploitation • Abusive relationships • Dealing with peer pressure • Consent • Safe sex and STIs • Dangers of pornography 	<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • How do we choose the right options? • What are employers looking for in CVs? • Enterprising skills • Rights and responsibilities • The Apprentice 	<p><u>Lesson Titles</u></p> <ul style="list-style-type: none"> • Our consumer rights • Managing my money • Savings and borrowing • Avoiding debt • Poverty 	

Personal Development Year 10 SOW

Topic 1 Relationships	Topic 2 Citizenship	Topic 3 Health and Wellbeing	Topic 4 Careers	Topic 5 Financial Capability	Additional Experiences
<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Families • Respectful relationships • Online and media • Being safe • Intimate and sexual relationships • Internet safety and harms 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Online and media • Being safe • Drugs, alcohol and tobacco • Respectful relationships 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Online and media • Being safe • Mental wellbeing • Internet safety and harms • Drugs, alcohol and tobacco • Health and prevention 	<ul style="list-style-type: none"> • In support of the Gatsby Benchmarks • Use of Compass+ • Start UExplore • Careers development • Choices and pathways • 	<p>Links to DfE Guidance</p> <ul style="list-style-type: none"> • Financial choices 	<ul style="list-style-type: none"> • Citizenship in the Community – Litter Picking • My path to success – Guest speaker • PCSO talks - antisocial behaviour and knife crime • National Careers Week • National Apprenticeship Week • Think Logistics Experience Day • Stand against violence - knife crime • Harvest and Christmas Food Hampers • LBGTQIA+ Challenging lazy language • Young Enterprise • Festival of Apprenticeships
<p>Lesson Titles</p> <ul style="list-style-type: none"> • Relationships with role models • Parenting • Conflict management • Gender and trans-identity • Same sex relationships • Sexism and gender prejudice • Harassment and stalking • Revenge porn • Forced and arranged marriages. 	<p>Lesson Titles</p> <ul style="list-style-type: none"> • Antisocial behaviour • Community cohesion • Crime, gangs and county lines • Fake news and critical thinking • Overt and covert racism • Why do people become extremists? 	<p>Lesson Titles</p> <ul style="list-style-type: none"> • Social media and self esteem • Screen time – how much is too much? • Managing social anxiety • How harmful is binge drinking? • Living sustainably • Homelessness • Managing grief and bereavement • Study skills 	<p>Lesson Titles</p> <ul style="list-style-type: none"> • The right career for me • What are employers looking for in CVs? • Rights and responsibilities • The Apprentice 	<p>Lesson Titles</p> <ul style="list-style-type: none"> • Hosting a major event • Cultural and religious perspectives • Buying a car • Cost of car ownership • Independent living • Sources of financial invitation 	

Personal Development Year 11 SOW

Topic 1 Relationships	Topic 2 Citizenship	Topic 3 Health and Wellbeing	Topic 4 Careers	Topic 5 Financial Capability	Additional Experiences
Links to DfE Guidance <ul style="list-style-type: none"> • Families • Respectful relationships • Online and media • Being safe • Intimate and sexual relationships • Internet safety and harms 	Links to DfE Guidance <ul style="list-style-type: none"> • Online and media • Being safe • Drugs, alcohol and tobacco • Respectful relationships 	Links to DfE Guidance <ul style="list-style-type: none"> • Online and media • Being safe • Mental wellbeing • Internet safety and harms • Drugs, alcohol and tobacco • Health and prevention 	<ul style="list-style-type: none"> • In support of the Gatsby Benchmarks • Use of Compass+ • Start UExplore • Careers development • Choices and pathways • 	Links to DfE Guidance <ul style="list-style-type: none"> • Financial choices 	<ul style="list-style-type: none"> • Citizenship in the Community – Litter Picking • My path to success – Guest speaker • PCSO talks regarding antisocial behaviour in the local community • National Careers Week • National Apprenticeship Week • Ask Apprenticeships • College speakers • Stand against violence - knife crime • Harvest and Christmas Food Hampers • LBGTQIA+ Challenging lazy language • Young Enterprise • YMCA • NCS
<u>Lesson Titles</u> <ul style="list-style-type: none"> • Relationships with role models • Parenting • Conflict management • Gender and trans-identity • Same sex relationships • Sexism and gender prejudice • Harassment and stalking • Revenge porn • Forced and arranged marriages. 	<u>Lesson Titles</u> <ul style="list-style-type: none"> • Antisocial behaviour • Community cohesion • Crime, gangs and county lines • Fake news and critical thinking • Overt and covert racism • Why do people become extremists? 	<u>Lesson Titles</u> <ul style="list-style-type: none"> • Social media and self esteem • Screen time – how much is too much? • Managing social anxiety • How harmful is binge drinking? • Living sustainably • Homelessness • Managing grief and bereavement • Study skills 	<u>Lesson Titles</u> <ul style="list-style-type: none"> • The right career for me • What are employers looking for in CVs? • Rights and responsibilities • The Apprentice 	<u>Lesson Titles</u> <ul style="list-style-type: none"> • Hosting a major event • Cultural and religious perspectives • Buying a car • Cost of car ownership • Independent living • Sources of financial invitation 	