

Personal Wellbeing – KS4 – Yearly Overview 2025-2026

The aim of delivering this subject:

Our Personal Wellbeing programme in Key Stage 4 is designed to expand pupils' knowledge of the society they will live and work in. The curriculum focuses on equipping learners with the essential skills and understanding needed for a confident, independent transition into adult life and the wider world.

Key Aims:

- Increase understanding of societal structures and expectations
- Prepare for adult responsibilities and independence
- Develop decision-making and problem-solving skills

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	E-Safety	Personal Identity, Self-Esteem and Confidence	Mental Health and Wellbeing	Mental Health and Wellbeing	Understanding Sex and Relationships	Understanding Sex and Relationships
Year 11	Personal Identity, Self-Esteem and Confidence	Healthy Lifestyles	Awareness of Drugs and Substance Use	Sign Off for each section Responding to IQA comments		