



Overview of Personal Development 2026-27

Y7/Y8 – 1 session

Y9 – 2 sessions

Y10 – 3 sessions

Y11 – 2 sessions

Economic Wellbeing & Careers
Education

Statutory RE

RSHE

Week Beginning	Year 7	Year 8	Year 9	Year 10	Year 11
01/09/ 26	Introduction and baseline Introduction	Economic Wellbeing and Careers: Budgeting	RSHE: Session 1 and 2: Alzheimer's	Economic Wellbeing and Careers Session 1: Careers in Stem	Economic Wellbeing and Careers Session 1: Types of Qualifications
07/09/ 26	Economic Wellbeing and Careers: Career Skills - Entrepreneurs	Cultivating Careers	Session 1 and 2: Abusive Relationships	Session 1: CV Session 2 and 3: The Right Career for Me	Session1: Labour Market Information Session 2: Exploring courses and qualifications Find a course near you (National Careers Service)



14/09/ 26	Career Skills - Communication Skills	Making Ethical Financial Decisions	Session 1 and 2: CSE	Session 1: Rights and Responsibilities Session 2 and 3: Personal Action Plan	Session 1: Trade Unions Session 2: Careers Hub and Assessment of Economic Wellbeing and Careers and Feedback Survey
21/09/ 26	Career Skills - Teamwork	Savings and Loans	Session 1 and 2: Harassment and Stalking	Session 1: Online guest speaker – charity/community link Session 2 and 3: Budgeting	Session 1 and 2: RSHE Peer Pressure and Conformity RS pp. 23–26
28/09/ 25	Young People's Employment Rights and Responsibilities	Assessment of Economic Wellbeing and Careers and Feedback Survey	Session 1 and 2: Readiness for Sexual Intimacy	Session 1 and 2: Preparing for Work Experience Session 3: Assessment of Economic Wellbeing and Careers and Feedback Survey	Session 1: Body Positivity and Obesity Session 2: Consent and Sexual Harassment RS pp. 23–26
05/10/ 26	Financial Transactions Financial Transactions	Prejudice and discrimination Religion	Session 1 and 2: Teenage Pregnancy	Session 1: Conflict Management RS pp. 16–21 Session 2 and 3: Consent	Session 1: Contraception Session 2: Dangers of Sexting
12/10/ 26	Financial Exploitation Financial Exploitations	Who are the radical groups	Session 1 and 2: The Dangers of Pornography	Session 1: FGM Session 2 and 3: Forced and Arranged Marriages RS p. 21	Session 1: Equality Act Session 2: Fertility and Reproductive Health RS pp. 23–25



19/10/ 26	Aspirations Aspirations	LGBTQAI+	Session 1 and 2: Body Image	Session 1: Managing tough times - change, grief and bereavement RS pp. 16–21 Session 2 and 3: Safe Choices - Cosmetic Procedures	Mock exams
Half Term Holiday					
02/11/ 26	Exploring own interests Exploring your own interests', traits and skills	Medical Consent	Session 1 and 2: STIs	Session 1: Same-sex Relationships RS pp. 1–2 Session 2 and 3: Sexism	Mock exams
09/11/ 26	Life long skills Life Long Skills	County Lines	Session 1 and 2: Endometriosis	Session 1: Sleep Session 2 and 3: Sexual Harassment	Session 1: Fostering Session 2: Parenthood
16/11/ 26	Routes into Work	Purpose of blood, organ and stem cell donation	Session 1 and 2: Alcohol awareness	Session 1: Social Media and Self-esteem Session 2 and 3: Suicide	Session 1: Menopause Session 2: Miscarriage



23/11/ 26	What are successful careers What are successful careers	Communication Skills	Session 1 and 2: Drugs and the Law	Session 1: Independence Session 2 and 3: Unhealthy Coping Strategies	Session 1: Personal Safety Session 2: STIs
30/11/ 26	Personal Development Personal Development and Target Setting	Dealing With Emotions	Session 1 and 2: Miscarriage	Session 1: Positive Relationships RS pp. 7–13 Session 2 and 3: Trusted Adults	Session 1: Types of Relationships Session 2: Unplanned Pregnancy
07/12/ 26	Assessment of Economic Wellbeing and Careers and Feedback Survey	Gambling	Session 1 and 2: Sleep	Session 1: Family Dynamics (RS link too pp. 3–6) Session 2 and 3: Extreme Views	Session 1: Pleasure Session 2: Abusive Relationships
14/12/ 26	RSHE Physical Activity	Responsibility For Own Physical Health	Session 1 and 2: Substances and Society	Session 1: Power Imbalances RS pp. 5–6 Session 2 and 3:	Session 1: Healthy Pregnancy RS pp. 23–25 Session 2: Consequences of Sex



				Deescalate Conflict	RS pp. 23–25
Christmas Holidays					
04/01/ 27	Prejudice and Discrimination	Risk Taking	Session 1 and 2: Self-examination	Session 1: Harmful Content Session 2 and 3: Personalisation online and online habits	Session 1: Consequences of Sex continued RS pp. 23–25 Session 2: Assessment of RSHE
11/01/ 27	How to Keep Good Mental Health	Stress	Session 1 and 2: Responsibility for own physical health	Session 1: Reliability of Online Content Session 2 and 3: Addictive Behaviours	Religious Studies: Session 1 and 2: After life
18/01/ 27	Emotional Literacy – How can I control my anger? Emotional Literacy - How can I control my anger	Unhealthy Coping Strategies	Economic Wellbeing and Careers Session 1 and 2: Guidance for choosing your options	Session 1 and 2: Binge Drinking Session 2: Assessment of RSHE	Session 1 and 2: Euthanasia
25/01/ 27	Puberty	Vaping and Smoking	Session 1 and 2: Impact of sex	Religious Studies: Session 1, 2 and 3: Christianity Beliefs in Great Britain DCN	Session 1 and 2: Environmental Responsibility



01/02/ 27	Periods	Wellbeing and Resilience	Session 1 and 2: Anxiety	Session 1, 2 and 3: Christianity: Creation DCN	Session 1 and 2: Evolution
08/02/ 27	FGM	Contraception	Session 1 and 2: AI Chatbots	Session 1, 2 and 3: Christianity: Sin and Salvation DCN	Mock exams
Half Term Holiday					
22/02/ 27	Personal Hygiene Personal Hygiene	Domestic Conflict	Session 1 and 2: Wellbeing and Resilience	Session 1, 2 and 3: Christianity: Evil and Suffering DCN	Mock exams
01/03/ 27	Family Relationships	How can we avoid online groomers	Session 1 and 2: Bacteria and Viruses	Session 1, 2 and 3: Gender Equality DCN	Session 1 and 2: Abortion
08/03/ 27	Maintaining genuine friendships and avoiding toxic ones Maintaining Genuine Friendships and Avoiding Toxic Ones	The Equality Act 2010	Session 1 and 2: Assessment of RSHE	Session 1, 2 and 3: Religious views about sex	Session 1 and 2: Islam: Nature of God
15/03/ 27	Different Types of Family	Adolescent Brain	Economic Wellbeing and Careers Session 1 and 2: Tax and National Insurance	Session 1, 2 and 3: Same-sex relationships	Session 1 and 2: Islam: Salah and Zakah



22/03/ 27	<u>Romance, love and teen relationships</u>	<u>Impact of Social Media</u>	Session 1 and 2: Careers Quiz – Write down results in PD book	Session 1, 2 and 3: <u>The Purpose of Families</u>	Session 1 and 2: Islam: Festivals
Easter Holidays					
12/04/ 27	<u>How to prevent bullying online</u>	<u>Assessing Social Media</u>	Session 1 and 2: <u>What is sustainability and how can we personally live in a more sustainable way</u>	Session 1, 2 and 3: <u>Marriage</u>	Assessment of RS
19/04/ 26	<u>Consent</u>	<u>Data Privacy, Online Advertising and Digital Wellbeing</u>	Session 1 and 2: <u>Who are UNICEF and how do they help around the world</u> RS Human rights link pp 124	Session 1, 2 and 3: <u>Divorce</u>	PD Passport
26/04/ 27	<u>Sexual Harassment</u>	<u>Online Scams</u>	Session 1 and 2: Financial decisions (KS4 objectives) <u>Financial Decisions</u> RS pp. 5–7	Session 1, 2 and 3: <u>Adultery</u>	GCSEs



03/05/ 27 Bank Holid a y	Dangers of Sexting	Dangers of AI	Session 1 and 2: Careers and Their Impact on the World Around Us	Session 1, 2 and 3: Equality	GCSEs
10/05/ 27	Loss	Water Safety	Session 1 and 2: Employment Sectors	Session 1, 2 and 3: Social Justice	GCSEs
17/05/ 27	Bullying or banter – what is and what isn't acceptable? Bullying or Banter	Community Participation	Session 1 and 2: Labour Market Information	Session 1, 2 and 3: Censorship	GCSEs
24/05/ 27	Healthy Relationships	Purpose of Vaccinations	Session 1 and 2: Making Informed Decisions	Session 1, 2 and 3: Human rights	GCSEs
May Half term					
07/06/ 27	Homophobia	Bystander Effect	Session 1 and 2: Money Matters	Session 1, 2 and 3: Prejudice and discrimination	GCSEs



14/06/ 27	What is radicalisation	Personal Belongings	Session 1 and 2: Skills for Life	Session 1, 2 and 3: Extremism	GCSEs
21/06/ 27	Happiness and positivity	Physical Safety	Session 1 and 2: Stereotypes and Discrimination in the workplace	Session 1, 2 and 3: Relative poverty/absolute poverty	GCSEs
28/06/ 27	Road Safety	Mental Health Stigma	Session 1 and 2: Interview Skills	WEX Week	Left school
05/07/ 27	Assessment of RSHE and Feedback Survey	Assessment of RSHE and Feedback Survey	Session 1 and 2: Assessment of Economic Wellbeing and Careers	Session 1: Assessment of RS Sessions 2 and 3: St John's ambulance	Left school
12/07/ 27	PD Passport	PD Passport	Session 1 and 2: PD Passport	Session 1 and 2: PD Passport Session 3:	Left school
19/07/ 27	End of year quiz	End of year quiz	End of year quiz	End of year quiz	Left school