

Personal Development Outline Plan 2024-2025

Session	Date	Period	Year 7	Year 8	Year 9	Year 10	Year 11
	Thursday 5th September	2,3,4	Basic Training	Basic Training	Basic Training	Basic Training	Basic Training
1	Monday 16th September	1	Online Safety and Media Literacy	Protected Characteristics	Families and Marriage	Mental Health and Wellbeing	Post 16 and Post 18 Career Pathways
2	Monday 30th September	2	Online Safety and Media Literacy	Protected Characteristics	Families and Marriage	Mental Health and Wellbeing	Post 16 and Post 18 Career Pathways
3	Monday 14th October	4	Puberty, Personal Hygiene, Basic First Aid	Protected Characteristics	Families and Marriage	Preparing for the workplace	Post 16 and Post 18 Career Pathways
4	Tuesday 12th November	1	Puberty, Personal Hygiene, Basic First Aid	Protected Characteristics	Intimate and Sexual Relationships	Preparing for the workplace	Post 16 and Post 18 Career Pathways
5	Tuesday 26th November	2	Puberty, Personal Hygiene, Basic First Aid	Personal Finance and Human Rights	Intimate and Sexual Relationships	Preparing for the workplace	Study Skills
6	Tuesday 10th December	4	Puberty, Personal Hygiene, Basic First Aid	Personal Finance and Human Rights	Intimate and Sexual Relationships	Preparing for the workplace	Alcohol Misuse
7	Wednesday 8th January 2025	1	Mental Health and Wellbeing	Physical Health and Fitness	Post-16 choices and the Labour Market	Intimate and Sexual Relationships	Online Safety and Harms
8	Wednesday 22nd January 2025	2	Mental Health and Wellbeing	Physical Health and Fitness	Post-16 choices and the Labour Market	Intimate and Sexual Relationships	Online Safety and Harms
9	Wednesday 5th February 2025	4	Healthy Relationships	Physical Health and Fitness	Post-16 choices and the Labour Market	Intimate and Sexual Relationships	Health and Prevention
10	Thursday 27th February 2025	1	Healthy Relationships	Healthy Eating and Wellbeing	Post-16 choices and the Labour Market	Intimate and Sexual Relationships	Health and Prevention
11	Thursday 13th March 2025	2	Healthy Relationships	Healthy Eating and Wellbeing	Citizenship: Democracy and Law	Intimate and Sexual Relationships	Rule of Law and Personal Finance
12	Thursday 27th March 2025	4	Healthy Relationships	Exploring my career path	Citizenship: Democracy and Law	Child Criminal Exploitation	Rule of Law and Personal Finance
13	Friday 25th April 2025	1	Charity, Equality and Community	Exploring my career path	Drugs and Alcohol	Child Criminal Exploitation	Revision/Study Skills
14	Friday 2nd May 2025	2	Charity, Equality and Community	Exploring my career path	Drugs and Alcohol	Democracy and Government	Revision/Study Skills
15	Monday 9th June 2025	3	Discovering Careers	Exploring my career path	Drugs and Alcohol	Democracy and Government	
16	Tuesday 17th June 2025	4	Discovering Careers	Online Safety and Harms	Disability Awareness	Consent, Domestic Violence and Online Safety	
17	Wednesday 25th June 2025	3	Discovering Careers	Online Safety and Harms	Disability Awareness	Consent, Domestic Violence and Online Safety	
18	Thursday 10th July 2025	4	Discovering Careers	Online Safety and Harms	Knife Crime Awareness	Consent, Domestic Violence and Online Safety	

Careers	RSE
Citizenship	PSHE