

Personal Development Programme – Key Stage 4

Term	Year 9	Year 10	Year 11
1	Flourishing as a GCSE student Personal Development – the year ahead Study Skills – Personal organisation Study Skills – Note taking Study Skills – Revision techniques Mental health Mental health challenges and support Challenging prejudice and discrimination	Citizenship Government Electoral system UK place in the world Laws & rights Laws & rights 2 Diversity & equality act Taking Action – volunteering and campaigning legally and safety	Careers What is personal development – the year ahead 2. Making post 16 choices 3. Options 4. Mock employer interview preparation 5. Enterprise challenge 6. Enterprise challenge Enterprise challenge presentations
2	Careers Log in and set up unifrog Celebrating a diverse workplace Unlocking industries and employer spotlights Becoming model employees I didn't know that was a job! Careers related to digital transformation Careers related to the green economy	Relationships & Sex Education Healthy & unhealthy relationships Relationship challenges Gender & sexuality Readiness for sex & consent Contraception STIs and sexual health services Sexual assault and honour based violence (HBV)	Careers Creating CV & covering letter Interview, recruitment & selection process The job descriptions & company research Self-awareness Preparing for the interview and questions
3	Media Literacy & Staying Safe Social media – opportunities & risks Real life consequences of social media Privacy in online world & personal brand Social media & the truth Body image & social media Online extremism	Pregnancy & Parenting Unplanned pregnancy Healthy pregnancy Looking after a baby Miscarriage & fertility Fostering & adoption Menopause	Social Pressures & the Media Recognising & responding to manipulation, persuasion or coercion Risks of gangs Organised crime Sexting Pornography

4	Taking responsibility for Health & Wellbeing Healthy habits Taking responsibility for me, accessing physical and mental health support Blood and organ donation Body modifications First aid Female genital mutilation (FGM)	Careers – Standing out and making a great impression Unifrog Recruitment process How do I stand out? Dress to impress Enterprise challenge Enterprise challenge	Revision Strategies & Techniques Looking after yourself in challenging times Creating & using a revision timetable Revision technique 1 Revision technique 2 Revision technique 3 Revision technique 4
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5	Careers Enterprise challenge Enterprise challenge Enterprise challenge presentations Celebrating alumni Careers inspiration day preparation	Careers – Future Pathways Sixth forms FE college Apprenticeships Traineeships Reflection, action plan and next steps Preparing for work shadow week	
6	Managing Personal Finances Making financial decisions & taking risks Budgeting Savings & pensions Insurance, financial products & services Financial exploitation Young people's employment rights & responsibilities Public money	Managing risk, substances & personal safety Identifying and managing social risk What is addiction? Gambling Consequences of substance misuse County lines Identifying & responding to emergency situations	