



Curriculum Overview



SUBJECT:	PERSONAL DEVELOPMENT	YEAR	10
INTENT:	In Year 10, our Personal Development curriculum prepares students for the challenges of adolescence and life beyond school. We aim to build their confidence, resilience, and awareness of healthy relationships, wellbeing, and future pathways. Our intent is to help students make informed choices, respect others, and develop the life skills they need to become responsible, positive members of society. As in all year groups, our curriculum meets the requirements of the Summer 2025 RSHE guidance and is designed around the contextual needs of our students.		

UNITS OF WORK (2 terms per unit)

Unit 1: Living in the wider world	Unit 2: Health and Wellbeing	Unit 3: Relationships
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Key Knowledge/Development	Key Skills Development	Assessment	
Politics and Democracy Prejudice and Discrimination Microaggressions and cultural appropriation Criminal Behaviour and Mob Mentality online Eating disorders and mental health Suicide prevention Bereavement support, loss and grief Healthy Sex Healthy behaviours during pregnancy Outcomes of pregnancy (abortion, adoption) Impact of pornography Sexual abuse and harassment Deepfakes and AI	Stalking Addiction Gaming and Gambling Alcohol How do I revise? How do I make the most out of work experience?	<ul style="list-style-type: none"> Understand and engage with political and democratic processes. Recognise, challenge, and prevent prejudice, discrimination, and microaggressions. Analyse harmful online behaviours, including mob mentality, and respond safely. Build awareness of mental health issues, including eating disorders, suicide prevention, and coping with loss and grief. Make informed, responsible choices about sex, pregnancy, and relationships. Make informed decisions about addiction, alcohol, and drugs, and understand their impact on health and wellbeing. Critically evaluate harmful content, including pornography and deepfakes, and understand consent and safety in all contexts. Show empathy, respect, and support for themselves and others. 	<ul style="list-style-type: none"> Knowledge tests after each unit Assessment for Learning during questioning and feedback during lessons Understanding of topics are RAG rated before and after studying to determine progress <p>Curriculum Enrichment</p> <ul style="list-style-type: none"> Work experience week Guest speakers and events Extra-curricular activities PCSO visits Careers fair
EDI/SMSC/British Values/Careers		Literacy/Numeracy	
<ul style="list-style-type: none"> Mutual respect and tolerance – prejudice and discrimination, privilege Democracy – politics Social – Parenting, teenage relationship abuse Moral – Outcomes of pregnancy, alcohol, drugs Spiritual – Bereavement support, mental health and suicide Cultural – politics, prejudice and discrimination, gaming and gambling 		<ul style="list-style-type: none"> Subject specific key words & glossary Using appropriate terminology/key words Writing and speaking at greater length 	