

**Year 7 Personal Development Studies
Long Term Plan 2024/2025**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	26/8 Data & Planning Days	2/9	9/9	16/9	23/9	30/9	7/10	14/10	4/11 Reset	11/11 Data & Planning days	18/11 Intervention Weeks	25/11 Intervention Weeks	2/12
	Expectations	Lesson 1: Transition and identity	Lesson 2: Types of families	Lesson 3: Friendships	Lesson 4: Managing Conflict and Emotions	Lesson 6: Puberty	Lesson 7: Puberty and the Mind	Lesson 8: What is Citizenship?	Lesson 9: Being a British Citizen	Lesson 10: The UK Government	Lesson 11: Voting, democracy and elections	Lesson 12: The main UK political parties	Lesson 13: Dictatorship and How other countries are run.
Cycle 2	9/12	16/12	6/1 Reset	13/1	20/1	27/1	3/2	10/2 Trust Day	24/2	3/3 Data & Planning Days	10/3 Intervention Weeks	17/3 Intervention Weeks	24/3
	Lesson 1: Prejudice and Discrimination	Lesson 2: Gender Stereotypes	Lesson 3: Challenging Gender Stereotypes	Lesson 4: How to improve communities	Lesson 5: Volunteering	Lesson 6: Digital Literacy – What is it?	Lesson 7: Digital Literacy – How to communicate Positively	Lesson 8: Digital Literacy – Social Media	Lesson 9: Healthy Diets	Lesson 10: Smoking and Vaping	Lesson 11: First Aid: Choosing to keep safe	Lesson 12: First Aid: Bleeding Heavily	Lesson 13: First Aid: Unresponsive and breathing
Cycle 3	31/3	21/4 BH MON	28/4	5/5 BH MON	12/5	19/5	2/6 Re-induction	9/6	16/6	23/6	30/6	7/7	14/7
	Lesson 1: Sleep	Lesson 2: Exercise	Lesson 3.2 Healthy diets	Lesson 3.3: Dental and oral care	Lesson 3.4: Personal Hygiene	Lesson 3.5: Menstrual health: Products and expectations	Lesson 3.6: Body Image	Lesson 3.7 Water Safety	Lesson 3.8: Public Transport Safety	Lesson 3.9 Road Safety	Lesson 3.10: UV and Sun safety	Lesson 3.11: Reflection	Revisit/Recap

Y8 Personal Development Studies

Long Term Plan 2024/2025

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	26/8 Data & Planning Days	2/9	9/9	16/9	23/9	30/9	7/10	14/10	4/11 Reset	11/11 Data & Planning days	18/11 Intervention Weeks	25/11 Intervention Weeks	2/12
	Expectations	Lesson 1.1: Different Levels of Government	Lesson 1.2: History of Voting and Voting Systems	Lesson 1.3: Role of Parliament	Lesson 1.4: Role of the Monarch	Lesson 1.5: Role of the Police	Lesson 1.6: How are laws made?	Lesson 1.7: Discrimination and Prejudice (Equality Act 2010)	Lesson 1.8: Finance: Income, Direct Debits and Online payments	Lesson 1.9: Taxes	Lesson 1.10: Your rights and responsibilities	Lesson 1.11: Active Citizenship Project	Lesson 1.12: Volunteering – Christmas Card Appeal
Cycle 2	9/12	16/12	6/1 Reset	13/1	20/1	27/1	3/2	10/2 Trust Day	24/2	3/3 Data & Planning Days	10/3 Intervention Weeks	17/3 Intervention Weeks	24/3
	Lesson 1.13: Volunteering – Christmas Card Appeal	Lesson 1.14: Active Citizen Project	Lesson 2.1: Puberty and coping with change	Lesson 2.2: Teens and the media	Lesson 2.3: Body Image Introduction	Lesson 2.4: Body Image: Idealised Projections	Lesson 2.5: Body Image: Beliefs about beauty	Lesson 2.6: Body Image and Puberty	Lesson 2.7: Drugs and Alcohol introduction	Lesson 2.8: Prescription Drugs	Lesson 2.9: Medicinal vs Recreational	Lesson 2.10: Vaping	Lesson 2.11: Sleep: Lack of sleep on our body and mind
Cycle 3	31/3	21/4 BH MON	28/4	5/5 BH MON	12/5	19/5	2/6 Re-induction	9/6	16/6	23/6	30/6	7/7	14/7
	Lesson 3.1: Energy Drinks	Lesson 3.2: Mindfulness	Lesson 3.3: First Aid: Burns and Choking	Lesson 3.4: First Aid: Unresponsive and not breathing	Lesson 3.5: First Aid: Assessing a casualty	Lesson 3.6: The Recovery position	Lesson 3.7: Emotional wellbeing	Lesson 3.8: Maintaining healthy mental health	Lesson 3.9: Mental Health: Breaking down the stigma	Lesson 3.10: Mental health: Anxiety and panic attacks	Lesson 3.11: Mental Health: Depression	Lesson 3.12: Reflection	Catch up/Revisit

Y9 Personal Development Studies

Long Term Plan 2024/2025

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	26/8 Data & Planning Days	2/9	9/9	16/9	23/9	30/9	7/10	14/10	4/11 Reset	11/11 Data & Planning days	18/11 Intervention Weeks	25/11 Intervention Weeks	2/12
	Expectations	Lesson 1: Employability Skills	Lesson 2: Careers and the Job application Process	Lesson 3: Options – What does it all mean?	Lesson 4: College and Apprenticeships	Lesson 5: Higher Education and University	Lesson 6: Finance: How does an employer pay you?	Lesson 7: Finance: How to keep our money safe	Lesson 8: Workers Rights and Responsibilities	Lesson 9: Christmas Card Appeal	Lesson 10: Christmas Card Appeal	Lesson 11: <i>Crime: What is Crime?</i>	Lesson 12: Crime: Gangs
Cycle 2	9/12	16/12	6/1 Reset	13/1	20/1	27/1	3/2	10/2 Trust Day	24/2	3/3 Data & Planning Days	10/3 Intervention Weeks	17/3 Intervention Weeks	24/3
	Lesson 13: Crime: Knife Crime	Lesson 14: Crime: County Lines	Lesson 2.1: Child on Child Abuse	Lesson 2.2: Intimate relationships	Lesson 2.3: Contraception and STI's	Lesson 2.4: HIV/AIDS	Lesson 2.5: Sexual Harassment and Consent	Lesson 2.6: INCELS	Lesson 2.7: Misogyny, Sexism and Racism	Lesson 2.8: Healthy Relationships	Lesson 2.9: FGM	Lesson 2.10 CSE	Lesson 2.11 How to keep our bodies healthy
Cycle 3	31/3	21/4 BH MON	28/4	5/5 BH MON	12/5	19/5	2/6 Re-induction	9/6	16/6	23/6	30/6	7/7	14/7
	Lesson 3.1 How to keep our Minds healthy	Lesson 3.2 Mental Health: Recognising symptoms	Lesson 3.3 Mental Health: Different types	Lesson 3.4 First Aid: Seizures	Lesson 3.5 First Aid: Epilepsy	Lesson 3.6 First Aid Severe allergic reactions	Lesson 3.7: First Aid: Unresponsive and not breathing (AED)	Lesson 3.8: Sleep and Technology	Lesson 3.9: Drugs and alcohol	Lesson 3.10: Immunisations and vaccinations	Lesson 3.11 Pregnancy and Babies	Lesson 3.12 Fertility	Reflection/ Catch up/Revisit

Y10 Personal Development Studies

Long Term Plan 2024/2025

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	26/8 Data & Planning Days	2/9	9/9	16/9	23/9	30/9	7/10	14/10	4/11 Reset	11/11 Data & Planning days	18/11 Intervention Weeks	25/11 Intervention Weeks	2/12
	Expectations	Lesson 1.1: Law enforcement in the UK	Lesson 1.2: Different courts in the UK	Lesson 1.3: Voting and Elections – How to vote	Lesson 1.4: Finance: How do we manage our money well?	Lesson 1.5: Finance: Gambling and other addictions	Lesson 1.6: Finance: Mortgages, interests rates and taxes	Lesson 1.7: Healthy Relationships and Consent	Lesson 1.8: STI's and Contraception	Lesson 1.9: Same Sex Relationships	Lesson 1.10 Sex in the media	Lesson 1:11 Christmas Card Appeal	Lesson 1:12 Child on Child Abuse
Cycle 2	9/12	16/12	6/1 Reset	13/1	20/1	27/1	3/2	10/2 Trust Day	24/2	3/3 Data & Planning Days	10/3 Intervention Weeks	17/3 Intervention Weeks	24/3
	Lesson 2.1 Stalking and Harassment	Lesson 2.2: Drugs and alcohol on decision making	Lesson 2.3 Sexism and Misogyny	Lesson 2.4 Sexism and Misogyny	Lesson 2.5 Impact of addiction	Lesson 2.6 Smoking and vaping	Lesson 2.6 Cannabis	Lesson 2.7 Energy Drinks	Lesson 2.8 Oral Health	Lesson 2.9 First Aid: Meningitis	Lesson 2.10 First Aid: Poisonous and Harmful Substances	Lesson 2.11 First Aid: Strokes	Lesson 2.12 Sleep and the impact on memory
Cycle 3	31/3	21/4 BH MON	28/4	5/5 BH MON	12/5	19/5	2/6 Re-induction	9/6	16/6	23/6	30/6	7/7	14/7
	Lesson 3.1: Cancer: Causes and types	Lesson 3.2: Cancer: Treatment and screenings	Lesson 3.3: Caffeine	Lesson 3.4: Upstander and Bystander	Lesson 3.5: Mental Wellbeing – Recognising and How to seek support	Lesson 3.6: Healthy Choices: Choices approaching adulthood	Lesson 3.7: Healthy Choices: Self-care and self-awareness	Lesson 3.8: Memory and Health	Lesson 3.9: Revision Tips and Tricks	Lesson 3.10: Revision: How to revise healthy	Lesson 3.11: Improving memory	Reflection	Catch up/Revisit

Y11 Personal Development Studies

Long Term Plan 2024/2025

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	26/8 Data & Planning Days	2/9	9/9	16/9	23/9	30/9	7/10	14/10	4/11 Reset	11/11 Data & Planning days	18/11 Intervention Weeks	25/11 Intervention Weeks	2/12
	Expectations	Lesson 1.1: Applying for Colleges	Lesson 1.2: Applying for University	Lesson 1.3: GCSE Revision Techniques	Lesson 1.4: Preparing for job interviews	Lesson 1.5: Creating a CV	Lesson 1.6: Understanding Taxes	Lesson 1.7: What is the economy?	Lesson 1.8: Financial Safety: Crypto	Lesson 1.10: Personal Statement	Lesson 1.11: Personal Statement	Lesson 1.12: Personal Statement	Lesson 1.13: Financial safety: Online Spending
Cycle 2	9/12	16/12	6/1 Reset	13/1	20/1	27/1	3/2	10/2 Trust Day	24/2	3/3 Data & Planning Days	10/3 Intervention Weeks	17/3 Intervention Weeks	24/3
	Lesson 1.14: Gambling and other money related addictions	Lesson 1.15: Voting and Elections	Lesson 2.1: Bodies response to stress	Lesson 2.2: Alcohol and Drugs	Lesson 2.3: Alcohol and drugs on decision making	Lesson 2.4: Contraception and STI's	Lesson 2.5: Fertility and Pregency	Lesson 2.6: Consent	Lesson 2.7: Gender Inequality	Lesson 2.8: Race inequality	Lesson 2.9: LGBTQ+ Inequality	Lesson 2.10: Coping with Exam Stress	Lesson 2.11: Breaking down mental health stigma
Cycle 3	31/3	21/4 BH MON	28/4	5/5 BH MON	12/5	19/5	2/6 Re-induction	9/6	16/6	23/6	30/6	7/7	14/7
	Lesson 3.2: Everyday stressors and triggers in adulthood	Lesson 3.2: Maintain positive mental health	Lesson 3.3: Social anxiety disorder	Lesson 3.4: PTSD	Lesson 3.5: Panic attacks and disorders.	EXAMS	EXAMS	EXAMS	EXAMS				