

PERSONAL DEVELOPMENT 24-25		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
HT1 Health and Wellbeing	Topic	TRANSITION & SAFETY	SELF REGULATION	MENTAL HEALTH	EMOTIONAL WELLBEING	RESILIENCE	TRANSITION TO SIXTH FORM	UCAS
	Week 1	Transition to Nottingham Academy	Zones of Regulation	Mental Health vs Ill Health	Emotional Wellbeing	Surviving and Thriving in Year 11	Welcome to Sixth Form	
	Week 2	Respect Values	Fight, Flight or Freeze	Mental Health Stigma	Self Esteem and Self-Confidence	Goal Setting	Emotional Wellbeing - New Stressors	
	Week 3	Getting Help and Signposting	Triggers and Strategies	Anxiety	Body Image	Bouncebackability	Importance of Super Curricular	
	Week 4	First Aid	Emotional Intelligence	Mood Disorders	Grief and Bereavement	Obstacles and Challenges	Study Skills Upgrade	
	Week 5	Road Safety	Self Awareness	Eating Disorders	Happiness	Facing Failure	Plagerism and Referencing	
	Week 6	Safety on the Railway	Growth Mindset	Self-Harm and Suicide	Cognitive Reframing	Dealing with Change	Self-Motivation	
	Week 7	Firework Safety	Self Compassion	Mood Boosters	Mindfulness and Meditation	Positivity	Developing Grit	
OCTOBER HALF TERM								
HT2 Living in the Wider World BUILDING YOUR FUTURE NOW	Topic	CAREERS BROADENING HORIZONS	CAREERS UNDERSTANDING THE WORLD OF WORK	CAREERS INFORMING CHOICES	CAREERS LIFELONG SKILLS BUILDING	CAREERS DECIDING ON NEXT STEPS	CAREERS SUPPORTING CAREERS JOURNEYS	UCAS
	Week 1	What is a Career?	Job Sectors	Exploring Pathways	Employability Skills	Next Steps	Next Steps: Higher Education	
	Week 2	Future Pathways: Post 16	Jobs of the Future	Best of Me (Personal Strengths)	Motivation	Researching Careers	Next Steps: Apprenticeships	
	Week 3	Future Pathways: Post 18	Labour Market Information	Decision Making	Team Work + Leadership	Building a Career Plan	Next Steps: Training	
	Week 4	Future Pathways: Apprenticeships	Work-Life Balance	Researching Options	Problem Solving + Creativity	Application Process	Gap Year	
	Week 5	Skills, Qualities and Goals	Employer Rights and Responsibilities	What Does Success Mean?	Organisation	CV Writing	Employability Skills	
	Week 6	Career Journey	Work and Wages	Volunteering	Initiative	Personal Statements	Interview Skills	
	Week 7	Linking Careers to the Curriculum	Challenges in the Workplace	GCSEs and Choosing Options	Feedback	Professionalism	Self-Reflection and Goal Setting	
CHRISTMAS								
HT3 Relationships	Topic	FRIENDSHIPS & BULLYING	ONLINE RELATIONSHIPS	RESPECTFUL RELATIONSHIPS	HEALTHY & HARMFUL RELATIONSHIPS	FAMILY LIFE	ISSUES IN RELATIONSHIPS	RELATIONS IN SOCIETY
	Week 1	Healthy and Unhealthy Friendships	Social Media Use	Boundaries	Healthy vs Harmful Relationships	Healthy Pregnancy	Gaslighting	Toxic Masculinity
	Week 2	Conflict Resolution	Online vs. Offline Friendships	Trust	Stereotypes and Sexexpectations	Fertility and Miscarriage	Break-Ups	Feminism
	Week 3	Banter vs. Bullying	Cyberbullying	Communication	Impact of Porn on Relationships	Adoption and Fostering	Controlling and Coercive Behaviour	Intolerance
	Week 4	Maintaining Friends	Insta vs. Reality	Empathy and Understanding	Sexual Harrassment	Marriage	Revenge Porn	Cultural Appropriation
	Week 5	Forgiveness	Online Echochambers	Personal Values in Relationships	Sexploitation	Forced Marriage and HBV	Sexual Pressure and Abstinence	Immigration
FEB HALF TERM								
HT4 Health and Wellbeing	Topic	HEALTH & HYGIENE	SUBSTANCE MISUSE	STAYING SAFE ONLINE	STRESS MANAGEMENT	EXAMS AND MENTAL HEALTH	STAYING SAFE	BODIES
	Week 1	Diet	Alcohol	Selfe Safety and Sexting	What is Stress?	Exam Stress...Revisited	Sexual Health	Tattoos and Pericings
	Week 2	Importance of Exercise	Smoking	Grooming	Biology of Stress	Sleep Hygiene	Cancer (Testicular, Breast, Cervical)	Cosmetic Surgery
	Week 3	Dental Hygiene	Vaping	Online Stress	Stress and Illness	Relaxation	Travelling Around the UK	Steroids
	Week 4	Immunisation and Vaccinations	Cannabis	Cyber Crime	Managing Stress	Time Management	Travelling Abroad	Blood Donation
	Week 5	Puberty	Drugs and Legal Highs	Gaming vs. Gambling	Exam Stress	Top Tips for Exam Season	Alcohol	Stem Cell Donation
	Week 6	Hygiene	Prescription Drugs	Screen Addiction	Importance of Sleep	Revision Planning	Drugs	Organ Donation
EASTER								
HT5 Living in the Wider World	Topic	DIGITAL LITERACY	PEER INFLUENCE & GANGS	LAW, ORDER & GOVERNMENT	FINANCIAL DECISION MAKING	EXAM SEASON	INDEPENDENT LIVING	EXAM SEASON
	Week 1	Digital Footprint	Peer Pressure	Purpose of Laws	Budgeting		Bank Accounts and Tax	
	Week 2	Employability and Online Presence	Anti-Social Behaviour	Role of Government	Saving and Borrowing		Rent or Buy	
	Week 3	Trolling	Gang Exploitation	How are Laws Made	Careers, Income and Work		Healthy Diet on a Budget	
	Week 4	Fake News	Joint Enterprise	Role of Monarch	Money and Wellbeing		Workplace Issues	
	Week 5	Online Scams	County Lines	Role of Police	Money Laundering		Luxury vs. Necessity	
	Week 6	Impact of Advertising	Knife Crime	Role of Courts	Pensions		Ethical Shopping	
MAY HALF TERM								
HT6 Relationships	Topic	DIVERSITY	TYPES OF RELATIONSHIPS	INTIMATE RELATIONSHIPS	COMMUNITIES	EXAM SEASON	EXAM SEASON WORK EXPERIENCE FUTURES WEEK	EXAM SEASON
	Week 1	British Values	Indicators of Positive Relationships	Laws Around Sex	Multiculturalism			
	Week 2	Protected Characteristics	Parental Responsibility	Consent and Age of Consent	Extremism and Terrorism			
	Week 3	Religion	Relationships with Family	Sexual Health	Radicalisation and PREVENT			
	Week 4	Race	Professional Relationships	Contraception	Hate Crimes			
	Week 5	PRIDE WEEK	PRIDE WEEK	PRIDE WEEK	PRIDE WEEK			
	Week 6	Prejudice and Discrimination	Media Portrayal of Relationships	Unplanned and Teenage Pregnancy	Seeking Asylum			
	Week 7	Year Reflections	Year Reflections	Year Reflections	Year Reflections			
	Week 8							