

# Year 10 Personal Development Programme 2025-2026

**Y10 AUTUMN TERM**

## Autumn 1

Lesson 1	Lesson 2	Lesson 3	Lesson 4			
<b>THEME 5c</b> Self Esteem and Appearance Ideals	<b>THEME 5c/5a</b> Self Esteem and Eating Disorders	<b>THEME 5d</b> Self harm Awareness	<b>THEME 5d</b> Suicide Awareness			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
<b>THEME 6b</b> The Science of Learning – How do I learn and revise effectively?	<b>THEME 6b</b> The Science of Learning – Where should I revise?	<b>THEME 6b</b> The Science of Learning – When should I revise? Revision breaks	<b>THEME 6b</b> The Science of Learning – Self Quizzing and Flashcards	<b>THEME 6b</b> The Science of Learning – Exam Questions and Calendar	<b>THEME 6b</b> <i>Put into practice – Using what has been learned about Revision – time to act on the advice</i>	<b>THEME 5d</b> Wellbeing Activity (led by Prefect Team)

## Autumn 2

Lesson 1	Lesson 2	Lesson 3	Lesson 4		Lesson 5	
<b>THEME 3b, 3c</b> Consent	<b>THEME 3b, 3c</b> Alcohol and Bad Choices	<b>THEME 3c</b> Sexual health – Revisit STIs and Contraception  Grooming/CSE – link to Loudmouth	<b>THEME 3c</b> Porn Vs Real Life, The Impact of Porn on Body Image and Relationships		<b>P1 lesson off timetable during this half term – Tuesday 11<sup>th</sup> November Loudmouth Visit Working for Marcus - BOOKED</b>	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 – NB may be in any week during the half term
<b>THEME 2c</b> International Organisations	<b>ANTI BULLYING WEEK</b>	<b>THEME 2c</b> Aid and Supporting Other Countries	<b>THEME 2c</b> Aid and Supporting Other Countries	<b>THEME 2c</b> Fair Trade 1	<b>THEME 2c</b> Fair Trade 2	<b>THEME 5d</b> Wellbeing Activity (led by Prefect Team)

**Spring 1**

Lesson 1	Lesson 2	Lesson 3			
<b>THEME 4c</b> Honour Based Violence and Forced Marriage	<b>THEME 4d</b> Addictions & a) Vaping b) Cannabis Products	<b>THEME 4b</b> Online Issues - a) Social Media Validation b) Online Gambling			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 – <i>NB may be in any week during the half term</i>
<b>THEME 4c</b> Exploitation/Modern Day Slavery	<b>THEME 4c</b> Modern Day Slavery/Human Trafficking	<b>THEME 6a</b> Transition to GCSE years/KS4	<b>THEME 6a</b> What is the purpose of assessments?	<b>THEME 6a</b> Retrieval Practice	<b>THEME 5d</b> Wellbeing Activity (led by Prefect Team)

**Spring 2**

Lesson 1	Lesson 2	Lesson 3		
<b>THEME 1a</b> Media?	<b>NATIONAL CAREERS WEEK</b> Gatsby Benchmark 4: Careers in Subjects	<b>THEME 1a</b> Media?		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5 – <i>NB may be in any week during the half term</i>
<b>THEME 6a</b> Workplace Skills – what have I done?	<b>THEME 6a</b> <b>NATIONAL CAREERS WEEK</b> – CV Writing	<b>THEME 6a</b> Workplace Skills – what other experiences do I need?	<b>THEME 6a</b> Unifrog – How to log Workplace Skills	<b>THEME 5d</b> Wellbeing Activity (led by Prefect Team)

**Summer 1**

Lesson 1	Lesson 2	Lesson 3			
<b>THEME 6b</b> First Aid	<b>THEME 6b</b> First Aid	<b>THEME 6a</b> <b>LAPTOPS NEEDED</b> Unifrog			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	
<b>THEME 3b</b> Respectful Relationships 1	<b>THEME 3b</b> Respectful Relationships 2	<b>THEME 3b</b> Coercive/Controlling Relationships - Revisit	<b>THEME 3b</b> Assertiveness - Revisit	<b>THEME 3b</b> Pressure and Influence	<b>Exam week</b>

**Summer 2**

Lesson 1	Lesson 2	Lesson 3	Lesson 4		
<b>THEME 2a</b> RS	<b>THEME 2a</b> RS	<b>THEME 2a</b> RS	<b>THEME 6a</b> <b>LAPTOPS NEEDED</b> Unifrog		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
<b>THEME 6a</b> Careers – Why bother with.....?	<b>THEME 5d</b> Literacy Festival <b>DOOR PREPARATION</b>	Literacy festival	<b>THEME 6a</b> Careers Fair – Preparation	<b>THEME 6a</b> Careers Fair – Follow up	<b>THEME 6a</b> Character, Skills Careers and links to curriculum learning

**NB on 1<sup>st</sup> July – Y10 to do Virtual Experience of the Workplace = 5 hours**