

Year 10 Personal Development Programme 2023-2024

Y10 AUTUMN TERM

Autumn 1 – Relationships and Sex Education

Life Beyond School

PD Lesson 1	PD Lesson 2	PD Lesson 3				
Consent	Alcohol and Bad Choices	Sexual health – Revisit STIs and Contraception				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
The Science of Learning – How do I learn and revise effectively?	The Science of Learning – Where should I revise?	The Science of Learning – When should I revise? Revision breaks	The Science of Learning – Self Quizzing and Flashcards	Follow up and finish off Booklet from Lessons 1-3	The Science of Learning – Exam Questions and Calendar	Wellbeing Activity (led by Prefect Team)

Autumn 2 – Health and Wellbeing

Celebrating Equality and Diversity

PD Lesson 4 15th Nov	PD Lesson 5 15th Nov	PD Lesson 6 15th Nov				
Cherished – Exams – grades do not define you – 15th November	Self Esteem/Appearance Ideals	Self Esteem and Eating Disorders				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 – NB may be in any week during the half term	During the Week after Lessons 4-6
International Organisations	ANTI BULLYING WEEK	Aid and Supporting Other Countries	Aid and Supporting Other Countries	Fair Trade	Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet from Lessons 4-6

Spring 1 – Staying Safe Online and offline, Life Beyond School/Life Skills

Y10 SPRING TERM

Health and Wellbeing

PD Lesson 7	PD Lesson 8	PD Lesson 9		
Honour Based Violence and Forced Marriage	Addictions & a) Vaping b) Cannabis Products	Online Issues - a) Social Media Validation b) Online Gambling		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	During the Week after Lessons 7-9
Transition to GCSE years/KS4	What is the purpose of assessments?	WELLBEING WEEK	Retrieval Practice	Follow up and finish off Booklet from Lessons 7-9

Spring 2 – Relationships and Sex Education, Life Beyond School

PD Lesson 10	PD Lesson 11	PD Lesson 12		
LOUDMOUTH Working for Marcus: Grooming and CSE – BOOKED for 13th March	Grooming and Sexual Violence	Porn Vs Real Life, The Impact of Porn on Body Image and Relationships		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4 – NB may be in any week during the half term	During the Week after Lessons 10-12
Exploitation/Modern Day Slavery	Modern Day Slavery/Human Trafficking	NATIONAL CAREERS WEEK – CV Writing	Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet and Lessons 10-12

Summer 1 Monday 22nd April – Health and Wellbeing

Celebrating Diversity and Equality, Sex and Relationships

PD Lesson 13	PD Lesson 14	PD Lesson 15				
Self harm	Suicidal thoughts and Support	Careers - Unifrog (time to process and reflect)				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	During the Week after Lessons 13-15
Respectful Relationships 1	DIVERSITY WEEK	Respectful Relationships 2	Revisit – Coercive/Controlling Relationships	Assertiveness - Revisit	Pressure and Influence	Follow up and finish off Booklet and Lessons 13-15

Summer 2 – Life Beyond School

PD Lesson 16	PD Lesson 17	PD Lesson 18	PD Lesson 19	PD Lesson 20		
Virtual Insights into the Workplace	Virtual Insights into the Workplace	Virtual Insights into the Workplace	Virtual Insights into the Workplace	Virtual Insights into the Workplace		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	During the Week after Lessons 16-18
Interview Skills	Careers Fair – Lead in	WELLBEING – Open Doors Comp	LITERACY FESTIVAL	Careers Fair – Lead in	Careers Fair – Follow up	Follow up and finish off Booklet and Lessons 16-18