

Year 10 Personal Development Programme 2025-2026

Y10 AUTUMN TERM

Autumn 1

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

Autumn 2

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

Spring 1

Lesson 1	Lesson 2	Lesson 3			
THEME 4c Honour Based Violence and Forced Marriage	THEME 4d Addictions & a) Vaping b) Nicotine pouches	THEME 4b 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>
THEME 6a GCSE years/KS4	THEME 6a What is the purpose of assessments?	THEME 6a Retrieval Practice	THEME 4c Exploitation/Modern Day Slavery	THEME 4c Modern Day Slavery/Human Trafficking	THEME 5d Wellbeing Activity (led by Prefect Team)

Spring 2

Lesson 1	Lesson 2	Lesson 3		
THEME 1a Media – AI All Around...	THEME 1a Media – AI and me	THEME 1a Media – AI – Creative Task		
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>
THEME 6a Workplace Skills – what have I done?	THEME 6a NATIONAL CAREERS WEEK – What makes a good employee? CV Writing	THEME 6a Workplace Skills – what other experiences do I need? Building your skills	THEME 6a Unifrog – Logging your Workplace Skills	THEME 5d Wellbeing Activity (led by Prefect Team)

Summer 1

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

Summer 2

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

NB on 1st July – Y10 to do Virtual Experience of the Workplace = 5 hours