

# Year 10 Personal Development Programme

**Y10 AUTUMN TERM**

## Autumn 1 – Tues 15<sup>th</sup> October 2024

PD Lesson 1	PD Lesson 2	PD Lesson 3				
<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				
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>Follow up and finish off Booklet from Lessons</b>	<b>THEME 6b</b> The Science of Learning – Exam Questions and Calendar	<b>THEME 5d</b> Wellbeing Activity (led by Prefect Team)

## Autumn 2 – Friday 6<sup>th</sup> December 2024

PD Lesson 4	PD Lesson 5	PD Lesson 6				
<b>THEME 5d</b> <b>Exams– grades do not define you - Outside provider (Cherished) BOOKED</b>	<b>THEME 5c</b> Self Esteem/Appearance Ideals	<b>THEME 5c/5a</b> Self Esteem and Eating Disorders				
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>During the Week after Lessons 4-6</b>
<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	<b>THEME 5d</b> Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet from Lessons 4-6

## Y10 SPRING TERM

### Spring 1 (Lessons on Wed 22<sup>nd</sup> January 2025)

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	PD Weekly 5	PD Weekly 6 – <i>NB may be in any week during the half term</i>
Transition to GCSE years/KS4	What is the purpose of assessments?	Retrieval Practice	Exploitation/Modern Day Slavery	Modern Day Slavery/Human Trafficking	Wellbeing Activity (led by Prefect Team)

### Spring 2 (Lessons on Wed 19<sup>th</sup> March 2025)

PD Lesson 10	PD Lesson 11	PD Lesson 12				
<b>LOUDMOUTH</b> Working for Marcus: Grooming and CSE	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	PD Weekly 5	PD Weekly 6	PD Weekly 7 – <i>NB may be in any week during the half term</i>
Respectful Relationships 1	<b>NATIONAL CAREERS WEEK</b> – CV Writing	Respectful Relationships 2	Revisit – Coercive/Controlling Relationships	Assertiveness - Revisit	Pressure and Influence	Wellbeing Activity (led by Prefect Team)

**Summer 1 (Lessons on Friday 9<sup>th</sup> May 2025)**
**Celebrating Diversity and Equality, Sex and Relationships**

PD Lesson 13	PD Lesson 14	PD Lesson 15	
Self harm	Suicidal thoughts and Support	Careers - Unifrog	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4
Workplace Skills – what have I done?	Workplace Skills – what other experiences do I need?	Unifrog – Logging Workplace Skills	EXAM WEEK

**Summer 2**

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
Careers – Why bother with.....?	Character, Skills Careers and links to curriculum learning	WELLBEING – Open Doors Comp	LITERACY FESTIVAL	Careers Fair – Preparation	Careers Fair – Follow up