

2025/26 - SOCIAL AND PERSONAL DEVELOPMENT WEEKLY OVERVIEW

Week	Date	TOPIC	Y7	TOPIC	Y9	TOPIC	Y10	TOPIC	Y11
1	Mon 1st Sept		INSET		INSET		INSET		
2	Tue 2nd Sept	LIFE BEYOND SCHOOL	1. Introduction to year 7	COMBATING EXTREMISM & TERRORISM	Introduction to year 9	CITIZENSHIP (I)	1. What is Democracy?	YOUR FUTURE & BEYOND	Introduction to year 11
3	Mon 8th Sept		2. Getting to know people		1. Conspiracy theories and extremist narratives		2. Uncodified Constitution		1. Time management and technology
4	Mon 22nd Sept		3. What is a community		2. Extremism		3. Electoral systems in the UK and beyond		2. Exam stress and relaxation
5	Mon 29th Sept		4. Careers and your future		3. What is terrorism?		4. Other forms of democratic and non-democratic systems		3. Insta Life Vs Real Life
6	Mon 6th Oct		5. Sleep and relaxation		4. Proud to be British		5 - The UK's Relationship with the rest of the world		4. CV Writing
7	Mon 13th Oct		6. Financial Education		5. The radicalisation process		6. The legal system in the UK		5. Writing a personal statement
8	Mon 20th Oct		7. Transition Points in Your Life		6. Counter terrorism		7. Human Rights		6. Finance and careers quiz
Half term									
9	Mon 3rd Nov	HEALTH & WELLBEING	1. Introduction to puberty	SEX, THE LAW & CONSENT	1. Sexual consent and the law	CITIZENSHIP (II)	8. Melting Pot Society	ADULT HEALTH & LOOKING AFTER YOURSELF	Year 11 Mocks 1. Organ donation and blood donation
10	Mon 10th Nov		2. Puberty and girls		2. FGM and the law		9. Ideology and Refugees		Year 11 Mocks 1.
11	Mon 17th Nov		3. Puberty and boys		3. Relationships and Partners (assembly NHS)		10. How are free speech and hate speech different? (assembly NHS)		2. Teenager and pregnancy choices 3. Abortion
12	Mon 24th Nov		4. Personal hygiene		4. Domestic Abuse and Domestic Violence		11. Extremism		4. Testicular and prostate cancer
13	Mon 1st Dec		5. Growing up (FGM and Menstruation)		5. Why Have Sex?		Revision opportunity 12. Welfare State		5. Cervical, breast and ovarian cancer
14	8th December		6. Self-esteem		6. Delaying Sexual Activity		Year 10 Mocks -Chrome Books		6. Parenthood
15	15th December		7. Tooth decay		7. Sexual Harassment and Stalking		Year 10 Mocks -Chrome Books		2. What impact fertility?
Christmas Holiday									
17	Mon 8th Jan	POLITICS & PARLIAMENT	1. Why is politics important?	LEGAL & ILLEGAL DRUGS	1. What is a drug?	Relationship, Sex and Health Education (I)	1. Sexual consent and the law	SEXUAL HEALTH UNIT	1. Peer on peer bullying and harassment
18	Mon 12th Jan		2. How is our country run?		2. Different substance addiction		2. Online relationships and staying safe		2. Alcohol and bad choices
19	Mon 19th Jan		3. The Role of the Prime Minister		3. Cannabis and classifications		3. Contraception		3. Importance of sexual health
20	Mon 26th Jan		4. The Monarchy		4. Classifications		4. STIs and STDs		4. Respect Love and Relationships
21	Mon 2nd Feb		5. Political debates and parliament		5. Party Drugs		5. Sexual Harassment and Stalking		5. Revisiting contraception
22	Monday 9th Feb		6. Elections and Campaigning		6. Class A drugs - Illegal		6. Sexting and nudes		6. Virtual reality and live streaming
Half term									
23	Mon 23rd Feb	STAYING SAFE ONLINE & OFFLINE	1. Avoiding gangs and criminal behaviour	ESSENTIAL LIFE SKILLS	1. From failure comes success	Religious studies	1. Xenophobia	STAYING SAFE	Revision for Mocks 2
24	Mon 2nd Mar		2. Staying safe online		2. Assertiveness		2. Social Injustice		Year 11 MOCKS 2. Online reputation and Digital Footprints
25	9th Mar		3. Fortnite and safety in gaming		3. First aid lesson		3. Rich and Poor		Year 11 Mocks 3. Group Chats & Anti-Bullying
26	Mon 16th Mar		4. Alcohol		4. Saving, managing your money and employment and financial management		4. Sexism		4. Cosmetic & Aesthetic Procedures
27	Mon 23rd Mar		5. Nicotine		5. Labour Market Information		5. Racism		5. New Psychoactive Substances
Easter Holiday									
28	Mon 16th Apr	CELEBRATING DIFFERENCES & EQUALITY	1. Multicultural Britain and what is your identity?	CONTRACEPTION & STIS	1. Treating STI's and clinics	Relationship, Sex and Health Education (II)	1. FGM and how to combat it		7. Substance Addiction
29	Mon 20th Apr		2. Nature vs nurture and the equality act		2. Types of contraceptions available		2. Porn (I)		
30	Mon 27th Apr		3. The Equality Act		3. Condom lesson		3. Porn (II)		
31	Mon 4th May		4. Breaking down stereotypes in society		4. Contraception explored		4. Domestic abuse & Violence		
32	Mon 11th May		5. Prejudice and discrimination		5. Sexual harassment		5. Relationships, sexual abuse and rape		
33	18th May		6. Challenging islamophobia		6. HIV and AIDS		6. Love and abuse		
34	1st June	RELATIONSHIP & SEX EDUCATION	1. Consent and boundaries	BODY CONFIDENCE	1. How self esteem changes	Citizenship II - Computing	Revision -Chromebooks	EXAM PREPARATION AND REVISION	
35	Mon 8th June		2. Respectful relationships		2. What is a penis?		2. What is a penis?		Year 10 Exams (Revision)
36	Mon 15th June		3. What makes a good friend		3. What is a vulva?		3. What is a vulva?		Year 10 Exams (revision)
37	Mon 22nd June		4. Friendships and managing them		4. Bullying in all its forms		4. Bullying in all its forms		Year 10 work experience
38	Mon 29th June		5. Being positive		5. Dealing with grief and loss		5. Dealing with grief and loss		13. The Media ''
39	Mon 6th July		6. Pressure and influence		6. Media and airbrushing		6. Media and airbrushing		14. Critical Thinking & Fake News''
40	Mon 13th July		7. Reflection						

Please note that year 8 learning is planned with PE and the full learning journey can be requested. Please contact the PE team for more information.