

Personal Development

Key Stage 3

Hours Per Week: 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Transition	Independence (including safety and health)	Body awareness (including reproductive systems, self-care, puberty, periods)	Body awareness (including sexuality, privacy and consent)	Identity, Community	E-safety and screen use
Year 8	Wellbeing (including rights and online safety)	Wellbeing (including mental health and drugs), Careers, AI	Relationships (including families, physical intimacy)	Relationships (including consent and contraception), Psychoeducation	Financial literacy	Healthy lifestyle (including exercise, healthy eating, sleep hygiene)
Year 9	Independence (including health) and identity	Careers and future planning	Community (including diversity)	Body awareness (including positive body image, hormones)	Body awareness (including sexuality, contraception)	AI, Transition to KS4