

PERSONAL DEVELOPMENT 25-26		Year 7	Year 8	Year 9	Year 10	Year 11
HT1 Health and Wellbeing	Topic	<b>TRANSITION &amp; SAFETY</b>	<b>SELF REGULATION</b>	<b>MENTAL HEALTH</b>	<b>EMOTIONAL WELLBEING</b>	<b>RESILIENCE</b>
	Week 1	Transition to Nottingham Academy	Zones of Regulation	Mental Health vs Ill Health	Emotional Wellbeing	Surviving and Thriving in Year 11
	Week 2	School Values	Fight, Flight or Freeze	Mental Health Stigma	Self Esteem and Self-Confidence	Goal Setting
	Week 3	Getting Help and Signposting	Triggers and Strategies	Anxiety	Body Image	Bouncebackability
	Week 4	First Aid	Emotional Intelligence	Mood Disorders	Grief and Bereavement	Obstacles and Challenges
	Week 5	Road Safety	Self Awareness	Eating Disorders	Happiness	Facing Failure
	Week 6	Safety on the Railway	Growth Mindset	Self-Harm and Suicide	Cognitive Reframing	Dealing with Change
	Week 7	Firework Safety	Self Compassion	Mood Boosters	Mindfulness and Meditation	Positivity
<b>OCTOBER HALF TERM</b>						
HT2 Living in the Wider World  BUILDING YOUR FUTURE NOW	Topic	<b>CAREERS BROADENING HORIZONS</b>	<b>CAREERS UNDERSTANDING THE WORLD OF WORK</b>	<b>CAREERS INFORMING CHOICES</b>	<b>CAREERS LIFELONG SKILLS BUILDING</b>	<b>CAREERS DECIDING ON NEXT STEPS</b>
	Week 1	What is a Career?	Job Sectors	Exploring Pathways	Employability Skills	Next Steps
	Week 2	Future Pathways: Post 16	Jobs of the Future	Best of Me (Personal Strengths)	Motivation	Researching Careers
	Week 3	Future Pathways: Post 18	Labour Market Information	Decision Making	Team Work + Leadership	Building a Career Plan
	Week 4	Future Pathways: Apprenticeships	Work-Life Balance	Researching Options	Problem Solving + Creativity	Application Process
	Week 5	Skills, Qualities and Goals	Employer Rights and Responsibilities	What Does Success Mean?	Organisation	CV Writing
	Week 6	Career Journey	Work and Wages	Volunteering	Initiative	Personal Statements
	Week 7	Linking Careers to the Curriculum	Challenges in the Workplace	GCSEs and Choosing Options	Feedback	Professionalism
<b>CHRISTMAS</b>						
HT3 Relationships	Topic	<b>FRIENDSHIPS &amp; BULLYING</b>	<b>ONLINE RELATIONSHIPS</b>	<b>RESPECTFUL RELATIONSHIPS</b>	<b>HEALTHY &amp; HARMFUL RELATIONSHIPS</b>	<b>FAMILY LIFE</b>
	Week 1	Healthy and Unhealthy Friendships	Social Media Use	Boundaries	Healthy vs Harmful Relationships	Healthy Pregnancy
	Week 2	Conflict Resolution	Online vs. Offline Friendships	Trust	Stereotypes and Sexpectations	Fertility and Miscarriage
	Week 3	Banter vs. Bullying	Managing Online Conflict	Communication	Impact of Porn on Relationships	Adoption and Fostering
	Week 4	Maintaining Friends	Cyberbullying	Empathy and Understanding	Sexual Harrassment	Marriage
	Week 5	Forgiveness	Insta vs. Reality	Personal Values in Relationships	Sexploitation	Impact of Family Breakdown
	Week 6	Kindness and Empathy	Online Echochambers	Selfe Safety and Sexting	Digital Abuse	Forced Marriage and HBV
<b>FEB HALF TERM</b>						
HT4 Health and Wellbeing	Topic	<b>HEALTH &amp; HYGIENE</b>	<b>SUBSTANCE MISUSE</b>	<b>STAYING SAFE ONLINE</b>	<b>STRESS MANAGEMENT</b>	<b>EXAMS AND MENTAL HEALTH</b>
	Week 1	Diet	Alcohol	Grooming	What is Stress?	Exam Stress...Revisited
	Week 2	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK</b>
	Week 3	Importance of Exercise	Smoking	Online Stress	Biology of Stress	Sleep Hygiene
	Week 4	Dental Hygiene	Vaping	Cyber Crime	Stress and Illness	Top Tips for Exam Season
	Week 5	Immunisation and Vaccinations	Cannabis	Gaming vs. Gambling	Managing Stress	Revision Planning
<b>EASTER</b>						
HT5 Living in the Wider World	Topic	<b>DIGITAL LITERACY</b>	<b>PEER INFLUENCE &amp; GANGS</b>	<b>LAW, ORDER &amp; GOVERNMENT</b>	<b>FINANCIAL DECISION MAKING</b>	<b>EXAM SEASON</b>
	Week 1	Digital Footprint	Peer Pressure	Purpose of Laws	Budgeting	
	Week 2	Employability and Online Presence	Anti-Social Behaviour	Role of Government	Saving and Borrowing	
	Week 3	Trolling	Gang Exploitation	How are Laws Made	Careers, Income and Work	
	Week 4	Fake News	Joint Enterprise	Role of Monarch	Money and Wellbeing	
	Week 5	Online Scams	County Lines	Role of Police	Money Laundering	
	Week 6	Impact of Advertising	Knife Crime	Role of Courts	Pensions	
<b>MAY HALF TERM</b>						
HT6 Relationships	Topic	<b>DIVERSITY</b>	<b>TYPES OF RELATIONSHIPS</b>	<b>INTIMATE RELATIONSHIPS</b>	<b>COMMUNITIES</b>	<b>EXAM SEASON</b>
	Week 1	British Values	Indicators of Positive Relationships	Laws Around Sex	Multiculturalism	
	Week 2	Protected Characteristics	Parental Responsibility	Consent and Age of Consent	Extremeism and Terrorism	
	Week 3	Religion	Relationships with Family	Sexual Health + Contraception	Radicalisation and PREVENT	
	Week 4	Race	Professional Relationships	Teenage Pregnancy	Hate Crimes	
	Week 5	<b>PRIDE WEEK</b>	<b>PRIDE WEEK</b>	<b>PRIDE WEEK</b>	<b>PRIDE WEEK</b>	
	Week 6	<b>CULTURE DAY</b>	<b>CULTURE DAY</b>	<b>CULTURE DAY</b>	<b>CULTURE DAY</b>	
	Week 7	Year Reflections	Year Reflections	Year Reflections	Year Reflections	
	Week 8					