



Year 11 Personal Development Curriculum 2023-24

Personal Development sessions will take place on a Tuesday and Thursday morning. Assembly will be held on Friday Wk A.

Strands – Relationship and Sex Education (RSE), Health Education (HE), Spiritual Moral Social Cultural Education (SMSC), Careers (CAR), Religious Studies (RS).

Autumn term 1 2023

Date	Topic	Strand	Additional notes
4 th September	Welcome back – goal setting	HE	Aims for the coming academic year and how to measure achievement.
11 th September	Study skills	HE	Session focusing on a range of effective strategies to study.
18 th September	Study skills	HE	Session outlining effective revision tips.
25 th September	Preparing for mocks and managing stress	HE	Broad discussion of stress and how it can impact on effective studying. Strategies to avoid stress and where to source help if struggling in school.
2 nd October	Managing stress & building resilience	HE	Focus on how to be a resilient learner.
9 th October	Long term effects of drug abuse	HE	A session focusing on the effects of drugs on users physical and mental health and the social impacts of drug addiction.
16 th October	Self-examination	HE	A medical session outlining how to effectively self-examine for types on cancer.
23 rd October	Black History Month	SMSC	An investigation into the contribution of black British individuals to society.

Autumn term 2 2023

Date	Topic	Strand	Additional notes
6 th November	Action Steps	CAR	Review of steps towards a learner's ideal career. You will identify individual actions to be completed by the end of Year 11. You will identify actions required for post-16 transition.
13 th November	How are you doing?	CAR	You will review factors which can influence your post-16 decision making. You will identify individual progress for decision making and transition to post-16.
20 th November	Careers Ideas	CAR	By the end of this lesson you will have explored skills and interests suitable for Post-16 options and careers.
27 th November	Qualifications	CAR	You will explore post-16, Full time education options and what they entail. You will explore A Levels and T Levels.
4 th December	Qualifications and Equivalentents	CAR	You will explore post-16, Full time education options and what they entail. You will explore Technical, Vocational and applied Qualifications.
11 th December	Apprenticeships	CAR	You will explore post-16 options that combine work and study. You will explore Traineeships and Apprenticeships.
18 th December	Mock results	CAR	Setting goals/targets after receipt of mock grades.

Spring term 1 2024

Date	Topic	Strand	Additional notes
8 th January	Humanism	RS	Investigation into Humanist beliefs about the purpose of life.

15 th January	Environmental Responsibility	RS	Explore Humanist views on environmental responsibility.
22 nd January	Origins of Human Life	RS	Investigation into Humanist beliefs about the origins of human existence.
29 th January	Speciesism	RS	Explain arguments for and against speciesism.
5 th February	Dignity in Dying	RS	To understand the Humanist view on euthanasia and what it means.

Spring term 2 2024

Date	Topic	Strand	Additional notes
19 th February	Financial education	CAR	A discussion on managing finance as a young adult. Including bank accounts, credit cards, loans, mortgages and other financial products.
26 th February	Financial education	CAR	A discussion on managing finance as a young adult. Including bank accounts, credit cards, loans, mortgages and other financial products.
4 th March	Financial education	CAR	A discussion on managing finance as a young adult. Including bank accounts, credit cards, loans, mortgages and other financial products.
11 th March	Problems in pregnancy	HE	More emphasis on equality of parenthood for males in particular.
18 th March	Being a young parent.	HE	Investigation of the challenges of being a young parent.

Summer term 1 2024

Date	Topic	Strand	Additional notes
8 th April	Nature and features of Brahman	RS	Explore the Hindu deities and the idea of God in Hinduism.
15 th April	Hindu deities	RS	Explore the Hindu beliefs about Brahman.
22 nd April	The Eternal Self	RS	An investigation into Hindu beliefs about the nature of the atman (soul) including what makes up a human being.
29 th April	Exams		
6 th May	Exams		

13 th May	Exams		
20 th May	Exams		