



Year 10 Personal Development Curriculum 2025-26

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

Autumn term 1 2025

Date	Topic	Strand	Additional notes
1 st September	Welcome back & goal setting	HE	Understanding what core values are and consider how to goal set to achieve milestones throughout the year.
8 th September	Caring for your mental health	HE	Awareness of what mental health is and why positivity and happiness is so important.
15 th September	Caring for your mental health	HE	Students received statistics on mental health and understand the importance of warning signs and to check in with others.
22 nd September	Medicine & Self care	HE	Students explore the importance of personal hygiene, vaccinations and blood donations.
29 th September	Impacts of taking drugs	HE	Students explore the existing laws around drug use and consider the risk and damage they can cause.
6 th October	Impacts of taking drugs	HE	Students investigate the effects of a range of different harmful drugs.
13 th October	Managing situations involving drugs	HE	Students take part in a scenario-based session that involves drugs and the reactions they can have on you and your body.
20 th October	Vapes and ENDS	HE	Students investigate the potential harms associated with vaping

Autumn term 2 2025

Date	Topic	Strand	Additional notes
3 rd November	The purpose of families	RS	Students investigate different family types and finish with a class debate on family life matters more if you're religious.
10 th November	Marriage	RS	Examine the purpose of marriage from an Islamic perspective. Students will look at the advantages and disadvantages.
17 th November	Polygamy	RS	Students will evaluate whether polygamy is ethical.
24 th November	Temporary marriage	RS	Explore the various Islamic views about temporary marriage.
1 st December	Interfaith marriage	RS	Examine the pros and cons of interfaith marriage.
8 th December	Divorce	RS	Decide whether the divorce process in Islam is fair.
15 th December	Adultery	RS	Argue whether adultery should be illegal in the UK.

Spring term 1 2026

Date	Topic	Strand	Additional notes
5 th January	Britain's Democracy	SMSC	To define and exemplify the different types of sovereignty and democracy. To explain the main features of the UK parliamentary system. To evaluate the alternatives to and restraints on parliamentary sovereignty.

12 th January	The rule of law	SMSC	Pupils will explore what the role of law is in society, distinguish criminal and civil legal systems and understand why we send people to prison and consider a range of alternatives.
19 th January	Long term relationships	RSE	Explore the meaning of different long-term relationships and how they can often provide stable family lives for children and young people.
26 th January	Families	RSE	Identify the different types of family and the roles of family members. Describe the changes in family roles since the 1950s. Explain why roles have changed and why we need to learn about different types of families.
2 nd February	Domestic Violence	RSE	To identify different types of domestic violence and analyse.
9 th February	Knife Crime	HE	To understand how events can spiral quickly and understand that small decisions have big consequences.

Spring term 2 2026

Date	Topic	Strand	Additional notes
23 rd February	Beliefs in great Britain	RS	Explain the role of religious belief in Great Britain with reference to Christianity.
2 nd March	Evil and suffering	RS	Explore possible reasons why evil and suffering exists.
9 th March	Creation	RS	Explain the impact of the Biblical creation story for Christians.
16 th March	Incarnation	RS	Explain key beliefs and teachings about Jesus' incarnation.
23 rd March	Sin and Salvation	RS	Reflect on the impact of Christian beliefs about sin and salvation.

Summer term 1 2026

Date	Topic	Strand	Additional notes
13 th April	Eschatology	RS	Explain the significance of the belief in eschatology.
20 th April	A world of possibilities	CAR	Identify the steps you need to take to achieve your aims.
27 th April	The world of work	CAR	To be able to explore working lifestyles.
4 th May	Rights and responsibilities	CAR	Students to be aware of employment rights and expectations in the working world.

11 th May	Budgeting	CAR	Students will be able identify sources of income and how to create a budget that tracks income and expenditure
18 th May	Building a CV	CAR	Students will be able to explain what a CV is used for and how it can be used in a application process.

Summer term 2 2026

Date	Topic	Strand	Additional notes
1 st June	Interview skills	CAR	Students will explore different types of job interviews and explore the best ways to prepare for interview.
8 th June	Work experience	CAR	Transferable skills and preparation for work experience. Explore the importance of transferable skills and understand the importance of workplace behaviour.
15 th June	Online groups and Radicalisation	SMSC	To be able to explain what incel ideology is Identify the dangers associated with it Describe strategies to protect yourself from radicalisation
22 nd June	Religious views about sex	RSE	Debate are religious teachings about sex relevant today.
29 th June	Same sex relationships	RSE	Consider the changing attitudes towards same sex relationships.
6 th July	Equality and gender equality	RSE	Explore why it is difficult to define equality. Understand the importance of gender equality. Protected characteristics and gender.
13 th July	Pornography	RSE	Understand sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners.