



Year 9 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	Goal Setting	HE	Explore our own values and create sustainable goal setting.
8 th September	Growth Mindset	HE	Understand how to talk about emotions accurately and sensitively. Explore how asking questions can improve our learning in school
15 th September	Maintaining and improving mental health	HE	Recognise the early signs of mental wellbeing issues and understand the difference between mental health and mental illnesses
22 nd September	Maintaining and improving mental health	HE	Understand how to identify, control and discuss our emotions.
29 th September	Maintaining and improving mental health	HE	Recognise that we all experience times of difficulty during our lives. Understand potential strategies for dealing with difficult or troublesome times.
6 th October	Black History Month	SMSC	Investigate the origins of black migration to the UK in the 20 th century
13 th October	Healthy Eating	HE	Understand how staying healthy is a combination of three key areas. Identify that we all need to have a healthy balanced diet to help maintain a healthy weight and understand what a healthier alternative is. Investigate what a healthy diet consists of and active lifestyles
20 th October	Basic First Aid – treatment of common Injuries.	HE	Understand how to identify the need for CPR in a unresponsive casualty Identify the steps needed to administer basic first aid

Autumn term 2 2025

Date	Topic	Strand	Additional notes
------	-------	--------	------------------

3 rd November	Exploration of interests	CAR	You will explore the need to plan for your future. You will identify your personal qualities and investigate how these affect your future pathways.
10 th November	Personal qualities	CAR	By the end of this session you will be able to identify how personal qualities affect particular job pathways. You will be able to identify what skills are and how they are different to personal qualities.
17 th November	Skills for life	CAR	You understand what skills are and can identify some skills that you will need for life. You will investigate how to present yourself in an application process.
24 th November	Enterprise and the world of work	CAR	You will understand the meaning of enterprise and how to be creative with this. You will explore how the world of work is changing and use LMI information to explore this.
1 st December	Decision making and qualifications	CAR	You will be able to see the importance of making informed decisions using reliable sources of information. You will have a basic understanding of the qualifications framework.
8 th December	Problem Solving	CAR	You will explore key transferable skills and why these are important. You will experience problem solving strategies.
15 th December	Survival Challenge	CAR	You will work as a team to solve a military survival problem.

Spring term 1 2026

Date	Topic	Strand	Additional notes
5 th January	Expressing Spirituality	RS	Identify the different ways in which people express their spirituality
12 th January	Expressing spirituality through music	RS	Investigate how music can help people understand and enhance spirituality.
19 th January	Atheism	RS	Explore atheist and agnostic beliefs and the reasoning behind them.
26 th January	Humanism	RS	Explore what it means to be a humanist.
2 nd February	Religious and non-religious expression	RS	Explore how some people express their religious and non-religious beliefs.

9 th February	Different types of relationships	RSE	Explaining the different types of relationship, you can be in and the key laws and signs that define them.
--------------------------	----------------------------------	-----	--

Spring term 2 2026

Date	Topic	Strand	Additional notes
23 rd February	Different types of relationships (LGBTQ+)	RSE	To be able to define the term LGBTQ+. Explain how stigma and bullying can negatively impact LGBTQ+ individuals. Discuss the issues LGBTQ face in the community and in schools.
2 nd March	Healthy relationships	RSE	Explore the features of a healthy relationship.
9 th March	Consent (Delivered FD) Contraception & Demonstration	RSE	Understand the importance of consent. Understand the meaning of consent. Learn how to seek consent and how to give or not give consent. Explore what contraception is, how it works and the different types available to both males and females. (Families can withdraw from this) To learn how to use external male contraception correctly (families can withdraw from this)
16 th March	Laws around consent and the sharing of explicit images (Delivered FD) Sexual Health	RSE	To understand what revenge porn is. To consider the impact of revenge porn on the victim. To explore the rights of individuals and the legal consequences of sharing/storing explicit images of adults and or minors. To understand sexually transmitted diseases, their long and short-term consequences and the role contraception can play in limiting the risks. (Families can withdraw from this).
23 rd March	Human rights and responsibilities	RS	Explain the importance of human rights and research the work of a human rights activist.

Summer term 1 2026

Date	Topic	Strand	Additional notes
13 th April	Religion – Cause of conflict or peace	RS	Compile reasons why some people say 'religion causes conflict' and others say 'religion makes peace'
20 th April	Religious conflict	RS	Debate does religion contribute to religious conflict
27 th April	Pacifism	RS	Explore the importance of the belief in pacifism
4 th May	How radical was Jesus	RS	Explore what is so radical about Jesus
11 th May	Good news	RS	Explore a range of ways in which Christians try to put Jesus' message of 'good news' into action.
18 th May	Agape	RS	Evaluate whether or not Jesus' teaching of agape is radical

Summer term 2 2026

Date	Topic	Strand	Additional notes
1 st June	Good Citizens	SMSC	Explore what the role of a good citizen is. To identify some key attributes of a good citizen
8 th June	The Electoral System	SMSC	Explore what makes the UK a democratic country. To define the term 'Democracy' and explain how the UK is a democratic country.
15 th June	Our Diverse community	SMSC	Explore what a diverse culture is and what it looks like in Britain
22 nd June	Our diverse community (local)	SMSC	Identify different cultures within our community. Understand how to respect other cultures and others.
29 th July	Social Media and Online Bullying	SMSC	Identify the negative internet uses and the information we should not make public. Describe how an online groomer uses social media. Analyse whether your social media profiles are safe.
6 th July	Racism	SMSC	Identify examples of racism and whether they are overt or covert racism. Explain reasons why racism is wrong in detail and whether overt or covert racism is worse in your opinion. Explain whether certain cases are racist or not and justify your reasoning in full.
13 th July	Staying Safe over summer	SMSC	To go through potential dangers over summer that students may encounter and useful helplines and links to receive support.