

Personal Development (Pt) Curriculum Overview 2026–2027

The Personal Development (Pt) curriculum outlines what students will learn across the school year to support their personal growth, wellbeing, and preparation for adult life. The programme is aligned with statutory PSHE guidance and is designed to help students develop healthy relationships, make informed choices, and understand their place in the wider world.

Personal Development at Coombe Dean is about helping students **live** our values, stay **safe** and healthy, **respect** others, and be **ready** for life beyond school.

Year	Term 1 Health & wellbeing	Term 2 Living in the wider world	Term 3 Relationships	Term 4 Relationships	Term 5 Living in the wider world	Term 6 Health & wellbeing
Year 7	Introduction to Personal Development - resilience; Online safety; Personal hygiene; Managing Unwanted contact and FGM	Careers what is work?; Enterprise skills; Raising aspirations and career stereotypes; Recognising your money personality	Introduction to relationships – understanding different types of relationships; friendships, bullying and misogyny; Identifying healthy and unhealthy relationships - including online	Consent - how to seek and withdraw, Protected characteristics; Self-awareness and peer pressure	Introduction to budgeting; Savings and loans; British values; First aid basic life support	Smoking and vaping; Enrichment week; First aid and basic life support – managing bleeds
Year 8	Introduction to Personal Development - sleep / personal hygiene; Body image; Healthy eating and eating disorders; Healthy and unhealthy coping mechanisms	The journey to your career; Skills and qualities; Linking subjects and the world of work; Understanding value for money and financial dilemmas	Year 8; Introduction to relationships - community and diversity; Gender identity; Consent and the law	Managing challenging content online & AI Fakes/Influencers; Online relationships & life online; Self-esteem and boundary setting.	Understanding the Labour market - Unifrog; Financial choices and budgeting; British values - rule of law;	First aid basic life support; Mental health, anxiety and depression; First aid head injuries
Year 9	Introduction to Personal Development -	Setting goals as part of the GCSE options; Exploring	Introduction to relationships - freedom and	Gender equality and stereotypes; Relationship	Gambling risks; STEM careers;	First aid basic life support; The problem with social

	starting the GCSE journey; Online safety - cyberbullying; Online safety - imagine sharing & Scam/AI Chatbots; Peer pressure alcohol and drugs	personal strengths; Which way / career options; Earning money and budgeting	consent; Abusive relationships; Contraception and the risk of STI	changes and break ups & Impact of social media; Family relationships and parenting	Employability and online presence;	media; First aid choking
Year 10	Introduction to Personal Development - health aware; Teenage pregnancy; Gangs / county lines; Impact of drugs	Work experience preparation; CV writing; Interview preparation.	Introduction to relationships – consent and assertive communication; Dangers of pornography; Domestic violence and abuse	Peer pressure & exploitation; Online relationships and exploitation; Friendships and gangs	Managing finances and the world of work unfrog; The impact of advertising on financial decisions / credit and debit cards; Challenges and rewards of work	First aid basic life support; Happiness - connection with others; Work experience; First aid bone, muscle and joint injuries
Year 11	Introduction to Personal Development - personal values; Sexual health and STI; Pregnancy and outcomes; Self efficacy and stress management	Personal branding lesson; How to write a Personal statement; Personal statement writing; Interviews	Introduction to relationships - developing healthy relationships; Diversity in relationships; Faith and cultural expectations	Changing circumstances; Victim blaming & Sexual Ethics; Unwanted attention; First aid basic life support	GCSE exams / exit timetable	GCSE exams / exit timetable
Year 12/13	Health & Wellbeing - Independence and staying safe when travelling; Drugs and substance misuse; Blood and stem cell donation	Religious Education	Relationships & personal safety - Healthy relationships; Dangers of pornography; Online hate; Misogynistic language	Religious Education	Health and Wellbeing - First aid – primary survey; First aid – CPR and AED; Identity and its importance; Healthy eating on a budget	Religious Education