

Year 9 Personal Development Programme 2023-2024

Y9 AUTUMN TERM

Autumn 1 – Rights, Responsibilities and British Values,

Life Beyond School, Health and Wellbeing

Cloud 9 11 th Oct	Cloud 9 11 th Oct	Cloud 9 2 Hours 25 th Oct	PD Lesson 1	PD Lesson 2	PD Lesson 3	
Introduction to Unifrog – On rotation with other activities	Introduction to Unifrog – On rotation with other activities	Holocaust Survivor talk and follow up activities	Promoting Emotional Wellbeing	Mental Health	Screen time and Its Impact on Mental Health & Relationships	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6: (wc 16 th Oct)	PD Weekly 7 – <i>NB may be in any week during the half term</i>
Saving and Managing Money	Money Habits and Budgeting	Getting into Debt	Extreme Views and Extremist Groups	Extremism and Counter Terrorism (Run, Hide, Tell)	Anti Semitism and Community Cohesion	Wellbeing Activity (led by Prefect Team)

Autumn 2 – Staying Safe Online and Offline

PD Lesson 4	PD Lesson 5	PD Lesson 6				
County Lines and Child Exploitation	CSE and Bait Film	CSE and Bait Film				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 - <i>NB may be in any week during the half term</i>	During the Week after Lessons 4-6
Live Streaming	ANTI BULLYING WEEK	Digital Footprint and Online Reputation	Keeping Data Safe	Online Fraud The Dark Web	Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet and Lessons 4-6

Spring 1 – Relationships and Sex Education

Health and Wellbeing

PD Lesson 7	PD Lesson 8	PD Lesson 9		
Why have sex? Delaying Sexual Activity, (The law)	STIs (Laptops/Ipads needed – Booked by MLU on 4/12/23))	Contraception		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly	During the Week after Lessons 7-9
Self Esteem Changes	Boosting self esteem	WELLBEING WEEK	The Media and Self esteem	Follow up and finish off Booklet and Lessons 7-9

Spring 2 (14th March) – Life Beyond School

Celebrating Equality and Diversity

PD Lesson 10	PD Lesson 11	PD Lesson 12		
Careers - Outside speaker PWC (Degree Apprenticeship)	Careers – Who are you? Who do you want to be? (Character, Skills and Careers)	Unifrog – Use of Libraries, Personality Quizzes and Log Activities and Skills		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4 - NB may be in any week during the half term	During the Week after Lessons 10-12
Women’s Rights and Equality	Women’s Rights - #MeToo Campaign	NATIONAL CAREERS WEEK – The Career Choice Quartet	Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet and Lessons 10-12

Summer 1 – Health and Wellbeing

Celebrating Equality and Diversity

Life Beyond School

Y9 SUMMER TERM

PD Lesson 13	PD Lesson 14	PD Lesson 15				
Grief and loss	Mental Health - Perspective	Mental Health – Failure				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	During the Week after Lessons 13-15	PD Weekly 5	
Life Skills – Emotions: Happiness	DIVERSITY WEEK	Life Skills – Emotions: Feeling Anxious	Life Skills - Anger	Follow up and finish off Booklet and Lessons 13-15	Science of Revision – Brief intro	EXAM WEEK

Summer 2 – Relationships and Sex Education, Staying Safe, Life Beyond School

PD Lesson 16	PD Lesson 17	PD Lesson 18				
LOUDMOUTH: Trust Me (Contraception and STIs, Consent, Sending Pics) Booked for 7th June	Good Decisions - Revisit Contraception, Consent and the Law	Good Decisions – The Risks of Vaping				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	During the Week after Lessons 16-18
Money Management – Saving Money	Money Management – Spending Habits, What is essential and what isn't?	WELLBEING – Open Doors Comp	LITERACY FESTIVAL	Careers Fair – Preparation	Careers Fair – Follow up	Follow up and finish off Booklet and Lessons 16-18