

Year 10 Personal Development Programme

Y10 AUTUMN TERM

Autumn 1 – Tues 15th October 2024

PD Lesson 1	PD Lesson 2	PD Lesson 3				
THEME 3b, 3c Consent	THEME 3b, 3c Alcohol and Bad Choices	THEME 3c Sexual health – Revisit STIs and Contraception				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
THEME 6b The Science of Learning – How do I learn and revise effectively?	THEME 6b The Science of Learning – Where should I revise?	THEME 6b The Science of Learning – When should I revise? Revision breaks	THEME 6b The Science of Learning – Self Quizzing and Flashcards	Follow up and finish off Booklet from Lessons	THEME 6b The Science of Learning – Exam Questions and Calendar	THEME 5d Wellbeing Activity (led by Prefect Team)

Autumn 2 – Friday 6th December 2024

PD Lesson 4	PD Lesson 5	PD Lesson 6				
THEME 5d Exams– grades do not define you - Outside provider (Cherished) BOOKED	THEME 5c Self Esteem/Appearance Ideals	THEME 5c/5a Self Esteem and Eating Disorders				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 – NB may be in any week during the half term	During the Week after Lessons 4-6
THEME 2c International Organisations	ANTI BULLYING WEEK	THEME 2c Aid and Supporting Other Countries	THEME 2c Aid and Supporting Other Countries	THEME 2c Fair Trade	THEME 5d Wellbeing Activity (led by Prefect Team)	Follow up and finish off Booklet from Lessons 4-6

Spring 1 (Lessons on Wed 22nd January 2025)

PD Lesson 7	PD Lesson 8	PD Lesson 9			
Honour Based Violence and Forced Marriage	Addictions & a) Vaping b) Cannabis Products	Online Issues - a) Social Media Validation b) Online Gambling			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6 – NB may be in any week during the half term
Transition to GCSE years/KS4	What is the purpose of assessments?	Retrieval Practice	Exploitation/Modern Day Slavery	Modern Day Slavery/Human Trafficking	Wellbeing Activity (led by Prefect Team)

Spring 2 (Lessons on Wed 19th March 2025)

PD Lesson 10	PD Lesson 11	PD Lesson 12				
LOUDMOUTH Working for Marcus: Grooming and CSE	Grooming and Sexual Violence	Porn Vs Real Life, The Impact of Porn on Body Image and Relationships				
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 – NB may be in any week during the half term
Respectful Relationships 1	NATIONAL CAREERS WEEK – CV Writing	Respectful Relationships 2	Revisit – Coercive/Controlling Relationships	Assertiveness - Revisit	Pressure and Influence	Wellbeing Activity (led by Prefect Team)

Summer 1 (Lessons on Friday 9th May 2025)

Celebrating Diversity and Equality, Sex and Relationships

PD Lesson 13	PD Lesson 14	PD Lesson 15	
Self harm	Suicidal thoughts and Support	Careers - Unifrog	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4
Mental Health – revisit? Use Inside out 2	Mental Health – revisit?	Mental Health – revisit?	EXAM WEEK

Summer 2

PD Lesson 16	PD Lesson 17	PD Lesson 18	PD Lesson 19	PD Lesson 20	
Virtual Insights into the Workplace	Virtual Insights into the Workplace	Virtual Insights into the Workplace	Virtual Insights into the Workplace	Virtual Insights into the Workplace	
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Careers – Why bother with.....?	Transferable Skills and links to curriculum learning	WELLBEING – Open Doors Comp	LITERACY FESTIVAL	Careers Fair – Preparation	Careers Fair – Follow up