

North Cestrian Personal Development

Term 1	Relationships	Careers	Health	Finance and Law	Equality	Personal Safety
Y7	Building Connections	My Learning Style	Diet & Exercise	Diet & Exercise	Trust	Online Presence & personal safety
Y8	Forming Positive Relationships	World of Work	Unhelpful Thoughts	Unhelpful Thoughts	Criminal Behaviours	Social Media
Y9	Sexuality	Aspirations	Accessing Local Health Services	Accessing Local Health Services	Self-Respect	Video Chat and Webcams
Y10	Marriage	Unifrog (After GCSE)	Sexual Health	Sexual Health	Tackling Inequality	Sexting
Y11	Unintended Pregnancy	Unifrog (After GCSE)	Emergency Help	Emergency Help	Extremism	Smartphones

Term 2	Bullying	Employability	Keeping Healthy	British Values	The Media	Drug Education
Y7	Bullying	Teamwork and Resilience	Infection Control	Mutual Respect	Relationships in the Media	Drugs: Classification
Y8	Online Bullying	Career Pathways	Reproductive Health	Religious Tolerance	Perceived Images	Drug Misuse
Y9	Exploitation and Trafficking	The Law and Young Workers	Donation	The Rule of Law	Body Image	Drug Addiction
Y10	Child Sexual Exploitation	Employee Rights	Pregnancy and Miscarriage	Democracy	Political Issues	Drugs and the Law
Y11	Relationship Abuse	Career Progression	Healthy Lifestyle	Individual Liberty	Challenging Discrimination	Changing Behaviour

Term 3	Healthy Relationships	Curriculum Vitae (CV)	Changes	The Law	Gender Equality	Consent
Y7	Positive Relationships	My Strengths	Changing Adolescent Body	Grooming	Gender Stereotypes	Choices
Y8	Violence against Women	My Achievements	Our Changing Emotions	Hate Crime	Gender Double Standards	Sharing Images
Y9	Intimacy	Job Interviews	Sexual Pressure	Age Restrictions	Global Gender Equality	Coercion and Pressure
Y10	Domestic Abuse	Writing a CV	Ending Relationships	Criminal Exploitation	Toxic Masculinity	Forced Marriages
Y11	Harassment and Abuse	Personal Statement	Changing Mental States	Radicalisation	Misogyny	Sexual Abuse

**North Cestrian Personal Development
Year 10**

**NCS PD
Y11**

Wellbeing		Healthy Lifestyle		Computer Science		Skills	
1	What is Mental Health? Safeguarding	1	Holistic Health and management - physical, mental, emotional, social, and spiritual components of health	1	IT Skills for all businesses – Transferable skills	1	Master Revision – Calander, Organisation and Units of Study
2	Karpman’s Drama Triangle	2		2		2	Marrying Prep and Revision – Coping
3	Anxiety	3	Physical Health and Emotional Benefits	3	Email Etiquette and use	3	Revision Flash Cards
4	Emotional Literacy / Anger	4		4		4	Revision Retrieval – Brain Dump
5	Stress Bucket	5	First Aid	5	Spreadsheets and Data Analysis	5	Revision Retrieval – Mind Mapping
6	Transactional Analysis Introduction	6		6		6	Testing – Essential Practice
7	Transactional Analysis Development / Brown Stamps	7	Nutrition and impact on health	7	Functions and Formula	7	Debating, Oracy and Confidence
8	Ego States and Strokes Profile and Reflection	8		8		8	Goal Setting
9	Drivers and Injunctions	9	Physical Health – Gym visit and Induction	9	Formatting Documents	9	Improve Metacognition
10	SPENCE Anxiety Profile	10		10		10	Short Term Rewards, Long Term Goals
11	Self-Care Planning	11	Physical Activity outside the Curriculum	11	Graphs, charts and data representation	11	Developing our Revision Culture