

Personal Development Curriculum Overview



HOLLY LODGE | EXPECT TO ACHIEVE
GIRLS' COLLEGE

Year 7	Year 8	Year 9	Year 10	Year 11
Transition (6 lessons) Transition to secondary school	Relationships (3 lessons) Family relationships	Transition (4 lessons) Transition to KS4.	Relationships (1 lesson) Respectful Relationships	Transition (1 lesson) Transition to more responsibility
Identity (1 lesson) <u>Exploring Identities and similarities</u>	Relationships (2 lessons) Healthy and unhealthy relationships incl online	Identity (1 lesson) Identities and belonging	Relationships (2 lessons) Unhealthy relationships	Identity (1 lesson) Exploring identities deeper
Identity (1 lesson) <u>Exploring identities and differences</u>	Relationships (1 lesson) Intimate relationships	Identity (1 lesson) Exploring Identities critically	Relationships (1 lesson) Making sexual choices and pregnancy	Identity (1 lesson) Exploring Identities critically
Community (1 lesson) <u>Appreciating diversity</u>	Relationships (2 lessons) Boundaries and consent, incl. sexting	Community (3 lessons) Appreciating diversity	Wellbeing (1 lesson) Knowing your rights	Community (1 lesson) Appreciating diversity
Community (2 lesson) Identifying and challenging bullying	Relationships (1 lesson) Contraception	Community (3 lessons) Identifying abusive relationships	Wellbeing (1 lesson) Online wellbeing	Community (1 lesson) Bereavement and grieving
Body awareness (2 lessons) Knowing your body	Wellbeing (1 lesson) Knowing your rights	Body awareness (1 lesson) Cultivating a positive relationship with body	Wellbeing (1 lesson) Media influence and role models	Body awareness(2 lessons) Connecting with body and emotions mindfully
Body awareness (1 lesson) <u>Body Image</u>	Wellbeing (2 lessons) Online wellbeing	Body awareness (2 lessons) Body Image	Wellbeing (1 lesson) Conversations about mental health	Body Awareness (1 lesson) Developing sexuality and readiness for sex
Body Awareness (1 lesson) <u>Puberty</u>	Wellbeing (1 lesson) Media influence	Body Awareness (1 lesson) Puberty and hormones	Wellbeing (1 lesson) Mental wellbeing	Body Awareness (1 lesson) Consent
Body Awareness (2 lessons) Periods	Wellbeing (1 lesson) Media influence on body image	Body Awareness (1 lesson) Periods – cycle awareness and period poverty	Wellbeing (2 lessons) Alcohol and drug misuse	Body Awareness (2 lessons) Sexual Health and STIs
Independence (3 lessons) Safety and First Aid	Wellbeing (1 lesson) Link between physical health and mental wellbeing	Body Awareness (2 lessons) Developing sexuality and readiness for sex	Wellbeing (3 lessons) Online relationships and social media	Aspiration and money (2 lessons)
Independence (2 lessons) Making choices about health	Wellbeing (1 lesson) Attitudes to mental health	Body Awareness (2 lessons) Consent	Independence (1 lesson) Safety and First Aid	
Independence (1 Lesson) <u>Making choices with friends and online</u>	Wellbeing (2 lessons) Alcohol and drug misuse	Body Awareness (1 lesson) Sexual Health and STIs	Independence (1 lesson) Making choices about health and health prevention	

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Wellbeing (1 lesson) Enjoying our time online	Body Awareness (2 lessons) Developing sexuality	Independence (3 lessons) Safety and First Aid	Independence (1 lesson) Creating influence	
Aspiration and money (3 lessons)	Body Awareness (1 lesson) MOVED FROM Y7 Privacy and consent	Independence (1 lesson) Making choices about health and health prevention	Aspiration and money (1 lesson)	
	Body Awareness (2 lessons) FGM and Forced Marriage	Independence (1 lesson) Evaluating influence		
	Aspiration and money (3 lessons)	Wellbeing (2 lessons) The power of the internet		
		Aspiration and money (4 lessons)		

Topic Key

	Transition
	Community
	Body Awareness
	Wellbeing
	Independence
	Aspiration and money
	Identity