

Personal Development Learning Journey



How to ensure that you maintain a positive mindset and keep the mind healthy.



Health and Wellbeing
Appropriate vocabulary/ Coping strategies/ Physical health/ Building resilience/ Peer pressure/ Signposting

Wider World
Aspirational goals/ Accessing support/ Professional skills and strengths/ Stereotyping/

Relationships
Respect/ Consent/ Abusive relationships/ Positive relationships/ Impact of drugs and alcohol/ Signposting

KEY STAGE 5



Finances
Difference in rent and mortgage
How can you manage a bank account and lower the risk of debt?

Revision
Healthy and effective interpersonal relationships
Mutual respect, Democracy, Individual Liberty, Tolerance
Future career options, what the process is like to apply and what you will need to secure that role.

Year 11

What skills do you need as an adult and how will these impact your future?



SRE
Types of relationships, personal and professional

Law and British Values
Uk Law

School, Education and careers
CV Writing, interview skills and how to find and secure a future role

Life Skills
Mutual respect, Democracy, Individual Liberty, Tolerance

Mental Health
Self regulation and mindfulness strategies

What can you do to calm yourself down and regulate your emotions?

Medical Ethics
Organ, blood and stem cell donation/ Genetic engineering/ Euthanasia

Drugs, Alcohol and Addiction
Support and ethical debate

Year 10

Options, careers and Education
Professional identity/ Progression/ Choices/ Stereotyping

Law and British Values
Mock court room/crime scene

RSE
Healthy and effective interpersonal relationships

Finances
What financial products are available to you?

First Aid
Importance/CPR/ Defibrillation

Personal Safety
Resilience

Global Community
UN/ WHO/ War/ Poverty/ Climate change

Identity
Career and Option Investigation

Year 9

Risky Behaviour
Unhealthy living/ Poor diet/ No exercise/ Online risks

First Aid
Importance/ Primary survey Recovery position/ CPR

The Apprentice
Creating a wellbeing app for teens

Mental Health and Wellbeing
Stress awareness/ Coping strategies/ Signposting

RSE
Relationships/ LGBTQ+/ Consent/ Sexting/ Pregnancy/ Contraception

Community
Human right infringements

Religious Persecution

Personal
Puberty/ Religious Identity/ Personal Hygiene

British Values
Importance/ Impact/ How to contribute

Mental Health and Wellbeing
Building resilience

Resilience
Building resilience



Risky Behaviour
What are risks?/ Peer pressure/ Staying safe

Health and Safety
Importance at work/ Policy/ Laws

Year 8

Personal
The Game of Life

Community
Job applications/ Buying a house/ Budgeting

Family/ Friendships/ Bullying

Mental Health and Wellbeing
Stereotypes/ LGBTQ+/ Body Image/ Next Stages

Resilience
Building resilience

Mental Health
What is mental health? Impact/ Stigma

Personal Safety
First Aid

Family/ Friendships/ Bullying
Importance/ Basics/ 999

Identity
Friends/ Am I a good friend?

Social

Community
How do communities shape us?

RSE

Identification and Description skills

Spiritual wellbeing
Buddhism- Meditation/ Islam- Predestination/ Angels/ Prayer

Mental Health and Wellbeing

Community

Identity

Year 7

Professional
Careers opportunity/ Skills Audit

Personal
Puberty/ Religious Identity/ Personal Hygiene

Relationships
Family/ Friends/ Bullying/ Positives/ Respect

Stereotypes/ LGBTQ+/ Positive and Negative relationships

Religious Communities
10 Commandments/ Keeping Kosher/ Marriage/ Bar Mitzvah/ Baptism

Creation
What are communities?

Identity

Health and Wellbeing
Physical health/ Mental health/ Growth/ Safety

Wider World
Communities/ Resilience/ Money/ Careers

Wider World

Relationships



The relentless pursuit of excellence and growth

- Read fluently with understanding
- Discuss basic topics with appropriate vocabulary