

Class of 2026: Personal Development Studies

Long Term Plan 2021/2022

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13		
Cycle 1	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12		
	Health and wellbeing: H1, H2, R13, L2, L3				Relationships: R1, R2, R3 R9, R11, R13, R14, R16, R24				Health and wellbeing: H14, H17, H18, H19, H31, H33				Data and Planning days 6 and 7 December		
	Term 1	Lesson: Introduction to PDS; academy mission and values	Lesson: My Sentence	Lesson: Establishing and managing new friendships	Lesson: Developing self-worth and self-efficacy	Lesson: Differences between healthy and unhealthy relationships	Lesson: Different types of relationships	Term 2		Lesson: Personal safety – road, cycle and public transport	Lesson: Basic first aid training	Lesson: How to respond to emergency situations	Lesson: Reflecting on my diet and lifestyle	Lesson: How do I have good personal hygiene?	
	Induction	Assembly: Academy mission and values	Assembly: Year Group identity and sentence	Assembly: Making new friends and name calling	Assembly: Healthy relationships	Assembly: Unhealthy relationships	Assembly: Different types of relationships	Assembly: What constitutes sexual harassment	Assembly: Personal safety – crossing the road to school	Assembly: Visitor assembly on first aid and emergencies	Assembly: Personal safety in the home	Assembly: What makes a healthy lifestyle?	Assembly: How do I develop good personal hygiene?		
Cycle 2	W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 31/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/04	W/C 21/03		
	Health and wellbeing: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34						Relationships: R3, R38, R39, R40, R41								
	Lesson: How do I develop good dental hygiene?	School closed 23 / 24 December	Term 3		Lesson: Effects of caffeine and energy drinks	Lesson: Effects of smoking on the body	Lesson: Effects of alcohol on the human body	Lesson: Individual rights and responsibilities in a democracy	Lesson: Celebrating diversity in our school culture	Lesson: Causes of prejudice and discrimination	Term 4		Lesson: Cyberbullying – how can we recognise it? How should we respond?	Lesson: Cyberbullying – how can we support others?	Lesson: Booklet review – self and teacher assessment and DIRT
	Assembly: Visitor assembly on good dental hygiene	Assembly: Academy mission and values, my sentence, year group sentence	Assembly: How to develop healthy sleeping patterns	Assembly: Effects of caffeine and energy drinks	Assembly: Smoking, the law and negative peer influences	Assembly: Drugs and the law – different classes of drugs	Assembly: Human rights and being a responsible citizen	Assembly: Living in a diverse society	Assembly: Types of prejudice, discrimination and protective characteristics	Assembly: What are British values and how are they visible in our society?	Assembly: Advantages and disadvantages of common social media apps	Assembly: Digital footprints – how to protect yourself and others	Assembly: Academy mission and values, my sentence, year group sentence		
Cycle 3	W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07		
	Living in the wider world: R15, R39, L1, L4, L5, L9, L10, L12, H32, L15, L16, L17, L18														
	Data and Planning days 30 and 31 March	Lesson: Universities and apprenticeships	Term 5		Bank Holiday 2 May	Lesson: What are the potential career pathways?	Lesson: What do Sixth Forms and colleges offer?	Lesson: Personal goal setting	Term 6		Data and Planning days 14 and 15 July	Lesson: Saving and spending decisions	Lesson: How to develop budgeting skills	Lesson: Mortgages and debt management	Lesson: Booklet Review and Interleaving
	Assembly: Universities and apprenticeships	Assembly: Understanding different careers	Assembly: Challenging employment stereotypes	Assembly: Links between subject strengths and careers	Assembly: Links between personal interests and careers	Assembly: Sixth Forms and colleges	Assembly: GCSEs – A Levels transition	Assembly: Introduction to personal finances	Assembly: Visitor from a local bank	Assembly: Opening a bank account	Assembly: Tips for developing your budgeting skills	Assembly: Credit cards and buy now, pay later schemes	Assembly: End of Year celebrations		

