Personal Development

Statutory RSHE

Economic Wellbeing and Careers

Personal Development Curriculum:

Our Personal Development Programme equips students with the knowledge, skills, and values needed to navigate their formative years with confidence and resilience. Rooted in our core values of pride, happiness, and ambition, the programme promotes critical thinking, character development, and informed decision-making to support students' health, safety, and overall wellbeing. It integrates high-quality careers education, enabling students to explore future pathways and develop key employability skills, while also fostering active citizenship and a deep understanding of British values such as democracy, the rule of law, individual liberty, and mutual respect. Through a structured and progressive approach, students are empowered to manage their academic, personal, and social lives positively, take pride in their growth, pursue ambitious goals, and prepare for life in modern Britain as open-minded, happy, and responsible individuals.

Personal Development Days 2026-2027 (writing in red = year group assembly/outside speaker opportunities)

Year group	PD 1 – Friday 16th October	PD 2 – Tuesday 8th December	PD 3 – Thursday 14th January	PD 4 – Thursday 22nd April	PD 5 – Monday 5th July
Year 7	Emotional Wellbeing: managing change and transition Team Building and New Challenges. **Kooth assembly: Building friendships** Letter to new Year 6's Restart a heart	Family and Changing Relationships Building relationships – self worth and romance and friendships	Puberty and Keeping Safe, including FGM	Financial decisions **EBP Business Networking 4x1hr P2 –5**	Influences of relationships Hampshire Police: ASB

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Year 8	Belonging and community **Community Trip to Legoland.**	Personal Safety and managing risks Including: - Winter water and road safety - Drugs education Including Option fayre 4&5	The Online world Online financial harms Gaming Including Option assembly and Taster sessions	Healthy relationships *Safer online relationships* *Consent*	Managing Money
Year 9	Careers and Future Choice Preparing for GCSE Army confirmed – Elite Skills **Further Education Fair**	Mental health and well being *Managing emotions* *Coping strategies* *Character development*	Managing risk in relation to law and drugs education **Hampshire Police – Prevent serious and organised crime and county lines**	*Intimate Sexual Relationships* *Consent* *Relationship values* *Contraception* *Sexual health* *Managing the end of relationships*	Navigating online harms
Year 10	Study, work and careers Work Experience – *introduction to process, skills, and qualities* **Further Education Fair** RE Fighting for Human Rights.	Diversity and Challenging Extremism RE Crime and Punishment, tackling	Independence, health choices and well being **Daniel Spargo Mabb's Foundation** RE Wealth, Poverty and Exploitation of the poor	*Managing Influence* **Hampshire Police – VAWG and Misogyny, extreme behaviour PREVENT**	Reward Trip

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		Racism and Discrimination			
Year 11	Life-long well being Building for the future – stress management, future opportunities Future Pathways – *Personal Statements, applying for college* **Further Education Fair** RE Punishments, are they necessary?	Personal Safety **EPB Interview ready 3x1hr -** RE Sanctity of Life	Managing and maintaining health **Inspirational Speak A Phipps** RE: Religious Attitudes to roles and relationships.	Safe relationships, sexual health and families, fertility and pregnancy	

OAP for Personal Development

- Seating plan
- Targeted questioning
- Group/paired tasks
- Resources (includes subtitles)
- Oracy opportunities
- Where necessary, differentiated worksheets
- Think – Pair – Share

Key to core themes of Personal Development:

Across the personal development curriculum the themes citizenship, careers, critical thinking and character development is thoughtfully integrated throughout the 5 PD days and the 5 year programme.

Please note that our students continue to learn about Personal Development through our tutor and assembly programme.

Year 10 students are taught RSHE in a timetabled lesson, once per fortnight.