



**Queen Ethelburga's Collegiate**  
**Personal Development Department Year 11 Overview 2023-2024**

This is an overview of the different topics in Personal Development which are subject to change in response to current issues. Personal Development encompasses SMSC, careers and works closely with all other school teams to provide a bespoke programme for all students in KS3 and 4. It is delivered by specialist subject teachers in dedicated lessons located in the Personal Development Department. All students receive 1 hour each week.

Term	Week	w/c	Lesson themes	SMSC
<b>Autumn (1)</b>	1	04.09.2023	Learning contracts /teamwork/expectations in PD	ALL
	2	11.09.2023	Expectations in PD- skills/teamwork/target setting School support networks/ SMSC activities	ALL
	3	18.09.2023	Mental health/emotional wellbeing/helping others	SMC
	4	25.09.2023	Digital Wellbeing Awareness Week	S
	5	02.10.2023	Relationships/family structures	SMC
	6	09.10.2023	Relationships week 2	SMC
	7	16.10.2023	Restart a Heart Day/first Aid	S
<b>Autumn (2)</b>	8	06.11.2023	Fraud prevention	MS
	9	13.11.2023	Antibullying Awareness Week: responding to exploitation, bullying, harassment and control	MSC
	10	20.11.2023	Terrorism/radicalisation	MSC
	11	27.11.2023	Domestic abuse/honour-based abuse/forced marriage	MSC
	12	04.12.2023	Prejudice/discrimination	MS
	13	11.12.2023	Online relationships/coercive control/pressure	MSC
<b>Spring (1)</b>	14	08.01.2024	Careers- Post-16 Options	S
	15	15.01.2024	Abortion/unplanned pregnancy options	MSC
	16	22.01.2024	Sexual health summary	MS
	17	29.01.2024	Wellbeing Awareness week week/sleep/rest/routines/diet and exercise	MS
	18	05.02.2024	Drugs – recap	MS
<b>Spring (2)</b>	19	19.02.2024	Careers. Transition to year 12/ready steady cook competition	S
	20	26.02.2024	Careers Transitions to year 12 /ready steady cook competition	S
	21	04.03.2024	Equality Awareness Week – stable committed relationships/diversity in romance	MSC
	22	11.03.2024	Employment. Rights/contracts/workplace	S
	23	18.03.2024	Readiness for sex/consent/peer on peer abuse	MSC
	24	08.04.2024	Alcohol- impact on society and environment	MS

Level 1

<b>Summer (1)</b>	25	15.04.2024	Addictions – vaping/smoking recap	MS
	26	22.04.2024	Budgeting – buying a car/house/mortgage	S
	27	29.04.2024	Financial risk – insurance/loans	S
	28	06.05.2024	Applying for jobs and interviews	S
	29	13.05.2024	Spirituality Awareness Week	ALL
	30	20.05.2024	Revision Toolkit	S
<b>Summer (2)</b>	31	03.06.2024	Cancer Awareness – self checking	SMC
	32	10.06.2024	Revision toolkit	S
	33	17.06.2024	Cultural Awareness Week	All

Please note that lesson themes and dates are subject to change.

SMSC meanings: This is embedded into the topics we deliver as indicated on the overview.

<p style="text-align: center;"><b>Social</b></p> <p>Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.</p>	<p style="text-align: center;"><b>Moral</b></p> <p>Recognise right and wrong; understand consequences; investigate moral and ethical issues; offer reasoned views.</p>
<p style="text-align: center;"><b>Spiritual</b></p> <p>Explore beliefs and experience; respect values; discover oneself and the surrounding world; use imagination and creativity; reflect.</p>	<p style="text-align: center;"><b>Cultural</b></p> <p>Appreciate cultural influences; participate in cultural opportunities; understand, accept, respect and celebrate diversity.</p>