



Queen Ethelburga's Collegiate
Personal Development Department Year 10 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
Autumn (1)	1	04.09.2023	Expectations in Personal Development including skills, teamwork and target setting. School support networks. What is SMSC (social, moral, spiritual, cultural) and why an understanding of SMSC is important.	
	2	11.09.2023	Mental health: recognising mental ill-health and where to get help	
	3	18.09.2023	Body confidence: discussing body image and artificial body shapes	
	4	25.09.2023	Digital Wellbeing Awareness Week	
	5	02.10.2023	Careers: A level and higher education options	
	6	09.10.2023	Online pornography and revenge porn	
	7	16.10.2023	Restart a heart day and first aid	
Autumn (2)	8	06.11.2023	Cyberbullying film exploring online bullying	
	9	13.11.2023	Antibullying Awareness Week	
	10	20.11.2023	Sexting: what is the law and how to manage online romantic relationships	
	11	27.11.2023	Knife crime	
	12	04.12.2023	Terrorism and radicalisation	
	13	11.12.2023	Religious festivals and working with the chef to produce Christmas dishes	
Spring (1)	14	08.01.2024	Personal Safety including the risks associated with vaping	
	15	15.01.2024	Ethics: where does life begin, abortion and pregnancy	
	16	22.01.2024	Blood ,organ and stem cell donation	
	17	29.01.2024	Wellbeing awareness week	
	18	05.02.2024	Drugs and illegal highs	
Spring (2)	19	19.02.2024	Contraception recap/unintended pregnancies	
	20	26.02.2024	Sexually transmitted infections with a focus on HIV recap	
	21	04.03.2024	Equality Awareness Week	
	22	11.03.2024	Equality and LGBTQ: Love Simon film	

Level 1

	23	18.03.2024	Cosmetic surgery and aesthetic surgery procedures including piercing, tattoos and sunbeds industries and advertising	
Summer (1)	24	08.04.2024	Financial capabilities: loans, budgets and saving	
	25	15.04.2024	Mortgages and Insurance	
	26	22.04.2024	Careers: Possible future career options	
	27	29.04.2024	Mental health	
	28	06.05.2024	Justice System	
	29	13.05.2024	Spirituality Awareness Week	
	30	20.05.2024	Addictions with a focus on gambling	
Summer (2)	31	03.06.2024	Cancer Awareness	
	32	10.06.2024	Y10 overview: targets for year 11 and work experience	
	33	17.06.2024	Cultural Awareness Week	

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;">Social</p> <p>Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.</p>	<p style="text-align: center;">Moral</p> <p>Recognise right and wrong; understand consequences; investigate moral and ethical issues; offer reasoned views.</p>
<p style="text-align: center;">Spiritual</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;">Cultural</p> <p>Appreciate cultural influences; participate in cultural opportunities; understand, accept, respect and celebrate diversity.</p>