

Year 10 Personal Development 2025-2026

Year week	Date	Theme	Topic/Lesson plan/Resources	Supplementary Resources
3	15-Sep-25	Diversity and anti-racism/ Sexual health, sexuality and gender	Challenging prejudice and discrimination	Sexuality and gender identity: coming out
5	29-Sep-25	Sexual health, sexuality and gender	Navigating social influence and pressure	Changing relationships: managing your feelings
7	13-Oct-25	Sexual health, sexuality and gender	The impact of relationships	
October Half Term				
9	3-Nov-25	Wellbeing and mental health	An introduction to body image	
11	17-Nov-25	Wellbeing and mental health	Recognising strengths in ourselves and others	
13	1-Dec-25	Relationships, family, and friends	Understanding pregnancy: your choices	
15	15-Dec-25	Relationships, family, and friends	Sexual health: choosing and accessing contraception	
Christmas Holidays				
17	12-Jan-26	Life skills	Managing risk: unsafe and emergency situations	West Mercia Police workshops: Alcohol and substance abuse
19	26-Jan-26	Study skills	Reflecting on data capture	TASK: Using form to reflect on data capture and set targets Supplement with GCSE Pod video if needed
21	9-Feb-26	Physical health	What is a healthy lifestyle?	
February Half Term				
23	2-Mar-26	National Careers week		
25	16-Mar-26	Study skills	Reflecting on data capture	TASK: Using form to reflect on data capture and set targets Supplement with GCSE Pod video if needed
Easter Holidays				
27	13-Apr-26	Physical health	Alcohol: risks, consequences, and safety	
29	27-Apr-26	Online safety	Staying safe online: protecting your personal data	
31	11-May-26	Study skills	Practical session :Planning for Year 10 Exams	
May Half Term				
33	1-Jun-26	Study skills	Revision strategies 1	Trigger words
				Memory journey
35	15-Jun-26	Study skills	Revision strategies 2	Mind mapping TASK: Creating mind maps on a topic from exercise books
37	29-Jun-26	Create opportunities	Preparing to go on work experience	
39	13-Jul-26	Work experience		