

Year 11 Personal Development 2025-2026

Year week	Date	Theme	Topic/Lesson plan/Resources	Supplementary Resources
3	15-Sep-25	Study skills	Reflecting on data capture	TASK: Using form to reflect on data capture and set targets Supplement with GCSE Pod video if needed
5	29-Sep-25	Sexual health, sexuality and gender	Navigating conflict in relationships	Rights and responsibilities: marriage and civil partnerships
7	13-Oct-25	Sexual health, sexuality and gender	Taking others' perspectives	
October Half Term				
9	3-Nov-25	Diversity and anti-racism/ Sexual health, sexuality and gender	Know your rights: the Equality Act 2010	Understanding pornography
11	17-Nov-25	Relationships, family, and friends	Understanding consent and intimacy: offline and online	
13	1-Dec-25	Relationships, family, and friends	Sexual health: preventing and treating STIs	
15	15-Dec-25	Life skills	Gambling: risks, consequences, and safety	
Christmas Holidays				
17	12-Jan-26	Life skills	Financial choices: managing finances in the world of work	
19	26-Jan-26	Physical health	Illegal drugs: risks, consequences, and support	
21	9-Feb-26	Physical health	Managing our health: services and support	Substance addiction: how to seek help
February Half Term				
23	2-Mar-26	National Careers week		
25	16-Mar-26	Study Skills	Reflecting on Mocks	https://members.gcsepod.com/shared/podcasts/title/15839/93724
Easter Holidays				
27	13-Apr-26	Study Skills	Planning revision	Using resource to create revision plans.
29	27-Apr-26	Study Skills	Revision strategies 1	Trigger words
				Memory journey
31	11-May-26	Study Skills	Revision strategies 2	Mind mapping TASK: Creating mind maps on a topic from exercise books