

Year 7 Personal Development 2025-2026

Year week	Date	Theme	Topic/Lesson plan/Resources	Supplementary Resources
3	15-Sep-25	Diversity and anti-racism	What is diversity?	TASK: Create a poster/information page or mind map to explain the term Diversity. Include information on the Equality Act. Challenge: https://www.unifrog.org/teacher/resources/sort/what-is-diversity
5	29-Sep-25	Sexual health, sexuality and gender	What is mental health?	
7	13-Oct-25	Sexual health, sexuality and gender	Social media and mental health	
October Half Term				
9	3-Nov-25	Wellbeing and mental health	Growing up: physical and mental changes	
11	17-Nov-25	Wellbeing and mental health	Understanding menstruation	
13	1-Dec-25	Relationships, family, and friends	What makes a healthy relationship?	
15	15-Dec-25	Relationships, family, and friends	Coping with change: bereavement, divorce and separation	
Christmas Holidays				
17	12-Jan-26	Life skills	Recognising and preventing bullying	
19	26-Jan-26	Physical health	Smoking and vaping: risks and consequences (This has replaced 'Addictive substances: tobacco')	
21	9-Feb-26	Physical health	Healthy lifestyles: maintaining a balanced diet	
February Half Term				
23	2-Mar-26	Physical health	Female genital mutilation (FGM): facts and risks	
25	16-Mar-26	National Careers week		
Easter Holidays				
27	13-Apr-26	Study skills	Revision strategies 1	Link to resources
29	27-Apr-26	Online safety	Media literacy: staying safe online	
31	11-May-26	Study skills	Revision strategies 2	Mind mapping TASK: Creating mind maps on a topic from exercise books
May Half Term				
33	1-Jun-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
35	15-Jun-26	Grow throughout life	Who am I?	
37	29-Jun-26	Explore possibilities	Exploring possibilities: dream jobs	
39	13-Jul-26	Manage career	What is a career?	