

West Park School Personal & Professional Development Program of Study

	Autumn 1 Health and Wellbeing	Autumn 2 Relationships and Sexual Health	Spring 1 Careers Education	Spring 2	Summer 1	Summer 2
7	Physical and Mental Wellbeing Transition to secondary school, mental health, and healthy coping strategies	Identity and Community Personal Identity, community and bullying	Healthy Living First aid, personal safety, personal hygiene and food & sleep	Building Positive Relationships Friendship groups, healthy relationships and introduction to Consent.	Introduction to Careers and All About Me (Grow throughout life, Explore possibilities, Manage career, Create opportunities). What is a career, who am I, what am I good at, what do I enjoy doing? Personal Guidance	Budgeting (Balance life and work, See the big picture). Budgeting, understanding financial vocabulary and financial products
8	Employability Skills and Qualities (Balance life and work, Create opportunities, Explore possibilities, Grow throughout life). Teamwork, communication and enterprising skills. Becoming an entrepreneur, sexism in	Revealing Reality-Digital Literacy Personal values in an online world, managing influence, algorithms and digital resilience	Respectful Relationships Introduction to relationships, relationship values, online safety and avoiding assumptions.	Preventing Discrimination Prejudice and discrimination, BLM Movement, sexual orientation and gender identity	Drugs and Alcohol Types of drugs and consequences, effects of alcohol, impacts of vaping and smoking	Personal Finance (Balance life and work, See the big picture). Budgeting and saving, income and expenditure, taxes and National Insurance and taxes in the public sector (e.g. NHS). PAL Assembly
9	Mental Health Growth mindset, anxiety & depression, dealing with exam stress, Body image and eating disorders.	Healthy Relationships Respectful behaviours teenage capacity for consent, coping with relationship breakups and consequences of teenage pregnancies	Explore Careers Pathways (Grow throughout life, Explore possibilities, Manage career, Create opportunities). My ambitions and making informed choices on GCSE choices. Links to Careers Pathways from choices. Personal Guidance PAL Assembly	Making Healthy Choices Cancer prevention, managing peer pressure, knife crime and vaping	Preventing Extremism Valuing diversity, understanding extremism and radicalisation	Life in the Workspace (Balance life and work, See the big picture, Create opportunities, Explore possibilities). Workplace skills, employability, financial institutions, Labour Market Information and consumer rights.
10	Balancing Life and Work Time and sleep management; New challenges, reframing negative thinking PAL Assembly T-Levels	Mature Relationships The role of intimacy and pleasure in relationships, impact of pornography, pressure and coercion and managing conflicts in relationships.	Managing my Careers and Employability (Balance life and work, Create opportunities, Explore possibilities, Grow throughout life). What employers look for, CV writing.	Exploring Influence Positive role models, Country Lines and binge drinking	Tolerance and Discrimination Community cohesion, hate crimes and far-right extremism	See the Big picture (Citizenship) UK government, criminal justice system, how does the law treat young offenders Personal Guidance Group Guidance
11	Post-16 Choices (Grow throughout life, Explore possibilities, Manage career). (Balance life and work, Create opportunities, Explore possibilities, Grow throughout life). Routes and destinations, Tailoring your CV. Personal Guidance PAL Assembly Apprenticeships	Mental Health Mental Illness, dealing with grief, social media and anxiety, Mental wellbeing Personal Guidance	Long-Term Relationships Different types of long-term commitments, arranged marriages, and different types of parenting. Personal Guidance	Independent Living (Balance life and work, See the big picture, Grow throughout life). Budgeting, mortgages and buying a house, Living away from home.	Additional Lessons Multiculturalism Risk Taking, Dark Web, Cyber Crime and online gambling (Additional Content if required).	