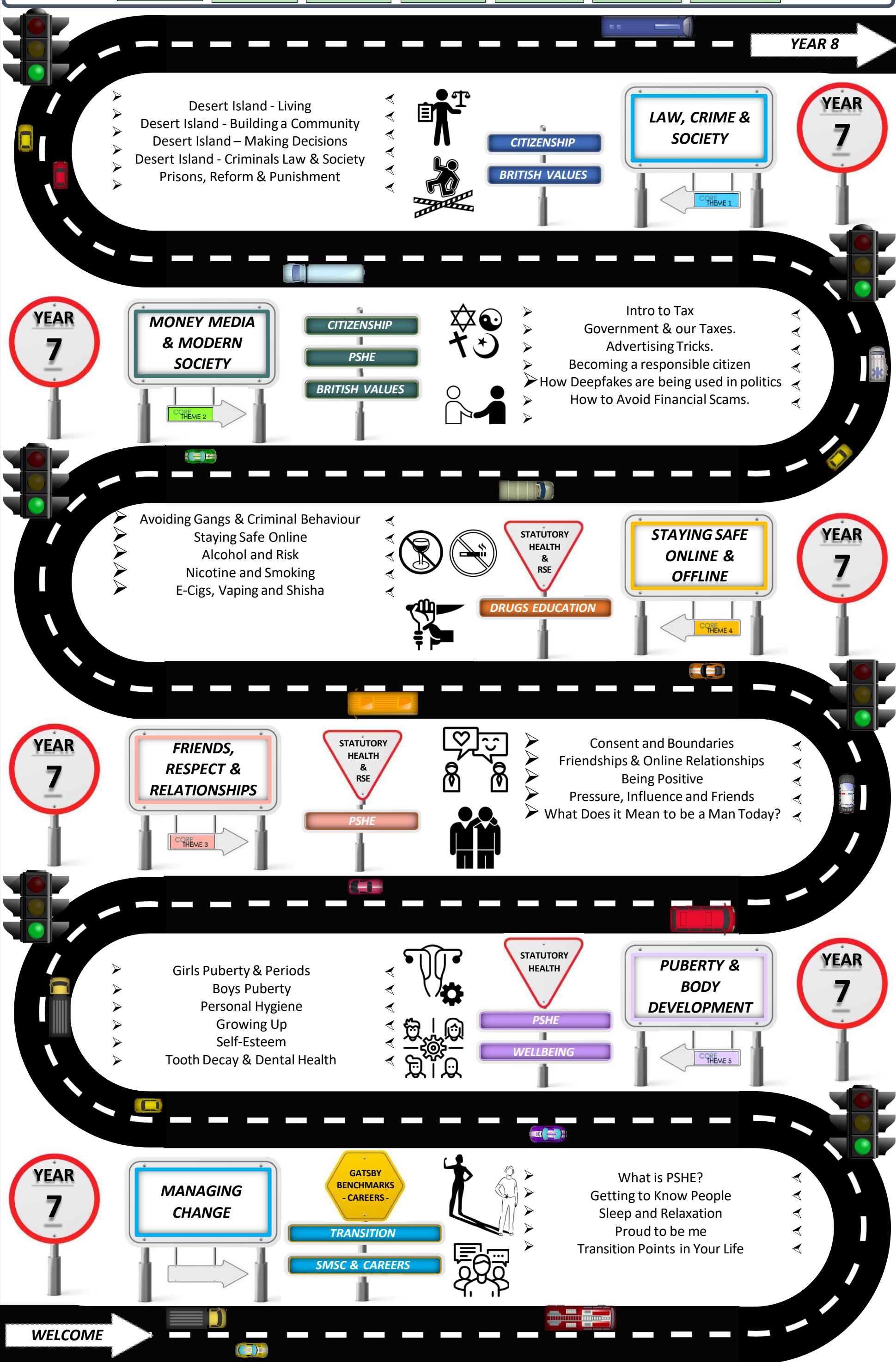




SRPA Personal Development Learning Journey Year 7



SKILLS DEVELOPED TEAMWORK & LEADERSHIP PUBLIC SPEAKING PROBLEM SOLVING CREATIVITY & INNOVATION DECISION MAKING RESILIENCE & STAYING POSITIVE PLANNING & ORGANISATION SKILLS DEVELOPED



RSE 2026 COMPLIANT

HEALTH 2026 COMPLIANT

- SPIRAL THEMATIC APPROACH**
- 1) Equality, Diversity & British Values
 - 2) Personal Safety & Digital Awareness
 - 3) Relationships and Sex Education
 - 4) Modern Dangers: Online and Offline
 - 5) Healthy Bodies & Emotional Wellbeing

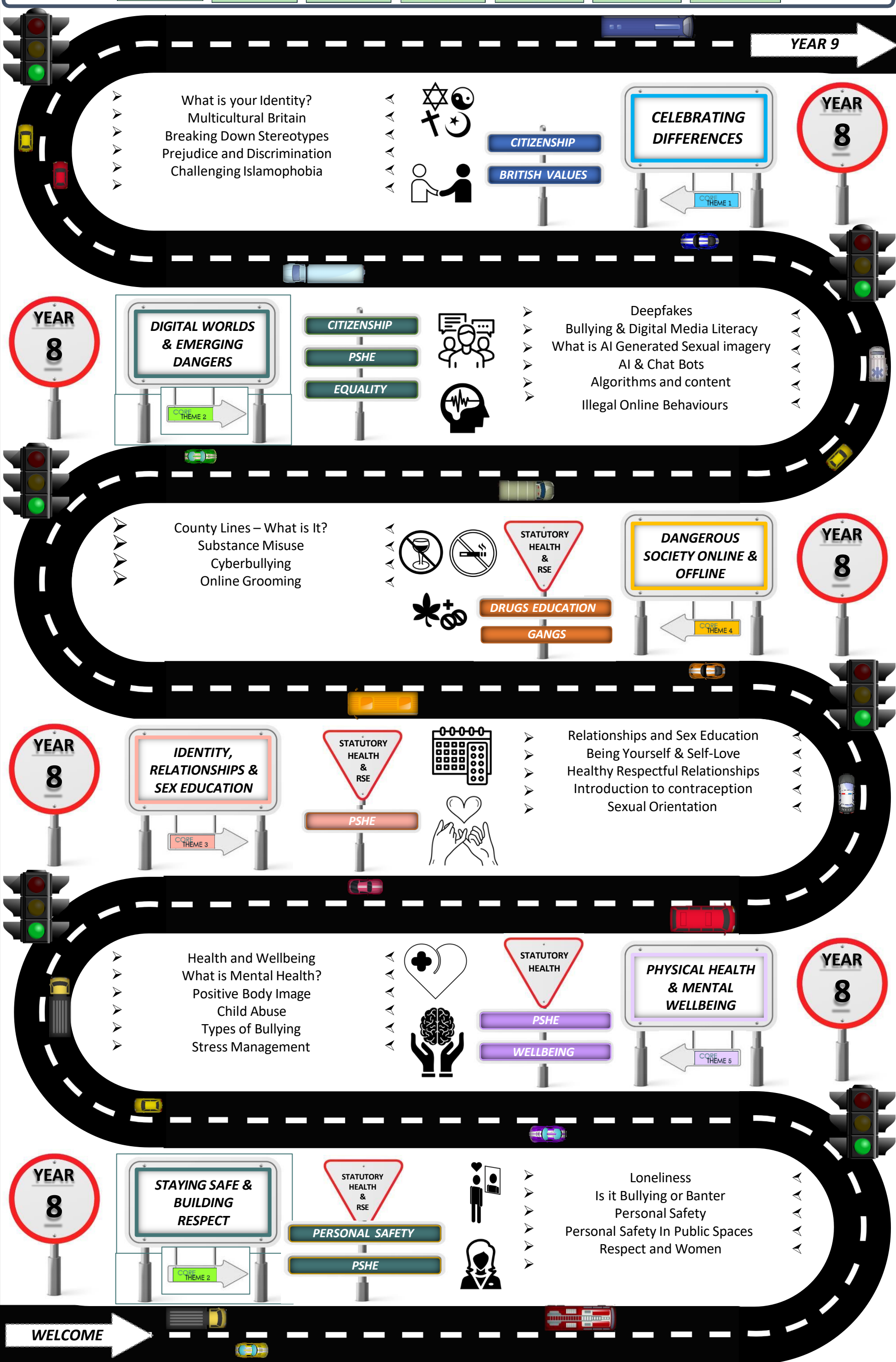
- PERSONAL DEVELOPMENT**
- ASSESSMENT & PROGRESS IN PSHE**
- ✓ Themed Projects,
 - ✓ Confidence Checkers
 - ✓ End of Unit Quizzes
 - ✓ AFL
 - ✓ Work Booklets



SRPA Personal Development Learning Journey Year 8



SKILLS DEVELOPED TEAMWORK & LEADERSHIP PUBLIC SPEAKING PROBLEM SOLVING CREATIVITY & INNOVATION DECISION MAKING RESILIENCE & STAYING POSITIVE PLANNING & ORGANISATION SKILLS DEVELOPED



RSE 2026 COMPLIANT

HEALTH 2026 COMPLIANT

- SPIRAL THEMATIC APPROACH**
- 1) Equality, Diversity & British Values
 - 2) Personal Safety & Digital Awareness
 - 3) Relationships and Sex Education
 - 4) Modern Dangers: Online and Offline
 - 5) Healthy Bodies & Emotional Wellbeing

- PERSONAL DEVELOPMENT**
- ASSESSMENT & PROGRESS IN PSHE**
- ✓ Themed Projects,
 - ✓ Confidence Checkers
 - ✓ End of Unit Quizzes
 - ✓ AFL
 - ✓ Work Booklets



SRPA Personal Development Learning Journey Year 9



SKILLS DEVELOPED

TEAMWORK & LEADERSHIP

PUBLIC SPEAKING

PROBLEM SOLVING

CREATIVITY & INNOVATION

DECISION MAKING

RESILIENCE & STAYING POSITIVE

PLANNING & ORGANISATION

SKILLS DEVELOPED

YEAR 10

- Conspiracies Theories & Narratives
- Forms of Extremism
- What is Terrorism?
- The Radicalisation Process
- How Does Counter Terrorism Work?



CITIZENSHIP

PREVENT

COMBATTING
EXTREMISM &
TERRORISM

CORE
THEME 1

YEAR
9

YEAR
9

CONTRACEPTION
& STIS

CORE
THEME 3

STATUTORY
HEALTH
&
RSE

PSHE



- What are STIs?
- Treating STIs and the Clinic
- Contraception Explored
- Contraception - Condoms
- Contraception Explored Further
- HIV and AIDS

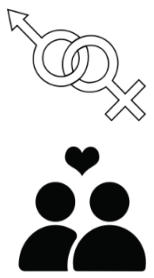
YEAR
9

SEX, THE LAW &
CONSENT

CORE
THEME 3

STATUTORY
HEALTH
&
RSE

PSHE



- Sexual Consent and the Law
- FGM and the Law
- Domestic Abuse and Domestic Violence
- Delaying Sexual Activity
- Sexual Harassment and Stalking

YEAR
9

- What is a Drug?
- Different Types of Addictions
- Cannabis Products
- Party Drugs & Illegal Drugs



STATUTORY
HEALTH

DRUGS EDUCATION

LEGAL &
ILLEGAL DRUGS

CORE
THEME 4

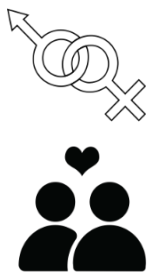
YEAR
9

SEX, THE LAW &
CONSENT

CORE
THEME 3

STATUTORY
HEALTH
&
RSE

PSHE



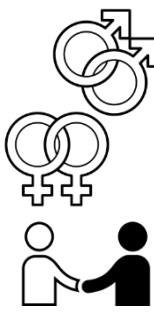
EQUALITY &
DIVERSITY
EXPLORED

CORE
THEME 6

CITIZENSHIP

PSHE

EQUALITY



- Equality Act 2010
- LGBTQ+ What is it?
- Gender Equality
- Ableism and Disability Discrimination
- Removing the Barriers, Equality for All
- Racism & Discrimination in Society

YEAR
9

YEAR
9

STATUTORY
HEALTH

PSHE

WELLBEING

BODY
CONFIDENCE

CORE
THEME 5



- How Self-Esteem Changes
- Bullying in all its forms
- Dealing with Grief and Loss
- Media and Airbrushing
- Cancer Prevention and Healthy Lifestyles

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

- Equality, Diversity & British Values
- Personal Safety & Digital Awareness
- Relationships and Sex Education
- Modern Dangers: Online and Offline
- Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ AFL
- ✓ Work Booklets





SRPA Personal Development Learning Journey Year 10



SKILLS DEVELOPED

TEAMWORK & LEADERSHIP

PUBLIC SPEAKING

PROBLEM SOLVING

CREATIVITY & INNOVATION

DECISION MAKING

RESILIENCE & STAYING POSITIVE

PLANNING & ORGANISATION

SKILLS DEVELOPED

YEAR 11

Critical Thinking & Fake News
British Values and Identity



CITIZENSHIP

BRITISH VALUES

EXPLORING
BRITISH VALUES

CORE
THEME 1

YEAR
10

YEAR
10

Relationships,
Respect & Modern
Challenges

CORE
THEME 2

RSE

PSHE

PERSONAL SAFETY



What is Sextortion
Positive Male Role Models & Incels
Financial Abuse and Control in
Relationships.
Ending Relationships
Personal Safety

YEAR
10

Honour Based Violence
Forced Marriages and Breast Ironing
Modern-Day Slavery
Causes of Knife Crime



STATUTORY
HEALTH

RISK

VIOLENCE,
CRIMES &
SEEKING SAFETY

CORE
THEME 4

YEAR
10

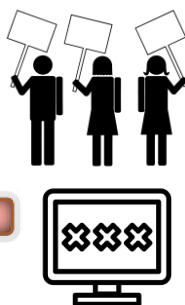
YEAR
10

EXPLORING
RELATIONSHIPS &
SEX EDUCATION

CORE
THEME 3

STATUTORY
HEALTH &
RSE

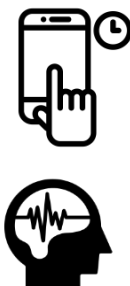
PSHE



Pleasure and Delaying Sexual Activity
Campaigning Against FGM
Sexting, Nudes and Penis Pics
Online Pornography (Myths vs Reality)
Unhealthy Relationships & Sexual Assault
Sexualisation of the Media

YEAR
10

Child Sexual Abuse
Masculinity & Misogyny
Basic First aid Essentials
Self-Harm
Suicidal (Thoughts and Feelings)
Promoting Emotional Wellbeing



STATUTORY
HEALTH

PSHE

WELLBEING

HEALTHY
MINDS & SAFE
CHOICES

CORE
THEME 5

YEAR
10

YEAR
10

HEALTHY BODIES
& HEALTHY
FUTURES

CORE
THEME 6

STATUTORY
HEALTH

PSHE

WELLBEING



What is a GP and Role of a local Doctor
Role of Pharmacists
Local Healthcare System
What is Antimicrobial Resistance
Menstrual & Gynecological Health
Healthy behaviours & Pregnancy
Unhealthy Weight Gain & Risks

YEAR
10

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

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- 2) Personal Safety & Digital Awareness
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- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ AFL
- ✓ Work Booklets



SRPA Personal Development Learning Journey Year 11



SKILLS DEVELOPED

TEAMWORK & LEADERSHIP

PUBLIC SPEAKING

PROBLEM SOLVING

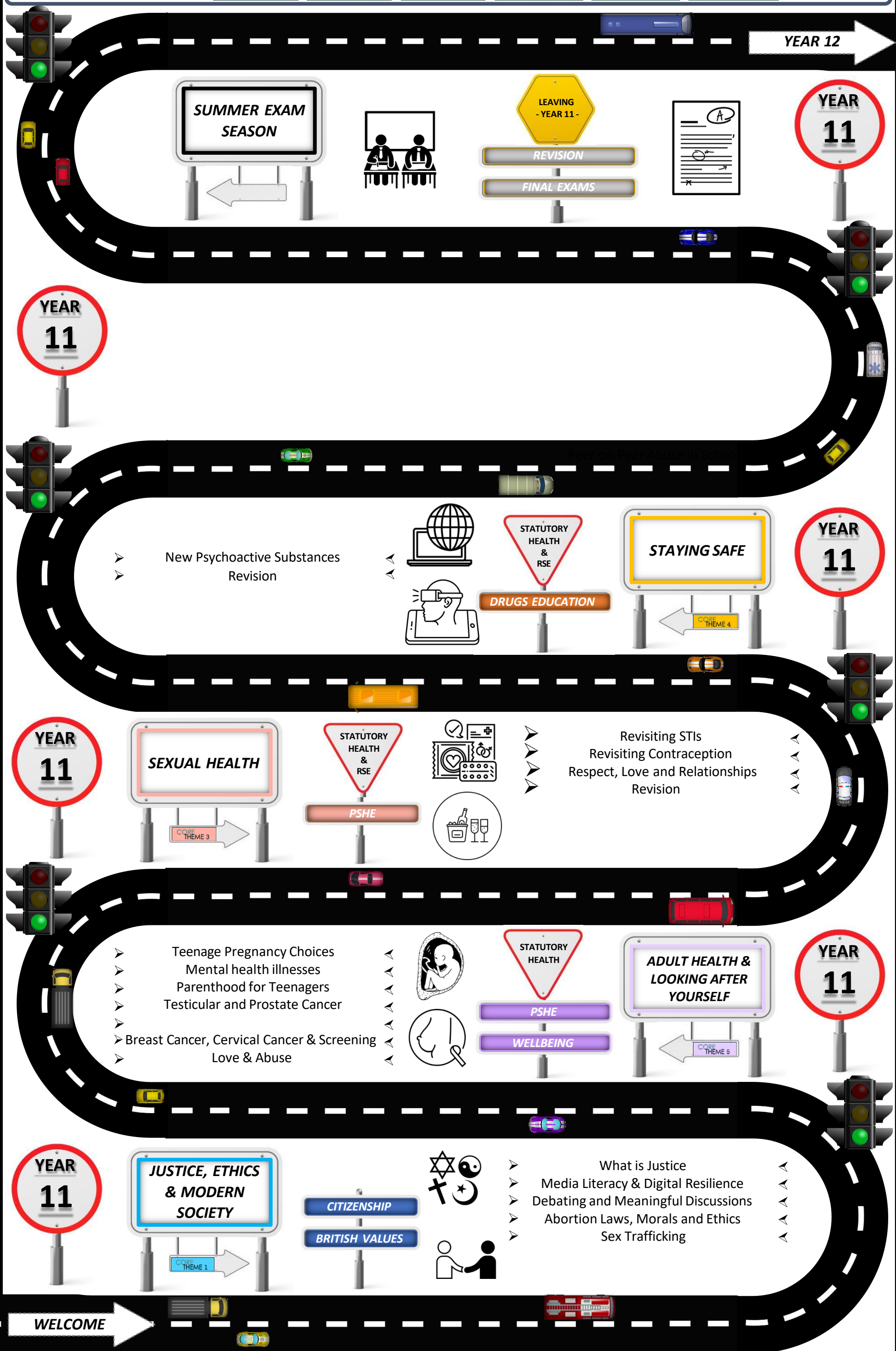
CREATIVITY & INNOVATION

DECISION MAKING

RESILIENCE & STAYING POSITIVE

PLANNING & ORGANISATION

SKILLS DEVELOPED



RSE 2026 COMPLIANT

HEALTH 2026 COMPLIANT

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
- 2) Personal Safety & Digital Awareness
- 3) Relationships and Sex Education
- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ AFL
- ✓ Work Booklets