

Charlton School Personal Development Curriculum Overview 2025-2026



Year 7						
	Autumn Term – Starting as we mean to go on		Spring term – Expressing myself effectively		Summer term – Making good decisions	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Wellbeing theme	Finding the Balance		Supporting myself and Healthy lifestyles		Heathy Minds	
Year 7 PSHEE Rights responsibilities and British values Celebrating diversity and equality Relationships and sex Education Staying safe online and offline (CE) Health and wellbeing Life Beyond school	Rights responsibilities and British values Why is politics important? How is our country run? Creating a political party Elections and Campaigning Political debates and Parliament Exploring Inside Parliament Who is Prime Minister?	Celebrating diversity and equality Multicultural Britain What is your identity? Nature V's Nurture The Equality Act 2010 Breaking Down Stereotypes Prejudice and Discrimination Challenging Islamophobia	Relationships and sex education Consent and Boundaries Respect and Relationships What makes a good friend? Friendships and managing them. Being positive Pressure and Influence What does it mean to be a man in 2020?	Staying safe online and offline (CSE) Avoiding Gangs Staying Safe Online Online Gaming and Fortnight Drugs Education (Alcohol and Smoking) Drugs E-Cigs, Vaping and Sisha Drugs (Energy Drinks and caffeine)	Health and wellbeing Introduction to Puberty Puberty Girls Focus Puberty Boys Puberty (Personal Hygiene) Growing up and FGM Assertive Consent Self esteem	Life Beyond school Getting to know people. What is a community? Careers and your future Sleep and relaxation Financial Education Transition points and your life
Why this why now?	KS2 Catch up (Puberty) Knowledge about how the country is run as students are participating in school elections etc	Introducing tolerance and respect, ties in with first unit of the RE Curriculum. Recognizing the more diverse mix of cultures at secondary in comparison to smaller (sometimes faith) schools.	Physical location, move to wellington from rural areas	Local Context (Antisocial behaviour)	Growing proportion of Nigerian children and BACR students who may be aware of holidays planned for the summer	Ready to transition to Y8
Year 7 CE day (Summer School)	Careers and Your Future Diabetes/Asthma/Anaphylaxis Loudmouth Screen Time Kooth – Wellbeing Local Offer UK Parliament Activity Prevent British Values Protected Characteristics Tootoot Medical Mavericks		Safeguarding UK Youth Parliament Everyone's Invited Pressure and Influence Kooth Online Safety Rail safety			
Year 7 Character Development Year group assemblies and reflection.	Respect Responsibility Resilience Gratitude Compassion Courage Justice	Integrity Honesty Responsibility Resilience Gratitude	Justice Courage Integrity Honesty Respect Responsibility	Resilience Gratitude Compassion Humility Justice Courage Integrity	Honesty Respect Responsibility Resilience	Gratitude Compassion Humility Justice Courage Integrity Honesty

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Year 8						
	Autumn Term – Celebrating our differences		Spring term – Thinking with a clear Head		Summer term – Committing to Growth	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Wellbeing theme	Finding the Balance		Supporting myself and Healthy lifestyles		Heathy Minds	
Year 8 PSHEE Rights responsibilities and British values Celebrating diversity and equality Relationships and sex education Staying safe online and Health and wellbeing Life Beyond school	Rights responsibilities and British values Desert Island Living Desert Island (Building a community) Desert Island (Making decisions) Criminals, Law and Society Law making in the UK. Prisons reform and punishment	Celebrating diversity and equality LGBT What is it? Homophobia in School Supporting those that are LGBTQ Challenging homophobia Transphobia Coming Out Intro to Relationships and Sex Education	Relationships and sex education Healthy Relationships Dealing with conflict Sexual Orientation Gender Identity Introduction to Contraception What is Love Periods and Menstrual Cycle	Staying safe online and offline (CSE) County Lines County Lines (who is at risk) Substance Misuse Online Safety – Cyber Bullying Grooming Boys and Girls Drugs (Alcohol Safety) Child exploitation online	Health and wellbeing Health and Wellbeing What is Mental Health Positive Body Image Child Abuse Types of Bullying Healthy eating and Cholesterol Stress management	Life Beyond school Employability Skills Practice Proud to be me + Careers. Career Interests and Job ideas Self Esteem and the Media Labor Market Information Exploring Careers
Why this why now?	Becoming more aware of the community around them and spending more time independently managing themselves in the community.	Puberty, students may begin to question their own sexuality as they mature and become aware of diversity within the school community.	Dealing with emotions and preferences and being aware of how these can be influenced by menstrual cycle	Local safeguarding context. CSE and CE.	We see a spike in Y8 referrals for self-harm and relationships with food.	Build skills to prepare for taking options in Y9.
Year 8 CE day	Sextortion Loudmouth – Working for Marcus Kooth – Wellbeing Prevent British Values Protected Characteristics Tootoot UK Parliament Activity County Lines Diabetes/Asthma/Anaphylaxis Introduction to Credit, Savings and Bank Accounts		Loudmouth Safeguarding UK Youth Parliament Everyone's Invited Kooth Online Safety Periods and Menstrual Cycle			
Year 8 Character Development Year group assemblies and reflection.	Respect Responsibility Resilience Gratitude Compassion Courage Justice	Integrity Honesty Responsibility Resilience Gratitude	Justice Courage Integrity Honesty Respect Responsibility	Resilience Gratitude Compassion Humility Justice Courage Integrity	Honesty Respect Responsibility Resilience	Gratitude Compassion Humility Justice Courage Integrity Honesty

Charlton School Personal Development Curriculum Overview 2025-2026



Year 9						
	Autumn Term – Finding my voice		Spring term – Adapting my voice		Summer term – Growing in confidence	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Wellbeing theme	Finding the Balance	Supporting myself and Healthy lifestyles	Heathy Minds	Wellbeing theme	Finding the Balance	Supporting myself and Healthy lifestyles
Year 9 PSHEE Form time	Rights responsibilities and British values Conspiracy Theories and Extremist Narratives Extremism What is Terrorism Proud to be British The Radicalisation process Counter Terrorism Anti-Semitism	RSE STI Lesson Contraceptives Available Condom Lesson Contraception Explored Further Sexual Harassment and Stalking HIV and Aids Aids Prejudice and Discrimination	Relationships and sex education (RSE) Sexual Consent and the Law FGM and the Law Delaying Sexual Activity Why have Sex. Relationships and Partners What are STI's	Staying safe online and offline (CSE) Introduction to Drugs Different Types of Addictions Cannabis Products Drug Classifications Party Drugs Illegal Drugs Volatile Substance Abuse	Health and wellbeing Self Esteem Changes What is a penis? What is a vulva? Homophobic Bullying and Bullying in all its forms. Dealing with grief and loss Media and airbrushing Cancer Prevention & Healthy Lifestyle	Life Beyond school From failure to success First Aid lesson Importance of Happiness What is Anger? Saving and Managing Money Employment and Financial Social Media and Online Stress
Why this why now?	Students awareness of terrorism heightened and beginning to express their beliefs and views.	Increase in sexual activity in Y9.	Students involved in 'serious' relationships	Increase of parties i.e. house parties – not supervised	As relationships are building more internal thought to looks and body confidence	Preparation for year 10, and applying for part time jobs
Year 9 CE Day RSE 'Respect yourself'	First Aid Inflation Sextortion Asthma/ Diabetes / Anaphylaxis Banged Up Kooth – Wellbeing Local Offer Prevent British Values Protected Characteristics Tootoot		CPR First Aid STEM with CGI Online Safety Sexual Harassment Safeguarding Select group with Everyone's Invited			
Year 9 Character Development Year group assemblies and reflection.	Respect Responsibility Resilience Gratitude Compassion Courage Justice	Integrity Honesty Responsibility Resilience Gratitude	Justice Courage Integrity Honesty Respect Responsibility	Resilience Gratitude Compassion Humility Justice Courage Integrity	Honesty Respect Responsibility Resilience	Gratitude Compassion Humility Justice Courage Integrity Honesty

Charlton School Personal Development Curriculum Overview 2025-2026



Year 10						
	Autumn Term – Owning my journey		Spring term – Owning my actions		Summer term – Owning my decisions	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Wellbeing theme	Finding the Balance		Supporting myself and Healthy lifestyles		Heathy Minds	
Year 10 PSHEE Form time Rights responsibilities and British values Celebrating diversity and Equality Relationships and sex Education Staying safe online and offline (CSE) Health and wellbeing Life Beyond school	Life Beyond School (Careers and Enterprise) How do my subjects link to Careers Targeted Advertising and Your data Consumer Rights Employer Rights Exploring a Paycheck Post 16 Options	Rights responsibilities and British values Exploring Britishness and British Values Critical Thinking and Fake news What is a Cult LGBTQ+ Rights and British Values What are human Rights Exploring Human Rights	Life Beyond School Careers and Enterprise How to write a personal statement Writing your personal statement Interview Prep CV Writing Work Experience	Relationships and Sex Education (RSE) Campaigning Against FGM Youth Produced Sexual Imagery Online Pornography v Reality Attitudes to Pornography Domestic Abuse and Violence Relationships, Sexual Abuse and Rape Sexualisation of the Media	Celebrating Diversity and Equality International Organisations Aid and supporting other countries Fairtrade Peace War and Conflict Women's rights Me Too and Times up Movement	Health and Wellbeing/ Staying Safe Online and Offline (RSE) Child Abuse (CSE) Screen Time and Safe Use Mobiles Common Types of Mental Health Self-Harm Suicide (Thoughts and Feelings) Promoting Emotional Wellbeing
Why this why now?	Increase in employment – GCSEs and how they link to future careers to support motivation in lesson	Interest in the world around them and POV due to working or becoming interested in news.	Preparation for Post 16 and job interviews and experience of the workplace.	Building on relationships and what is appropriate.	'Adulthood' – believe they are able to make own decisions, guidance on what this looks like	Supporting mental health and issues evolving from relationships
Year 10 CE Day	Apprenticeships T Levels Sextortion Telford College Saving and Managing Money Asthma/ Diabetes / Anaphylaxis Kooth – Wellbeing Local Offer Prevent British Values Protected Characteristics Tootoot	Aspire to HE target 20 online sessions	Gender Equality UK Youth Parliament Safeguarding Online Safety Post 16 Options Inflation Rease Heath College	Work Experience		
Year 10 Character Development Year group assemblies and reflection.	Respect Responsibility Resilience Gratitude Compassion Courage Justice	Integrity Honesty Responsibility Resilience Gratitude	Justice Courage Integrity Honesty Respect Responsibility	Resilience Gratitude Compassion Humility Justice Courage Integrity	Honesty Respect Responsibility Resilience	Gratitude Compassion Humility Justice Courage Integrity Honesty

Charlton School Personal Development Curriculum Overview 2025-2026



Year 11						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Wellbeing theme	Finding the Balance		Supporting myself and Healthy lifestyles		Heathy Minds	
Year 11 PSHEE Form time Rights responsibilities and British values Celebrating diversity and Equality Health and wellbeing Relationships and sex education Staying safe online and offline (CSE) Life Beyond school	Life Beyond School/ Health and Wellbeing (Your Future and Beyond) Planning for your future Personal branding How to apply for post 16 assembly Making applications post 16 Time Management Exam Stress and Relaxation	Relationships and Sex Education (RSE) Adult Health and Looking after Yourself Child on Child Bullying Fertility and what impacts it Abortion Laws, Morals and Ethics Testicular and Prostate Cancer Cervical, Breast and Ovarian Cancer Parenthood Love and Abuse	Staying Safe Online and Offline Honour Based Violence Forced Marriages Modern Day Slavery Causes of Knife Crime Festivals and Drugs and Nitrous Oxide Online Gambling Online Rep and Digital Footprints	Life Beyond school Ambition and Aspiration Study Sanctuary Growth Mindset Memory and Stress Retrieval Practice Revision Cards Looking after Wellbeing and Sleep Mental Health & Self Esteem Stress Relief Techniques There is still time	Health and wellbeing Organ donation and blood donation Teenage pregnancy Alcohol and bad choices Importance of sexual health Re-visiting contraception Re-visiting STIs Respect and relationships	
Why this why now?	Exam stress – preparing for mocks	Moving into adulthood (coverage for those who may follow an apprenticeship pathway)	V Fest held locally in this term	Preparation for exam season	Re-capping core knowledge to ensure students have the basics surrounding sexual health and know where to seek support.	
Year 11 CE Day RSE 'Respect yourself'	Careers FE and apprenticeship providers 30-minute sessions for sixth form/colleges/apprenticeships: Access Training, Telford College, Abraham Darby, NGHS, Adams, Shrewsbury College, Idsall Madeley Academy, Thomas Telford, Lovells and Walford. Army		Intervention Telford College Mental Health Assembly			
Year 11 Character Development Year group assemblies and reflection.	Respect Responsibility Resilience Gratitude Compassion Courage Justice	Integrity Honesty Responsibility Resilience Gratitude	Justice Courage Integrity Honesty Respect Responsibility	Resilience Gratitude Compassion Humility Justice Courage Integrity	Honesty Respect Responsibility Resilience	

Charlton School Personal Development Curriculum Overview 2025-2026



Charlton School

Whole School Assemblies and Events						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Full School SMSC and British Values Assemblies -</p> <p>Democracy</p> <p>Rule of Law</p> <p>Individual Liberty</p> <p>Mutual Respect</p> <p>Tolerance of those of</p>	<p>Owning and planning my journey</p> <p>Taking responsibility for behaviours, showing initiative through of 'Charlton Expects' school vision and values.</p> <p>Harvest</p> <p>Understanding how to contribute positively to the lives of those living and working in the locality of the school and to society more widely.</p> <p>Charlton Bake Off to support the Macmillan Coffee Morning.</p> <p>Mental Health Awareness through support of the Young Minds Charity fundraiser 'Hello Yellow'</p> <p>Black History Month</p> <p>Wellbeing Week</p>	<p>Remembrance Justice, gratitude and compassion</p> <p>Belonging Diversity and collective responsibility. To create a Poppy display</p> <p>Diversity and Equality The importance of identifying and combatting discrimination. (Peer on Peer abuse and protected characteristics)</p> <p>Christmas Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith. Freedom to choose and hold other faiths and beliefs and how this is protected in law. Christmas Gift Appeal –SMILE PROJECT. Christmas selection packs. Winter Fest</p> <p>Celebration Evening</p>	<p>National Holocaust Memorial Day</p> <p>People with different faiths, beliefs (or none) should be accepted and tolerated. Identifying and combatting discrimination.</p> <p>UK Youth Parliament vote – Understanding democracy</p> <p>Charlton Expects</p>	<p>Sacrifice Personal sacrifice and random acts of kindness. (Respect for other people). Acceptance that other people having different faiths or beliefs to oneself and should not be the cause of prejudicial or discriminatory behaviour.</p> <p>Charlton Passion Assembly Celebrating the Hindu festival of Holi, Christian Celebration of Easter and Muslim celebration of Shab-e-Barat.</p> <p>Walk or bike to school. Environment and positive contribution.</p> <p>Child Criminal Exploitation Day</p> <p>Diversity Week Week of awareness and fundraising supported by whole school assembly around LGBTQ+</p> <p>Autism Awareness week. Parents opening doors sessions for families.</p>	<p>National writing day- Year 7 competition</p> <p>Women's History Month</p> <p>National Careers Week</p> <p>STEM Week 2026</p> <p>Global recycling Earth Day</p> <p>International Day for the Elimination of Racial Discrimination</p> <p>Healthy Eating Week linked to World Health Day</p> <p>Mental Health Awareness Month</p>	<p>Student leadership elections (Student Voice)</p> <p>How citizens can influence decision-making through the democratic process</p> <p>Charlton Celebrates Celebrating achievement, self-knowledge, self-esteem and self-Confidence.</p> <p>Refugee Month highlighted in the Bulletin</p> <p>Windrush Day</p> <p>Goals and achievements</p> <p>Sports Day- Charlton</p> <p>Commonwealth games plus Inclusion</p> <p>Commonwealth</p> <p>Year group reflection and celebration</p> <p>Charltonbury Understanding how to contribute positively to</p>

different faiths and beliefs

Students celebrate with guest speaker for outstanding achievement

Anti-Bullying week and 'odd socks'

behaviour reflection

New Year, New You, New challenge activities

Holocaust Memorial Day

LGBTQ +Month

Children's Mental Health Week

Safer Internet Day

Valentines and random acts of kindness

Chinese New Year

Ramadan

Wellbeing week
International Women's Day

Week E-Safety Day

Wicked Writers Activity- Be the change

FAIRTRDE- students to investigate this and create a display.

Neurodiversity Week

World Book Day

World Health Day

the lives of those living and working in the locality of the school and to society more widely. Charity fundraising event with local community partners.

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British Values Additional information: Complementing our range of planned activities are a wealth of Extra Curricular Activities, teaching resources from a wide variety of sources to help pupils understand a range of faiths (tracked on the SMSC grid), weekly British Values debates and 'Charlton expects' our agreed school rules based on shared values and virtues which encourage students to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely. Through character development students cover a topic of 'them and us' which addresses prejudice and discrimination and resilience which teaches growth mindsets and how to overcome personal barriers.

Charlton School Personal Development Curriculum Overview 2025-2026



Charlton School

<p>Enrichment Opportunities</p>	<p>Virtual visits to places of worship BBC Young Reporter Duke of Edinburgh GSUS Live Marines Visit Mosque Visit KS4 Church Visit KS4 Presentation Evening Open Evening Young Enterprise Inspiring Digital Enterprise Award (Y7 and Y8) All Y7 students Outward Bound Residential Trip to the Pioneer Centre Celebration Trips Y8 Students – National Trust Y9 Students – Seaside Y10 Students – Zoo Y11 Students – Theme Park</p> <p>Womens Empowerment Group</p>	<p>Charlton’s Got Talent Pathways into FE Mock Trial Y12 Certificate Collection Evening Wellbeing Advent Calendar Senior Citizens Christmas Party All Saint’s Church Christmas Assembly Christmas Craft Fayre Christmas Jumper Day Pantomime Trip for all Y7 students (Aladdin) Army Medics Army Music</p> <p>Womens Empowerment Group</p>	<p>School Production of Matilda Aspire to HE Senior Citizens Christmas Lunch and entertainment Y11 Poetry Live Trip Maths Challenge Young Enterprise Trade fairs and University Day Aspire to HE visits to Keele University</p> <p>Aspire to HE Open Days to University of Wolverhampton</p> <p>Aspire to HE ‘Cultural Awareness Days to University of Liverpool and Aston University</p> <p>Womens Empowerment Group</p>	<p>Shrewsbury Prison Tour Ski Trip Theatre Trip KS4 Y7 Charity and Enterprise day World Book Day Young Enterprise Celebration Event Theatre Trip to see KS4 Curious Incident of the Dog in the night Human Nature Theatre Trip KS4 Y11 Carding mill Valley Geography Field Trip.</p> <p>Womens Empowerment Group</p>	<p>Trier MFL Trip to Germany World of workday Performing Arts Evening Leavers Day Leavers Prom D of E Y9 and Y10 Humanities Trip London Boulogne French Trip Y8 All Y8 students Outward Bound Trip to the Pioneer Centre</p> <p>Womens Empowerment Group</p>	<p>Celebration Trips (Sept) Extended project evening Interhouse/Sports Day Day for your future Diversity Week Charltonbury Y7 Graduation Y10 Cologne Trip Y7 Carding Mill Valley Y6 Parents Evening</p> <p>Womens Empowerment Group</p>
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