



Sixth Form Personal Development Curriculum



At Caldew, our Personal Development Programme forms a key part of our students' wider education. It follows a spiral, thematic curriculum from Year 7 to Year 13, enabling students to build and deepen their knowledge and understanding over time. The programme incorporates the DfE statutory 16–19 study programme requirements, RSE and Health Education, the Gatsby Benchmarks for careers, PSHE Association Core Themes, and a broad range of enrichment opportunities.

Its aim is to equip students with the skills and confidence to lead healthy, independent, financially literate lives, and to thrive in modern British society. Alongside academic success, the programme enhances students' character, self-belief and aspirations, and helps them understand both themselves and the world around them.

Year 12 and Year 13 content is tailored to meet the needs of KS5 students, supporting their spiritual, moral, cultural, mental, and physical development, and preparing them for life beyond school. It also helps students explore their place in local, national, and global contexts, engage with moral and social issues, and understand their rights and responsibilities within a diverse society.

By the time they graduate, Caldew students will be ready to play a positive, informed, and active role in society.

	12 Personal Development			
	Core Theme	Title of Unit	Title of Lesson	Resources
Autumn 1				
1	Elevate	An Introduction to Elevate	An Introduction to Elevate	AJG to Deliver
2	Staying Safe Online and offline	An Introduction to Year 12 PD Risk, Personal Safety & Drugs	An Introduction to Year 12 PD Getting Home Safely	Autumn 1 – An Introduction Autumn 1 - Lesson 1
3	Staying Safe Online and offline	Risk, Personal Safety & Drugs	Holiday Safety	Autumn 1 - Lesson 2
4	Staying Safe Online and offline	Risk, Personal Safety & Drugs	The Police, Organised Crime and Gangs	Autumn 1 - Lesson 3
5	Staying Safe Online and offline	Risk, Personal Safety & Drugs	Drugs, Alcohol and Work	Autumn 1 - Lesson 4
6	Staying Safe Online and offline	Risk, Personal Safety & Drugs	Decisions, Drink Spiking and Drink Driving	Autumn 1 - Lesson 5
7	Staying Safe Online and offline	Risk, Personal Safety & Drugs	Risk, Safety, Challenge Project	Autumn 1 - Lesson 6,7,8
8	Staying Safe Online and offline	Risk, Personal Safety & Drugs	Risk, Safety, Challenge Project	Autumn 1 - Lesson 6,7,8
Autumn 2				
1	Staying Safe Online and offline	Risk, Personal Safety & Drugs	Risk, Safety, Challenge Presentations	Autumn 1 - Lesson 6,7,8
2	Rights, Responsibilities & British Values	Media, Literacy & Digital Resilience	Online Reputation	Autumn 2 – Lesson 1
3	Rights, Responsibilities & British Values	Media, Literacy & Digital Resilience	Critical Media Literacy Skills and Fake News	Autumn 2 – Lesson 2
4	Rights, Responsibilities & British Values	Media, Literacy & Digital Resilience	Extremism and Radicalisation	Autumn 2 – Lesson 3
5	Life Beyond School	Study Skills	Study Skills	RAB to Deliver
6	Life Beyond School	Study Skills	Revision Planning for Mock Exams	RAB to Deliver
7	Elevate	Elevate Reflection	Elevate Reflection	AJG to Deliver

	12 Personal Development			
	Core Theme	Title of Unit	Title of Lesson	Resources
Spring 1				
1	Celebrating Diversity and Equality	Bullying, Abuse and Discrimination	Gaslighting and Emotional Abuse	Spring 1 – Lesson 1
2	Celebrating Diversity and Equality	Bullying, Abuse and Discrimination	Harassment and Stalking	Spring 1 – Lesson 2
3	Celebrating Diversity and Equality	Bullying, Abuse and Discrimination	De-Escalating Aggressive Situations	Spring 1 – Lesson 3
4	Relationships and Sex Education	Relationship Values and Consent	Types of Relationships	Spring 1 – Lesson 4
5	Relationships and Sex Education	Relationship Values and Consent	Consent, Sexual Norms and Expectations	Spring 1 – Lesson 5
6	Relationships and Sex Education	Relationship Values and Consent	Police Investigating Sexual Assaults	Spring 1 – Lesson 6
Spring 2				
1	Health and Wellbeing	Healthy Lifestyles and Mental Health	Cancer And Getting Checked	Spring 2 – Lesson 1
2	Health and Wellbeing	Healthy Lifestyles and Mental Health	Vaccines & Immunisation	Spring 2 – Lesson 2
3	Life Beyond School – Teamwork & Problem Solving	Escape Room	Mystery Celebrity Influencer	Spring 2 – Lesson 3
4	Elevate	Elevate Reflection	Elevate Reflection	AJG to Deliver
5	Life Beyond School	Study Skills	Revision Planning for Exams	RAB to Deliver

	12 Personal Development			
	Core Theme	Title of Unit	Title of Lesson	Resources
Summer 1				
1	Life Beyond School	Revision Support	Revision Support	Teachers to deliver bespoke revision based on students' needs
2	Life Beyond School	Revision Support	Revision Support	Teachers to deliver bespoke revision based on students' needs
3	Life Beyond School	Revision Support	Revision Support	Teachers to deliver bespoke revision based on students' needs
4	Life Beyond School	Revision Support	Revision Support	Teachers to deliver bespoke revision based on students' needs
5	Year 12 Exams	Year 12 Exams	Year 12 Exams	Year 12 Exams
6	Year 12 Exams	Year 12 Exams	Year 12 Exams	Year 12 Exams
Summer 2				
1	Life Beyond School	Work, Careers and Pathway Choices	Work, Careers and Pathway Choices	ALJ to Deliver
2	Life Beyond School	Work, Careers and Pathway Choices	Work, Careers and Pathway Choices	ALJ to Deliver
3	Life Beyond School	Work, Careers and Pathway Choices	Work, Careers and Pathway Choices	ALJ to Deliver
4	Life Beyond School	Work, Careers and Pathway Choices	Work, Careers and Pathway Choices	ALJ to Deliver
5	Life Beyond School	Work, Careers and Pathway Choices	Work, Careers and Pathway Choices	ALJ to Deliver
6	Elevate	Elevate Reflection	Elevate Reflection	AJG to Deliver
7	Work Experience	Work Experience	Work Experience	Work Experience

	13 Personal Development			
	Core Theme	Title of Unit	Title of Lesson	Resources
Autumn 1				
1	Life Beyond School	Employment and Responsibilities	Sixth Formers and employment rules	Lesson PowerPoint
2	Life Beyond School	Employment and Responsibilities	What is professional conduct	Lesson PowerPoint
3	Life Beyond School	Employment and Responsibilities	Confidentiality in the workplace	Lesson PowerPoint
4	Life Beyond School	Employment and Responsibilities	The Gig economy explained	Lesson PowerPoint
5	Life Beyond School	Employment and Responsibilities	Striking and Trade Unions	Lesson PowerPoint Case studies
6	Relationships and Sex Education	Parenthood and Contraception	Routes to parenthood	Lesson PowerPoint Factsheets
7	Relationships and Sex Education	Parenthood and Contraception	Unintended pregnancy and options	Lesson PowerPoint
8	Relationships and Sex Education	Parenthood and Contraception	Fertility and Laws about Parental Leave	Lesson PowerPoint
Autumn 2				
1	Relationships and Sex Education	Parenthood and Contraception	Revisiting Contraception	Lesson PowerPoint
2	Health and Wellbeing	Sexual Health and Self Concept	Body image and the need to fit in.	Lesson PowerPoint
3	Health and Wellbeing	Sexual Health and Self Concept	Body Modification	Lesson PowerPoint
4	Health and Wellbeing	Sexual Health and Self Concept	Revisiting STIs	Lesson PowerPoint
5	Health and Wellbeing	Sexual Health and Self Concept	The importance of sexual health	Lesson PowerPoint
6	Revision Planning for Mocks	Revision Planning for Mocks	Revision Planning for Mocks	Delivered by RAB

7	Staying Safe Online and Offline	Forming Respectful Relationships	The importance of relationships and having balance	Lesson PowerPoint
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	13 Personal Development			
	Core Theme	Title of Unit	Title of Lesson	Resources
Spring 1				
1	Staying Safe Online and Offline	Forming Respectful Relationships	Online dating and safety.	Lesson PowerPoint
2	Mock Exams	Mock Exams	Mock Exams	Mock Exams
3	Rights, Responsibilities and British Values	The British Political System	Government in the UK	Delivered by RAB
4	Rights, Responsibilities and British Values	The British Political System	Elections and how the party system works	Delivered by RAB
5	Rights, Responsibilities and British Values	The British Political System	Ideologies and the political Spectrum	Delivered by RAB
6	Rights, Responsibilities and British Values	The British Political System	Parties of their characteristics	Delivered by RAB
Spring 2				
1	Life Beyond School	Financial Choices	Salaries and deductions	Lesson PowerPoint
2	Life Beyond School	Financial Choices	Trading and investment overtime	Lesson PowerPoint
3	Life Beyond School	Financial Choices	Understanding renting and buying	Lesson PowerPoint
4	Life Beyond School	Financial Choices	Problematic Gambling	Lesson PowerPoint
5	Revision Planning for Exams	Revision Planning for Exams	Revision Planning for Exams	