

Year 9 Personal Development 2025-2026

Year week	Date	Theme	Topic/Lesson plan/Resources	Supplementary Resources
3	15-Sep-25	Diversity and anti-racism	Recognising and preventing discrimination	
5	29-Sep-25	Sexual health, sexuality and gender	Social influences: tackling peer pressure	Relationships and conflict
7	13-Oct-25	Sexual health, sexuality and gender	Family life: parenthood and caring	What is good communication?
October Half Term				
9	3-Nov-25	Wellbeing and mental health	Mental health: developing coping strategies	
11	17-Nov-25	Relationships, family, and friends	Practising safe sex	
13	1-Dec-25	Relationships, family, and friends	Sex, relationships, and the media	
15	15-Dec-25	Life skills	Financial choices: budgeting, saving, debt	
Christmas Holidays				
17	12-Jan-26	Life skills	Social influences: young people and gangs	TASK: Visit the guide https://www.unifrog.org/teacher/resources/sort/social-influences-young-people-and-gangs Create a poster to persuade young people of the risks of joining gangs.
19	26-Jan-26	Physical health	Addictive substances: legal and illegal drugs	
21	9-Feb-26	Physical health	Healthy lifestyles: health services, self examination and vaccination	TASK: Visit the guide https://www.unifrog.org/teacher/resources/sort/healthy-lifestyles-health-services-self-examination-and-vaccination Create an information page for teenagers on where they can access medical help from.
February Half Term				
23	2-Mar-26	National Careers week		
25	16-Mar-26	On-line safety	Sex and consent online	
Easter Holidays				
27	13-Apr-26	Study skills	Revision strategies 1	Link to resources
29	27-Apr-26	Grow throughout life	What are my skills?	
31	11-May-26	Explore possibilities	What comes after school: the main learning pathways	
May Half Term				
33	1-Jun-26	Create opportunities	Taking control of your career journey	
35	15-Jun-26	Study skills	Revision strategies 2	Mind mapping TASK: Creating mind maps on a topic from exercise books
37	29-Jun-26	See the Big Picture	What is the labour market and why is it important?	
39	13-Jul-26	First Aid and Personal Safety	Basic life support 1	First Aid