



Northumberland's P.R.U.

KS3 Personal Development Programme of Study (Year 1)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	Autumn 1 – ‘Equality & Diversity’								Autumn 2 – ‘Living in the Wider World’						
	Subject Area Topic: Relationships & Sex Education								Subject Area Topic: Health & Wellbeing						
	1. Why do people get married?	2. Who should we trust?	3. Respectful, Healthy Relationships	4. Consent and Stereotypes	5. Being Safe - Violence against women and girls	6. What are Healthy, Intimate Relationships?	7. How do relationships impact on our health?	8. How can we be safe on-line?	1. On-line, Media and the Law	2. Relationships, Staying Safe & the Law	3. Recognising Consent	4. Mental Well-being	5. Physical Health & Fitness	6. Eating Healthy	7. Drugs, Alcohol
	Notes/Links/Interleaving			Additional Higher Content					Notes/Links/Interleaving			Additional Higher Content			
	Spring 1 – ‘The Circle of Life’							Spring 2 – ‘Conflict’							
	Subject Area Topic: Health & Wellbeing							Subject Area Topic: Citizenship							
	1. Substance Misuse	2. Criminal Exploitation	3. Infection and Disease	4. Personal Hygiene	5. Immunisation and Vaccination	6. First Aid	1. Adolescents & Puberty	2. Citizens of the United Kingdom	3. Rule of Law & the Justice System	4. Public Institutions & Society	5 Voluntary Groups in Society				
	Notes/Links/Interleaving			Additional Higher Content				Notes/Links/Interleaving			Additional Higher Content				
	Summer 1 – ‘Health & Leisure’							Summer 2 – ‘Crime & Punishment’							
	Subject Area Topic: Citizenship							Subject Area Topic: Careers & Aspiration							
	1. Functions & Uses of Money	2. Importance of Budgeting	3. Case Study Research Project: -Youth Crime -Homelessness - Education -Current Laws	4. Case Study Research Project: -Youth Crime -Homelessness - Education -Current Laws	5. Opportunities to present	6. Opportunities to present	1.	2.	3.	4.	5.	6.	7.		

	Notes/Links/Interleaving	Additional Higher Content	Notes/Links/Interleaving	Additional Higher Content
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