

(SMSC) Personal Development, Careers & Aspire

Secondary Long-Term Plan

2025-2026

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Living in the wider world	Summer 2 Relationships
Year 7	Wellbeing and Readiness to Learn <p>Pupils will learn how to identify big feelings associated with change and transition, and strategies to manage these feelings positively. They will learn how self-worth can be impacted by challenges like friendship issues or academic struggles, and constructive ways to reframe setbacks. Pupils will begin to understand their growing responsibilities and how to take ownership of their own safety.</p>	Skills and Career Aspirations <p>Pupils will learn to identify jobs from a broad range of careers, the importance of ambition for achieving future goals, and the different routes into the world of work. They will explore skills and qualities needed for jobs, the meaning of employability, and how their own qualities can help them in the future. Pupils will also learn about stereotyping in the workplace and the impact of common stereotypes on career choices.</p>	Building Relationships <p>Pupils will learn what makes a healthy friendship, how to make others feel included, and recognise peer influence on feelings and behaviour. They will continue to explore the meaning of consent, acceptable and unacceptable physical touch, and strategies to respond to unwanted contact. Pupils will also learn how to differentiate playful teasing from bullying, including online, and who to tell if they are concerned.</p>	Health and Puberty <p>Pupils will revisit the physical and emotional changes during puberty, strategies to manage these changes, and facts about the menstrual cycle. They will explore the importance of preventing the spread of bacteria and viruses to maintain good hygiene, consider positive sleep habits, and the impact of outdoor activity on their overall wellbeing. Pupils will also develop strategies to boost their mood and maintain positive emotional health.</p>	Responsible Living <p>Pupils will learn the reasons why people spend money, how to make responsible financial decisions and understand the value of saving. They will continue to learn about safe and responsible digital use, including on social media, and how to respond in emergencies. Pupils will also learn about compassion, shared responsibilities, human rights, and their role in a diverse society.</p>	Respecting Ourselves and Others <p>Pupils will learn about personal identity and factors contributing to it, such as race, gender, and interests. They will understand that everyone should be treated equally and what discrimination, prejudice, racism, homophobia, and sexism mean. Pupils will also learn why it's important to listen and respond respectfully to people with different beliefs, and how to compare healthy and unhealthy friendships.</p>
Year 8	Wellbeing and Readiness to Learn <p>Pupils will learn to identify situations that make them feel uncomfortable or worried, and how to ask for help in these situations. They will learn to recognise and respond to pressure from others, including online, with positive strategies. They will explore the link between values and behaviour, and how to be a positive role model. Pupils will develop an understanding of how hobbies and community involvement support mental wellbeing.</p>	Skills and Career Aspirations <p>Pupils will learn to identify different job sectors, what Labour Market Information is, and various routes into work. They will explore the skills and qualities needed for different careers, what employability skills are, and how role models challenge stereotypes in fields like STEM. Pupils will reflect on the emotional impact of money, how financial circumstances affect wellbeing, and why understanding attitudes towards money is important.</p>	Building Relationships <p>Pupils will learn the qualities of positive relationships, how to recognise signs of unhealthy relationships, and how to support themselves or others. They will revisit the meaning of consent, explore different types of loving relationships, and understand that love can exist between people of any gender, ethnicity, or faith. Pupils will develop an understanding of marriage, including the right to choose and that forced marriage is illegal.</p>	Health and Puberty <p>Pupils will revisit puberty changes, understand the importance of mental health, and learn strategies to support their emotional wellbeing. They will learn that anyone can experience mental ill-health, how to recognise signs in themselves or others, and where to get help. Pupils will also learn about body image, factors that affect it, and how negative experiences can impact wellbeing.</p>	Responsible Living <p>Pupils will learn why people use social media and its associated risks, including what is and isn't appropriate to share online. They will learn to assess and manage risks of online challenges and dares, develop awareness of harmful content and how to report their concerns about personal safety. They will explore how to make informed spending decisions and understand the risks of online gaming, considering the potential impact on their health and wellbeing.</p>	Respecting Ourselves and Others <p>Pupils will learn about the protected characteristics and how to identify discrimination, prejudice, racism, homophobia, and sexism. They will learn to recognise stereotypes in different contexts and understand how others' attitudes can influence their own beliefs. Pupils will also learn about their responsibilities within the community and what Female Genital Mutilation (FGM) is.</p>
Year 9	Wellbeing and Readiness to Learn <p>Pupils will learn that grief and loss can result from many situations and that everyone reacts differently, developing strategies to manage these feelings. They will learn techniques to maintain positive</p>	Skills and Career Aspirations <p>Pupils will learn about links between their curriculum subjects and future careers, considering their aspirations and post-16 options. They will explore Labour Market Information, identify their strengths and areas for</p>	Building Relationships <p>Pupils will learn to distinguish healthy from unhealthy relationships, strategies to manage them, and where to seek support. They will learn how to recognise and respond to inappropriate contact, manage conflicts, and cope</p>	Health and Puberty <p>Pupils will learn to make healthy lifestyle choices related to diet, dental health, physical activity, and sleep, along with personal hygiene during puberty. Pupils will develop knowledge of external genitalia and</p>	Responsible Living <p>Pupils will learn how media and online content can promote stereotypes and understand the risks of sharing inappropriate images. They will learn what to do if they come across or share harmful</p>	Respecting Ourselves and Others <p>Pupils will learn how to safely respond to or report discrimination, prejudice, racism, homophobia, and sexism. They will explore their changing identity and the rights and responsibilities that come with</p>

	<p>mental health, including limiting screen time and practising mindfulness. Pupils will also explore how to develop self-worth, recognise healthy relationship qualities, and distinguish between aggressive, assertive, and passive behaviours.</p>	<p>development and understand how these relate to employability. Pupils will explore different types of employment, how to challenge stereotypes through role models, and understand how values relate to career choices.</p>	<p>with relationship or family changes. Pupils will also learn about setting expectations and boundaries in romantic relationships and how the media can present unrealistic portrayals of relationships.</p>	<p>learn about the physical changes enabling reproduction. They will explore the relationship between physical and mental health, how peer pressure can lead to unhealthy choices including the risks of substance use, and how body image can be affected by others and the media.</p>	<p>content, and how such actions can affect themselves and others. Pupils will also learn about safe financial choices, budgeting skills, how to track spending, and different payment methods.</p>	<p>living in a democratic society. Pupils will begin to understand the basics of politics, and how individuals can participate in shaping their communities.</p>
<p>Year 9 <i>Aspire</i></p>	<p>Public Services</p> <p>Pupils will explore a range of careers in the public sector, including the police, fire and rescue, military, and paramedics. They will take part in practical activities such as fitness tests, first aid training, drill exercises, and CID investigations to develop teamwork, discipline, and emergency response skills.</p> <p>Digital & Creative Media</p> <p>Pupils will learn about photography techniques, including digital and 360 cameras, and practice photo editing using computer software. They will explore creative technologies like VR headsets, AR, and E-sports, gaining hands-on experience in digital media production. Pupils will also consider careers in digital industries and develop skills in creative problem-solving.</p>		<p>Hospitality & Catering</p> <p>Pupils will learn how to create an enterprise or business plan for a catering project, including market research, branding, advertising, and costings. They develop practical cooking skills by making and selling products, exploring how to price and market food items. Pupils will also gain insights into careers in the hospitality industry, including the importance of customer service.</p> <p>Animal Management</p> <p>Pupils will explore animal welfare by studying the care, diet, and habitats of animals like fish, geckos, guinea pigs, and dogs. They will engage in hands-on experiences such as terrarium building and dog care, learning responsibility and empathy towards animals. Pupils will also gain awareness of careers in animal care and management.</p>		<p>Trades</p> <p>Pupils will develop practical skills through activities like gardening, allotment maintenance, and basic construction tasks such as bricklaying and bridge building. They will participate in sessions with industry professionals, including mechanics and construction experts, to learn about trades careers. Pupils will also gain an understanding of safety, teamwork, and the value of manual skills in the workplace.</p> <p>Finance & Banking</p> <p>Pupils will learn financial literacy skills, including budgeting, saving, reading payslips and bank statements, understanding credit scores and inflation, and recognising scams. They will explore how banks operate, the importance of saving, and how to protect themselves financially, while applying their knowledge through practical tasks like budgeting for shopping and baking. Pupils will also learn about careers in finance and how financial decisions can impact their future wellbeing.</p>	
<p>Year 10</p>	<p>Wellbeing and Readiness to Learn</p> <p>Pupils will learn about attitudes towards mental health, how to challenge misconceptions, and identify healthy and unhealthy coping strategies. They will explore the risks, effects, and laws relating to different drugs and alcohol misuse, including understanding the difference between habits and addictions. Pupils will also learn strategies to manage peer and media influence around substance use and where to get help.</p>	<p>Skills and Career Aspirations</p> <p>Pupils will revisit post-16 options, learn about application processes, and the differences between employment, self-employment, and volunteering. They will reflect on their personal strengths and transferable skills, set aspirational goals and learn how Labour Market Information connects to their future choices. Pupils will begin building CVs and personal statements and understand what they are used for.</p>	<p>Building Relationships</p> <p>Pupils will learn to recognise healthy and unhealthy romantic or intimate relationships, and where to seek help if they feel worried. They will explore strategies for conflict resolution and breakdowns in relationships and understand the influence of media on relationship expectations. Pupils will also examine gender identity, sexual orientation, and the importance of consent and assertive communication.</p>	<p>Health and Puberty</p> <p>Pupils will learn how to take responsibility for their health, including how to make informed choices about intimacy. They will learn about the risks of unprotected sex, including pregnancy and STIs, whilst exploring misconceptions around contraception. Pupils will also learn about laws around sexting and available sexual health support, including how to access different contraception options.</p>	<p>Responsible Living</p> <p>Pupils will learn how to develop independent living skills, including budgeting and managing finances. They will explore the links between online gaming, gambling, and debt. They will explore rights and responsibilities in employment, workplace health and safety and will practise employability skills through work experience placements. Pupils will set SMART targets, learn how to use feedback constructively and continue building their CVs and personal statements.</p>	<p>Respecting Ourselves and Others</p> <p>Pupils will learn about equality of opportunity and how to challenge discrimination, including transphobia and gender-based bias. They will explore how to manage external influences on their beliefs and decisions, while revisiting key aspects of online safety such as recognising the risks and signs of grooming, exploitation and radicalisation. Pupils will also learn how their spending decisions can have positive or negative effects and practise budgeting skills.</p>

<p>Year 10 <i>Aspire</i></p>	<p>Transition to Key Stage 4</p> <p>Pupils begin by exploring the transition to Key Stage 4, setting SMART goals and identifying new challenges. They reflect on learning preferences, transferable skills, and how subjects link to careers. The term ends with a focus on self-image, encouraging confidence and peer support.</p>	<p>Post-16 Pathways</p> <p>Pupils explore post-16 options including college, apprenticeships, and supported internships. They research local providers, compare pathways, and consider entry requirements and future prospects. They are introduced to basic financial literacy, everyday costs, wages, and National Insurance.</p>	<p>Careers in STEM</p> <p>Pupils explore the value of STEM careers and how school subjects link to real-world jobs. They challenge stereotypes and investigate a wide range of roles. The term may include a team project to design and pitch a “Product of the Future,” building creativity and teamwork.</p>	<p>Preparation for the World of Work</p> <p>Pupils prepare for work experience by exploring job sectors. They develop interview skills and learn about body language and first impressions through practical activities. They practise speed interviews to build confidence and readiness for the workplace.</p>	<p>Readiness for Work Experience</p> <p>Pupils take part in work experience, gaining real-world insight into the workplace. They set personal targets, learn about employability skills, and reflect on their strengths and challenges.</p>	<p>Enterprise Skills</p> <p>Pupils reflect on and evaluate their work experience and complete formal thank-you letters. They explore entrepreneurship, learning how individuals turn ideas into successful businesses and contribute to society. Through research and creative tasks, students develop an understanding of enterprise, innovation, and the skills needed to succeed.</p>
<p>Year 11</p>	<p>Wellbeing and Readiness to Learn</p> <p>Pupils will learn how to recognise the impact of emotions on both physical and mental health. They will learn to recognise signs and causes of mental ill-health, and the types of treatment and support available. Pupils will also explore the causes and effects of stress, strategies for managing it, and will be supported to prepare emotionally for upcoming transitions.</p>	<p>Skills and Career Aspirations</p> <p>Pupils will learn how to balance ambition with realistic expectations and develop strategies to manage challenges during periods of change. They will set SMART targets, further practise employability skills and use feedback constructively, through work experience placements. They will develop and refine their CVs and personal statements, practise interview techniques, and explore ways to maximise employability.</p>	<p>Building Relationships</p> <p>Pupils will learn about relationship values, pleasure in relationships and how to challenge assumptions and social norms around sex, gender and relationships. They will revisit consent, explore the risks and opportunities of online relationships and how to identify manipulation, coercion and exploitation. Pupils will also learn to recognise signs of abusive relationships, where and how to seek support, and understand the responsibilities and challenges of parenthood.</p>	<p>Health and Puberty</p> <p>Pupils will revisit the risks of unprotected sex, including pregnancy and STIs, and where to access contraception and sexual health support. They will learn how to manage sexual health responsibly, including effective use of contraception, while understanding the importance of and the right to withdraw consent. They will learn how conception occurs and explore the stages of pregnancy and foetal development. Pupils will also explore how media and pornography influences sexual attitudes and behaviours.</p>	<p>Responsible Living</p> <p>Pupils will learn about financial stability in adulthood, including budgeting, saving, and managing independent living. They will revisit the links between online gaming, gambling, debt, and how the economy might impact their future financial security. Pupils will also develop practical life skills including accessing health services, travelling safely, and managing a home.</p>	<p>Respecting Ourselves and Others</p> <p>Pupils will embed their understanding of the laws on consent and sexual assault, assess and manage risks related to sexting, and develop strategies for resolving conflict in the community. They will continue learning how to recognise, respond to, and report online grooming in its various forms, including exploitation, extremism, and radicalisation. Pupils will reflect on their personal growth, build on their successes, and be supported to manage their post-16 transition successfully.</p>