St Paul's Catholic School

Personal Development PD/PHSE & RSE Themes Overview 2024-25



Date & Pastoral theme	Year 7	Year 8	Year 9	Year 10	Year 11
4/9	Respect & Form agreement	Career Activities	Study skills	Making Progress	Growth Mindset- Resilience
11/9 Suicide	Year 7 Saints Day Prep	Career Activities	Core values	RSE Authentic Freedom	Growth Mindset-
Prevention Day			Mutual respect		Perseverance
18/9 Care for Creation	7AUL Think Day	RSE Created and	Core values	RSE Self Image	UCAS Prep
month	Career activities	Chosen	Democracy		
25/9 Diversity Week	Democracy	RSE Appreciating	Career Activities	RSE Beliefs, Values and	UCAS Prep
Challenging		differences		Attitudes	
stereotypes					
2/10 Black History	Year 7 Saints Day	Black History	Black History	RSE Parenthood	PS16 Assembly
Month				(Personal relationships)	
9/10	Democracy- School	RSE Feelings	Career Activities	RSE Pregnancy &	RSE Self-worth
	Council elections			Abortion (Life cycles)	
16/10 Careers week	Careers	Careers	Careers	Careers	Careers
Half Term Holiday					
30/10	One World	One World	One World	One World	Health Fair
6/11 Remembrance	Discipleship Mission	Discipleship Mission	Discipleship Mission	Discipleship Mission	RSE Addiction
13/11 Anti Bullying	Anti -bullying	Anti-bullying 8AUL Think Day	Anti-bullying	Anti-bullying	Anti-bullying
20/11 Interfaith Week	Diwali & Interfaith	RSE Before I was born	Core values	RSE Abuse	Revision Techniques
	dialogue		Rule of Law		
27/11 County lines	RSE Who am I?	RSE Tough	Core values	RSE Solidarity	Mock exams
awareness week		relationships	Respect of culture and		
			faith		
4/12	RSE Changing bodies	RSE Assessment	PHSE Assessment	RSE Healthy	Mock Exams
				Relationships - consent	
11/12 Human Rights	RSE Healthy inside and	RSE Think before you	Vaping	RSE Assessment	Charter for Human
Day	out	share			Rights
18/12	Christmas activities	Christmas activities	Christmas activities	Christmas activities	Christmas activities
Christmas Holidays					



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8/1	RSE Where we come	RSE A Wider world	Finance	Personality Profile	RSE Eating disorders
	from				
15/1	RSE Family & Friends	Character Education	Finance	CV Writing	RSE Fertility
		Temperance			
22/1	RSE Assessment	Propaganda	Human rights and	Drug & Alcohol	RSE Pornography
			responsibilities	awareness	
29/1 Holocaust	Holocaust Education	Holocaust Education	Holocaust Education	Holocaust Education	Holocaust Education
Remembrance Day					
5/2 Ash Wednesday	CAFOD Lent	CAFOD Lent	CAFOD Lent	CAFOD Lent	Ash Wednesday Liturgy
12/2	Internet Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety
Half Term Holiday					
26/2	What are your skills∜	Options	RSE Love, honour and	Testicular & Vaginal	Racial Justice
	What are British (Core)		cherish (S1)	health	
	Values?				
5/3	What are your skills <a>t	Options	RSE Love, honour and	Employment rights and	FGM Awareness
	What are British (Core)		cherish (S2)	responsibilities	
	values?				
12/3 Internation	RSE Living in the wider	Options	Core values Individual	RSE Babies (S1)	RSE STI's
Women's Day	world		liberty (Briars Retreat)		
19/3 National CSE Day	RSE My life on screen	Options	Treasure Library	RSE Babies (S2)	RSE Coercive Control
26/3 Alcohol & Drug	Wellbeing- cards	Prevent	Young People and	Drug & Alcohol	RSE Truth & lies Film
awareness			crime	awareness	(S1)
2/4 Stress awareness	Autism Awareness	Autism awareness	Autism Awareness	Autism Awareness	RSE Truth & lies Film
month					(S2)
9/4	Connected by kindness	Gangs – managing the	Extremism versus	Revision techniques	Revision preparation
		risks	legitimate protest		
Easter Holidays					
30/4	Mental Health	RSE The trouble with	Career Activities	Mock Exams	Celebration Mass Prep
- /-	loneliness	Max film (S1)			
7/5	Healthy life mouth	RSE The trouble with	Career Activities	Mock Exams	Revision and Exams
	health	Max film (S2)			



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☐ Eco Road Map (Laudato Si')

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14/5 Mental Health	Wellbeing – cards	Mental Health	Mental Health	Mental Health	Revision and Exams
awareness		Activities	Activities	Activities	
21/5	Gratitude	Recycle Challenge	Knife free	Finance – the Economy	Revision and Exams
Half Term					
4/6	Spelling Bee	Spelling Bee	Revision techniques	Finance – making decisions in the economy	Revision and Exams
11/6 Refugee week	Refugee Awareness	Refugee Awareness	Refugee Awareness	Refugee Awareness	Revision and Exams
18/6	Spelling Bee	Inside out & reflections	Mock Exams	WOW Week Prep	
25/6	Prep for Activities Day	Prep for Activities Day	Prep for Activities Day	WOW Week	
2/7	Healthy life exercise	Career Activities	Social media and body image (Dove)	WOW Week analysis	
9/7	Form activities	Form activities	Form activities	Form activities	
	Year 7 Think Days	Year 8 Think Days		WOW week	

☐ Relationship & Sex Education (RSE) — using Ten Ten Resources 'Life to the Full'	☐ Physical Health
☐ Careers and aspirations often using Unifrog resources	☐ Friendships and Anti bullying
☐ Finance	☐ Diversity and Prejudice
☐ Mental Health and emotional wellbeing	☐ Personal safety, risk management & Media Influence

ACT LOVE WALK