

Personal Development Curriculum at a Glance: 2026 - 2027

Personal Development is a subject designed to support students in understanding themselves, building healthy relationships, developing resilience, having strong teambuilding skills, showing successful travel training, participating in community involvement and preparing for lifelong personal and professional success. The subject equips learners with essential life skills, emotional intelligence, ethical awareness, and goal-setting strategies necessary to navigate academic, social, and future career pathways. Through structured reflection, guided discussion, experiential activities, and real-life application, students are supported in understanding themselves, relating positively to others, and preparing for responsible participation in society.

Team building is a key element of the Personal Development curriculum, helping students develop cooperation, communication, shared responsibility, and respect for others through collaborative activities. The program also promotes community inclusion by encouraging active participation, confidence in social settings, and an understanding of diversity and social responsibility. Travel training supports independence by teaching students how to use public transport safely, plan journeys, and access community resources. In addition, preparation for colleges equips learners with the knowledge, confidence, and skills needed to explore further education options and manage the transition successfully. Together, these areas foster independence, collaboration, and readiness for life beyond school.

By the end of the course, students are expected to exhibit increased confidence, emotional resilience, effective communication skills, and the ability to make thoughtful and ethical decisions. They will possess practical strategies for managing challenges, maintaining well-being, and pursuing meaningful goals. Ultimately, the Personal Development curriculum equips learners with the foundational competencies necessary to thrive academically, socially, and professionally in an ever-changing world.

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Key Stage 4 (MAP, Pathway A & B)

Key stage 4 Pathway A - Stretch and Challenge / Key stage 4 Pathway B - Step up to Independence

At Key Stage 4, learners will follow the ASDAN LifeSkills Challenge qualification, with a strong focus on developing independence, collaboration, and readiness for life beyond school. The programme supports team building and community inclusion by encouraging students to work together, communicate effectively, and participate confidently in a range of shared and community-based activities. Travel training forms a key part of the curriculum, enabling learners to use public transport safely, plan journeys, and access local resources with increasing independence. In addition, students are supported in preparing for college by exploring further education options and developing the confidence and practical skills needed for a successful transition. Through a practical, hands-on approach, learners build essential life skills while working towards personalised outcomes that promote independence and future readiness.

Please be aware that some units may be subject to change

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YEAR 10	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name Challenge ref Level Learning Hours	1. 6959 - Working in a team (Entry 1) 10NLH 2. 9363 - Building on social skills (Entry 2) 20NLH	1. 9347 - Understanding volunteering and community involvement (Entry 3) 10NLH 2. 9113 - Engaging with community services (Entry 3) 10NLH	1. 10046 - Personal hygiene and relationships (Entry 3) 10NLH 2. 10036 - Accessing adult services (Entry 3) 10NLH	1. 5198 - Travel training (Entry 2) 20NLH 2. 4924 - Booking a train ticket online (Entry 1) 10NLH	1. 6031 - exploring different types of jobs (Entry 2) 20NLH 2. 7371 - Exploring a further education college open day (Entry 3) 10NLH	1. 9030 - Writing a job application form with support (Entry 2) 10NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, English	P4A, English	P4A, English, Science	P4A, English, ICT, Mathematics	P4A, English	P4A, English
Core skills	Speaking, listening, problem solving, reading, resilience, decision making, independence, writing, public speaking, critical thinking, teamwork, collaboration, empathy, communication, time management, organisation, planning					
Career links	Community support worker	Kitchen assistant, catering, dishwasher, hospitality, retail	Health care, ambulance service, receptionist, pharmacy assistant,	Receptionist, train conductor, bus driver, travel	Education, careers	Education, careers

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YEAR 11	Autumn 1 8 weeks	Autumn 2 7 weeks	Spring 1 6 weeks	Spring 2 6 weeks	Summer 1 3 weeks	Summer 2 5 weeks
Unit name Challenge ref Level Learning Hours	1. 2963 - Wellbeing and resilience (Entry 3) 30NLH 2. 3859 - Developing an understanding of daily hygiene routines to maintain good health and well being (Entry 3) 10 NLH	1. 7200 - Participating in health and fitness activities (Entry 3) 10NLH 2. 6498 - Making a snack, hot drinks, and a simple meal (Entry 3) 20NLH	1. 2861 - Work experience (volunteering) (Entry 3) 20NLH 2. 3812 - Visiting a restaurant (Entry 3) 10NLH	1. 1613 - Following directions on a road map (Entry 3) 10NLH 2. 1080 - Using technology to communicate with others (Entry 3) 10NLH	1. 4724 - Post 16 options (Entry 3) 10NLH 2. 8380 - Preparing for college (Entry 3) 20NLH	Transition phase <i>Optional unit due to transition phase:</i> 1. 3698 - Transitioning to a new setting (E1) 20NLH
Assessment	- Record of oral questioning - Observations - Photographic/videographic evidence - Portfolio - Group tasks/work - Discussion - Research					
Subject cross curricular	P4A, English, Science, Mathematics	P4A, English, Cooking, Science	P4A, English, Mathematics	P4A, English, Mathematics, ICT	P4A, English	P4A, English
Core skills	Speaking, listening, problem solving, reading, resilience, decision making, independence, writing, public speaking, critical thinking, teamwork, collaboration, empathy, communication, time management, organisation, planning					
Career links	Health worker, social worker, care worker, hygienist	Personal trainer, waiter, cafe worker	Waiter, cleaner	Bus driver, train conductor, ICT teacher, receptionist	Further education	Further education

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