

Personal Development Learning Journey

Curriculum overview 2026–27

YEARS 7–11



ROCKWOOD
ACADEMY

YEAR
11

SPRING 2

Sexual Health and Parenthood



SUMMER 1

Healthy Adult Life and Substances



SUMMER 2

Independence and Next Steps



Exam readiness, mental health support, gambling and debt, safeguarding, sexual health, healthy adulthood and independence

SPRING 1

Safety, Abuse and Forced Marriage



AUTUMN 2

Gambling, Debt and Online Influence



AUTUMN 1

Mental Health and Exam Readiness



SPRING 2

Online Relationships and Harm



SUMMER 1

Law, Safety and Society



SUMMER 2

Careers, Money and Independence



Consent and law, healthy intimacy, abuse and support, sexual health, mental health, online harm, careers and money

YEAR
10

SPRING 1

Mental Health and Risk



AUTUMN 2

Sexual Health and Reproductive Choices



AUTUMN 1

Consent, Relationships and Support



SPRING 2

Mental Health and Body Image



SUMMER 1

Online Media and Financial Risk



SUMMER 2

Substances, First Aid and Progression



Consent, relationships, personal safety, sexual health, mental health, online influence, substances and first aid

YEAR
9

SPRING 1

Sexual Health and Intimate Relationships



AUTUMN 2

Relationships and Personal Safety



AUTUMN 1

Relationships, Risk and Responsibility



SPRING 2

Healthy Choices and Substances



SUMMER 1

First Aid and Community



SUMMER 2

Resilience and Future Readiness



Belonging, study habits, boundaries, wellbeing, online choices, substances, first aid and future readiness

YEAR
8

SPRING 1

Online Safety and Money



AUTUMN 2

Relationships and Emotional Wellbeing



AUTUMN 1

Identity, Transition and Belonging



SPRING 2

Healthy Living and First Aid



SUMMER 1

Money and Future Skills



SUMMER 2

Wellbeing and Resilience



Routines, identity, friendships, online safety, healthy habits, first aid, money and help-seeking

YEAR
7

SPRING 1

Online Safety and Media



AUTUMN 2

Respectful Relationships and British Values



AUTUMN 1

Starting Secondary School



TICK EACH UNIT WHEN COMPLETE