

16/07/2026

# An introduction to Personal Development



Whilst I go through the register, Please **NEATLY** fill in the below information onto your new book:

**YOUR NAME –**  
**Personal Development**

When finished, write today's **date and title** on the first page of your book – Underline them with a ruler.

# An introduction to Personal Development



**How far is it true to say that Personal Development will be one of the most valuable lessons you have at school?**



**Why should students have Personal Development on their timetable?**



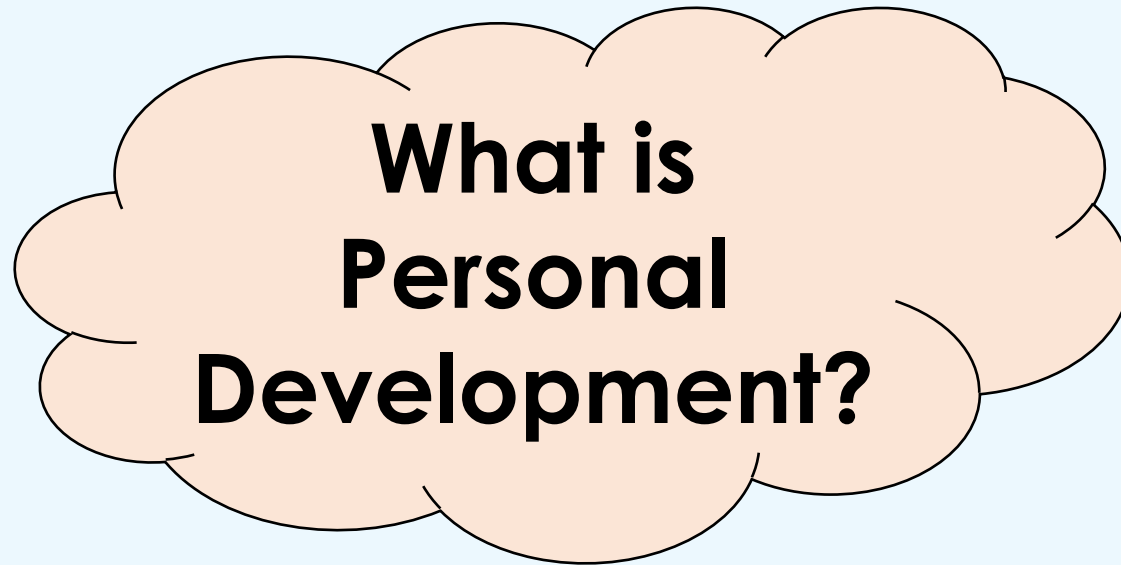
**What is Personal Development and how will it help me?**

## **Instructions:**

- 1) Write the title and date and underline with a ruler.
- 2) Read the progress questions and consider how well you can already answer any of them.

# What is Personal Development?

Draw a thought bubble in the centre of your page with this question inside of it:



Talk to someone near to you about what you think this subject may cover.

**Be ready to share with the class in 1 minute!**



# What is Personal Development?

IT'S ALL  
ABOUT YOU

**Citizenship**

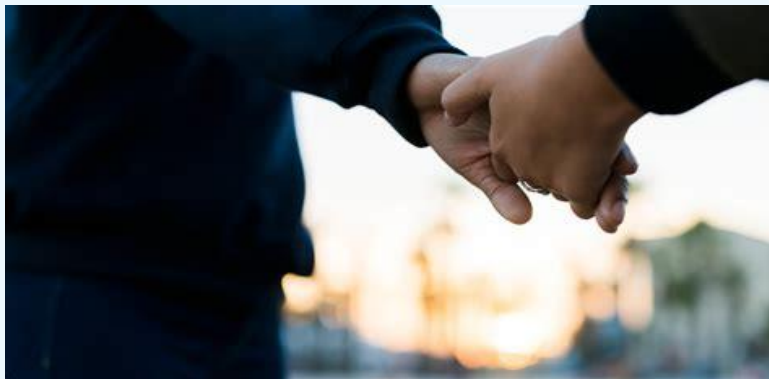
**Careers**



**Health and Mental Health**



**Relationships and Sex Education**



## Relationships and Sex Education

Consent

Contraception

Sexual exploitation

Marriage

## Careers

Skills

jobs

Qualities

CV writing

# What is Personal Development?

## Citizenship

Equality

Human Rights

Black Lives Matter

## Health and Mental Health

Resilience

Healthy eating

Mindfulness

Substance abuse

Social media

## Finance

Taxation and debt



The economy

Spending and saving

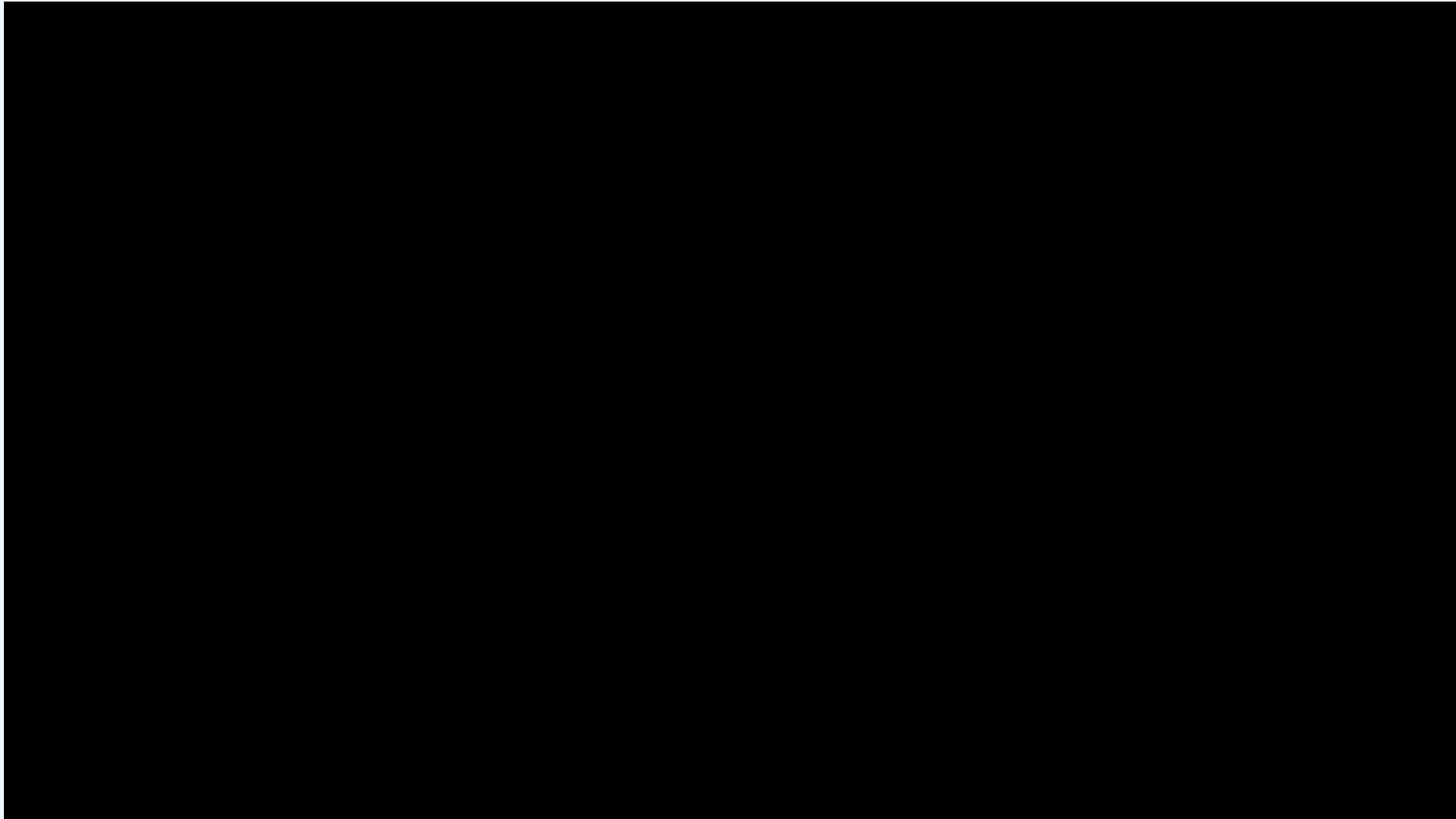
Ethical shopping

For each of the five areas, discuss with your partner **how this unit of work might help students**, even after leaving school.

E.g. Understanding citizenship issues such as BLM allows us to make informed choices regarding protests etc.

# Why study PD?

What reasons do you think this boy has for valuing PSHE as a subject?





Why do you think  
it will be  
important that  
we know and  
trust one another  
in this class?



Therefore... what do you think will  
be really important ground rules to  
have during these lessons?

# What are our ground rules?

1. Arrive on time
2. Sit in the correct seating plan
3. Have the correct equipment
- 4. Listen to one another**
5. Don't shout out
6. Ask appropriate questions
- 7. Respect one another**
8. Don't gossip about what we share



**We will be self-assessing ourselves using these statements at the end of every half term [topic]. When you look at the copy you are sticking into your books can you see why it is important for someone to show they can do all of these things, and not just the ones at the top of the sheet?**

|                                                                                           |
|-------------------------------------------------------------------------------------------|
| <b>Levels 9-7 Explore and master changes, challenges and opportunities in life.</b>       |
| Weigh-Up<br>I can decide, with evidence, whether what we study has value to me and others |
| Formulate<br>I can put my point across in a way others see as meaningful                  |
| Test<br>I can think in a sensible way that helps me change my opinions based on evidence  |
| Zoom<br>I can examine something we learn about in detail                                  |
| <b>Levels 6-4 Manage changes in my life</b>                                               |
| Back<br>I can think deeply, or carefully about what we study and how it affects me        |
| Explain<br>I can make what we learn clear by describing it in more detail                 |
| Connect<br>I can show why something is what it is when we learn about it                  |
| Justify<br>I can say why my view, or someone else's, is correct about what we learn       |
| <b>Levels 3-1 Identify life changes</b>                                                   |
| Question<br>I can come up with useful ideas on something we are studying                  |
| Identify<br>I can use words to say what something we learn about is like                  |
| Look<br>I can give some examples of something we are looking at                           |
| Respond<br>I can say what something is when we learn about it                             |

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**How far is it true to say that Personal Development will be one of the most valuable lessons you have at school?**



**Why should students have Personal Development on their timetable?**



**What is Personal Development and how will it help me?**

**Have a go at answering one of these Progress Questions with as much detail as you can.**