

Personal Development at The Lionheart Educational Trust 2026-27

At Lionheart Educational Trust, we invest in our learners so they have more than exam results when they leave our institution. In order to succeed in future life, young people must be educated in all areas surrounding academia. We make it our mission within The Lionheart Educational Trust to focus on our young people's development. Our holistic work is underpinned by the 4R's, a key part of our ethos and culture. These are resourcefulness, resilience, reciprocity, and reflectiveness.

We believe that the 4R's are crucial for our young people to become integral parts of society. Our curriculum also provides students with a voice, so they can share opinions and views in a respectful but confident manner. Our young people experience this rich and diverse learning experience through our carefully curated Personal Development Curriculum (PDC). PDC covers all areas of personal development, including PSHE, RSE, CEIAG, citizenship, SMSC, with key themes such as character development and the fundamental British values embedded throughout. This curriculum allows our pupils time to explore varied schemes of work, from dealing with financial issues through to understanding how social media can influence relationships.

We have a huge focus on diversity. We recognise the vast number of communities that our trust schools contain, and therefore we highlight to students how to interact with and respect everyone. For example, we routinely teach students about the protected characteristics, and how they link to reducing discrimination. Our pedagogical methods to deliver our curriculum are steeped in evidence and research. Pupils discuss aspects of life that are critical to the future of our society, and explore their feelings in a safe and protective learning environment. In addition, our ethos and culture are key threads that are visible throughout PDC, which helps us to develop resourceful, resilient, reciprocal, and reflective learners. PDC is delivered by our excellent tutor teams who are pupil-centred and positive, ensuring our learners become the best version of themselves.

The Personal Development Curriculum is designed to have width and breadth, to ensure students are ready for their next steps in life. Our learning is split into three distinct blocks, interleaving topics as to maximise learning. Key learning strategies such as retrieval practice and elaboration are also woven through the curriculum, enabling knowledge to remain 'sticky'. We shape our pupils to excel at all aspects of life, including significant focus on literacy and oracy. Throughout a child's journey in our schools, they revisit previously taught material in an age-appropriate manner, discovering how similar concepts can be applied to unique circumstances. This also is a huge factor in building a pupil's knowledge to retain information for longer.

By building in regular assessment points to our curriculum, we identify where progress has been achieved, and where further progress could be made. Within lessons, students will cover topic areas that spark debate, topic areas that are sensitive and topic areas they will require as soon as they leave school. We actively encourage students to participate in their learning, and to make morally just decisions. To facilitate this, all learning begins with creating a safe and respectful learning environment, by setting clear but concise ground rules. Learning ends with signposting, so learners know where to receive further support, even with the most challenging issues. Whilst having a common curriculum across our network of schools secures student understanding, no matter which school they attend, our curriculum is ever-changing to respond to the demands and needs of our local communities and wider society.

Our schools are incredibly diverse, with different communities within and between our network of academies. We are committed to providing students with the best education possible, and therefore must prepare them for the society they will enter. Learners receive impartial advice and guidance on key issues that are affecting the wider world, and are given time to reflect on the bigger picture. Whether this is through our Global Issues programme, tackling the largest issues humankind faces today, or addressing local safeguarding threats, PDC provides pupils with the most up-to-date knowledge and information to thrive in their future.

Our PDC programme is tailored to meet the needs of our diverse cohort of learners. It goes beyond the statutory requirements placed on us, giving students vital information around careers, as well as the first fifteen things they will need after leaving college, whilst also giving a boost into life after academia. We provide opportunities for all learners to be resourceful, resilient, reciprocal, and reflective, whilst also having the tools to be successful within and beyond school life.

PDC Curriculum Plan 2026-27

Lesson	Week Beginning	Year 7	Year 8	Year 9	Year 10	Year 11
1	25/08/2026	Welcome to PDC	How You Can Explain Your Learning	Healthy and Unhealthy Friendships	Talking to Improve Memory	How Mindset Influences Recall

2	31/08/2026	Establishing and Managing Friendships	Energy Drinks and their Dangers	Drugs, Alcohol and Vapes	New Challenges	Writing CVs and Personal Statements
3	07/09/2026	Identifying and Managing Emotions	Risks of Alcohol and Smoking	Gang Culture	Signs of Emotional and Mental Ill-Health	Interview Technique
4	14/09/2026	Independent Travelling Safety	Risks of Vaping	Knife Crime	Promoting Mental and Emotional Wellbeing	Maximising Employability Including Online
5	21/09/2026	Personal Safety and Basic First Aid	Medicinal and Recreational Drugs	Skills and Qualities	Challenging Stereotypes: Misinformation	Rights and Responsibilities: Part Time
6	28/09/2026	Essential Skills	Work/Life Balance and Equality	How to Demonstrate Strengths	Evaluating Strengths and Weaknesses	Memory, Timing and Self-Monitoring
7	05/10/2026	What is CEIAG?	Challenging Stereotypes: Pay Gap	Managing Emotions in the Workplace	Opportunities in Learning and Work	Gender Identity and Sexual Orientation
	12/10/2026					
8	26/10/2026	Skills and Qualities	Types of employment	Managing Emotions in the Workplace	Linking Texts Together	Fertility
9	02/11/2026	Identifying future careers aspirations	Goal Setting	P16 Options	Inclusion and Belonging Within Communities	Ready for Parenthood
10	09/11/2026	Challenging Stereotypes: Careers	Career Aspirations	Navigating your Career	Equality Act and Protected Characteristics	Unplanned pregnancy
11	16/11/2026	Introduction to Memory	Revision Techniques	Applying Retrieval in Learning	Diagnosing What To Revise	Forced marriage
12	23/11/2026	Identity and Rights	Influences on Beliefs and Decisions	Types of Families	Relationship Values and Positive Sexual Health	Menopause

12	30/11/2026	Bullying and Cyberbullying	Gender Identity	Types of Parenting	Online Risks in Relationships	Diagnosing What To Revise
14	07/12/2026	Global Issues 1				
15	14/12/2026	Challenging Stereotypes: Diversity	Equality Act and Protected Characteristics	Positive Family Relationships	Misconceptions in Relationships	Communication in Relationships
	21/12/2026					
	28/12/2026					
16	04/01/2027	Challenging Discrimination	Challenging Discrimination: Disability	Types of Conflict	Consent: Manipulation and Co-Ercion	Handling Unwanted Attention and Challenging Harassment
17	11/01/2027	Being an Upstander (Response)	Challenging Discrimination: Racism	Conflict Resolution Strategies	Challenging Victim Blaming	Relationships and Abuse
18	18/01/2027	Why Teachers Show You How To Think	Copying vs Understanding	Spotting Strategies in Modelling?	Metacognitive Writing Frames	Unhealthy and Exploitative Relationships
19	25/01/2027	The Importance of Sleep	Challenging Stereotypes: Mental Health	Links Between Physical and Mental Health	Role Models and Their Influence	Working Through Answers Aloud
20	01/02/2027	Having a Healthy Diet	Daily Wellbeing	Work Life Balance	Misogyny, Toxic Masculinity and Its Impacts	Forms of Government
21	08/02/2027	Personal Hygiene	Developing Resilience	Healthy Eating	Media Portrayal of Gang Culture	Improving Your Local Community
	15/02/2027					

22	22/02/2027	FGM	Healthy and Unhealthy Coping Strategies	Influences on Body Image	Impact of Drugs and Alcohol on Others	Dealing with Complex Issues Within the Law
23	01/03/2027	Global Issues 2				
24	08/03/2027	Reciprocal Reading	Paired Comprehension?	Critical Reading Habits	Responsibilities in the Workplace	Text Decoding
25	15/03/2027	Developing Self Worth	Gender vs Sex	Sexual Choices	Managing Health and Safety	Screening and Self Examination
	3/22/2027					
	3/29/2027					
26	05/04/2027	Types of Positive Relationships	Consent: The Law	Consent: Misconceptions, Capacity and Rights	Protecting Your Rights At Work	Consmetic and Aesthetic Body Alterations
27	12/04/2027	Relationships and Gender	Sexting	STDs and Safer Sex	Diagnosing what to revise	Perseverance and Procrastination
28	19/04/2027	Challenging Stereotypes: Media	Contraception	Relationships in the Media	Relationship Values and Positive Sexual Health	The Importance of Sleep
29	26/04/2027	Consent: Seeking and Communicating	Social Media and Online Grooming	Sexual Risks of Social Media	Online Risks in Relationships	Exam Stress Management
30	03/05/2027	Global Issues 3				
31	10/05/2027	Self Assessment	Reflecting on Writing?	When Learning isn't Working	Applying Learning to Life	Managing Time Effectively
32	5/17/2027	Roles of Citizens, Parliament and Monarchs	The Political System	Legal and Illegal Financial Activities	Electoral Systems	Reviewing Performance

33	5/24/2027	British Law	How parliament works	Risk and Financial Activities	Key elements of the UK constitution	Exam Leave
	5/31/2027					
34	6/7/2027	Community Links	How the justice system works	Crypto Currency	Budgeting, saving and debt	Exam Leave
35	6/14/2027	Money Choices: Borrowing, Budgeting, Spending	Human Rights	Side Hussles and their dangers	Gambling and debt	Exam Leave
36	6/21/2027	What does a good learner do?	How pay deduction works	Strengths and Weaknesses	Adapting learning to different subjects	Exam Leave
37	6/28/2027	Critical thinking: Social Media	Budgeting	Living on your own	Earning your money- net and gross pay	Exam Leave
38	7/5/2027	Critical thinking: Role Models	Weighing up financial offers	Types of Accomodation	Saving your money	Exam Leave