



Personal Development – Y10 Careers and Aspirations

Learning about this topic is important because: Careers education is important because schools must provide independent guidance to help you make informed choices about your future. It supports you to understand different career pathways, skills, and opportunities, and helps you make confident decisions about further education, training, and employment.

This builds on: In Year 9, you learned about your skills and strengths and how these can link to future pathways. You explored what comes after school, including different options available to you. You also began to understand how to make choices at KS4, and learned about working, earning money, and basic financial management.

This leads to: In Year 11, you will explore your Post-16 options, including T Levels and BTECs, and how these pathways can support your future goals. You will develop skills in researching opportunities, including education, training, volunteering, and paid work. You will also learn about interviews and assessment centres, and how to prepare effectively for these next steps.

We will learn:

- Reflecting on careers journeys
- The different types of careers
- How to maintain wellbeing in the workplace
- How to contact and look for work experience
- How to plan for your placement

We will develop/practise skills including:

- Using the Unifrog platform to explore careers and skills
- Self-reflection and evaluation
- Identification of key skills
- Evaluating career profiles
- Prioritising and sorting information
- Summarising and simplifying information
- Analyse scenarios

Some of the vocabulary that we will use includes:

Career, job, portfolio, lifestyle, mental wellbeing, rights and responsibilities, Health and Safety

You could learn more about this topic by: Accessing the careers and know how library on Unifrog and favouriting areas of interest. You can also record skill demonstration and take some quizzes to explore what you like in more depth.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: You will complete a careers journal to record and reflect on your experiences, skills, and aspirations. This will help you track your career-related learning across school, understand your strengths, and begin to map out possible future pathways and goals.



Personal Development – Project Work

Learning about this topic is important because: Individual and group project work is important in Personal Development because it helps you apply your learning to real-life situations. It develops key skills such as independence, teamwork, communication, and problem-solving, while also building a strong leadership thread through taking initiative, organising tasks, and supporting others. This type of home learning encourages you to reflect on your own views and learn from others, while developing responsibility, organisation, and confidence, preparing you for further education, employment, and leadership roles.

This builds on: It builds on primary school learning where you developed skills in working independently and with others, taking part in group activities and simple projects. You began to practise sharing ideas, listening to others, and taking turns, as well as showing early leadership through small responsibilities (e.g. group roles, helping others). You also started to develop organisation, responsibility, and confidence, which are strengthened through more structured project work in secondary school.

This leads to: It can lead to more advanced opportunities in Year 11, A levels, and further education, where you will be expected to work with greater independence and responsibility. You may complete extended projects, coursework, and research tasks that require strong organisation, critical thinking, and time management. It also supports the development of leadership skills, such as leading group work, presenting ideas, and managing projects. These skills are essential for college, university, apprenticeships, and the workplace, where collaboration, initiative, and problem-solving are highly valued.

We will learn:

- How to research the history of WKGS - Y7
- Different jobs in the NHS – Y8
- How to present as a group or individually
- What leadership is and how we can display leadership in a team dynamic
- Global education inequalities and creating a meaningful contribution to EduKids' mission of supporting education in Peru – Y9
- Developing and evaluating a community project – Y10
- Researching further education or employment – Y11

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork
- Personal responsibility and independence
- Problem-solving
- Time Management

Some of the vocabulary that we will use includes:

Collaboration, time management, presentation, leadership, British values, citizenship, resilience, respect, empathy, global partnership, transferrable skills,

You could learn more about this topic by:

- Use platforms such as Unifrog and National Careers Service to explore how teamwork, leadership, and project skills link to future careers.
- Watch TED talks about teamwork, leadership, and communication skills.
- Take part in online courses or challenges (e.g. via FutureLearn) to practise independent learning, collaboration, and problem-solving.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: the presentation of your project to the class, looking at the final product and a critical analysis of what has been learnt in the process



Personal Development – Y10 Learning Skills



West Kirby
Grammar School

Learning about this topic is important because: Learning and organisation skills are important because they help you become a more independent and effective learner. They enable you to manage your time, prioritise tasks, and meet deadlines, reducing stress and improving wellbeing. Strong organisation supports better focus and retention of knowledge, helping you achieve your goals. These skills also prepare you for **further education, employment, and adult life**, where planning, responsibility, and self-management are essential

This builds on: In Year 9, you learned how to create and use revision timetables and explored next steps to improve your planning and organisation. You also looked at top revision tips to support effective study habits. In addition, you developed your understanding of active reading techniques and how they can support learning and revision

This leads to: In Year 11, you will strengthen your organisation and independent learning skills, using effective reminders and support strategies to manage your workload. You will consolidate and refine your study practices to prepare for examinations and future pathways. You will also develop strategies to manage exam stress and maintain wellbeing, building resilience for both further education and future careers where these skills are essential.

We will learn:

- The structure of GCSE course
- Preparation for work experience
- How to organise yourself and revise for external exams
- Top tips
- How to deal with exam stress

We will develop/practise skills including:

- Organisation and time management skills
- Independent learning and self-management
- Study and revision strategies
- Digital and physical organisation
- Metacognition
- Resilience and perseverance

Some of the vocabulary that we will use includes:

Prioritisation, GCSE, effective, self-care

You could learn more about this topic by:

Researching and practising different revision techniques using sites such as BBC Bitesize, Seneca, Physics and Maths tutor, Cognito

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: The assessment in Learning Skills will focus on your engagement in lessons and your progress in the end-of-year exams, showing how well you apply the skills you have developed throughout the year.



Personal Development – Y10 Managing Risk

Learning about this topic is important because: Learning about managing risk is important because it helps you recognise unsafe situations and make informed decisions that protect your wellbeing. It develops your ability to assess consequences, manage pressure, and respond to challenges safely, both online and offline. This supports you in becoming more independent and responsible; while also helping you know when and how to seek help.

This builds on: In Year 9, you learned how to respond if friends are using drugs or alcohol and what the law says about drug possession. You explored the risks of gang involvement, including county lines and child criminal exploitation, and considered ways to stay safe and exit risky situations. You also studied the dangers of asphyxiation and risky dares, and learned how to recognise the difference between safe online gaming and grooming behaviours

This leads to: In future learning, you will explore laws relating to contraception and pregnancy and understand rights and responsibilities in these situations. You will examine the issue of victim blaming and why it is harmful. You will also learn about financial responsibility, including lending money, gambling risks, income, and tax, helping you make informed and responsible decisions in adult life.

We will learn:

- How can we balance freedom and the law?
- What is extremism?
- Is it ok to protest?
- Digital safety
- AI algorithms and academic pressures

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork
- Personal responsibility and independence
- Problem-solving and evaluating real-world issues
- Active citizenship
- Viewpoints and political positions

Some of the vocabulary that we will use includes:

Human rights, equality, riot, legality, protest, algorithm, extremism, radicalisation

You could learn more about this topic by: Use BBC Bitesize and NSPCC for clear guidance on risk, personal safety, online behaviour, and decision-making. Explore Childline and The Mix for real-life scenarios and advice on handling pressure, staying safe, and knowing what to do in risky situations. Use Thinkuknow for interactive resources and videos about online risks, privacy, and digital safety.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation



Personal Development – Y10 Health and Wellbeing



West Kirby
Grammar School

Learning about this topic is important because: Learning about health and wellbeing is important because it helps you look after your physical, mental, and emotional health. It supports you to make safe and informed choices, manage stress, and build healthy routines. It also helps you develop the confidence to recognise risks, seek support when needed, and maintain positive relationships, preparing you for a healthy and balanced life now and in the future.

This builds on: In Year 9, you learned about mental health stigma and how to challenge it. You explored how to manage setbacks and use coping strategies to support your wellbeing. You also learned what self-harm is and how to seek help safely. In addition, you studied change, loss, and grief, and how people can respond to these experiences.

This leads to: In Year 11, you will learn how to take responsibility for your health, including making informed choices about your wellbeing. You will explore topics such as gynaecological health, screening and medical examinations, and how to access and assess health services. You will also consider the risks and realities of cosmetic and aesthetic procedures, helping you make safe and informed decisions.

We will learn:

- What can go wrong when taking substances?
- Can you be sure of what you are taking
- How we can be street savvy
- The risks of carrying a knife

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork
- Personal responsibility and independence
- Problem-solving and evaluating real-world issues

Some of the vocabulary that we will use includes:

Risk, personal safety, risk assessment, substance abuse

You could learn more about this topic by:

Using trusted websites like BBC Bitesize for clear explanations of mental health conditions, emotional wellbeing, and social media impact.

Accessing guidance and resources from Mind and YoungMinds to deepen understanding of mental health and coping strategies.

Exploring support and information from Childline for real-life advice on feelings, stress, and online pressures.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation