



HILLSIDE  
HIGH SCHOOL

# Hillside High School Personal Development Overview Key Stage Three

MEMBER OF THE WADE DEACON TRUST

EXCELLENCE IN THE HEART  
OF THE COMMUNITY



Unit	Lesson Code	Year 7	Year 8	Year 9
Health and Wellbeing	HW1	What is self - esteem and how can I empower myself?	What is health and wellbeing?	What is self-esteem?
Health and Wellbeing	HW2	Is this bullying or banter?	What is good mental health?	How can self-esteem impact on body image?
Health and Wellbeing	HW3	What is the importance of sleep and relaxation?	How do we manage stress?	How can I make healthy choices to prevent illnesses?
Health and Wellbeing	HW4	How can exercise improve my lifestyle?	How do we eat healthily?	How do I cope with grief and loss?
Health and Wellbeing	HW5	Healthy lifestyles - Exercise	Why is sleep important?	What is anxiety and depression?
Health and Wellbeing	HW6	Hygiene	What is the impact of poor sleep and what are strategies for improving sleep?	Is stress bad?
Health and Wellbeing	HW7	Dental Care	What are the signs of well-being concerns?	How can I support someone who has an eating disorder?
Health and Wellbeing	HW8	Infections and antibiotics	How can I act to minimise mental health concerns?	How can physical activity improve our well-being?
Staying Safe	S1	Staying Safe Online (social Networks)	What are the risks associated with being online?	What are the common legal and illegal drugs?
Staying Safe	S2	Online world and real life	What are the dangers of too much screen time?	What is addiction?
Staying Safe	S3	Digital Citizenship	How can our perception of our bodies impact on our feelings and thoughts?	What is low risk alcohol consumption?
Staying Safe	S4	Energy Drinks and Caffeine - Drugs	County Lines	What are the causes of knife crime?
Staying Safe	S5	Unhealthy Comparison	What are legal and illegal substances?	Why is it important to keep our data safe?
Staying Safe	S6	What are the dangers of nicotine?	What are alcohol limits?	What does the law say about sharing images?
Finance and Life Skills	FL1	Money and Income	How do we pay for things?	Financial Services and Products
Finance and Life Skills	FL2	Budgeting	What is the best way to look after money?	How can we keep track of our money?
Finance and Life Skills	FL3	Hygiene at home	What are the implications of borrowing money?	Where can we save money?
Finance and Life Skills	FL4	Understanding labels	How can I stay safe in the kitchen?	What are our rights as consumers?
Finance and Life Skills	FL5	Recycling in the home	How do I assess a casualty?	First Aid - CPR
Finance and Life Skills	FL6	Basic First Aid	How do I prevent choking and what should I do with a head injury?	First Aid -Defibrillators
Careers	C1	Careers at Hillside / What is a career?	Exploring Hidden Careers	What should I choose for my GCSE Options?
Careers	C2	Buzz Quiz	What is LMI?	Where can I find job vacancies?



Careers	C3	Careers and Aspirations	Employability Skills	Types of work and job satisfaction
Careers	C4	Employability Skills	What are the qualities needed by an entrepreneur?	Protected characteristics in the work place
Relationships	R1	Families: Different kinds of families	What are healthy relationships?	Healthy Family relationships
Relationships	R2	Positive and Healthy Relationships	What are the different types of relationships?	What is a healthy one-to-one relationship?
Relationships	R3	Managing Friendships	How do we deal with conflict in relationships?	What are the dangers of controlling relationships?
Relationships	R4	Keeping Safe - Consent	What is a gender identity?	What can we do in an abusive relationship?
Relationships	R5	Being positive	What is discrimination?	How are relationships diverse?
Relationships	R6	Why is it important to respect differences?	How can I be respectful and tolerant?	How can I manage pressure within a relationship?
Citizenship	C1	What is citizenship?	What is the difference between government and parliament?	How is the UK governed?
Citizenship	C1	Why do we need rules?	The UK Government	What is the difference between local, regional and national governance?
Citizenship	C2	Identity	Why was the struggle for the vote important today?	How does the UK system compare to other systems?
Citizenship	C3	Rights	What is news?	What is the Equality Act 2010?
Citizenship	C4	Local and national government	How does the media hold those in power to account?	What is discrimination and Prejudice?
Citizenship	C5	What is crime and what are the different types of crime?	What are laws?	What are the effects of discrimination and prejudice on individuals and groups in society?
Citizenship	C6	Protected Characteristics	How can citizens bring about change?	Why do we need a law on equality in the UK?
Citizenship	C7	What is a community?	What can we do about global problems?	What can we do to create a fairer society in the UK?