

The Personal Development Curriculum

Vision

The vision of Personal Development is to:

- To foster independence and life skills for the future
- To provide further opportunities for young people which contribute towards developing well rounded, responsible young citizens
- To develop understanding of one's own unique development (both strengths and areas for improvement)

Concepts

Self awareness	Self-care, Support and Safety	Managing Feelings	Changing and Growing	Healthy Lifestyles	The World I Live In
Me, who I am, my likes, dislikes, strengths and interests	Looking after myself and keeping safe; aspects of Relationships and Sex Education	Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education	How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education	Being and keeping healthy, physically and mentally	Living confidently in the wider world

Context

<i>Skills for learning</i>	<i>Managing pressure</i>	<i>Getting on with others</i>	<i>Identifying and expressing feelings</i>	<i>Keeping safe</i>	<i>Accidents and risk</i>	<i>Emergency situations</i>	<i>Puberty</i>	<i>Healthy eating</i>	<i>Physical activity</i>
<i>Drugs, alcohol and tobacco</i>	<i>Diversity/rights and responsibilities</i>	<i>Preparing for adulthood</i>	<i>Managing finances</i>	<i>Taking care of the environment</i>	<i>Rules and laws</i>	<i>Jobs people do</i>	<i>Belonging to a community</i>	<i>Mental wellbeing</i>	<i>Body image</i>

The concepts in the Relationships and Sex Education Curriculum

Personal Development Subject Policy

- Relationships and Sex Education (RSE)
- Health and Wellbeing (HWB)
- Living in the Wider World (LWW)




Self awareness

KS2	KS3/4
<ul style="list-style-type: none"> • Things we are good at • Kind and unkind behaviours • Playing and working together • People who are special to us • Getting on with others 	<ul style="list-style-type: none"> • Personal strengths • Skills for learning • Prejudice and discrimination • Managing pressure




Self-Care, Support and Safety

KS2	KS3/4
<ul style="list-style-type: none"> • Taking care of ourselves • Keeping safe • Trust • Keeping safe online • Public and Private 	<ul style="list-style-type: none"> • Feeling unwell • Feeling frightened/worried • Accidents and risk • Keeping safe online • Emergency situations • Public and private • Gambling



Managing feelings

KS2	KS3/4
<ul style="list-style-type: none"> • Identifying and expressing feelings • Managing strong feelings 	<ul style="list-style-type: none"> • Self-esteem and unkind comments • Strong feelings • Romantic feelings and sexual attraction • Expectations of relationships/abuse







Changing and growing

KS2	KS3/4
<ul style="list-style-type: none"> • Baby to adult • Changes at puberty • Dealing with touch • Different types of relationships 	<ul style="list-style-type: none"> • Puberty • Friendship • Healthy and unhealthy relationship behaviour • Intimate relationships, consent and contraception • Long-term relationships/parenthood

The concepts in the Health and Wellbeing Curriculum


Personal Development Subject Policy

-  Relationships and Sex Education (RSE)
-  Health and Wellbeing (HWB)
-  Living in the Wider World (LWW)



Making healthy/good choices KS2

Elements of a healthy lifestyle KS3/4




Taking care of physical health KS2

Physical activity KS3/4



Keeping well KS2

Mental wellbeing KS3/4






Body image KS2

Medicinal drugs

Drugs, alcohol & tobacco KS3/4

The concepts in the Living in the Wider World Curriculum

Personal Development Subject Policy

-  Relationships and Sex Education (RSE)
-  Health and Wellbeing (HWB)
-  Living in the Wider World (LWW)



Respecting differences between people KS2

Diversity/rights and responsibilities KS3/4



Rules and laws KS2

Managing online information

Managing finances KS3/4



Jobs people do KS2

Preparing for adulthood KS3/4






Belonging to a community KS2

Taking care of the environment KS2/3/4

The concepts in the Key Stage 4 Personal Development Curriculum

Personal Development Subject Policy

-  Relationships and Sex Education (RSE)
-  Health and Wellbeing (HWB)
-  Living in the Wider World (LWW)




Self awareness
Things we are good at and personal strengths



Self care, support and safety
Looking after myself and keeping safe; aspects of Relationships and Sex Education




Managing feelings
Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education.



Changing and growing
How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education



Healthy lifestyles
Being and keeping healthy, physically and mentally



The world I live in
Living confidently in the wider world

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN
Week of the year	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Classroom Topics	Safety and Managing Risk				Health and Wellbeing				Health and Wellbeing				Making the right choices. Drugs, Alcohol, Tobacco				RSE				RSE				British Values				Living in the Wider World				Economic Wellbeing/Citizenship							
Willhour One	1 Self confidence, support and Safety Safe places/travelling Safety - water, roads, railways and fire Recognizing situations are emergencies				2 Taking care Of Physical Self Benefits of Physical and emotional activities Hygiene routines. Dental care and visiting the dentist; how to brush teeth correctly; food				3 Keeping Well Feeling unwell - how does it feel How do we become unwell - poor diet/hygiene routines/unhealthy lifestyle/transfer of germs. Who can help us if we are not well				4 Making the right choices. Who can help us? People we know/different professional people. Healthy choices. Plan/Create a healthy snack				5 Growing and Changes (baby-Adult) Identify what a baby looks like/can do. Identify/compare the changes between baby/child/adult. Compare what you do				6 Things we are good at. Identify what we like to do/enjoy/find at. How am I different from you. What you do well at Identify hopes/aspirations and how we might achieve				7 Respect and difference Identify similarities, what people have in common. Identify differences in ethnicity, culture and religions. What is it to be prejudiced/discriminate.				8 Jobs people do Identify different jobs Look at the different roles in school. Identify jobs you would like to do dream/reality. Recognize the link between what you do/learn now to your future job				9 Belonging to a community Identify different groups we can belong to - family/club/faith. What does it mean to feel part of 'something' Identify different groups available to us in our							
Willhour Two	10 Keeping safe online/local community. How we communicate - verbally/technology/trip language/imagery. Rules of keeping safe on line. 'safe' people in the community (possible visit to)				11 Changes at Puberty Understanding puberty it affects everyone differently. Physical changes in men and women. Emotional impact - mood swings, feelings.				12 Identifying and expressing feelings. Identify different feelings. What makes us happy/sad/angry. Identify actions/triggers that affect our behaviour. Look at different				13 Appropriate behaviour. Right/wrong behaviour. Impact on others. Buy into cried out concerns				14 Public and Private Understanding personal belonging. Understand things we can do in private but not in public. Asking/giving permission including respect. Trust, secrets, doors(4)				15 Ourselves, growing and changing Personal Identity like/different Important people in their life. Personal strengths, interests				16 Our Community (x2) Growing/caring for flowers/plants and vegetables. Litter picking. What's in our community.				16 Our Community. (x2) Growing/caring for flowers/plants and vegetables. Litter picking. What's in our community.				17 Farming friendship/interests Demonstrate positive and negative ways of being friends. How to resolve conflict, showing respect.							
Year 7	18 Self Esteem What we are good at Dealing with feelings How to improve self esteem				19 Mental Wellbeing Physical mental wellbeing Charities and services that can help Mindfulness				20 Feeling Well The difference between feeling unwell/feeling Germs and bacteria Who can help us if we are unwell/at home/in school/in the community. Medicines for illness/allergies/first aid				21 Rules and Law School rules, safety rules. How do rules/laws keep us safe in the community.				22 Our Changing bodies. What is puberty? Identify changes from birth to adulthood in physical, emotional and racial. The importance of Personal hygiene during puberty. The reproductive organs.				23 Feelings worried What does worried/frightened look like? Personal space. Inappropriate/appropriate contact. The law and serious actions -				24 Diversity Identify different rights and responsibilities inside of school. What is meant by rights/responsibility. What is Stereotyping. Rules/laws.				25 Taking care of the Environment. Look at natural environments. Caring for living things - people/plants and plants. Describe responsibility for looking after and caring for				26 Politics and Parliament Who makes decisions in our school/home The political system in the UK. UK Government - what does it do? MP's and their							
Year 8	27 Commend Jao (x2) Supporting students to develop life skills, develop a growth mindset and build resilience.				27 Commend Jao (x2) Continued				28 Accident/Injury safety Risky behaviour/situations Positive risks - trying something new				29 Medicinal Drugs Identify different health professionals. The difference in prescribed medication and that bought over the counter. All drugs come with a health risk if not taken correctly				30 Body Image Look/describe at young people in magazines/TV/social media. Thoughts/feelings about our body. Self esteem/influence/peer pressure/manipulation in social media and advertising				31 Personal Strengths? Identify personal strengths and skills we use at times in other people. Self esteem, positive and negative feelings. Strategies for managing our negative				32 Jass Award (x2) Encouraging interests, getting and staying Active. Encouraging community or nature-based projects outdoors.				32 Jass Award (x2) Encouraging interests, getting and staying Active. Encouraging community or nature-based projects outdoors.				33 Law, crime and Society Different types of crime. Different types of Punishments. Law and crime - changes over time. Government - Police - Law and crime Modern Britain							
Year 9	34 Forest School (x2) 37 keeping safe in local community - Park, street, road, rail and water safety Recognizing dangers and emergency services that can				34 Forest School (x2)				35 Strong Feelings Identifying different feelings and emotions Strategies to support our emotions Mindfulness				36 Drugs Alcohol Identify common legal drugs. Effects of alcohol. Ruler and law, legal age. Peer pressure, habit, addiction				37 Romantic Feelings Identify different feelings - friendship/like/affection. Use appropriate language - sex and introduce gender/identity. Where to seek advice				38 Healthy/Unhealthy relationships Friendship/relationships What these relationships 'look' like. Recognize some behaviours and feelings associated				39 John Muir Award - (Environment x2)				39 John Muir Award - (Environment x2)				40 Rules/Law Combatting Terrorism Conspiracy theories, Extremism. Terrorism, Radicalisation process. Counter terrorism.							
Year 10	41 Basic First Aid Recognizing an emergency. Dealing with common injuries. Treating everyday accidents.				42 Self concept Personal strengths, Confidence. Strategies for building resilience. All About Me targets				43 Puberty and Sexual Health Puberty, personal hygiene. Contraception and STI's. Risks/frequency. Where to get help and advice				44 Tobacco, Vape Potential health issues and harm to the body. Advertising and peer pressure.				45 Intimate Relationships Consent, permission Similarities/differences with friendship/romantic/infatuation to relationships. Consent of sex -				46 Different relationships Responsibilities in adulthood. Look at the choices available to them in Year 11 and				47 Prejudice and Discrimination. Everyone is unique. Explain prejudice and discrimination against someone, linking at				48 Aspirations, work and careers Recognize strengths, skills and achievements. Identify future career choices - have they got there skills/interests/abilities				49 Exploring British Values The Monarchy Critical thinking and fake news. Explore British Values.							
Year 11	50 First Aid Course Complete First Aid course - Call, Tell, Rescue Responding to emergency situations including CPR and the recovery position.				51 Physical Activity The importance of a healthy lifestyle? Managing a work/school/life balance Maintaining good health - screening, check-ups and accessing health services				52 Mental, Emotional and Physical Wellbeing Understanding feelings - worried/stressed. Recognizing common mental/emotional health concerns. Where to go for help and advice				53 Substance abuse What is substance abuse. The effects and harm on our bodies short and long term. Peer pressure.				54 Longterm Relationships and Parenthood Commitment, long term relationships. Responsibility, marriage, partnership, forced marriage. Adoption, fostering, donor conception. Choice and access of				55 Managing Pressure Kind/unkind/teasing/bullying, hurtful behaviour. Peer pressure and influence. Recognize the difference in friendship and toxic friendship Risks/Low relating anti racial behaviour/other risky behaviours.				56 Employment rights/Responsibilities. Skills/communications/rights and responsibilities. Human rights/law. Employment rights/Trade union Discrimination, bullying and harassment in the workplace. How and where to seek help				57 Our Wellbeing Identify different groups in the community to support you/its join-SIASS Visit out to support/colleague. Prepare them for life after Oskund - life/kill.				No Year 11's							
<p>Each topic will be for 4 weeks/8 lessons. Over the year there are 3 Recap lessons there can be used to address what going on in the World at present, additional Value for school lessons or subject they chose to want to know more about.</p> <p>Relationships and Sex Education Living in the Wider World Health and Wellbeing</p>																																								