# 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		rt and	Managing Feelings		Changing	and Growing	Healthy Lifest	yles	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		cts of	Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education		d char rs opport ; responsibil os Relations	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												
Skills for learning	Managing pressure		Getting on with others	Identifying and expressing feelings		Keeping safe	Accidents and risk	Emergency situations	Puberty	Healthy eating		Physical activity	
Drugs, alcohol and tobacco	and for responsibilities adulthood		for	Managing finances		Taking care of the environment	Rules and laws	Jobs people do	Belonging to a community	Mental wellbeing		Body image	

# The concepts in the Relationships and Sex Education Curriculum

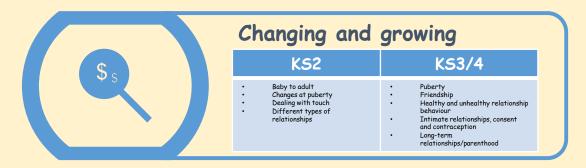
Personal Development Subject Policy

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



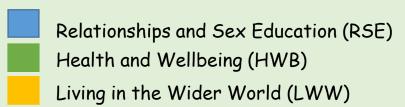






# The concepts in the Health and Wellbeing Curriculum

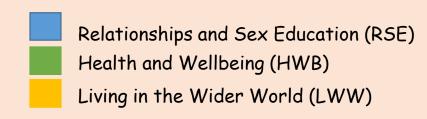
Personal Development Subject Policy





# The concepts in the Living in the Wider World Curriculum

Personal Development Subject Policy





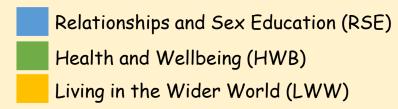






# The concepts in the Key Stage 4 Personal Development Curriculum

Personal Development Subject Policy





#### 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

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ooks of the yea	Safety and Managing Rick	5 6 7 8 Health and Wellbeing	9 10 11 12 Health and Wellbeing	13 14 XMAS 15 16  Making the right chaices.	17 Rocap	18 19 20 21 RSE	22 23 24 25 RSE	26 Systati 27 28 29 British Telesc	30 rocap	31 32 33 34 Living in the Wider World	35 36 37 38 39 Rocap	
	2,			Dregr, Alcohol, Tobacco				Identity , Suciety and			Wellbeing/Citizenship	
urssr?Tapi	1 Self confidence, support and Safety Safe places fisettings Safety - uater, made, railways and fire Recognizing situations are emergencies	2 Taking care Of Physical Self Benefitr of Physical and ematimal activities Hydiene rustines. Dental care and wiriting the dentist; how to broch teeth currectly; foud	3 Keeping Well Fooling unuell - has door it fool Has do so become unuell - pour diet/hygione rautine/anhealthy lifertyles/transfer of germs. Who can help us if use are not nell	4 Making the right chnicer.  Who can help us? People us knowldifferent professional people. Healthy chnices.  Plan/Greate a healthy snack		5 Growing and Changes (baby-Adult) Identify what a beby lunkr like/can du. Identify/ubrerve the changer between beby/child/adult. Cumpere what you du	6 Things we are good at. Identify what we like to dufenjnyfgund at. How on I different from you. What you do well at homefrchool. Identify hoperfurpirations and how we night achieve	7 Respect and difference Identify similarities, what people have in common. Identify differences in atheicity, culture and religion. What is it to be projudice/descriminate.		8 Jobs people do Identify different juhr Lunk at the different ruler in schoul. Identify juhr you usuald like to du dreamsfreedity. Recognise the link between what you dufferen and to	3 Belonging to a community Identify different groups us can belong to- family/clubs/faith. What does it mean to feel part of 'something' Identify different groups	
lleur Tue	10 Keeping safe online/local community. Huu us cummunicato - vorbally/tochunlary/riqu language/imager. Ruler of keeping rafe un line. 'rafe' pemple in the cummunity (puzzible virit tu	11 Changes at Puberty Understanding puberty it affeter everyme differently. Physical changer in men and unmen. Emutinnal impact - mand suings, feelings.	12 Identifying and expressing feelings. Identify different feelings. What maker ur happylrad/unrried. Identify actionar/triqqers that affect our behaviour. Look at different	13 Appropriate behaviour. Right/urang behaviour. Impact on others. Buy who cried wolf-scenario		14 Public and Private Understanding personal belongings. Understand things use can do in private but not in public. Arkingfgiving permission including respect. Trust, secrets, deres(4b)	15 Ourselves, growing and changing Perzunal Identity likes/dirlikes Important people in their life. Perzunal 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 Forming friendshipefinterests  Dominstrate pusitive and negative ways of being friends.  How to resulve conflict, showing respect.	
ar 7	18 Self Esteem What we are quied at Dealing with feelings Haw to improve self esteem	19 Montal Wollhoing Physical montal wellhoing Charities and servives that can help Mindfulness	20 Feeling Well The difference between feeling well/musell Germr and bacteria Who can help ur if we are unwell/at home/in-rchool/fin the community. Hediciner for	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 changer fram bith to edulthund in physicial, emutional and sucial. The importance of Personal hygiene during puberty. The reproductive organs.	23 Feelings worried What dues unried/frightened lunk like? Persunal space. Inapprupriate/apprupriate contact. The law and serious actions	24 Divorsity Identify different rights and responsibilites industride of school. What is meant by rights/responsibility. What is Sterentyping. Rules/lau.		25 Taking care of the Environment. Lunk at natural saviranments. Caring far living things - pomple/pots and plants. Describe responsibility for lunking after and caring fur	26 Politics and Parliament Who maker decirinar in our school/home The political system in the UK. UK Government - what does it do? MP's and their	
er ‡	27 Commends Juo (x2) Supporting students to devolup life skills, develup a growth mindret and build resilience.	27 Cummendu Juo (x2) Cuntinuod	2‡ Accidents/Incel sefety Risky behavinas/situations Positive sisks - trying something neu	29 Medicinal Drugs Identify different helth professionals. The difference in prescribed medication and that briught most the counter. All drugs come with a health risk if ant taken correctly		30 Body Image Lunk/dercribe at young people in magaziner/171/Sucial media. Thoughtr/feelingr about our body. Self exteem/influence/peer pregrare/manipulation in	31 Personal Strengths? Identify personal strengths and skills as until as there in ather people. Self esteem, pusitive 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 typer of crime. Different typer of Punirhmentr. Lau and crime - changer over time. Government - Police- Lau Lau and crime Modern	
ar 9	34 Farest Schaul (x2) 37 keeping safe in local community - Park,street,rand,rail and uatersafety Recagnizing dangers and emergency services that can	34 Forest School (x2)	35 Strong Feelings Identifying different feelings and emotions Strategies to support our emotions Hindfulness	36 Drugs Alcohol Identify cummun legal drugs. Effects of alcohol. Rules and law, legal age. Peer pressure, habit, addiction		37 Rumantic Foolings Idonify different foolings- friendship/like/fancy. Use appropriate language- sex and insuduce quaderfidentity. Where tureok advise	38 Hoolthy/Unhoolthy rolatinarhips Friendrhips/rolatinarhips What there rolatinarhips 'lunk' like. Rocagairo sume bohavinurs	39 Juhn Meir Auerd - (Environment x2)		39 Juhn Muir Auard - (Environment x2)	40 Rules/Law Combatting Terrosim Conspiracy theories, Extremism. Terrorism, Rediculisation process. Counter terroism.	
ar 10	41 Baric First Aid Rocagnizing an omorgoncy. Dodling with camma injurior. Treating overyday accidents.	42 Solf cuncept Porsumalstrongths, Cunfidence, Strategies fur building resilience, All Abuut He targets	43 Puberty and Sexual Health Puberty, postured hydione. Contraception and STFs. Ricketproquency. Where to get help and	44 Tubacus, Tapor Putontial hoalth irruor and harm to the budy. Advortiring and poor proceure.		45 Intimate Relationships Consent, permission Sililarities difference with friendships from anticlintime to relationships. Consequences of sex-	46 Different relationships Responsibilites in adulthood. Look at the choices available to them in Year 11 and	47 Produdice and Dircrimination. Everyone ir unique. Explain projudice and dircrimination equinat zomenne, looking at		48 Aspirations, work and careers Recugnize strongths, skills and achievements. Identify future career chainers - have they gut thure hilled here to be de-	Values he Monarchy Critical thinking and fake nour. Explare Explare Applications (1981)	
	50 First Aid Course Complete First Aid course - Call, Pull, Rescue Responding to emergency situations including CPR and the recovery purition.	Aid course- Rescue Infertyle? Hanaging a unrklschunlflife balance Hanaging and health Hanaging and health		What is substance abuse. The offects and herm on our budies short and long term. Poor pressure.  Responses part Adaptic		54 Longtern Relationships and Parenthood Commitment, lung term relationships. Responsibilities, marriage, partnership, Forced marriage. Adoption, furtering, dunor conception.	55 Managing Pressure Kind/unkind/toarinq/bullyin q, hurtful behavinur. Peer pressure and influence. Recognize the difference in friend/hips and tuxic friend/hips Risks/Lau relating anti sucial behavinur/uther risky	56 Employment rights/Responsibilites. Skills/communication/rights and responsibilities. Human rights/Iau. Emplyment rights/Trade unions Descrimination, bullying and harrarment in the unreplace.		57 Our Wellbeing Identify different groups in the community to support you've juin-SIASS Virits out to shapes colleges. Propuse them for life after Oakunnd - lifeskills.	Ma Tour 11's	
ır 11	prosont, additiona	Over the year there are 3 Recapsessian   Vater for schools lessons or as ubject th   Sex Education Living in the Y	r there can be used to address whats quin ey chouse to want to know more about.			Chaicer and placer af	bahavinarr.	Hau and uhere tureek hele				