



## Year 11 Personal Development - Curriculum Map

	Health and well-being (H &W) and Relationships and Sex Education (RSE)	Living in the wider world (LWW)
Autumn 1	<p><u>Risks taking behaviours</u></p> <ul style="list-style-type: none"><li>• Gambling and online gambling</li><li>• Personal safety in the wider world</li><li>• Chemsex and safe sex</li></ul>	<p><u>Careers and independence</u></p> <ul style="list-style-type: none"><li>• Independent living skills</li><li>• Careers</li><li>• Applying to college</li><li>• Preparation for job interviews</li><li>• Preparation for my future</li><li>• Progress chart; years plan</li></ul>
Autumn 2	<p><u>Body image</u></p> <ul style="list-style-type: none"><li>• Body positivity</li><li>• Obesity and controversy</li><li>• Celebrating diversity, individuality and identity</li><li>• Positivity and happiness</li><li>• Bullying - body shaming</li><li>• Relationship break-ups; why they may happen</li><li>• Coping with relationship breakdowns</li></ul>	<p><u>Dangers of the internet</u></p> <ul style="list-style-type: none"><li>• Cyber crime</li><li>• Internet safety</li><li>• The dark web</li></ul>

## Year 11 Personal Development - Curriculum Map

Spring 1	<p><u>Behaviours in relationships</u></p> <ul style="list-style-type: none"> <li>• Good sex</li> <li>• Consent, rape and sexual abuse</li> <li>• Relationship types and sexuality</li> </ul>	<p><u>Our environment and cultures</u></p> <ul style="list-style-type: none"> <li>• Pollution and environment</li> <li>• Animal and aid sustainability</li> <li>• Globalisation</li> <li>• Multiculturalism</li> <li>• Right-wing extremism</li> </ul>
Spring 2	<p><u>The impact of life experiences</u></p> <ul style="list-style-type: none"> <li>• Privilege and how it affects our experiences, view and opinions</li> <li>• Why we need sleep</li> <li>• Sleep deprivation</li> </ul>	<p><u>The world of work</u></p> <ul style="list-style-type: none"> <li>• Trade unions</li> </ul> <p style="text-align: center;"><i>Health and safety at work</i> <i>Bullying in the work place</i> <i>Worker's rights</i> <i>Minimum wage</i></p>
Summer 1	<p><u>Coping skills for wellbeing</u></p> <ul style="list-style-type: none"> <li>• Perseverance and procrastination</li> <li>• Resilience</li> <li>• Coping skills</li> </ul> <p style="text-align: center;"><i>What success and failure looks like</i> <i>Dealing with success and failure</i> <i>Patience</i></p>	<p><u>Coping skills for wellbeing and living in the wider world</u></p> <ul style="list-style-type: none"> <li>• Mindfulness</li> <li>• Relaxation techniques</li> <li>• Coping skills/mechanisms</li> <li>• What resilience is</li> </ul>
Summer 2	<p><u>Transition</u></p> <ul style="list-style-type: none"> <li>• Transition to KS5</li> </ul>	<p><u>Transition</u></p> <ul style="list-style-type: none"> <li>• Transition to KS5</li> </ul>