

# Curriculum Overview 2022-23 Personal Development

Curriculum overview for Year 7

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
<p><b>Curriculum Content:</b></p> <p><b>Priority Essential knowledge</b> and skills that will be taught.</p>	<p><b>House hero's, school values and transition to secondary school.</b></p> <p><b>Key Knowledge:</b> Who our house heroes are, and the importance of the characteristics that they embody and how this relates to our lives. What are school values are, their importance and how we can use them to become active, productive citizens of our schools and wider communities. What the challenges of transition to secondary school are, and how they can be overcome.</p>	<p><b>Personal Safety and Self Care</b></p> <p><b>Key Knowledge:</b> Personal safety strategies and travel safety, e.g. road, rail and water. How to identify, express and manage their emotions in a constructive way. How to manage the challenges of moving to a new school. How to improve study skills. How to identify personal strengths and areas for development. How to respond in an emergency.</p>	<p><b>Building Relationships</b></p> <p><b>Key Knowledge:</b> How to develop self-worth and self-efficacy. About qualities and behaviours relating to different types of positive relationships. How to recognise unhealthy relationships, including unhealthy behaviours online with people you know or strangers. How to recognise and challenge media stereotypes. How to evaluate expectations for</p>	<p><b>Diversity</b></p> <p><b>Key Knowledge:</b> About identity, rights and responsibilities. About living in a diverse society. How to challenge prejudice, stereotypes and discrimination. The signs and effects of all types of bullying, including online. How to respond to bullying of any kind, including online. How to support others and how to report abuse.</p>	<p><b>Health and Puberty</b></p> <p><b>Key Knowledge:</b> How to make healthy lifestyle choices including diet, dental health, physical activity and sleep. How to manage influences relating to caffeine, smoking and alcohol How to manage physical and emotional changes during puberty. About personal hygiene. How to recognise and respond to</p>	<p><b>Careers</b></p> <p><b>Key Knowledge:</b> To evaluation past achievements and current influences. To assess their personal positive qualities and skills and provide evidence for these. To set productive targets towards their goals.</p>



			romantic relationships. About consent, and how to seek and assertively communicate consent. Establish and managing friendships.		inappropriate and unwanted contact. About FGM and how to access help and support.	
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Curriculum overview for Year 8

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
<p><b>Curriculum Content:</b></p> <p><b>Priority Essential knowledge</b> and skills that will be taught.</p>	<p><b>British Values (Rule of Law)</b></p> <p><b>Key Knowledge:</b> What the rule of law is and its importance, and at what age young people have a variety of legal rights and responsibilities. Which people have the most influence when making and changing laws in the UK. To explore whether existing law is fair and what influence they can have in getting the law amended.</p>	<p><b>Discrimination</b></p> <p><b>Key Knowledge:</b> How to manage influences on beliefs and decisions. How to develop self-worth and confidence. About gender identity, transphobia, and gender-based discrimination. How to recognise and challenge discrimination.</p>	<p><b>Emotional Wellbeing</b></p> <p><b>Key Knowledge:</b> About attitudes towards mental health. How to challenge myths and stigma. About daily wellbeing. How to manage emotions. How to develop digital resilience. About unhealthy coping strategies (e.g. self-harm and eating disorders). About healthy coping strategies.</p>	<p><b>Careers</b></p> <p><b>Key Knowledge:</b> To understand more about their career options. To learn about local careers and labour market information. To start to link curriculum learning to careers.</p>	<p><b>Identity and Relationships</b></p> <p><b>Key Knowledge:</b> The qualities of positive, healthy relationships. How to demonstrate positive behaviours in healthy relationships. About gender identity and sexual orientation. About forming new partnerships and developing relationships. About the law in relation to consent. That the legal and moral duty is with the seeker of consent.</p>	<p><b>Drugs and Alcohol</b></p> <p><b>Key Knowledge:</b> About medicinal and reactional drugs. About the over-consumption of energy drinks. About the relationship between habit and dependence. How to use over the counter and prescription medications safely. How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes. How to manage influences in relation to substance use. How to recognise and promote positive</p>



					<p>How to effectively communicate about consent in relationships. About the risks of 'sexting' and how to manage requests or pressure to send an image. About basic forms of contraception, e.g. condom and pill.</p>	<p>social norms and attitudes.</p>
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Curriculum overview for Year 9

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
<p><b>Curriculum Content:</b></p> <p><b>Priority Essential knowledge</b> and skills that will be taught.</p>	<p><b>Respectful Relationships</b></p> <p><b>Key Knowledge:</b> About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering. About positive relationships in the home and ways to reduce homelessness amongst young people. About conflict and its causes in different contexts, e.g. with family and friends. Conflict resolution strategies.</p>	<p><b>Conflict and Resolution</b></p> <p><b>Key Knowledge:</b> How respect can diffuse tension and resolve conflict. Why integrity is important for learning. What it means to be resilient and strategies to complete tasks under pressure. To use compassion and empathy to suggest a resolution to conflict and how compassion can contribute to a healthier society.</p>	<p><b>Intimate Relationships</b></p> <p><b>Key Knowledge:</b> About readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex. About myths and misconceptions relating to consent. About the continuous right to withdraw consent and capacity to consent. About STIs, effective use of condoms and negotiating safer sex. About the consequences of unprotected sex, including pregnancy. How the portrayal of relationships in the</p>	<p><b>Peer Influence, Substance Use and Gangs</b></p> <p><b>Key Knowledge:</b> How to distinguish between healthy and unhealthy friendships. How to assess risk and manage influences, including online. About 'group think' and how it affects behaviour. How to recognise passive, aggressive, and assertive behaviour, and how to communicate assertively. To manage risk in relation to gangs. About the legal and physical risks of carrying a knife. About positive social norms in relation to drug and alcohol use.</p>	<p><b>Careers</b></p> <p><b>Key Knowledge:</b> To identify where to get information and facts about the world of work. To recognise and work towards building their own employability skills. Decision making skills and potential career pathways. To recognise and try to avoid the influence of stereotyping in subject and career choice.</p>	<p><b>Healthy Lifestyle</b></p> <p><b>Key Knowledge:</b> About the relationship between physical and mental health. About balancing work, leisure, exercise and sleep. How to make informed eating choices. How to manage influences on body image. To make independent health choices. To take increased responsibility for physical health, including self-examination.</p>

	<p>How to manage relationship and family changes, including relationship breakdown, separation, and divorce.          How to access support services.</p>		<p>media and pornography might affect expectations.          How to assess and manage risks of sending, sharing, or passing on sexual images.          How to secure personal information online.</p>	<p>About legal and health risks in relation to drug and alcohol use, including addiction and dependence.</p>		
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**Curriculum overview for Year 10**

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
<p><b>Curriculum Content:</b></p> <p><b>Priority Essential knowledge</b> and skills that will be taught.</p>	<p><b>Financial Decision Making</b></p> <p><b>Key Knowledge:</b> About budget and saving options. How to prevent and manage debt, including understanding credit ratings and pay day lending. About the relationship between gambling and debt. About the law and illegal financial activities, including fraud and cybercrime.</p>	<p><b>Addressing Extremism and Radicalisation</b></p> <p><b>Key Knowledge:</b> What it means to be part of a community and the importance of community. What is meant by extremism and how to identify it. What is meant by radicalisation and how to identify it. How to protect yourself from radicalisation. How to challenge and report extremism and radicalisation. About the law relating to radicalisation and extremism.</p>	<p><b>Exploring Influence</b></p> <p><b>Key Knowledge:</b> About positive and negative role models. How to evaluate the influence of role models and become a positive role model for peers. About the media’s impact on perceptions of gang culture. About the impact of drugs and alcohol on individuals, personal safety, families, and wider communities. How drugs and alcohol affect decision making. How to keep self and others safe in situations that</p>	<p><b>Mental Health</b></p> <p><b>Key Knowledge:</b> How to manage challenges during adolescence. How to reframe negative thinking. Strategies to promote mental health and emotional wellbeing. About the signs of emotional or mental ill-health. How to access support and treatment. About the portrayal of mental health in the media. How to challenge stigma, stereotypes and misinformation.</p>	<p><b>Careers</b></p> <p><b>Key Knowledge:</b> What they need for my future career choices. About pathways into further education and work. How to create an effective CV. About the law relating to the employment of young people. How to search and apply for a job.</p>	<p><b>Healthy Relationships and Sex Expectations</b></p> <p><b>Key Knowledge:</b> About relationship values and the role of pleasure in relationships. About myths, assumptions, misconceptions and social norms about sex, gender and relationships. About the opportunities and risks of forming and conducting relationships online. How to manage the impact of the media and pornography on sexual attitudes, expectations, and behaviours. About the ethical and legal implications in relation to consent,</p>

			<p>involve substance use.</p> <p>How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime.</p> <p>Exit strategies for pressurised or dangerous situations.</p> <p>How to seek help for substance use and addiction.</p>			<p>including manipulation, coercion, and capacity to consent.</p> <p>How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support.</p> <p>How to recognise and challenge victim blaming.</p> <p>About asexuality, abstinence, and celibacy.</p>
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Curriculum overview for Year 11

TERM	Autumn HT 1	Autumn HT 2	Spring HT 1	Spring HT 2	Summer HT 1	Summer HT 2
<p><b>Curriculum Content:</b></p> <p><b>Priority Essential knowledge</b> and skills that will be taught.</p>	<p><b>Careers</b></p> <p><b>Key Knowledge:</b> To understand different P16 pathways. To reflect on their achievements so far. To produce an effective personal statement.</p>	<p><b>Different Families and Parental Responsibilities</b></p> <p><b>Key Knowledge:</b> About different types of families and changing family structures. How to evaluate readiness for parenthood and positive parenting qualities. About fertility, including how it varies and changes. About unplanned pregnancy options, including abortion. About adoption and fostering About 'honour based' violence and forced marriage and how to safely access support.</p>	<p><b>Communication in Relationships</b></p> <p><b>Key Knowledge:</b> About core values and emotions. About gender identity, gender expression and sexual orientation. How to communicate assertively. How to communicate wants and needs. How to handle unwanted attention, including online. How to challenge harassment and stalking, including online. About various forms of relationship abuse.</p>	<p><b>Mental Health</b></p> <p><b>Key Knowledge:</b> How to manage the judgement of others and challenge stereotyping. How to balance ambition and unrealistic expectations. How to develop self-efficacy, including motivation, perseverance and resilience. How to maintain a healthy self-concept. About the nature, causes and effects of stress. About stress management strategies, including maintaining healthy sleep habits.</p>	<p><b>Key Knowledge:</b></p> <p><b>Skills:</b></p>	<p><b>Key Knowledge:</b></p> <p><b>Skills:</b></p>



			<p>About unhealthy, exploitative and abusive relationships, including recognising unhealthy and illegal behaviours relating to extremism online with friends/strangers. How to access support in abusive relationships and how to overcome challenges in seeking support.</p>	<p>About safe and positive ways to create online content and the opportunities this offers and how to balance time online.</p>		
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