



## *'Learning for Life'*

Personal Development (commonly known as PSHE) gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain.

Personal Development can help pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

At Little Heath School, Personal Development is delivered in KS3, 4 and 5 through a mixture of formal lessons, drop down days, assemblies and tutor work. In years 7-9, pupils currently have a 1-hour lesson each week dedicated to Personal Development, and this is supplemented in upper KS4 and KS5 through drop down days, assemblies and tutor work. In addition, starting in September 2022, some Personal Development lessons will be delivered to year 10 through RE lessons.

Personal Development is also the subject through which Relationships and Sex Education is delivered. For further details regarding our RSE policy, including statutory changes, please see the school website.

We see the principle benefits of Personal Development as:

- Safe-guarding pupils (Children Act 2004) and improving their ability to achieve in school
- Empowering pupils by providing impartial, factual information which they need to make informed decisions about health, relationships, finance and careers
- Educating pupils in how to maintain their own physical, mental and emotional wellbeing
- Developing pupils' compassion, empathy and tolerance of others who are different to them
- Improving pupils' teamwork, leadership and communication skills
- Helping pupils keep themselves safe from harm, both on and offline, enjoy their relationships and build confidence in accessing services if they need help and advice
- Creating a sense of community and collective responsibility to improve the world around them through their individual choices



## KS3 Personal Development Curriculum Overview (Year 7 & 8)

At KS3 we follow the PSHE Association framework to ensure a comprehensive curriculum covering all statutory requirements but also enhancing this with additional topics relevant to our pupils. Our Personal Development curriculum topics are separated into 3 themes: Health and Wellbeing, Relationships and Living in the Wider World. This is assessed through a mixture of group projects, written tasks, presentations and pupil self-reflection to demonstrate progress.

The tables below show the topics covered across each year. The items in **RED** are additional events in the school calendar, which will take place during form time or during a drop down day. The tutor work programme enhances and expands upon the below curriculum and is detailed in *ITALICS*.

### YEAR 7

|              | Term 1  | Term 2   | Term 3   | Term 4   | Term 5   | Term 6  |
|--------------|---|--|--|--|--|---|
| TOPIC        | Transition and Safety   | Healthy Relationships  | British values and Democracy   | Importance of good mental health   | Charity  | Careers Planets   |
| KEY CONCEPTS | Personal safety, introduction to SMILE team of mentors, problem solving, teamwork, friendship<br><br><b>Positive Wellbeing Day: Sessions focusing on Y7s</b><br>First Term (Head of Year), Wellbeing and Stress, British Values and Keeping Safe in School<br><br><i>Settling into Little Heath</i> | Different types of relationships, boundaries, traits of healthy vs unhealthy relationships, communicating assertively, how relationships are portrayed in media vs. reality<br><br><i>Anti-bullying and kindness</i> | 5 British values, the role of Govt. and the importance of voting<br><br>Voting systems, Govt. systems and UK political parties<br><br><b>Puberty Day: personal hygiene, emotional and physical changes during puberty, FGM + Safeguarding</b><br><br><i>Laws, rules and the police</i> | Dealing with the ups and downs of daily life; mental health as part of overall health; how good mental health is linked with sleep, diet and habits; coping strategies<br><br><i>Sport in Mind</i> | What it means to be a good citizen, including role models in our local community<br><br>The importance of charity and the different ways in which charities help those in need<br><br><i>Respect: for ourselves and others</i> | Different career 'planets': what different jobs do people do?<br><br>Skills, interests, aspirations, introduction to 'Unifrog', career profiles<br><br><i>Looking forward to Year 8</i> |



# PERSONAL DEVELOPMENT



## YEAR 8

|              | Term 1  | Term 2  | Term 3  | Term 4  | Term 5   | Term 6   |
|--------------|---|---|---|---|--|--|
| TOPIC        | Finance   | Equality, tolerance and life online   | Which way now?<br>Preparing for options choices   | Alcohol   | Safe online relationships  | Emotional wellbeing  |
| KEY CONCEPTS | <p>Understanding key issues around money management including budgeting, spending, debt, online fraud and gambling</p> <p>Reducing risk..</p> <p><i>Critical thinking: how to evaluate sources of information</i></p> | <p>Bullying including online, managing peer pressure, self-esteem, disablist and homophobic language and how these effect people; where to get help</p> <p><b>Equality day: tackling discrimination</b></p> <p><i>Sport in Mind</i></p> | <p>Learning strengths, career options and goal setting as part of the GCSE options process</p> <p><i>The role of courts in criminal justice</i></p> | <p>What is a unit? Coping with peer pressure; the short and long term effects of alcohol on body and mind</p> <p><i>First Aid</i></p> | <p>Sharing personal information, cybercrime, consent, 'sending nudes' and risk regarding social media</p> <p><i>Emotional Literacy</i></p> | <p>Mental health and emotional wellbeing, including how the media effects body image; coping strategies</p> <p><i>Graduation and moving on</i></p> |



## KS4 Personal Development Curriculum Overview (Year 9, 10 & 11)

The three themes of Health and Wellbeing, Relationships and Living in the Wider World are built upon in KS4, ensuring that all teaching is sensitive and age appropriate in approach and content.

### YEAR 9

|              | Term 1   | Term 2   | Term 3  | Term 4  | Term 5  | Term 6  |
|--------------|--|--|---|---|---|---|
| TOPIC        | Careers : options post-16  | Drugs, peer influence and County Lines   | Respectful relationships  | Mental health and stigma  | Intimate relationships  | IT Skills   |
| KEY CONCEPTS | Transferable skills, pathways post-16, how your online presence appears to future employers and the benefits of volunteering<br><br>Restart a Heart CPR training<br><br>Welcome to KS4 | Drug classifications, risk and effects of legal and illegal drugs and addiction; the law; Tobacco and vaping<br><br>Peer pressure, County Lines and gang exploitation<br><br>PIXL build up: prepare me | Legal status of different long-term relationships, forced marriage, parenthood, healthy relationships, conflict resolution, and relationship changes<br><br>Globalisation | Key characteristics of common mental health conditions and myth-busting; the language we use to discuss mental health and where to seek help<br><br>Sport in Mind | Relationships and Sex Education including delaying intimacy, managing peer pressure, consent, contraception, STIs, fertility.<br><br>'Losing it' production<br><br>PIXL build up: being innovative* | Developing capability, creativity and knowledge in computer science; analytical and problem-solving skills; how to protect privacy and identity online<br><br>PIXL build up: Connect me |

### YEAR 10

|              | Term 1         | Term 2  | Term 3   | Term 4             | Term 5   | Term 6        |
|--------------|----------------|---|--|--------------------|--|---------------|
| KEY CONCEPTS | Build Me: PIXL | Sport in Mind resources (happiness and connection; early signs of mental ill health; how our actions effect our wellbeing; enhancing wellbeing) | Rule of Law: how laws formed, sentencing + youth justice debates | Emotional Literacy | Revision Techniques + dealing with exam stress | Human rights* |



# PERSONAL DEVELOPMENT



## YEAR 11

|              | Term 1                                   | Term 2  | Term 3  | Term 4                                      | Term 5        | Term 6     |
|--------------|--|---|---|---|---------------|------------|
| KEY CONCEPTS | Writing a CV and preparing for interview | Sport in Mind (the language of mental health and emotions; gambling online and the effects on mental health; alcohol and risk; dependency; enhancing mental health) | PIXL build up: Organise Me (organisational skills, techniques and strategies, organisation in school and home life) | Revision techniques and dealing with stress | Revision time | GCSE Exams |



## KS5 Personal Development Curriculum Overview (Year 12 & 13)

| Topic  | Covered in  | Areas for development  |
|--|---|--|
| Careers options  | Weekly careers bulletin; Careers talks; Careers Fairs; Unifrog work; Year 12 group sessions with Adviza; Labour Market Information posters in classrooms, MOOC programme as part of timetable |  |
| Transition   | KS5 induction tutor work Term 1 Year 12; Preparing for life after sixth form tutor work Term 2 year 13  |  |
| Mental Health and Emotional Wellbeing  | Healthy Marketplace (January), wellbeing periods on timetable, Mental health tutor work term 4 Yr 12; Mental Health Ambassadors   | Guest speaker assemblies CWMT, Mental Health Ambassadors: grow this role with regard to the sixth form         |
| Healthy lifestyles including alcohol, drugs, self-checking, sleep, registering for healthcare services | Information on self-checking for cancer in Healthy Marketplace<br>Tutor work on risk and personal safety (Term 3 year 12; term 4 year 13);  | Info on how to sign up to Drs/other healthcare providers at Healthy Marketplace event, Trading standards talks |
| Managing risk and personal safety  | Safe drive, stay alive presentation<br>Tutor work on risk and personal safety (Term 3 year 12; term 4 year 13); Gambling workshop with Epic Risk Management)                                  | First Aid qualifications?: Restart a heart in October, Amy Winehouse Foundation talk.                          |
| Sexual health and consent  | Tutor work on risk and personal safety (Term 3 year 12; term 4 year 13); Sexual health nurses at healthy marketplace  | Year 12 + 13 RSE day: external speakers?   |
| Finance  | Managing finances tutor work term 6 year 12; Preparing for life after sixth form tutor work Term 2 year 13 includes budgeting.  | Workshops organised by Eileen?   |
| Life in the workplace: your rights   | Preparing for life after sixth form tutor work Term 2 year 13: your employment rights and responsibilities  |  |
| Media literacy and digital resilience  | Equality unit Term 2, year 12: media and hate crime.  | PREVENT training assembly<br>Other assemblies/workshops on media literacy.                                     |