



'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 (P7, P8, P9 lessons), and this is supplemented in upper KS4 and KS5 through drop down days, assemblies and tutor work.

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 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 yellow are additional events in the school calendar, which will take place during form time or during a drop down day.

Please note that external speakers and events may be postponed this year or run digitally due to Covid-19 restrictions. Assemblies are currently being delivered via video link.

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 | Equality, tolerance and life online | Careers Planets |
| KEY CONCEPTS | Personal safety, introduction to SMILE team of mentors, problem solving, teamwork, friendship Positive Relationships Day: introduction to restorative practice Safeguarding assembly | Different types of relationships, boundaries, traits of healthy vs unhealthy relationships, communicating assertively, how relationships are portrayed in media vs. reality Healthy Relationships Day: personal hygiene, puberty, FGM ThinkUKnow e-safety assembly | 5 British values, the role of Govt. and the importance of voting Voting systems, Govt. systems and UK political parties | 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 | Bullying including cyberbullying, how to manage peer pressure, self-esteem issues, disablist and homophobic language and how these effect people Bystanders and where to get help | Different career 'planets': what different jobs do people do? Skills, interests, aspirations, introduction to 'Unifrog', career profiles |



PERSONAL DEVELOPMENT



YEAR 8

| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|--------------|---|---|--|--|---|---|
| TOPIC | Finance | Equality, tolerance and life online | Careers : preparing for options choices | Alcohol | Safe online relationships | Emotional wellbeing |
| KEY CONCEPTS | <p>Personal safety, introduction to SMILE team of mentors, problem solving, teamwork, friendship</p> <p>Safeguarding assembly</p> | <p>Bullying including cyberbullying, how to manage peer pressure, self-esteem issues, disablist and homophobic language and how these effect people. Bystanders and where to get help</p> <p>*This will be replaced by another topic next year</p> <p>Equality day: tackling discrimination</p> | <p>Learning strengths, career options and goal setting as part of the GCSE options process</p> | <p>What is a unit? Coping with peer pressure; the short and long term effects of alcohol on body and mind; First Aid</p> | <p>Sharing personal information, cybercrime, consent, 'sexting' and risk regarding social media</p> | <p>Mental health and emotional wellbeing, including how the media effects body image; coping strategies</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.

Please note that external speakers and events may be postponed this year or run digitally due to Covid-19 restrictions. Assemblies are currently being delivered via video link.

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 Restart a Heart CPR training Safeguarding assembly | Drug classifications, risk and effects of legal and illegal drugs and addiction; the law; Tobacco and vaping Peer pressure, County Lines and gang exploitation | Legal status of different long-term relationships, forced marriage, parenthood, healthy relationships, conflict resolution, and relationship changes | Key characteristics of common mental health conditions and myth-busting; the language we use to discuss mental health and where to seek help | Relationships and sex education including consent, contraception, the risks of STIs, fertility and attitudes to pornography 'Losing it' production | Developing capability, creativity and knowledge in computer science; analytical and problem-solving skills; how to protect privacy and identity online |

YEAR 10

| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|--------------|--|--------|---|---|---|--------------------------------|
| KEY CONCEPTS | Support Me: PIXL unit of tutor work (resilience, healthy mindset, support networks, healthy body for a healthy mind); Safeguarding assembly | | Healthy Me: PIXL unit of tutor work (lifestyle, nutrition and cooking, Mental Health, coping strategies, alcohol) | Drop down day: relationships (February) | Organise Me: PIXL unit of tutor work (organisational skills, techniques and strategies, organisation in school and home life) | Drop down day: Careers and CVs |



PERSONAL DEVELOPMENT



YEAR 11

| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|--------------|---|--------|---|--------|--|--------|
| KEY CONCEPTS | Support Me: PIXL unit of tutor work (resilience, healthy mindset, support networks, healthy body for a healthy mind), Safeguarding assembly | | Guide Me: PIXL unit of tutor work (exam motivation, revision techniques, time management, coping with stress) | | Prepare Me: PIXL unit of tutor work (future employment, mind training, confidence, positivity) | |



KS5 Personal Development Curriculum Overview (Year 12 & 13)

Please note that external speakers and events may be postponed this year or run digitally due to Covid-19 restrictions. Assemblies are currently being delivered via video link.

| 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 | Transition work KS4-5 | Moving on to University/work transition module |
| Mental Health and Emotional Wellbeing | Healthy Marketplace (January), wellbeing periods on timetable | A mentor/tutor work unit called 'Looking after you?', Guest speaker assemblies CWMT, Mental Health Ambassadors |
| Healthy lifestyles including alcohol, drugs, self-checking, sleep, registering for healthcare services | Information on self-checking for cancer in Healthy Marketplace, Programme of wellbeing work | 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 Programme of wellbeing work | First Aid tutor work: Restart a heart, Amy Winehouse Foundation talk |
| Sexual health and consent | Programme of wellbeing work | Year 12 RSE day |
| Finance | Programme of wellbeing work | Barclays lifeskills unit |
| Life in the workplace: your rights | Programme of wellbeing work | |
| Media literacy and digital resilience | Programme of wellbeing work | PREVENT training assembly |