

Personal Development Curriculum Map 2019-2020

The curriculum is mapped against the updated 2020 Ofsted Framework and draws on information from the PSHE association, Government legislation on RSE, online safety in schools and KCSIE 2019.

What is Personal Development (PD)?

Personal development is a thread that runs through all areas of school life: PD lessons, the wider curriculum, tutor time, assemblies, extra-curricular clubs etc. The three key themes of PD at Whitehaven School are: Health and Wellbeing, Relationships and Sex Education and Life beyond school. These big themes will cover a vast number of topics, including:

- Rights, Responsibilities and British Values
- Celebrating diversity and equality
- Relationships and sex education
- Staying safe online and offline
- Health and wellbeing
- Life beyond school

Key themes:

Health and Wellbeing	Relationships & Sex Education (RSE)	Life beyond school
<ul style="list-style-type: none">• Physical health• Mental health• Offline safety• Online safety	<ul style="list-style-type: none">• Friendships• Healthy relationships• Intimate relationships• Bullying• World issues	<ul style="list-style-type: none">• Careers• Futures• British Values• Rights and Responsibilities• Celebrating diversity etc.

Year 7

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Health & Wellbeing</p> <p>Healthy living- including smoking, alcohol & drugs Healthy eating</p>	<p>Living in the Wider World</p> <p>Financial literacy - including budgeting, savings, interest and different financial products</p>	<p>Relationships (RSE)</p> <p>Positive friendships & relationships Romantic feelings & relationships</p>	<p>Health & Wellbeing</p> <p>Mental health intro - including anger management & depression Puberty and periods FGM</p>	<p>Living in the Wider World</p> <p>Aspirations, self-esteem & resilience Prejudice & racism Social media Ethical consumers</p>	<p>Relationships (RSE)</p> <p>Cyberbullying Personal identity Radicalisation and extremism</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 8	Relationships (RSE) Consent Contraception Dangers of pornography Sexting and image sharing Male body image Domestic conflict	Health & Wellbeing Vaping, nicotine & addiction Cancer awareness Personal safety & first aid Teenage pregnancy	Living in the Wider World Finance – income and expenditure Tax and national insurance Public spending Budgeting and saving Careers – Entrepreneurs Teamwork Communication	Relationships (RSE) British Values – Tolerance Radicalisation Extremeism Preventing radicalisation & extremism Prejudice & discrimination	Health & Wellbeing Self confidence & goals Personal development & target setting Managing my behaviour Emotional literacy – self awareness Mindfulness	Living in the Wider World Stereotypes & prejudice – disability Homophobia – LGBT discrimination Teenagers Avoiding online groomers Environmental Issues

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	<p>Living in the Wider World</p> <p>Keeping financially savvy Managing money Consumer rights Employability</p>	<p>Relationships (RSE)</p> <p>Eating disorders Body image Child sexual exploitation Abusive relationships Peer pressure British community: religion and culture Identity LGBTQAI+ community</p>	<p>Health & Wellbeing</p> <p>Alcohol awareness Drugs and the law Vaccinations, organ & blood donation and hygiene Acid attacks Self harm</p>	<p>Living in the Wider World</p> <p>UNICEF Human Rights How does the UK help people in other countries? Sustainability Young offenders and the law Teens and knife crime</p>	<p>Health & Wellbeing</p> <p>Behaving to achieve</p> <p>Human rights – access to education Interpersonal skills Discrimination and equality Act 2010 Growth Mindset Coping with stress</p>	<p>Living in the Wider World</p> <p>Taking control of my future Work skills Enterprise skills and characteristics Work experience preparation</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>Living in the Wider World</p> <p>The right careers for me Building a CV Careers in STEM Preparing for Work Experience Rights and Responsibilities International Women's Day</p>	<p>Relationships (RSE)</p> <p>Managing tough times – grief & bereavement Suicide Managing Social Anxiety Social media & self-esteem Screen time</p>	<p>Health & Wellbeing</p> <p>Time management Living sustainably Homelessness Hate crime Tattoos & piercings Binge drinking</p>	<p>Living in the Wider World</p> <p>The criminal justice system Anti-social behaviour County Lines Money laundering Terrorism & Holy Law Overt and Covert racism Fake news & critical thinking</p>	<p>Relationships (RSE)</p> <p>Conflict management Forced & arranged marriages Harrassment & stalking Revenge Porn Relationships with role models</p>	<p>Health & Wellbeing</p> <p>Same-sex relationships Gender & trans identity Community cohesion Sexism Parenting</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11	Health & Wellbeing Why is PHSE so important? Identity & diversity Privilege Obesity & body positivity Fertility & reproductive health	Living in the Wider World Animal rights & sustainability Pollution, plastics & the environment Globalisation Multiculturalism Right-wing extremism Internet safety Cybercrime & online fraud	Relationships (RSE) Bullying & body shaming Types of relationship Consent, rape & sexual harassment What makes good sex? Safe sex Relationship breakups Happiness & positivity	Living in the Wider World GCSE revision & study skills Applying to college or university Independent living Preparing for job interviews Health & safety at work Trade unions	EXAM PREPARATION	EXAMS

Further questions

- If you have any questions please contact Mrs Kinrade on 01946 595400 or kkinrade@whitehavenacademy.org.uk