



Personal Development

We have written our own PHSE Association guided lessons. We provide a holistic PSHE learning journey, with a progressive, spiral curriculum which addresses real needs in a rapidly changing world.

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Primary School Knowledge & Skills	Health and Wellbeing	Relationships	Living in the Wider World	Health and Wellbeing	Relationships	Living in the Wider World
	Students have an extensive PHSE curriculum at primary level, including growth mindset, kindness, tolerance, friendship and changing bodies.	Transition and safety Transition to secondary school. Self Efficacy Stress management	Diversity Prejudice Bullying	Digital literacy Online safety Media reliability and gambling hooks	Health and puberty Healthy routines Influences on health Unwanted contact FGM	Building relationships Self-worth Romance and friendships (including online) Relationship boundaries.	Financial decision making Saving Borrowing Budgeting and making good financial choices
	Prior Knowledge and Skills From Year 7 Personal Development follows a spiral curriculum model which has a strong focus on developing personal attributes in a structured, aged appropriate and developmental way. Mental health underpins most lessons.	Drugs and alcohol Alcohol and drug misuse Pressures relating to drug use	Identity and relationships Gender identity Sexual orientation Consent 'Sexting' Introduction to contraception	Community and careers Equality of opportunity in careers and life choices. Different types and patterns of work Work law and human rights	Emotional wellbeing Mental health and emotional wellbeing. Body image and self esteem.	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process
	Prior Knowledge and Skills From Year 8 Students have an understanding of various harmful substances and the impact they can have. Equality, inclusivity and kindness is taught extensively and students began to explore future aspirations for the wider world.	Peer influence, substance use and gangs Healthy and unhealthy friendships. County Lines. Assertiveness, substance misuse, and gang exploitation	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.	Developing skills and aspirations Careers, teamwork and enterprise skills, Raising aspirations	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices.	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Work experience Applying for work experience. Readiness for work
Year 9	Prior Knowledge and Skills From Year 8 Students have an understanding of various harmful substances and the impact they can have. Equality, inclusivity and kindness is taught extensively and students began to explore future aspirations for the wider world.	Peer influence, substance use and gangs Healthy and unhealthy friendships. County Lines. Assertiveness, substance misuse, and gang exploitation	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.	Developing skills and aspirations Careers, teamwork and enterprise skills, Raising aspirations	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices.	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Work experience Applying for work experience. Readiness for work
	Prior Knowledge and Skills From Year 9 Due to the nature of this spiral curriculum, students now have a solid knowledge of various issues and are ready to learn about such issues in various contexts and access higher level thinking whilst applying the topics to their own lives - forming their own opinions in order to make informed decisions.	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change future opportunities	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Exploring influence The influence and impact of drugs, gangs, role models and the media. County Lines.	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Employability skills Evaluation of work experience. Employability and online presence

	Prior Knowledge & Skills from Year 10	Health and Wellbeing	Relationships	Living in the Wider World	Health and Wellbeing	Relationships	STUDY LEAVE
Y e a r 1 1	Students have explored Health and Wellbeing, Relationships, Living in the Wider world, personal safety, diversity and economic wellbeing. This year they must apply this to their own lives as they move towards adulthood and the end of secondary education.	Building for the future Building for the future Self-efficacy, stress management, and future opportunities	Next Steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

Years 7-10 have a fortnightly 1 hr lesson. Year 11 have a fortnightly tutor session. All year groups have an additional fortnightly tutor session as listed below, as well as reactionary sessions when needed.

TUTOR SESSIONS ALL YEARS

British Values
Preparation for work experience (Year 9)
First Aid (Year 7)
First Aid (Yr 8&9)
First Aid and Personal Protection (Years 10 & 11)
Safety
Misogyny and microaggressions
Sustainability
Study Skills (KS3)
Study Skills (KS4)
Dental Health & Hygiene
SEND
The Media - Should we believe it?
Human Library Videos

Links

- CEIAG work
- Careers advisor
- OX14 Partnership
- Wellbeing strategy
- Personal Development strategy
- Trips and events.

Extra Curricular Projects

- Personal Development tutor sessions
- Assemblies
- External speakers
- Year 9 keeping safe day
- Sessions run by school nurse and invited guests
- CAMHS led sessions
- Human Library videos

[Lesson by Lesson Overview](#)