

1c. Curriculum Overview: Personal Development



SAINTS PETER AND PAUL
CATHOLIC HIGH SCHOOL

| Year 7 Personal Development | | | |
|-----------------------------|---|---|--|
| Refer to | Term 1 – September to December | Term 2 – January to March | Term 3 – April to July |
| | <p>Health and Wellbeing Transition and safety</p> <p>Transition to secondary school and personal safety in and outside school, including first aid</p> <p>Living in the Wider World Developing skills and Aspirations</p> <p>Careers, teamwork and enterprise skills and raising aspirations.</p> | <p>Relationships Diversity</p> <p>Diversity, prejudice, and bullying.</p> <p>Health and Wellbeing Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies.</p> | <p>Relationships Building relationships</p> <p>Self-worth, romance and friendships (including online) and relationship boundaries.</p> <p>Living in the Wider World Financial decision making</p> <p>Saving, borrowing, budgeting, and making financial choices.</p> |

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| Year 8 Personal Development | | | |
|-----------------------------|---|--|---|
| Refer to | Term 1 – September to December | Term 2 – January to March | Term 3 – April to July |
| | <p>Health and Wellbeing Drugs and alcohol</p> <p>Alcohol and drug misuse and pressures relating to drug use.</p> <p>Living in the Wider World Community and careers</p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work.</p> | <p>Relationships Discrimination</p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p> <p>Health and Wellbeing Emotional wellbeing</p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p> | <p>Relationships Identity and relationships</p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception.</p> <p>Living in the Wider World Digital literacy</p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception.</p> |

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| Year 9 Personal Development | | | |
|-----------------------------|--|---|---|
| Refer to | Term 1 – September to December | Term 2 – January to March | Term 3 – April to July |
| | <p>Health and Wellbeing Peer influence, substance use and gangs</p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.</p> <p>Living in the Wider World Setting goals</p> <p>Learning strengths, career options and goal setting as part of the GCSE options process.</p> | <p>Relationships Respectful relationships</p> <p>Families and parenting, healthy relationships, conflict resolution, and relationship changes.</p> <p>Health and Wellbeing Healthy lifestyle</p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid.</p> | <p>Relationship Intimate relationships</p> <p>Relationships and sex education including consent, contraception the risks of STIs, and attitudes to pornography.</p> <p>Living in the Wider World Employability skills</p> <p>Employability and online presence.</p> |