

**Year 7 PERSONAL DEVELOPMENT Curriculum Map 2023-24**

Term	Topic/Unit title	Essential knowledge and skills <i>(what students should know, understand and be able to do by the end of the unit/topic)</i>
Autumn 1	<b>Health and well-being - keeping safe and organised</b>	<p>Know how to transition to secondary school safety including identifying who can support me in secondary school</p> <p>Know how to plan for and cope with homework to support developing a healthy organisational routine which will lead to positive health and mental-being at Keswick School</p> <p>Know how to travel on a school bus and other ways of getting to school e.g walking/bike safety</p> <p>Know where to access the AUP and consider how to keep safe online through learning about online safety.</p> <p>Know who to contact if I am worried about my online safety.</p> <p>Know what first aid is including CPR</p>
Autumn 2	<p><b>Living in the wider world</b></p> <p><b>Personal Finance - and thinking about my career planning</b></p> <p><b>Careers</b></p>	<p>Know that there are different types of money personality and know their money personality.</p> <p>Know how basic income and expenditure works</p> <p>Consider their own personal spending habits</p> <p>Consider ways of managing personal finance</p> <p>Explore careers provision at Keswick School.</p> <p>Know the job requirements of some examples of jobs and careers</p> <p>Learn about different types of jobs and choose ones they might like and ones they wouldn't be so fond of.</p> <p>Develop evaluation skills in relation to living in the wider world</p>

<p><b>Spring 1</b></p>	<p><b>Building relationships (RSE)</b></p>	<p>Know different types of family structure and how different family models have developed over time</p> <p>Know the qualities needed in a family to keep it safe and happy</p> <p>Know different roles and responsibilities that can exist within a family</p> <p>Definition of peer pressure</p> <p>Examples of different types of influence</p> <p>Know what cyberbullying is and the risks associated with online cyber world</p> <p>Know where to seek help and support</p> <p>Definition of romantic relationships and boundaries within relationships</p> <p>Definition of consent</p> <p>Self worth, team work, romance and friendship (including online) and relationship boundaries including consent</p> <p>Know key terms bereavement and loss</p>
<p><b>Spring 2</b></p>	<p><b>Health and puberty</b></p>	<p>Know about some of the emotional and social changes that may happen as they become a teenager</p> <p>Suggest ways to manage puberty to support mental and emotional health</p> <p>Know physical changes at puberty and the impact of puberty</p> <p>Keeping safe: know some of the consequence of vaping, tobacco and cannabis and alcohol</p> <p>Know some signposting for further information and support</p>

<p><b>Summer 1</b></p>	<p><b>Health and well-being - keeping safe</b></p>	<p>Know it is safe to talk about mental health</p> <p>Define what safety is (e.g. discuss signs of grooming)</p> <p>Know some early warning signs including body, thoughts and feelings</p> <p>Know how to develop safety networks</p> <p>Know some signposting for further support</p>
<p><b>Summer 2</b></p>	<p><b>British values:</b></p> <p><b>Valuing self and my place within the Community. Diversity, including prejudice and bullying</b></p>	<p>Know what a welcoming and inclusive school looks like</p> <p>Know key word definitions: stereotype, prejudice and discrimination.</p> <p>Know that there are different stereotypes and how people will challenge these stereotypes</p> <p>Know that there is difference and diversity within the community</p> <p>Know that there are some Impacts of prejudice and discrimination</p>

**Year 8 PERSONAL DEVELOPMENT Curriculum Map 2023-24**

Term	Topic/Unit title	Essential knowledge and skills <i>(what students should know, understand and be able to do by the end of the unit/topic)</i>
Autumn 1	<b>Health and well-being</b>	<p>Know some ways to take responsibility for my health</p> <p>Know some risks associated with alcohol and substance misuse</p> <p>Know the motivations, risks and consequences of carrying weapons</p> <p>Know why some people are attracted to gang culture and how these perceptions can be inaccurate.</p> <p>Definition of bullying, different types of bullying and online bullying</p> <p>know how to respond in a range of emergency situations</p> <p>Know when and how to use basic first aid and life-saving skills including the use of a defibrillator when needed</p>
Autumn 2	<b>Living in the wider world</b>	<p>Know what is involved in my career planning</p> <p>Consider different future choices and career paths</p> <p>Know how to manage money at secondary school</p> <p>Define gambling and challenges it can raise</p> <p>Know what budgeting is</p> <p>Know that there are a variety of Careers in the NHS through the Step into the NHS research programme</p>

<p><b>Spring 1</b></p>	<p><b>Building relationships (RSE)</b></p>	<p>Know that there are different types of families and some triggers for family tensions</p> <p>How to manage peer pressure</p> <p>Know some aspects of what a romantic relationship might involve (RSE)</p> <p>Know how to conduct positive and respectful online relationships</p> <p>Know that social media can have an impact on relationships</p> <p>Know the definition of consent</p>
<p><b>Spring 2</b></p>	<p><b>Health and puberty -managing change</b></p>	<p>Know some emotional changes in puberty</p> <p>Know some physical changes in puberty</p> <p>Develop an understanding of the Impact of puberty on feelings and emotions</p> <p>Know some anatomical parts of the body that change in puberty.</p> <p>Name support services for health and puberty changes</p>
<p><b>Summer 1</b></p>	<p><b>Mental health and emotional well-being</b></p>	<p>Know and refine what mental health is</p> <p>Know the definition of anxiety and depression</p> <p>Know ways to connect with others for support and mental well-being</p> <p>Know what Mental health stigma is</p> <p>Know some examples of positive self-talk</p> <p>Learn what some unhealthy comparisons could be</p>
<p><b>Summer 2</b></p>	<p><b>British values: Values, rights and responsibilities intergenerational speeches</b></p>	<p>Revise what a value. prejudice, discrimination mean</p> <p>Know what culture is and that there are different cultures</p> <p>Know how to challenge unfair and family and cultural expectations</p> <p>Know what extremism is as well as radicalisation</p>

		<p>Know what community cohesion is</p> <p>Consider what can I do to promote inclusion within my community</p>
--	--	---

**Year 9 PERSONAL DEVELOPMENT Curriculum Map 2023-24**

Term	Topic/Unit title	Essential knowledge and skills <i>(what students should know, understand and be able to do by the end of the unit/topic)</i>
Autumn 1	<b>Health and well-being. Keeping safe and organised.</b>	<p>Be able to identify abusive behaviour and different types of bullying</p> <p>Know what different types of bullying there are and how it can link to mental health</p> <p>Define drugs and name some examples of Illegal drugs and how this related to the law</p> <p>Know what a medicine is and how to take medicines safety</p> <p>Know what might prompt people to consider recreational drug use and then consider the consequences of this.</p> <p>Know what a medicine is and how to take medicines safety</p> <p>Consider and evaluate the personal and social consequences of gang and knife crime</p> <p>Substance and emergency situations (First Aid)</p>
Autumn 2	<b>Living in the wider world</b>	<p>Research and reflect on careers students are considering</p> <p>Know different careers that are available and support services within school for further investigation about career paths</p> <p>Knowledge about working rights including part-time rights for future employment</p> <p>Consider self-employment options in career paths</p> <p>Know about financial debt, managing budgets and managing money worries</p> <p>Gain knowledge about being a young entrepreneur</p>

<p><b>Spring 1</b></p>	<p><b>Relationships (RSE)</b></p>	<p>Consider the variety of family diversity</p> <p>Know what constitutes positive and respectful intimate relationships (RSE)</p> <p>Know that the nature of relationships over time means that they can experience loss and change (RSE)</p> <p>Reflect on personal values within relationship education to consider what would need to be in place for a sexual relationship, including consent (RSE)</p> <p>Know that online presentations of behaviour within relationships can present themselves differently and so consideration needs to be given to online safety</p> <p>Know the challenges of the online work for relationships and the negative consequences of pornography and sexting</p> <p>Know how to keep safe online and where to seek further support within school and the online community should safety be compromised online and if relationships are challenged online</p>
<p><b>Spring 2</b></p>	<p><b>Sexual health</b></p>	<p>Know a variety of communication skills for intimate relationships (RSE)</p> <p>Know the different types of contraception that are available and know signposting to support services within the local community (RSE)</p> <p>Know some STIs, signs and symptoms and where to seek support for further information and guidance (RSE)</p> <p>Know the consequences of unintended pregnancy and where to seek support for further information and guidance (RSE)</p> <p>Know what FGM is and where to seek support for further information and guidance</p>
<p><b>Summer 1</b></p>	<p><b>Mental and emotional well-being</b></p>	<p>Define mental and emotional well-being</p> <p>Know factors that lead to Isolation and mental health</p> <p>Know how to manage peer approval</p> <p>Consider a variety of support services for mental health issues</p>



		<p>Know what different things affect mental health</p> <p>Know the importance of sleep and relaxation for good mental health</p>
<b>Summer 2</b>	<b>British values</b>	<p>Define and know how stereotypes can be challenged</p> <p>Define extremism</p> <p>Learn about different communities such as the LGBTQ+ community</p> <p>Know about Illegal employment and modern day slavery</p> <p>Know who to speak to if more information is needed about these issues</p>