

Year 10 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	Health and well-being. Keeping safe	<p>Know how to transition to KS4, what study skills will be involved and support available</p> <p>Know different types of abusive behaviour and bullying</p> <p>know definitions of bullying and link it to mental health</p> <p>Define Illegal drugs and know the consequences of taking them related to the law</p> <p>Consider the personal and social consequences of knife crime</p> <p>Know about Substance misuse and what to do in emergency situations (first aid)</p> <p>Evaluate through case studies if substance misuse is choice, habit or addiction? Consider Women's safety in terms of keeping people safe</p> <p>Review online safety including social media</p>
Autumn 2	Living in the wider world	<p>Know that the job market changes due to economics, local needs and technological changes</p> <p>Know my work and other choices post-16 including sixth form, colleges and apprenticeships</p> <p>Create and develop CVs to show my academic achievements, skills, attributes and extracurricular activities</p> <p>Explore my education targets through goal-setting and highlight my career and personal ambitions</p> <p>Investigate to what extent job stereotypes still exist and evaluate what I think about this and signpost to a variety of career opportunities in different and diverse fields</p> <p>Enhance my budgeting skills so that I can engage to live in the wider world</p>

<p>Spring 1</p>	<p>Relationships (RSE)</p>	<p>Know the stages of a romantic relationship within a committed relationship, such as civil partnership, cohabitation or marriage (RSE)</p> <p>Know that in religious traditions there are a variety of ways to hold a marriage ceremony with different symbolism used to express commitment (RPE)</p> <p>Investigate parenting and teenagers issues and tensions</p> <p>Know some impact of separation and loss in relationships (RSE)</p> <p>Consider gender diversity</p> <p>Know the variety of issues surrounding being lesbian, gay or bisexual (RSE)</p> <p>Know the benefits and challenges of being a young parent and what is involved</p> <p>Know how to keep safe in a relationship by defining domestic violence</p> <p>Know the difference between arranged marriages that may take place traditionally in some religious traditions and the difference between this and forced marriage (RPE)</p> <p>Know signposting for further services</p>
<p>Spring 2</p>	<p>Sexual health</p>	<p>Develop communication skills for intimate relationships including consent (RSE)</p> <p>Know the definition of consent</p> <p>Know what happens in the development of a Pregnancy and choices that there are within pregnancy</p> <p>Know different types of contraception and what constitutes safer sex (RSE)</p> <p>Know where to access further information from services that support young people</p> <p>Consider the variety of STIs and where to access further medical support if needed (RSE)</p> <p>Know what FGM is, the health risks, challenges and dangers it presents. Know the services to access for further support</p> <p>Know the variety of attitudes that there are to contraception in different religious traditions (RPE)</p>

<p>Summer 1</p>	<p>Mental and emotional well-being</p>	<p>Develop self-esteem and confidence</p> <p>Know how to support self and others when someone is struggling to cope</p> <p>Know the definition of stress, anxiety and depression and how to manage them</p> <p>Know some unhealthy coping signs, warnings and triggers</p> <p>Know that there are self-help strategies that some religious traditions may practise such as meditation and yoga (RPE)</p>
<p>Summer 2</p>	<p>British values</p>	<p>Review values, rights and responsibilities within British values</p> <p>Know that there are groups of British people who have faced problems when British values have been challenged through investigating Black History.</p> <p>Know what Hate crime and the Law surrounding it</p> <p>Know about LGBTQ+ and the History linking to previous relationship work</p> <p>Know from previous work on relationships the context of Marriage, partnership and rights and how these have evolved to provide people with rights within their relationships</p> <p>Know that religious freedom is a Human Right article (RPE)</p>

Year 11 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	Health and well-being. Keeping safe	<p>Reflect on how to manage change</p> <p>Review keeping safe strategies and re-cap on prior learning about keeping safe and well through re-call of key concepts e.g. consent,</p> <p>Know the variety of substances legal and illegal that can be offered/available in different situations and the implication of reputation and life chances in taking these substances</p> <p>Know that there can be a link to substances such as alcohol and legal and illegal drugs to risky sexual behaviour</p> <p>Consider strategies for managing unwanted attention in person and online.</p> <p>Know signposts to further support in school and wider agencies online</p> <p>Emergency first aid</p> <p>Domestic abuse</p>
Autumn 2	Living in the wider world	<p>Reflect on my learning needs as I action plan and develop my study plan for PPEs</p> <p>Enhance budgeting skills for the world of work and post-16 work</p> <p>Know that religions offer a guide to happiness through rules to live by such as the Middle Way in Buddhism (RPE)</p> <p>Know that religions offer support strategies such as meditation to support their followers to challenge and change the perception of the world and how they interpret it (RPE)</p>

Spring 1	Building relationships (RSE)	<p>Know the law, rights and responsibilities in sexual relationships</p> <p>Consider some of the reasons why and at what point in relationships people choose to have a sexual relationship (RSE)</p> <p>Develop strategies for negotiation and communication within romantic/intimate relationships (RSE)</p> <p>Know the definition of sexual assault, linked to the concept of consent and what to do about it if it is potentially or actually challenged (RSE)</p> <p>Know the correct signposts within school and outside agencies to direct concerns to about these safeguarding issues</p>
Spring 2	Mental and emotional well-being	<p>Define mental and emotional well-being</p> <p>know the variety of triggers or stressors that there can be in the life of a Year 11 student</p> <p>Know how to prepare for change as transition occurs to post-16, work related learning and consider what mental and emotional well-being that I may need in this transition</p> <p>Revise the importance of sleep, rest and study as changes happens and stress has an impact on study as the final examinations draw nearer</p> <p>Know what resilience is and consider how to keep developing resilience</p> <p>Reflect and evaluate what sort of influence students are on others in terms of their mental and emotional well-being</p> <p>Know how to find and use health services for mental and emotional well-being</p>
Summer 1	Mental and emotional well-being	<p>Identify what could be done to help a friend or relative who is struggling to cope with their mental health</p> <p>Create some strategies (self-care) such as Little things, big impact that could make a difference to my mental and emotional well-being.</p> <p>Know that self-care looks different to different people</p> <p>Know that academic weaknesses can be identified and supported but that this does not define them.</p>

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