

**Year 12 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>
<b>Autumn 1</b>	<b>Study Skills to support learning and transition to Sixth Form</b>	<p>To explain the differences between GCSE and A Level study.</p> <p>To be able to explain strategies for effective study skills.</p> <p>To understand and explain the impact of distractions and how to overcome them.</p> <p>To be able to explain factors that have a negative impact on wellbeing and ability to manage work stress.</p> <p>To set goals ready for Sixth Form study.</p>
<b>Autumn 2</b>	<b>Health and Wellbeing</b>  <b>Online Safety, Media Literacy and Digital Resilience</b>	<p>To be able to explain where to access contraception and advice/guidance on sexual health in Cumbria (RSE)</p> <p>To understand the different risks associated with alcohol and drugs.</p> <p>To explain practical strategies to difficult situations associated with alcohol and drugs.</p> <p>To explain the impact of sleep and exercise on mental health.</p> <p>To understand strategies for positive mental health and wellbeing.</p> <p>To explain where to access support for mental health issues.</p> <p>To explain how to manage online safety</p> <p>To understand personal privacy and how to seek help.</p> <p>To be able to challenge online content, including how social media distorts perspective.</p> <p>To explain how to build and maintain a professional online presence.</p>
<b>Spring 1</b>	<b>Personal Safety</b>	<p>To be able to demonstrate basic CPR skills.</p> <p>To demonstrate how to use a defibrillator.</p>



<b>Summer 2</b>	<b>Living Independently</b>	<p>To be able to highlight the key considerations for living independently after sixth form, including money, bank accounts, insurance and housing. - to be developed further in Year 13</p> <p>To know what impact religion and secularisation have in British society and how this links to British values (RPE and British values)</p>
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### Year 13 PERSONAL DEVELOPMENT Curriculum Map 2023-24

Term	Topic/Unit title	Essential knowledge and skills  (what students should <i>know, understand and be able to do</i> by the end of the unit/topic)
<b>Autumn 1</b>	<p><b>Higher level study skills for university</b></p> <p><b>Applications to university and apprenticeships</b></p> <p><b>Gap years</b></p> <p><b>Managing stress</b></p>	<p>To be able to explain and analyse features of successful and unsuccessful personal statements.</p> <p>To identify and create study strategies that will enable successful transition to university and/or employment.</p> <p>To understand the ways in which to apply for a gap year and the different opportunities available to students after sixth form.</p> <p>To explain the roles of university sandwich years, global opportunities, graduate schemes and other careers after university.</p> <p>To create a successful CV ready to apply for apprenticeships and training.</p> <p>To understand and practise successful interview techniques.</p> <p>To access advice and guidance from apprenticeship providers.</p> <p>To identify and act upon ways to build resilience in a challenging year.</p>
<b>Autumn 2</b>	<p><b>Living independently</b></p> <p><b>Resilience</b></p> <p><b>Voting in the UK</b></p> <p><b>Healthy lifestyles and consent</b></p>	<p>To understand how to choose student accommodation</p> <p>To explain the key essentials to take to university</p> <p>To know how to register to vote in time for the General Election in 2024</p> <p>To explain how the voting system works in the UK</p> <p>To explain the arguments for voting</p> <p>To refresh the Student Finance essential information</p>

		<p>To understand the important issues for students transitioning from school into young adulthood</p> <p>To recognise ways in which to deal with the challenges posed by each of the issues</p>
<b>Spring 1</b>	<b>Managing money and living independently</b>	<p>Be aware of some of the options available to students when they leave school</p> <p>Be aware of the need to live within your means and have a budget</p> <p>To understand more about pensions</p> <p>To understand and explain the key features of a payslip</p> <p>To explain different types of income deductions</p> <p>To be able to calculate gross and net income</p> <p>To explain how to manage household bills</p> <p>To understand renting rights and responsibilities</p>
<b>Spring 2</b>	<b>Life beyond sixth form</b>	<p>To explain how clearing works</p> <p>To understand how to successfully cook on a budget.</p> <p>To refresh the advice on personal safety, gap years, holidays and festivals.</p> <p>Develop a knowledge of Religion in the Media (RPE)</p> <p>Develop an understanding of the challenge of The Problem of Evil and Suffering (RPE)</p> <p>Know that there are different views on moral issues and ethics through attending a Multi-Faith Debate Panel (RPE)</p> <p>To evaluate the two years' worth of PD lessons, and advise what else could be implemented.</p>
<b>Summer 1</b>		
<b>Summer 2</b>		

