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

	Revision skills	To explain the factors that have a negative impact on road safety.
		To explain how to safely travel abroad and to festivals.
		To be able to demonstrate a variety of revision techniques
		To be able to create study timetables, and consolidation activities.
Spring 2	Consent,	To explain features of healthy and consensual relationships.
	relationship awareness and	To understand peer on peer sexual offences
	safety (RSE)	To empower students to challenge unhealthy dialogues around relationships.
		To empower students to seek help if required.
		To explain the clear and legal definition of consent.
		To understand how to manage and build relationships safely.
		To know the impact of religious attitudes related to sexuality (RPE)
Summer 1	Employment Rights	To understand rights and responsibilities in part-time roles and work experience
	and Responsibilities	To explain the importance of professional conduct in the workplace, including Health and Safety at Work
		To understand confidentiality and data protection, including cyber-security
		To recognise the signs of bullying and harassment in the workplace
	Choices and Pathways including UCAS support	To explain how to seek or provide support
		To explain the roles of trade unions
		To explain the different pathways available to students after sixth form.
		To be able to summarise the key points of student finance.

Summer 2	Living Independently	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
		To know what impact religion and secularisation have in British society and how this links to British values (RPE and British values)

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

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