

# Personal Development Long Term Curriculum Plan

Health Education Relationships Education (ReE) and Relationships and Sex Education (RSE) Living in the Wider World



		Autumn		Spring		Summer		
		Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Unit 7
Year 7	<p><b>Transition and Identity</b></p> <p>Who I am and why character matters.</p> <p>Understanding TORCH character strengths, FBV and Resilience in life.</p>	<p><b>Resilience Competencies</b> <i>[Bounce Forward]</i></p> <p>Activating events, beliefs and consequences, challenging our Gremlins, Flexible and Realistic Thinking.</p> <p>.Breathe Training MiSP (mindfulness in Schools Project)</p>	<p><b>Body Changes and Healthy Choices (Part 1)</b></p> <ul style="list-style-type: none"> <li>- Puberty (including menopause)</li> <li>- Sleep</li> <li>- Diet and Exercise</li> <li>- Dental Hygiene</li> </ul>	<p><b>Developing skills and aspirations – What’s in your locker?</b></p> <ul style="list-style-type: none"> <li>-Unifrog learning plan Y7</li> <li>- Skills and Personality test</li> <li>- Recording evidence</li> <li>- Dream Jobs</li> <li>-How TORCH links to Careers</li> </ul>	<p><b>Friendship, Families and Relationships*</b></p> <p>6 forms of Relationships</p> <p>Different types of committed relationships. Trust in relationships and human happiness.</p> <p>Impact of bullying on self and others. Protected characteristics including LGBTQIA+.</p>	<p><b>Digital literacy – E-safety</b></p> <p>Social Media Investigated – Media Navigator <i>[Bounce Forward]</i></p> <p>Understanding how to navigate through social media successfully and boundaries that we set ourselves to stay safe.</p>		
		H1a, 1b, R2d,	R2a,b,d. R3b,c	H1f, H4a, H3a, H4a, H6a,b,e. H8a,b	Gatsby Benchmarks 1,3,5	R1a, R2a,b,e,	H2c, R3a,b,c,d	
Year 8	<p><b>Learning how to manage my changing identity</b></p> <p>Transitioning to being a teenager. Common types of mental health illness and impact of actions on mental health</p>	<p><b>Prejudice and Discrimination</b></p> <p>Conscious and unconscious bias. Protected Characteristics. Case study in Racism in sports, xenophobia, sexual discriminations. LGBTQIA+ and disabilities. Equality Act of 2010.</p>	<p><b>Relationships*: Expectations, Risks and Staying Safe (CEOP)</b></p> <p>Intrinsic Values and TORCH Human Rights for everyone including LGBTQIA+ Positive Bystander Gender Trap Thinking Healthy Relationships Inappropriate Behaviours</p>	<p><b>Self-care and Healthy Choices (Part 2)</b></p> <ul style="list-style-type: none"> <li>-Personal Hygiene</li> <li>- Immunisations</li> <li>- Cancers</li> <li>- Eyes and Ears</li> <li>-Allergies and Intolerances</li> <li>-Puberty Revisited</li> </ul>	<p><b>Jobs and job families – Big Career Survey</b></p> <p>Unifrog learning plan Y8</p> <ul style="list-style-type: none"> <li>-success</li> <li>-career terminology</li> <li>-career types</li> <li>-future pathways</li> <li>-competencies</li> </ul>	<p><b>The Power to Influence – Social Action and Volunteering with WE Schools</b></p> <p>Identifying a social action to create change and impact in partnership with WE Schools</p>		
		H1c,d,e	R2a,b,c,e, d, h	R1g, R5a,	H3b, H4a, H5f H6a,d H7B	Gatsby Benchmarks 1,2,3,4,7	H2a, b,	

Year 9	<p><b>My Future Self -Goals and Ambitions</b></p> <p><b>'From School to Life'</b></p> <p><u>Bounce Forward</u></p> <p>Linking School to future aspirations and Happiness. Values and beliefs to my life choices.</p>	<p><b>Intimate Relationships*</b></p> <p>Relationships and Sex Education. Consent, Contraception (School nurse) and Impact of intimate relationships. Risk of STIs. Online relationships and safety.</p> <p>Managing sexual pressure and attitudes to Pornography. Sexual harassment and sexual violence.</p>	<p><b>Resilient Relationships*</b></p> <p>[Bounce Forward]</p> <p>Respectful and positive relationships, Big Sticky Beliefs, Tolerance Power, Assertive communication, Resilience Planning. Equality in relationships.</p>	<p><b>Families</b></p> <p>Marriage/ changing relationships/ role and responsibilities of parenting/successful parenting. Protected Characteristics (including LGBTQIA+) and Parenting.</p>	<p><b>Drugs and alcohol and tobacco</b></p> <p><u>Unplugged Learning (Bounce Forward) and PSHE Association</u></p> <p>Facts, Risks Associated, supply and possession/consequences of addiction. Risks to health. Where to access support.</p>	<p><b>Influences</b></p> <p><b>Gangs and Violence</b></p> <p>Exploitations in young people. Hate Crimes. County lines. Knife/gun crime and Criminal Behaviours.</p>	<p><b>Money Management saving, borrowing, spending, credit, debt</b></p> <p>Positive financial choices/behaviours impacting on my future self through Barclaycard Life Skills and Martin Lewis Money management programme for schools.</p>
	H1b, H1e, H1f, H6e,	R2f,g R3e,f, R4b, R5a, c,d,e,f,l,jk,l	R2b,d,	R1b,d,e,f,	H5a,c,d,e,f. R5k	R3d,e	
Year 10	<p><b>Mental Health Illnesses course.</b></p> <p>Mental Health Illnesses investigated Course <u>Bounce Forward</u></p> <p>Mental Health awareness, science of mental health, triggers and support and coping strategies, reducing stigmas. Eating disorders case study.</p>	<p><b>Gambling, debt and financial decision making</b></p> <p>Risks associated with online behaviours between online and physical world. Collection and sharing of data. Prevention of debt. Positive financial decision making.</p>	<p><b>Relationships* (+School Nurse delivery)</b></p> <p>Sexual relationships (including (LGBTQIA+), Gender Identity, Risks associated with alcohol/drugs in Sexual Relationships*, Choices and Challenges in intimate relationships.</p> <p>Impact of media and pornography.</p> <p>Pregnancy, Abortion and miscarriage.</p> <p>Impact of teenage pregnancy.</p>	<p><b>Work Experience</b></p> <p>-Unifrog Learning Plan Year 10</p> <p>-Personality type revisited</p> <p>-Work Experience readiness including contacting placements, workplace dress code and conduct and safety.</p> <p>-CVs and letters</p> <p>-TORCH to Careers</p> <p>-Job/Career families</p>	<p><b>Staying Safe Part 1</b></p> <p>Sexual consent and exploitation, abuse, rape, domestic abuse, honour based violence, FGM. Coercive Control*</p>	<p><b>Staying Safe Part 2</b></p> <p>Benefits of self-examination and screening.</p> <p>Personal safety when out locally and abroad/holiday. Counter Terrorism Weapons Attack and Radicalisation.</p>	
	H1a,f, H2B,	H2a, R3b,h, (H4, R12, R29, L20)	R3f,g R5b,d,g,h	Gatsby Benchmarks 1,3,4,5,6,7	R2f,g R4a,b	H6c, H2a	

Year 11	<b>Future Proof</b>  Self-efficacy and Stress management. Managing influences on lifestyle decisions.	<b>Resilient Self</b>  Revising their Bounce Forward Training Programme	<b>Next Steps</b> Unifrog Learning Plan Year 11  -post 16 choices -BTEC explained -T Levels/A Levels -Apprenticeships -Revision Techniques	We work with the following organisations to deliver our PD curriculum. All resources are carefully adapted and sequenced to meet the needs of our students. <ol style="list-style-type: none"> <li>1. The Healthy Minds Curriculum in association with <a href="#">Bounce Forward</a> (delivered by our accredited lead teacher).</li> <li>2. The <a href="#">PSHE Association</a>.</li> <li>3. The Home Office – example ‘<a href="#">Disrespect Nobody</a>’</li> <li>4. The <a href="#">Sex Education Forum</a> and The School of Sexuality Education</li> <li>5. <a href="#">WE Schools UK</a></li> <li>6. <a href="#">CEOP</a></li> <li>7. <a href="#">Barclaycard Life Skills</a></li> <li>8. <a href="#">Unifrog</a></li> <li>9. Sexions NHS, School Nurse</li> </ol>	
	<b>Ha1,e</b>	<b>R2a,b,d</b>	<b>Gatsby Benchmarks</b> 1,2,3,7,8	*When we cover any aspect of RSE at TSS we are inclusive as we include LGBTQIA+ protected characteristics.	