



CURRICULUM OVERVIEW

Personal Development

Key Stage 3 Curriculum Milestones

By the end of Year 7 students will be able to:

- Know what makes a healthy lifestyle
- Identify what puberty is and the changes bodies go through
- Citizenship- Have a foundation knowledge of British democracy and parliament
- Citizenship- Identify the Fundamental British Values
- Citizenship- Have a foundation knowledge of financial education
- Know what a healthy relationship looks like and how to deal with toxic relationships
- Develop their own self-esteem, personal identity and resilience.

By the end of Year 8 students will be able to:

- Understand what are drugs, the law relating to them and consequences of them on the body.
- Understand the dangers of smoking and vaping.
- Recognise the common types of mental ill health and how to aid a positive mental health with support available to them.
- Identify disability and racist discrimination.
- Citizenship-Build on Year 7 and know the operation of Parliament, voting and elections and political parties.
- Citizenship- The nature of rules and laws and roles of police.
- Define consent and when it can and can't be given.
- Recognise CSE and support available/ who to report this to
- Know the how to keep good sexual health.

By the end of Year 9 students will be able to:

- Develop resilience
- Recognise the risks and dangers of gangs, knife crime and county lines.
- Careers Education-Develop employability skills
- Have the skills to deal with peer pressure
- Understand what it is like being a new parent
- How to deal with domestic conflict
- Identify the difference between forced and arranged marriages and laws to protect individuals from forced marriages.



Key Stage 4 Curriculum Milestones

By the end of Year 10 students will be able to:

- Know how to maintain positive wellbeing covering: time management, social anxiety, social media, role models, binge drinking and screen time
- Make financial decisions and impacts of debt and gambling
- Careers Education- Preparation for Work experience
- Recognise extremist views and who to report to
- Identify sexual harassment and violence
- Know the impact of the media and pornography has on individuals and relationships

By the end of Year 11 students will be able to:

- Recognise body shaming
- Know the impact of pornography
- Recognise extremist views and who to report to
- Careers Education- write a CV, know what an employer is looking for, complete job application and mock interviews, post 16 options.
- Understand the importance of safe sex and dangers of chem sex
- Recognise the impact of teen pregnancies
- Recall the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.
- Know the benefits of regular self-examination and screening.