



Year 9 Personal Development Curriculum 2023-24

Personal Development sessions will take place on Monday and Thursday mornings for forms A-E and Wednesday and Friday mornings for forms F-J (to allow for weekly interventions). Assembly will be held on Tuesday Wk A.

Strands – Relationship and Sex Education (RSE), Health Education (HE), Spiritual Moral Social Cultural Education (SMSC), Careers (CAR), Religious Studies (RS).

Autumn term 1 2023

| Date | Topic | Strand | Additional notes |
|----------------------------|--|--------|--|
| 4 th September | Goal Setting | HE | Explore our own values and create sustainable goal setting. |
| 11 th September | Growth Mindset | HE | Understand how to talk about emotions accurately and sensitively. Explore how asking questions can improve our learning in school. |
| 18 th September | Maintaining and improving mental health | HE | Recognise the early signs of mental wellbeing issues and understand the difference between mental health and mental illnesses. |
| 25 th September | Maintaining and improving mental health | HE | Understand how to identify, control and discuss our emotions. |
| 2 nd October | Maintaining and improving mental health | HE | Recognise that we all experience times of difficulty during our lives. Understand potential strategies for dealing with difficult or troublesome times. |
| 9 th October | Black History Month | SMSC | Investigate the origins of black migration to the UK in the 20 th century. |
| 16 th October | Healthy Eating | HE | Understand how staying healthy is a combination of three key areas. Identify that we all need to have a healthy balanced diet to help maintain a healthy weight and understand what a healthier alternative is. Investigate what a healthy diet consists of and active lifestyles. |
| 23 rd October | Basic First Aid – treatment of common Injuries and ASSESSMENT | HE | Understand how to identify the need for CPR in a unresponsive casualty Identify the steps needed to administer basic first aid. |

Autumn term 2 2023

| Date | Topic | Strand | Additional notes |
|---------------------------|---|---------------|---|
| 6 th November | Exploration of interests | CAR | You will explore the need to plan for your future. You will identify your personal qualities and investigate how these affect your future pathways. |
| 13 th November | Personal qualities | CAR | By the end of this session you will be able to identify how personal qualities affect particular job pathways. You will be able to identify what skills are and how they are different to personal qualities. |
| 20 th November | Skills for life | CAR | You understand what skills are and can identify some skills that you will need for life. You will investigate how to present yourself in an application process. |
| 27 th November | Enterprise and the world of work | CAR | You will understand the meaning of enterprise and how to be creative with this. You will explore how the world of work is changing and use LMI information to explore this. |
| 4 th December | Decision making and qualifications | CAR | You will be able to see the importance of making informed decisions using reliable sources of information. You will have a basic understanding of the qualifications framework. |
| 11 th December | Problem Solving | CAR | You will explore key transferable skills and why these are important. You will experience problem solving strategies. |
| 18 th December | Survival Challenge ASSESSMENT | CAR | You will work as a team to solve a military survival problem. |

Spring term 1 2024

| Date | Topic | Strand | Additional notes |
|-------------------------|-------------------------|---------------|---|
| 8 th January | Expressing Spirituality | RS | Identify the different ways in which people express their spirituality. |

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| 15 th January | Expressing spirituality through music | RS | Investigate how music can help people understand and enhance spirituality. |
| 22 nd January | Atheism | RS | Explore atheist and agnostic beliefs and the reasoning behind them. |
| 29 th January | Humanism | RS | Explore what it means to be a humanist. |
| 5 th February | Religious and non-religious expression ASSESSMENT | RS | Explore how some people express their religious and non-religious beliefs. |

Spring term 2 2024

| Date | Topic | Strand | Additional notes |
|---------------------------|--|--------|---|
| 19 th February | Different types of relationships | RSE | Explaining the different types of relationship you can be in and the key laws and signs that define them. |
| 26 th February | Different types of relationships (LGBTQ+) | RSE | To be able to define the term LGBTQ+. Explain how stigma and bullying can negatively impact LGBTQ+ individuals. Discuss the issues LGBTQ face in the community and in schools |
| 4 th March | Healthy relationships | RSE | Explore the features of a healthy relationship. |
| 11 th March | Consent (Delivered FD) Contraception & Demonstration | RSE | Understand the importance of consent. Understand the meaning of consent. Learn how to seek consent and how to give or not give consent. Explore different types on contraception. Learn how to use external contraception correctly. Exploration of sexual health and common types of STI's and how to prevent catching them. |
| 18 th March | Laws around consent (Delivered FD) Sexual Health ASSESSMENT | RSE | To understand what revenge porn is. To consider the impact of revenge porn on the victim. |

Summer term 1 2024

| Date | Topic | Strand | Additional notes |
|------------------------|---------------------------------------|--------|---|
| 8 th April | Human rights and responsibilities | RS | Explain the importance of human rights and research the work of a human rights activist. |
| 15 th April | Religion – Cause of conflict or peace | RS | Compile reasons why some people say ‘religion causes conflict’ and others say ‘religion makes peace’. |
| 22 nd April | Religious conflict | RS | Debate does religion contribute to religious conflict. |
| 29 th April | Pacifism | RS | Explore the importance of the belief in pacifism. |
| 6 th May | How radical was Jesus | RS | Explore what is so radical about Jesus. |
| 13 th May | Good news | RS | Explore a range of ways in which Christians try to put Jesus’ message of ‘good news’ into action. |
| 20 th May | Agape ASSESSMENT | RS | Evaluate whether or not Jesus’ teaching of agape is radical. |

Summer term 2 2024

| Date | Topic | Strand | Additional notes |
|-----------------------|----------------------------------|--------|---|
| 3 rd June | Good Citizens | SMSC | Explore what the role of a good citizen is. To identify some key attributes of a good citizen. |
| 10 th June | The Electoral System | SMSC | Explore what makes the UK a democratic country. To define the term ‘Democracy’ and explain how the UK is a democratic country. |
| 17 th June | Our Diverse community | SMSC | Explore what a diverse culture is and what it looks like in Britain. |
| 24 th June | Our diverse community (local) | SMSC | Identify different cultures within our community. Understand how to respect other cultures and others. |
| 1 st July | Social Media and Online Bullying | SMSC | Identify the negative internet uses and the information we should not make public. Describe how an online groomer uses social media. Analyse whether your social media profiles are safe. |
| 8 th July | Racism | SMSC | Identify examples of racism and whether they are overt or covert racism. Explain reasons why racism is wrong in detail and whether overt or covert racism is worse in |

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| | | | your opinion. Explain whether certain cases are racist or not and justify your reasoning in full. |
| 15 th July | Staying Safe over summer ASSESSMENT | SMSC | To go through potential dangers over summer that students may encounter and useful helplines and links to receive support. |