

Personal Development

Overview of the Curriculum

Personal Development (PD) - Key Stage 3 (Years 7, 8 & 9)

The study of Personal Development will allow each Parmiterian to aspire to find the path that best suits the individual, having developed the discipline, moral character and resilience to become a considerate and responsible member of society.

In order to meet this aim we have developed a comprehensive and well resourced spiralling curriculum that focuses on four key themes in each year group. These are: Relationships, mental health and emotional wellbeing, Citizenship, rights, responsibilities and community, Healthy lifestyles and relationships and Careers and finance.

Our themes are embedded throughout our wider KS3 curriculum through a range of subject specific topics, for example; Personal wellbeing in PE, Democracy, rights & responsibilities in History, Respect & diversity in PRE and Contraception in Biology. Personal Development is also taught through our monthly form tutor lesson programme.

In the Autumn term, each year group in KS3 has a focus on Careers and Finance and the use of Unifrog, the teaching of this theme is then embedded in form times, assemblies and lessons throughout the year groups. Our students also have access to a qualified and professional Careers Advisor.

The first substantial area of study for KS3 is relationships, mental health and emotional wellbeing. This theme, delivered throughout the Autumn term for all year groups, is designed to empower students to know how to support each other and when to access support for a range of issues. In the late Autumn/early Spring term, students begin to study Healthy lifestyles and relationships. Among other content, this theme equips students with a knowledge and understanding of drugs, alcohol, puberty and sexual health. In the late Spring/early Summer term, students study Citizenship, rights, responsibilities and community. Through form time, assemblies, Personal Development and History lessons students consider; British values, democracy, diversity, the role of the media and what it means to be a good citizen.

Personal Development - Key Stage 4 (Years 10 & 11)

The study of Personal Development should allow each Parmiterian to aspire to find the path that best suits the individual, having developed the discipline, moral character and resilience to become a considerate and responsible member of society.

In order to meet this aim, we have developed a comprehensive and well resourced spiralling curriculum that focuses on four key themes in each year group. These are: Relationships, mental health and emotional wellbeing, Citizenship, rights, responsibilities and community, Healthy lifestyles and relationships, Careers and finance, and Learning and Revision.

Our themes are embedded throughout our wider KS4 curriculum through a range of subject specific topics, for example; Personal wellbeing in PE and Fertility in Biology. Personal Development is also taught in form times and through student led assemblies. Our bespoke KS4 Personal Development and Ethics course allows students to experience a series of lessons, activities and talks designed to help them reflect on their own views, beliefs and understandings on a range of religious, spiritual, moral, ethical, personal and cultural issues. The programme will help them broaden their knowledge and encourage them to consider views, opinions and beliefs that differ from their own. In developing the programme, we have considered the suggested KS4 topics listed in the Hertfordshire Agreed Syllabus of Religious Education 2023-2028 and the recommendations from the PSHE association.

Students have one timetabled lesson per fortnight in KS4, where they will experience a series of modules that promote discussion and reflection. During Years 10 & 11, students will attend 'Enrichment days'; these are days when students are off timetable and engage in a series of workshops, activities and talks. These days are themed and will cover specific areas related to religious, social, personal and cultural development.

SMSC in Personal Development

Spiritual development in Personal Development is shown by students through the way they reflect on their own beliefs and that of other cultures and religions. Students are expected to respect others point of view in discussion and activities and consider the wonder in the variety of different cultures around the world. They demonstrate a sense of enjoyment and fascination in learning about their own body, mind and forming their own outlook on life.

Moral development in Personal Development is shown by students through learning about right and wrong in a number of different situations i.e. the impact of drugs, positive and negative relationships, bullying and intimidating behaviour. Students recognise the legal boundaries and consequences of unlawful behaviour in relation to drugs and alcohol, CSE, sexual consent and online behaviour.

Social development in Personal Development is shown by students through the acceptance and engagement with the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs. Students learn about an individual's rights and responsibilities and an appreciation of the consequences when these rights are in conflict or abused.

Cultural development in Personal Development is shown by students through understanding the role of local and national democracy and its role in developing our society and culture. Students learn about the role of the police and judiciary in keeping us safe and how they deal with young offenders.

Examples of Spiritual, Moral, Social and Cultural development in Personal Development include:

- reflecting on their own beliefs and that of other cultures and religions.
- Recognising the legal boundaries and consequences of unlawful behaviour.
- Students learn about an individual's rights and responsibilities.

Overview of schemes of work at each key stage

Key stage 3 (Personal Development)

Throughout this course students develop a knowledge and understanding of our four core themes.

Year 7

- Relationships, mental health and emotional wellbeing
 - Aspirations
 - Resilience
 - Self esteem
 - Attitudes to mental health
 - Keeping good mental health
 - Family relationships
 - Keeping positive relationships
 - Anger management
 - Digital resilience & e-safety
- Careers and finance
 - Money & budgeting
 - Loans & savings

Key stage 4 (Personal Development & Ethics)

Throughout this course students develop a knowledge and understanding of our four core themes.

Personal Development

- Careers and finance
 - Work experience
 - CVs & covering letters
 - Career choices
 - Cybercrime and online fraud
- Healthy lifestyles and relationships
 - Sex and Consent
 - Relationship breakdown
 - STIs
 - The dangers of pornography
 - Legal status of marriage
 - Tattoos and piercings
 - Revenge Porn, image sharing and the law

- Needs and wants
- Healthy lifestyles and relationships
 - Healthy lifestyles
 - Personal Hygiene
 - Energy drinks
 - Love & relationships
 - Bullying
 - Keeping positive relationships
 - Stereotyping and prejudice
 - Cigarettes & passive smoking
 - Drug classifications
 - Puberty
 - FGM
- Citizenship, rights, responsibilities and community
 - Personal Identity & British values
 - Online radicalisation
 - Making ethical decisions

Year 8

- Relationships, mental health and emotional wellbeing
 - Promoting emotional wellbeing
 - Self awareness
 - Self-confidence & achievement
 - Managing behaviours to achieve
 - Mindfulness
 - Managing change, loss and grief
 - Domestic conflict
- Careers and finance
 - Teamwork & communication skills
 - Income and expenditure
- Healthy lifestyles and relationships
 - Smoking and vaping
 - Cancer

- Binge drinking
- Healthy relationships
- STIs
- Pregnancy choices
- Parenting
- Personal safety in the wider world
- Citizenship, rights, responsibilities and community
 - Overt & covert racism
 - Fake news and critical thinking
 - Prevent
 - The Sarah Everard case
- Relationships, mental health and emotional wellbeing
 - Gender and trans identity
 - Suicide
 - Gambling and online gaming
 - Forced and arranged marriage
 - Perseverance and procrastination
 - Privilege and its impact
 - Positive and negative risk taking

Ethics

- Epistemology
- What does it mean to be human?
- Medical Ethics
- The sanctity / value of human life?
- Evil, suffering and the Holocaust
- Global Interdependence and responsibility
- Ethics and the Environment
- Global responses to environmental issues.
- Moral decisions, absolutism, relativism, deontologicalism, teleologicalism
- Should there be any legal limits on abortion?

- Managing screen time
- Personal Safety
- Periods & Menstrual cycle
- Sex, consent & sexting
- Body image
- Citizenship, rights, responsibilities and community
 - Disability discrimination
 - British values, tolerance & anti-racism
 - Preventing radicalisation & extremism
 - Discrimination & the media
 - Caring for the environment

Year 9

- Relationships, mental health and emotional wellbeing
 - Behaving to achieve
 - Self discipline
 - Unhealthy coping strategies
 - Healthy coping strategies
 - Growth mindset
 - Interpersonal skills
 - Self-harm
 - Anxiety & stress
 - Incel culture and misogyny
- Careers and finance
 - Employability skills
 - The work environment
 - Financial products
- Healthy lifestyles and relationships
 - Illegal drugs and the law
 - Alcohol
 - Drink spiking
 - Knife crime
 - Donors, stem cells and vaccinations
 - Body image- female focus

Students either begin studying PD or Ethics and then change teachers half way through the course.

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| <ul style="list-style-type: none">→ Relationship abuse→ Child Sexual Exploitation● Citizenship, rights, responsibilities and community<ul style="list-style-type: none">→ UK criminal justice system & young offenders→ British Values and Religion→ Identifying conspiracy theories and misinformation→ Human trafficking→ Being a British Citizen→ Foreign aid→ Accessing education across the world | |
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