

## Personal Development 2021-22 - PSHE

Personal Development Themes					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
- Spiritual, moral, social and cultural development	- Healthy living - British Values	- Equality and diversity	- Careers guidance	- Citizenship	- Preparation for next stage

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 9</b>	Explore the concept of self-esteem, maslow's hierarchy and the ethics behind bullying and financial decision e.g. fair trade	To look at healthy living in terms of personal finance and the impact debt can have on individuals.	To explore mutual friendships and relationships. To look at heritage in the UK and the cultures that formed Britain and the contributions different ethnicities have had/do have in this country.	To look at different careers related to the health industry and the financial markets related to this e.g. soft drinks, caffeine, gyms, exercise, health food, cigarettes, diets and drugs (legal and illegal)	To have some understanding of different groups in society including those with mental health issues, teenagers and some of their rights, FGM.	Further explore puberty and growing up and the safety and responsibilities related to this. To explore dangers when not at home and the impact this can have on young people.
<b>Year 10</b>	Explore the concept of self-esteem, maslow's hierarchy and the ethics behind bullying and financial decision e.g. fair trade	To look at healthy living in terms of personal finance and the impact debt can have on individuals.	To explore mutual friendships and relationships. To look at heritage in the UK and the cultures that formed Britain and the contributions different ethnicities have had/do have in this country.	To look at different careers related to the health industry and the financial markets related to this e.g. soft drinks, caffeine, gyms, exercise, health food, cigarettes, diets and drugs (legal and illegal)	To have some understanding of different groups in society including those with mental health issues, teenagers and some of their rights, FGM.	Further explore puberty and growing up and the safety and responsibilities related to this. To explore dangers when not at home and the impact this can have on young people.
<b>Year 11</b>	To look at the moral issues surrounding drugs and alcohol. Impact on families and society. A discussion around different beliefs in society about intoxication.	To look at the impact of stress on healthy living and how this can lead to further negative responses leading to unhealthy lifestyles. To explore strategies for managing health.	To look at the difference responses to stress and how triggers are different for different people and positive ways to support this	To explore sexual health and the job roles related to supporting people needing sexual health/relationships support. Also look at college options linked to PSHE courses	To look at the wider impact of mental health on wider society e.g. the NHS, social care, schools, the workplace.	

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