



# **PERSONAL DEVELOPMENT PHSE/RSE UPDATE HT5**

**OUR LADY  
AND ST BEDE  
CATHOLIC ACADEMY**





## This Half Term (HT5)

This half term, we will be covering the following topics within our HD RSE lessons.

"I HAVE COME  
THAT YOU MAY  
HAVE LIFE  
& HAVE IT TO  
THE FULL"



### HD RSE Half Term 5 Topics

Year	Topic	Content
<b>Y7</b>	Living Responsibly	Social Responsibility, Choices, Charity and Being Environmentally Friendly, Vaping.
<b>Y8</b>	Think before you share	Social, personal and legal consequences of sharing images of a sexual nature. Digital footprint, Scams, Online exploitation and Critical thinking.
<b>Y9</b>	Diet and Nutrition	Balanced Diet, Healthy Meals, Eating Disorders and Hydration
<b>Y10</b>	Finance	Savings and Loans, Credit and Debit, Tax, Finance, Renting and Mortgages.
<b>Y11</b>	Life Guarding and First Aid	Advanced first aid with a focus on water safety and lifesaving skills.







## Personal Development

At the end of last half term, pupils experienced an assembly centring on knife crime in Cleveland. During the session, key statistics for our local area were explored, along with the laws and how to stay safe.



Pupils also had an additional session on misogyny and the impact of online influences around this topic. The session aimed to raise awareness and challenge inappropriate behaviours.





## Personal Development Day

This term, we will be having our third Personal Development Day. The day will centre around health and wellbeing. Uncovering topics such as physical and mental health, diet and nutrition and the importance of sleep.

