



**ST MARY'S CATHOLIC
HIGH SCHOOL**

Personal
Development
Curriculum
2024-25

Building the foundations to
“Let our light shine”

2024/25 Personal Development Curriculum

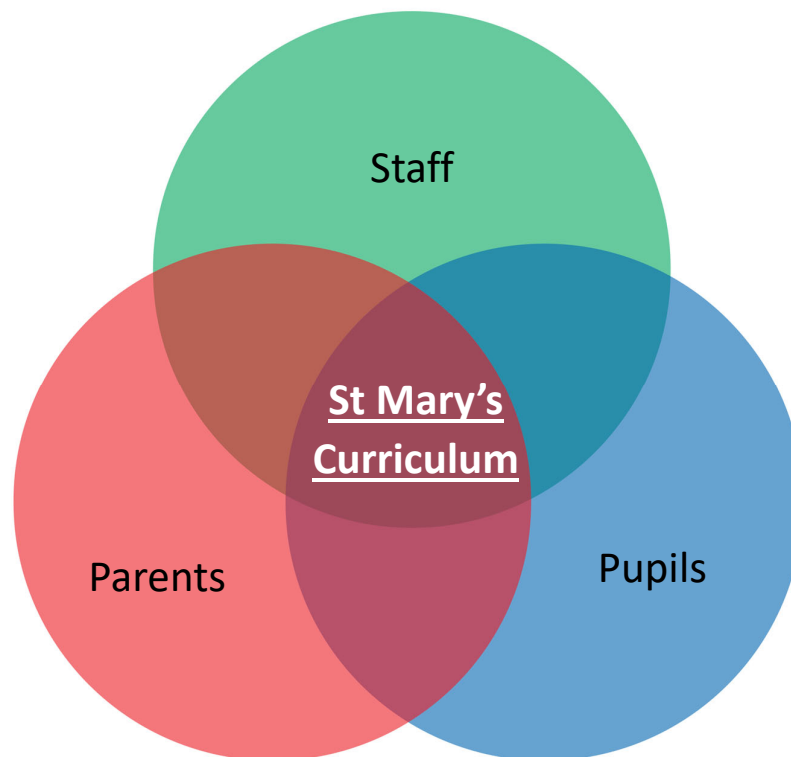
YEAR	WIDER WORLD (1)	WIDER WORLD (2)	RELATIONSHIPS Ten Ten (RSHE For Catholic Schools)	HEALTH & WELLBEING (1)	HEALTH & WELLBEING (2)	Additional Module	LETTING YOUR LIGHT SHINE (Bespoke Module)
7	Careers Curriculum (Yr7) An introduction to Careers, teamwork and enterprise skills, and raising aspirations (Morrisby Careers Platform)	Financial decisions Making, saving, borrowing, budgeting and making financial choices	Life Live to The Full Our core identity changing bodies, healthy inside and out, changing bodies, where we come from, family and friends, my life on screen and living responsibly.	Religion and Belief: Christ at the Centre & First Aid Engage with the Catholic ethos and values of St. Mary's	St Mary's & Me (Key Values Of Being A St Mary's Pupil) The role pupils play within school. Contribution towards school, our school history,	Year 7 British Citizenship Democracy, parliament, liberties and improving communities.	Welcome to St Mary's Expectations and standards at St Mary's.
8	Careers Curriculum (Yr8) Equality of opportunity in careers and life choices, and different types and patterns of work (Morrisby Careers Platform)	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Life Live to The Full Created and chosen, appreciating differences, feelings, before I was born, tough relationships, think before you share and the wider world.	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Protected Characteristics & Extremism Pupils discuss equality, discrimination and investigate key aspects of extremism.	St Mary's & Me (Protecting Our School) What can you do to support the greater community at St Mary's (Sustainability)
9	Careers Curriculum (Yr9) Learning strengths, career options and goal setting. (Morrisby Careers Platform)	Employability skills Employability and online presence	Life Live to The Full The search for love, love people & use things, in control of my choices, fertility and contraception, marriage, one hundred percent and knowing my rights & responsibilities.	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Functional IT Skills in Employment Pupils developing key IT skills that are essential within employment... (Word, Excel, Emails)	Options (Preparing for KS4) Discussion of options and pathways at KS4.
10	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Careers Curriculum (Yr10) Preparing For Employment Personal Statement Writing (Morrisby Careers Platform)	Life Live to The Full Authentic freedom, self-image, beliefs, values & attitudes, parenthood, pregnancy & abortion, abuse and solidarity	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Exploring influence The influence and impact of drugs, gangs, role models and the media	Year 10 British Citizenship The power of government, legislation, free press, human rights, international law,	Work Experience Preparing, completing and evaluating work experience placements.
11	Moving Forward Revision techniques/strategies and future opportunities	Careers Curriculum (Yr 11) Next Steps (Morrisby Careers Platform) CV Writing & Preparing for KSS	Life Live to The Full Self-worth, addiction, eating disorders, birth control, pornography, STIs and coercive control.	Building for the future Self-efficacy, stress management, and future opportunities	Independence Responsible health choices, and safety in independent contexts	Budgeting For Later Life Budgeting for a college/university pupil, what are taxes and how do mortgages work?	Options (Preparing for Exams & KS5) Pupil wellbeing, stress management and supporting applications at KS5.

Curriculum Intent & Sequence:

At St. Mary's Catholic High School, it is our mission to educate young people in the Catholic, Christian way to become pupils of the modern world. Through our Personal Development programme, we instil the values of Love, Peace and Forgiveness, to allow our children to "let their light shine". From the moment our pupils transition from Primary school in Year 6, we strive to create resilient, confident and knowledgeable pupils to flourish and achieve their full potential.

To provide pupils with the "foundations" to let their light shine, we believe that as catholic educators, it is fundamental that we provide opportunities to all pupils within our care. Our curriculum offer, seeks to promote a passion for Personal Development ensuring pupils are exposed to a rigorous and research led model for Personal Development which is guided by our Catholic Values with the use of external organisations such as Morrisby Careers, PSHE Association and Ten Ten.

It is vital that our pupils become citizens of the world, developing character, and are alert to current affairs whilst providing an understanding of fundamental British values; democracy, individual liberty, the rule of law and mutual respect and tolerance to allow our pupils to contribute positively to society.



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