**Personal Development Curriculum Overview**

The Personal Development Curriculum aims to develop positive attitudes and values in students by enhancing their spiritual, moral, social and cultural development through Health Education, Relationships and Sex Education, Citizenship and Careers Education Guidance. Any such experiences specifically enable students to:

* Develop lively, creative, enquiring minds, through a full range and breadth of subjects and experiences
* Acquire knowledge and skills relevant to adult life and a world of rapid and continuous change
* Develop personal and moral values, respect for shared values and for other cultures, religions and ways of life
* Develop an understanding of the world in which they live which includes their local community and beyond
* Appreciate their achievements and aspirations
* Experience success and celebration of their achievements
* Take their place in society as informed, confident and responsible global citizens
* Become fully equipped to make well thought out decisions and develop life-long skills to search for and succeed in the future.

Within the Personal Development Curriculum and the wider school community there is a shared responsibility and co-ordinated approach to successfully deliver the students’ entitlement of the four strands (Health Education, Relationships and Sex Education, Citizenship and Careers Education Guidance) which creates enjoyment, and an opportunity for students to challenge their thinking and views. The Personal Development Curriculum is ever changing which responds to the needs of our school community by encouraging students to become more inquisitive about the world around them, through equipping them with the skills and values needed for life in making a positive contribution as responsible citizens in their communities.

**Implementation: How is the curriculum delivered?**

All students follow the Personal Development Curriculum, where a variety of delivery methods are used to meet the needs of all students. There are no explicit lessons taught within curriculum time. Content is delivered through informal workshops, assemblies, discussions, written work, role-play and theatre productions and pastoral curriculum time. Citizenship is taught explicitly through RE, English, Geography, History and Maths at Key Stage 3. Spiritual, moral, social and cultural education permeate all areas of the Personal Development Curriculum.

**Key Stage 3 PERSONAL DEVELOPMENT ACTIVITIES Termly Overview**

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| --- | --- | --- | --- | --- | --- | --- |
| **Autumn Term** | | **Spring Term** | | **Summer Term** | | |
| **Year** | **Activities** | **Year** | **Activities** | **Year** | **Activities** |
| **7** | * School Council Assemblies & Elections * Year & Whole School Council Elections * Citizenship in RE (Community) * Extended Pastoral Curriculum (1) * Year & Whole School Council Meetings Citizenship in History (How is Britain Governed?) * Citizenship in Geography (Designing a sustainable settlement) * Wellbeing Survey in Computing/Form * Extended Pastoral Curriculum (2) * Anti-bullying, performance of HOPE * Citizenship in Geography (Global Citizenship Development) * Extended Pastoral Curriculum (3) | **7** | * Uban Camouflage (Road Safety) * Extended Pastoral Curriculum (4) * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (5) * Citizenship in English (Charity Speeches) * First Aid (in PE lessons) * Year Council & Whole School Council Meetings * Safe4Summer (Water Safety) * Extended Pastoral Curriculum (6) * Cultural Diversity (Empathy & Migration) workshop * Meet the Professional (Careers) | **7** | * Cultural Diversity (Empathy & Migration) workshop * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (7) * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum 8&9 (Review Day preparation) * Pupil Review Day |
| **8** | * School Council Assemblies & Elections * Year & Whole School Council Elections * Citizenship in RE (Vocation) * Extended Pastoral Curriculum (1) * Fire Safety * Year & Whole School Council Meetings * Citizenship in History (How to become an MP?) * Extended Pastoral Curriculum (2) * Citizenship in Geography * Extended Pastoral Curriculum (3) | **8** | * Extended Pastoral Curriculum (4) * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (5) * First Aid (in PE lessons) * Year Council & Whole School Council Meetings * Safe4Summer (Water Safety) * Extended Pastoral Curriculum (6) | **8** | * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (7) * Raising Aspirations (Job Sectors) * Broadening Horizons (Careers) * Citizenship in English (Refugees & Immigration) * Citizenship in Geography (How should we generate electricity in the future?) * Honours (Citizenship) Day * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum 8&9 (Review Day preparation) * Pupil Review Day |
|  |  |  |  |  |  |
| **9** | * School Council Assemblies & Elections * Year & Whole School Council Elections * Citizenship in RE (Messiah) * Extended Pastoral Curriculum (1) * Year & Whole School Council Meetings * Extended Pastoral Curriculum (2) * Citizenship in Geography * Options – Introduction to Future Pathways * Extended Pastoral Curriculum (3) * Citizenship in History (What kinds of governments exist in the world?) | **9** | * Options Market Place and STEM/Careers Networking * Making Choices (Careers) Workshops * Extended Pastoral Curriculum (4) * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (5) * RSE Lesson 1 (in RE lessons) * First Aid (in PE lessons) * RSE Lesson 2 (in RE lessons) * RSE Lesson 3 (in RE lessons) * Year Council & Whole School Council Meetings * Safe4Summer (Water Safety) * Extended Pastoral Curriculum (6) | **9** | * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (7) * Citizenship in English (Viewpoint on a topical issue) * Financial Awareness & Money Management (Mathematics) * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum 8&9 (Review Day preparation) * Pupil Review Day |

**Key Stage 4 PERSONAL DEVELOPMENT ACTIVITIES Termly Overview**

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| **Autumn Term** | | | **Spring Term** | | | **Summer Term** | | |
| **Year** | **Activities** | **Year** | | **Activities** | **Year** | | **Activities** | |
| **10** | * School Council Assemblies & Elections * Year & Whole School Council Elections * Careers Progress Questionnaire * Careers Fair * Extended Pastoral Curriculum (1) * Workplace Experience Launch * Year & Whole School Council Meetings * Extended Pastoral Curriculum (2) * Wellbeing Survey in Computing/Form * Extended Pastoral Curriculum (3) | **10** | | * Extended Pastoral Curriculum (4) * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (5) * Introduction to Pathways Post 16 (Careers) * RSE Lesson 1 & 2 (in PE lessons) * Year Council & Whole School Council Meetings * Safe4Summer (Water Safety) * Extended Pastoral Curriculum (6) * Wigan & Leigh College Sampling Day Assembly | **10** | | * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (7) * St John Rigby Taster Day Assembly * University of Leeds Open Day * Wigan & Leigh College Sampling Day * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum 8&9 (Review Day preparation) * St John Rigby ‘Look at College Life’ * Deadline for completion of Workplace Experience * Pupil Review Day | |
| **11** | * School Council Assemblies & Elections * Year & Whole School Council Elections * Y10, Careers Fair * RSE (in Core PE) * Choosing Options Post 16 (Pathways) * Completion of CVs & Personal Statements * Guidance Evenings (Post 16 Providers attending) * Extended Pastoral Curriculum (1) * Interview Preparation * Year & Whole School Council Meetings * Extended Pastoral Curriculum (2) * Mock Interview Day * Extended Pastoral Curriculum (3) | **11** | | * Extended Pastoral Curriculum (4) * Year Council & Whole School Council Meetings * Extended Pastoral Curriculum (5) * Year Council & Whole School Council Meetings * Safe4Summer (Water Safety) * Extended Pastoral Curriculum (6) | **11** | |  |  |

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| **Autumn Term** | | | **Spring Term** | | | **Summer Term** | | | | |
| **Year** | **Focus** | **Sessions will cover:** | **Year** | **Focus** | **Sessions will cover:** | | **Year** | **Focus** | **Sessions will cover:** |
| **7** | Relationships | Making friends  Teamwork  Respect  Targets  Friends & School  Relationships | **7** | Careers | Who am I?  Exploring Possibilities -dream jobs  What is a career?  What is an entrepreneur?  What is a work-life balance? | | **7** | Study Skills | Getting Ready for Assessment  Using your Revision Timetable  How do I learn?  Using Knowledge Organisers |
| Study Skills | Getting ready  How do I learn? | Personal Safety | What is exploitation?  Identifying exploitation  Exploitation in friendship  Peer Pressure | | Personal Safety | Introduction to Knife Crime  Dialogue between Two Friends  Why Carry a Knife?  The Reality about Carrying a Knife |
| Mental Health & Wellbeing | Worry (introduction)  Recognising signs of worry  How to manage worry |
| **8** | Relationships | What are values?  Different types of relationships  Key to a good relationship  Dealing with tricky relationships  How do we feel about ourselves?  Qualities admired in a person | **8** | Growing and changing | Unhelpful thoughts  Identifying unhelpful thoughts  Reframing unhelpful thoughts | | **8** | Study Skills | Getting Ready for Assessment  Using your Revision Timetable  How do I learn?  Using Knowledge Organisers |
| Physical Health | What is self-worth?  What am I worth to society?  The sleep factor  Tobacco and Nicotine  What is the difference between tobacco and nicotine?  Spotting influences | Careers | What are my interests?  Challenges and Rewards  Creating the Life You Want  What does success mean to me?  Careers and Climate (Careers) | | Personal Safety | Introduction to Knife Crime  Real Life Stories  What are the Consequences of Carrying a Knife?  Giving Advice |
| **9** | Relationships | Identifying unhealthy relationships  Managing unwanted attention  Reducing inappropriate behaviours | **9** | Personal Safety | What is exploitation?  Child Criminal Exploitation | | **9** | Study Skills | Getting Ready for Assessment  Using your Revision Timetable  How do I learn?  Using Knowledge Organisers |
| Physical Health | Risks and consequences of alcohol  Short and long term risks  Influences of alcohol | Careers | What are my skills?  What comes after school – learning pathway?  Decision Making  Taking Control of your Career  Working and Earning – managing your money  What is the labour market and why is it important? | | Personal Safety | Introduction to Knife Crime  The Reality of Knife Crime  Real Life Stories (Victims)  Real Life Stories (Victims’ Families) |

**Key Stage 3 PASTORAL CURRICULUM Termly Overview**

**Key Stage 4 PASTORAL CURRICULUM Termly Overview**

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| **Autumn Term** | | | **Spring Term** | | | **Summer Term** | | | | |
| **Year** | **Focus** | **Sessions will cover:** | **Year** | **Focus** | **Sessions will cover:** | **Year** | | **Focus** | **Sessions will cover:** | |
| **10** | Relationships | What is bullying?  Banter or Bullying?  Social bullying  Cyber bullying | **10** | Personal Safety | What is exploitation?  Grooming  Child Sexual Exploitation | | **10** | Study Skills | | Getting Ready for Assessment  Using your Revision Timetable  How do I learn?  Using Knowledge Organisers |
| Study Skills | Getting ready  How do I learn?  How to recognise exam stress  Dealing with exam stress | Physical Health | What is body dysmorphia?  Body Image and Eating  Body Image and Eating – Getting Help | | Careers | | My Career Journey  What type of Career is best for me?  Wellbeing in the Workplace  What is a CV?  What is a Personal Statement?  Step-by-Step guide for writing your CV |
| **11** | Relationships | Peer Pressure - Myths vs Truths  Peer Pressure - Back Me Up  Peer Pressure - Scenarios | **11** | Growing and changing | Thriving in Post 16 Education/Training  Potential Pitfalls  Identifying Strategies  Techniques to overcome stress  Planning | | **11** |  | |  |
| Personal Safety | What is exploitation?  What is sexual grooming?  County Lines |  | |  |
| Physical Health | Identifying Influences & Assessing Consequences  Overcoming Challenges of Substance Misuse |  | |  |
| Study Skills | Different ways to study  Exploring revision techniques |
| Study Skills | Study Skills. Why study?  Revisions Timetable  Study Techniques | |

**Key Stage 3 & 4 EXTENDED PASTORAL CURRICULUM Termly Overview**

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| **EXTENDED**  **Pastoral Curriculum** | **Year 7** | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| **Autumn Term** | Attitudes to Mental Wellbeing | Promoting Mental Wellbeing | Healthy & Unhealthy Coping Strategies | New challenges and reframing negative thinking | Promoting mental wellbeing |
| Me and My Body | Healthy eating | Substance misuse | Anti-social behaviour | Exploring the Risks & Consequences of Substance Misuse |
| British Values | Tolerance and Respect | Review Data for Assessments | Extremism and Intolerance | Valuing Diversity |
| **Spring Term** | Review Data for Assessments | Influences of social media on our Physical Well Being | Equality and Diversity | Review Data for Assessments | Trial Exams |
| Influences of social media | Review Data for Assessments | Maintaining a healthy relationship with social media | Thinking critically about what we see online | Trial Results issued |
| Preparation for Assessments | Preparation for Assessments | Preparation for Assessments | Preparation for Assessments | Exploring Identity Online |
| **Summer Term** | All About Me | All About Me | All About Me | CVs and Personal Statements | Leavers Mass |
| Review Day Prep | Review Day Prep &  Honours Citations | Review Day Prep | Review Day Prep |  |
| All About Me | All About Me | All About Me | CVs and Personal Statements |
| Review Day Prep | Review Day Prep | Review Day Prep | Review Day Prep |