






SUBJECT: Personal Development Curriculum

Year Group:	YEAR 11					
Rationale:	To develop positive attitudes and values by enhancing pupils' spiritual, moral, social and cultural development through Health Education, Relationships and Sex Education, Citizenship and Careers Education Guidance.					
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Careers</p> 	<p>PDC – Pupils will attend a one-to-one careers interview to explore possible routes after they leave school and have support in applying for colleges, apprenticeship and work based training.</p> <p>PDC – Pupils will be given the opportunity to listen to presentations from local colleges and about apprenticeships .</p> <p>PDC – Pupils will prepare for their mock interview by learning how to conduct themselves and prepare answers to potential questions.</p> <p>PDC – Pupils will finalise their Personal Statements and CVs.</p>	<p>PDC – Pupils will continue to attend a one-to-one careers interview to explore possible routes after they leave school and have support in applying for colleges, apprenticeship and work based training.</p> <p>PDC – Pupils will participate in a mock interview with colleagues from local businesses and industries. Pupils will receive immediate feedback.</p>	<p>PDC – Pupils will continue to attend a one-to-one careers interview to explore possible routes after they leave school and have support in applying for colleges, apprenticeship and work based training.</p>			




<p>Citizenship</p> 	<p>PDC - Pupils will participate in the voting of Year Councillors and Whole School Councillors through putting themselves forward and then presenting their reasons for becoming the Form Representative and/or Year Representative.</p> <p>PDC - Pupils will explore the issues around knife crime and how it can affect their lives and those around them. They gain an insight into the consequences and the role that the police play through courts and tribunals.</p>	<p>PDC - Pupils will consider the issues that matter to them within the Wigan Borough and then vote for a candidate to represent them at the UK Youth Parliament.</p>				
<p>& Health Education</p> 	<p>MFL – Pupils will explore the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.</p> <p>MFL – Pupils will learn about the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.</p> <p>MFL – Pupils will know how to maintain healthy</p>	<p>GCSE PE – Sports Psychology unit. Pupils develop strategies for managing mental health and emotional wellbeing through physical activity.</p> <p>GCSE PE – Healthy Lifestyles unit. Pupils will learn how to maintain healthy eating and the links between a poor diet and health risks.</p> <p>Sports Studies – Pupils will learn about the positive associations between physical activity and promotion of mental wellbeing, including as an</p>	<p>GCSE PE – Unit the Effects of Exercise on Body systems. Pupils will develop an understanding of the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.</p> <p>Sports Studies – Pupils will explore the common types of mental ill health (e.g. anxiety and depression).</p> <p>GCSE PE – Pupils will</p>		<p>PE – Pupils will understand the link between physical activity and well-being in particular the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress</p>	




	<p>eating and the links between a poor diet and health risks, including tooth decay and cancer</p> <p>MFL – Pupils will explore the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</p> <p>RE – Pupils will develop an understanding about the sanctity of life, and the significance of this concept in debates about abortion.</p> <p>RE – Pupils will learn how to be determined and resilient in the face of difficulty, including the strength of character to stand up for truth and goodness in the face of pressure</p> <p>GCSE PE – Pupils will explore the common types of mental ill health (e.g. anxiety and depression)</p> <p>Science – Pupils will learn about the menstrual cycle and the function of gametes (sperm and ova), in fertilisation.</p> <p>Science – Pupils will learn the key facts about puberty, the changing</p>	<p>approach to combat stress.</p> <p>Drama – Pupils will explore the concepts of sexual identity, gender identity and sexual orientation.</p> <p>Drama – Pupils will develop an understanding of how they can be respectful of their own bodies, character and giftedness, including their emerging sexual identity</p> <p>Drama - The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships (including social media), the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online</p>	<p>recognise personal strengths and qualities</p> <p>Sports Studies - Pupils will recognise personal strengths and qualities</p> <p>RE - When exploring the unit about the importance of charity for Catholics. Pupils will develop their understanding of the impact of their actions locally, nationally and globally, including the knowledge and understanding to ensure that such judgements are well-informed.</p> <p>RE - When exploring the unit about the importance of charity for Catholics. Pupils will learn how to be prophetic in their ability to identify injustice and speak out against it locally, nationally and globally, including the recognition of the necessity to accept the unpopularity this often entails.</p> <p>RE – Pupils will explore why some people will choose to be celibate (unmarried) and to refrain from sexual activity, e.g. single people, priests and those in religious life.</p>			
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	adolescent body and menstrual wellbeing.		RE – Pupils will understand the importance of self-giving love and forgiveness in a relationship.			
<p>RSE & Health Education</p> 		<p>RE – Pupils will understand that their uniqueness, value and dignity derive from God and hence, recognise the respect they should have for themselves.</p> <p>Art – Pupils will learn how to be grateful to others and to God.</p> <p>Geography – When exploring urban growth in India. Pupils will learn about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics</p>	<p>RE – Pupils will understand that there is a shared responsibility to protect the community from violent extremism and how to respond to anything that causes anxiety or concern.</p> <p>RE - Pupils will learn about discrimination, prejudice and bullying and how to respond, including responsibilities towards those who are experiencing these things (Equality Act 2010).</p> <p>RE – When learning about forgiveness and reconciliation. Pupils will learn how to recognise the importance of forgiveness in relationships and know something about Jesus’ teaching on forgiveness.</p> <p>RE – When exploring the unit about justice. Pupils will develop their understanding of the impact of their actions locally, nationally and globally, including the knowledge and understanding to ensure that such judgements are well-informed.</p>		<p>RE – When exploring the importance of conscience for Christians. Pupils will learn to recognise that they are responsible for their own behaviour and how to inform their conscience</p>	



			<p>RE – When exploring the unit about justice. Pupils will learn how to be prophetic in their ability to identify injustice and speak out against it locally, nationally and globally, including the recognition of the necessity to accept the unpopularity this often entails</p> <p>RE – Pupils will learn that there are some cultural practices which are against UK law and Universal Rights (e.g. FGM, forced marriages, honour-based violence, human trafficking, radicalisation etc).</p> <p>Science – Pupils will learn that fertility levels can vary in different people; can be damaged by some sexually transmitted infections and decreases with age (including information on the menopause).</p>			
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<p>RSE & Health Education</p> 		<p>Science – Pupils learn about human fertility, methods of managing conception for the purposes of achieving or avoiding pregnancy and the difference between natural and artificial methods.</p>				
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Areas of the curriculum completed throughout Year 11



<p>RSE & Health Education</p> 	<p>Art – Through self-directed themes, pupils will know how to talk about their emotions accurately and sensitively, using appropriate vocabulary</p>
	<p>Art - Through self-directed themes, pupils will explore how the media portrayals of the human body may present a false ideal of bodily perfection which does not reflect real life and can have a negative impact on the individual</p>
	<p>Art - Through self-directed themes, pupils will consider the concepts of sexual identity, gender identity and sexual orientation</p>
	<p>Art - Through self-directed themes, pupils will learn about justice, understanding the impact of their actions locally, nationally and globally, including the knowledge and understanding to ensure that such judgements are well-informed</p>
	<p>Art - Through self-directed themes, pupils will learn that discriminatory language and behaviour is unacceptable (e.g. sexist, racist, homophobic, transphobic, disablist) and the need to challenge it and how to do so</p>
	<p>Art - Through self-directed themes, pupils will recognise stereotypes and how they can encourage damage and prejudice</p>
	<p>Art - Through self-directed themes, pupils will understand the potential tensions between human rights, English law and cultural and religious expectations and practices</p>
	<p>PE – Pupils are encouraged to be forgiving, through developing the skills to allow reconciliation in relationships, including the ability to sincerely ask for and to offer forgiveness in a sporting context</p>
	<p>PE – Pupils learn about justice and understand the impact of their sporting actions locally, nationally and globally, including the knowledge and understanding to ensure that such judgements are well-informed</p>