

Personal Development

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Curriculum Intent: Our extensive and well-planned Personal Development programme provides all students the opportunity to enhance their physical and emotional well-being, enabling them to become active citizens by developing and discovering their interests and talents.

	Core Knowledge	Procedural Knowledge
Autumn Half Term 1	Topics: <u>Introduction to Tapton</u> Understanding what it means to be a Tapton student Friendships and Bullying Changing Relationships Social Media Harmful Behaviour Online	Students will: - Understand their rights and responsibilities as a Tapton pupil - Equip themselves with the skills and knowledge to navigate secondary school. - Understand the impact of social media and harmful behaviour online - Understand changing relationships and how to deal with change
Autumn Half Term 2	Topics: <u>Equality and Human Rights.</u> European Court and Human Rights Prejudice Discrimination Harassment	Students will: - Develop an understanding of how citizens can influence decision-making through the democratic process - Develop an appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety - Have an understanding that the freedom to choose and hold other faiths and beliefs is protected in law - Have an acceptance that other people having different faiths or beliefs to oneself (or having none) should be accepted and tolerated, and should not be the cause of prejudicial or discriminatory behaviour - Develop an understanding of the importance of identifying and combatting discrimination
Spring Half term 1	Topics: <u>Creating Mood</u> Physical Well Being Sleep Dental and Personal Hygiene Kindness	Students will: - Know about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics - have the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so - know how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer - Learn the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn

Spring Half Term 2	Topics: <u>Puberty</u> Changes Menstrual Cycle Hormones Emptions	Students will: • Understand the changes happening to them and their peers • Be empathetic and supportive of others • Know how the brain changes in puberty • Be critical consumers of social media and understand that profiles are curated and do not represent reality • Know when to seek support
Summer Half Term 1	Topics: <u>Creating Space</u> Safety CPR Life-Saving	Students will: • Learn basic treatment for common injuries • Learn life-saving skills, including how to administer CPR • Understand the purpose of defibrillators and when one might be needed
Summer Half Term 2	Topics: <u>Relationships</u> Respect Kindness Equality Self - Esteem	Students will: • Understand the characteristics of positive relationships of all kinds, online and offline, including romantic relationships • Understand the role of consent and mutual respect • How to evaluate their own impact on other people and treat others with kindness
Homework: A multiple-choice quiz on Bromcom at the end of each topic.		
Assessment: Baseline tasks and progress tasks in all lessons. A 20-mark question paper made up of multiple-choice questions for marked assessment points.		
Links to Personal Development: Enabling students to recognise risks to their own wellbeing. Social development: Practice using a range of social skills in different situations. Prepare learners for future success in education, employment and training. Confidence, Resilience and Knowledge: Mentally healthy, physically healthy, active lifestyle, healthy relationships.		
How is my knowledge further developed in Year 8? In Year 8, students will build on their understanding of mental health and wellbeing, equality and diversity, careers, and health. They will explore equality, human rights and discrimination, while developing their knowledge of how laws are made and how the justice system works. Relationships education continues with a focus on family relationships, helping students understand the importance of positive, respectful and supportive connections.		