



## Overview plans for academic year 2025-2026

### Subject: Personal Development

### Year group/cohort: KS3

	Knowledge and Understanding	Knowledge and Understanding	Skills	Skills	Assessment	Subject specific literacy	Cross curricular links
	Components (Key concepts)	Composite (Bigger picture)	Components (Key concepts)	Composite (Bigger picture)	What is being assessed, how, and when?	Key Vocabulary	Including Personal Development and SMSC
<b>Autumn Term 1</b>	<b>Mental Health &amp; Well-being:</b>	Puberty  Mental Health  Managing Stress  Understanding emotions	Emotional literacy resilience.  Recognising the common types of mental ill-health  Identifying emotions	<b>Emotional Literacy:</b> Understanding emotional changes during puberty, identifying and managing emotions  <b>Mental Health Awareness/ Resilience:</b> Coping with stress and pressure through positive strategies	Assessed through reflective journaling on changes during puberty, discussion in class regarding personal emotions  Self-assessment activities and group projects focusing on stress management strategies  Identifying common mental health issues and symptoms  The ability to demonstrated what can	Puberty, adolescence, mental health, stress management Mental health, well-being, coping strategies Managing Stress	World First Aid Day (Sept 13 <sup>th</sup> ) National languages Day ( Sept 6 <sup>th</sup> ) International day of peace ( SEPT 21 <sup>ST</sup> ) recycle week 22 <sup>ND</sup> 28 <sup>TH</sup> Sept European day of languages Sept 26 <sup>th</sup> - October 12 <sup>th</sup> British Food fortnight World Habitat Day ( October 6 <sup>th</sup> ) Black History month October 10 <sup>th</sup> World mental health day October 24 <sup>th</sup> United Nations Day Visit from Faith friends to be confirmed/ accepting differences / diversity/

				<b>Personal Safety:</b> Developing awareness of personal safety in dangerous situations like knife crime	be done to improve poor mental health		
<b>Autumn Term 2</b>	<b>Personal safety</b>	Fire Safety (Bonfire Night),  Road and Rail safety  Safety in the home  CPR and First Aid   Cyberbullying, Introduction to Consent	Risk assessment   Developing First aid and CPR skills and training   peer on peer abuse digital and online safety	<b>Risk Assessment:</b> Understanding and identifying risks, such as fire hazards and online risks  Awareness of risks on the road, rail and how to stay safe  Identifying risks and hazards in the home and understanding the basics of first aid, CPR, how to respond  <b>Introduction to Consent - Digital Literacy:</b> Understanding responsible online behaviour and consent in the digital space.	Group work assessing fire safety risks, creating fire safety plans for home or school Fire safety, risk management, online safety.   Ability to minimise and respond to danger to be assessed   Reflective essays on the impact of cyberbullying and peer assessments on empathy-building exercises Cyberbullying, digital safety, empathy	Safety Consent, digital safety, relationships	Fire Safety Week (Oct), Bonfire Night (Nov 5TH ) Inter Faith week (9th – 16th Nov) Guest speaker faith friends White Ribbon Day (Nov), Anti-Bullying Week (Nov 10 th – 14 th ) Alcohol Awareness Week Guest speaker Fire services/ rail services Remembrance Sunday (10 Nov) Road safety week (16th – 22nd Nov) Human Rights Day (10 Dec) Chanukah (18 – 26 Dec) Christmas New year

<b>Spring Term 1</b>	<b>Staying safe in the community</b>	<p>Crime and gangs</p> <p>Knife Crime</p> <p>Antisocial behaviour</p>	<p>Understanding and awareness of the causes of crime and gang involvement</p> <p>How communities and police can work together to reduce anti-social behaviour</p>	<p><b>Understanding and Awareness</b></p> <p>of the consequences of committing crime and the sanctions for breaking the law.</p> <p>Students to develop awareness of knife crime and identify the consequences of carrying a knife.</p> <p><b>Developing skills</b></p> <p>empathetic skills to determine what causes ASB</p>	<p>Assessed on awareness of what are the causes of crime</p> <p>common forms of crime</p> <p>legal responses when crime is committed, online quizzes</p> <p>Assessment of knowledge of most common ASB and the form this takes.</p> <p>Assessment of knowledge of the law and consequences of unlawful, illegal behaviours. Online quizzes</p>	<p>Crime, ASB, custodial sentence, charge, conviction, county lines, criminal record, preventative, exploitation, vandalism, ASB, response</p>	<p>- Martin Luther King day ( Jan 20<sup>th</sup> )</p> <p>Holocaust memorial Day ( Jan 27<sup>th</sup> )</p> <p>LGBTQ+ Month ( Feb )</p> <p>Knife crime/ county lines guest speaker</p> <p>Childrens mental health week (feb 9<sup>th</sup>- 15<sup>th</sup>)</p> <p>We are with you guest speaker</p> <p>Safer Internet Day (10 th Feb)</p> <p>National <i>Divert youth programme</i></p>
<b>Spring Term 2</b>	<b>Physical Health and Well Being</b>	<p>Healthy Eating</p> <p>Sleep</p> <p>Drug &amp; Alcohol</p> <p>Awareness</p>	<p>Self-management, decision-making</p>	<p><b>Self-management:</b></p> <p>Developing healthy eating habits, understanding the impact of sleep, and managing health</p> <p><b>Decision-making:</b></p> <p>Making informed decisions about drug and alcohol use, understanding consequences</p>	<p>Food diaries assessing daily nutrition and sleep patterns.</p> <p>Group projects on the effects of drug and alcohol use.</p> <p>Written assessments on the impact of drugs and alcohol on health, role-play activities assessing decision-making.</p>	<p>Nutrition, sleep, self-management, Drugs, alcohol, risk, decision- making, Drug &amp; Alcohol Awareness</p>	<p>World Oceans Day (8 June)</p> <p>World Refugee week (14 - 20<sup>th</sup>) June)</p> <p>Windrush Day (22 June)</p> <p>International Women in Engineering Day (23</p>

							June) RSE day ( June 25 <sup>th</sup> ) Nelson Mandela International Day ( July 18 <sup>th</sup> )
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<b>Summer Term 1</b>	<b>Living in the wider world</b>	Financial Literacy,  Digital Safety,	Problem-solving, digital literacy	<b>Problem-solving:</b> Understanding financial management, solving financial issues, and managing personal finances  <b>Digital Literacy:</b> Evaluating online risks and understanding the importance of maintaining digital safety	Budgeting projects where students create financial plans, assessments on problem-solving in financial scenarios,  Presentations on digital safety with peer reviews, online quizzes assessing knowledge of digital threats.	Budgeting, financial literacy, Digital safety, financial literacy, problem-solving, Employment Awareness, career,	Deaf Awareness Week (4 <sup>th</sup> -10 <sup>th</sup> ) Mental Health awareness (12- 18 May) World Day or cultural Diversity (21 <sup>st</sup> May ) World Hunger Day ( May 28 <sup>th</sup> )
		Employment awareness	Research  Developing awareness	<b>Research</b>  Online research to identify different jobs and skills to encourage students to explore careers	Presentation on careers and job skills including strengths and qualities	Employment, employability, careers, skills, strengths, career path, goals	

	<b>Fundamental British Values</b>	Democracy, British Values, Community Participation	Critical thinking, collaboration	<p><b>Critical Thinking:</b> Analysing the concept of democracy and its role in society, understanding British values</p> <p><b>Collaboration:</b> Working together to improve the community and understanding the roles of individuals.</p>	<p>Debate assessments on British values and democracy, written reflections on community participation.</p> <p>Group work on community-based projects, peer and teacher evaluations on participation and collaboration.</p>	Democracy, community, values, participation, Collaboration, teamwork, community - Community Participation	
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<b>Summer Term 2</b>	<b>Relationships &amp; Sex Education (RSE):</b>	Identity Sexual Orientation,  Respecting Boundaries	Respect, social responsibility	<p><b>Respect:</b> Understanding identity and respecting differences, promoting social responsibility.</p> <p><b>Social Responsibility:</b> Understanding boundaries and the importance of respecting others' personal choices.</p>	<p>Group discussions and role-plays on respecting boundaries, essays on the impact of sexual orientation on identity.</p> <p>Written reflections on social responsibility in relationships, peer assessments on respecting boundaries. Students are aware and, in a position, to know what to do to play a part in positive respectful relationships.</p>	Identity, sexual orientation, LGBTQ+ , boundaries, Sexual Orientation, Relationships, respect, social responsibility, Respecting Boundaries	<p>World Oceans Day (8 June) World Refugee week (14 -20<sup>th</sup> June) Windrush Day (22 June) International Women in Engineering Day (23 June) RSE day ( June 25<sup>th</sup> ) Nelson Mandela International Day ( July 18<sup>th</sup> )</p> <p>Life Guard guest speaker</p>
	<b>Water safety</b>	Safety in around the water	<p>Risk assessment</p> <p>Stop think and spot dangers</p>	<p><b>Risk assessment</b> Awareness and understanding of the dangers in around the water, in surrounding bodies of water.</p>	Produce poster/ leaflets to evidence knowledge of risks and dangers in and around the water. Including how to respond in an emergency.	Reservoir, hypothermia, shock, undercurrent, Safe, Water Rivers, Canals Lakes Rules, Water safety, Awareness, danger, hazards , emergency	
<b>Subject Information including exam board details:</b>							

- This subject focuses on Personal, Social, Health, and Economic Education (PSHE), which follows guidance from the Department for Education. It aligns with the statutory relationships, health education curriculum for Key Stage 3.
- It integrates aspects of citizenship and social and emotional learning (SEL), ensuring students are prepared for the challenges of adolescence and early adulthood.

**Careers linked to this subject area:**

- Mental Health and Wellbeing Careers: Psychology, counselling, social work, therapy, mental health nurse, and wellbeing coach.
- Public Safety and Law: Police officer, probation officer, youth worker, and criminal justice professions.
- Health and Fitness: Nutritionist, personal trainer, health educator, and public health roles.
- Education and Social Care: Teaching, social care, youth advocacy, and careers in child welfare.

**Enrichment Opportunities:**

- Workshops with External Experts: Local health professionals, mental health organizations, anti-knife crime advocates, and law enforcement representatives provide first-hand insights.
- National and International Awareness Days: Engage students in projects during Mental Health Awareness Week, Safer Internet Day, and Anti-Bullying Week.
- Student-Led Campaigns: Encouraging students to create and lead awareness campaigns in school about knife crime prevention, healthy living, or mental health.
- Community Involvement: Collaborate with local organizations such as charities, non-profits, and community groups for hands-on projects and volunteering related to the topics.
- School Events: Organize events like Fire Safety Week, Healthy Living Day, and Financial Literacy Workshops to apply classroom learning in a broader context.