



Overview plans for academic year 2024-2025

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
Autumn Term 1	Mental Health & Well-being:	Puberty Mental Health Managing Stress Understanding emotions	Emotional literacy resilience. Recognising the common types of mental ill-health Identifying emotions	Emotional Literacy: Understanding emotional changes during puberty, identifying and managing emotions Mental Health Awareness/ Resilience: 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	SMSC: World Mental Health Day (Oct 10) National Knife Crime Awareness Week (Sept) Suicide Prevention Day (Sept 10)

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

Spring Term 1	Staying safe in the community	Crime and gangs Knife Crime Antisocial behaviour	Understanding and awareness of the causes of crime and gang involvement How communities and police can work together to reduce anti-social behaviour	Understanding and Awareness of the consequences of committing crime and the sanctions for breaking the law. Students to develop awareness of knife crime and identify the consequences of carrying a knife. Developing skills empathetic skills to determine what causes ASB	Assessed on awareness of what are the causes of crime common forms of crime legal responses when crime is committed, online quizzes Assessment of knowledge of most common ASB and the form this takes. Assessment of knowledge of the law and consequences of unlawful, illegal behaviours. Online quizzes	Crime, ASB, custodial sentence, charge, conviction, county lines, criminal record, preventative, exploitation, vandalism, ASB, response	_Guest speaker PC David Fairclough
Spring Term 2	Physical Health and Well Being	Healthy Eating Sleep Drug & Alcohol Awareness	Self-management, decision-making	Self-management: Developing healthy eating habits, understanding the impact of sleep, and managing health Decision-making: Making informed decisions about drug and alcohol use, understanding consequences	Food diaries assessing daily nutrition and sleep patterns. Group projects on the effects of drug and alcohol use. Written assessments on the impact of drugs and alcohol on health, role-play activities assessing decision-making.	Nutrition, sleep, self-management, Drugs, alcohol, risk, decision-making, Drug & Alcohol Awareness	SMSC National Sleep Week (March), Alcohol Awareness Week (Nov) Guest speaker we are with you

<p>Summer Term 1</p>	<p>Living in the wider world</p>	<p>Financial Literacy, Digital Safety,</p> <p>Employment awareness</p>	<p>Problem-solving, digital literacy</p> <p>Research Developing awareness</p>	<p>Problem-solving: Understanding financial management, solving financial issues, and managing personal finances</p> <p>Digital Literacy: Evaluating online risks and understanding the importance of maintaining digital safety</p> <p>Research Online research to identify different jobs and skills to encourage students to explore careers</p>	<p>Budgeting projects where students create financial plans, assessments on problem-solving in financial scenarios,</p> <p>Presentations on digital safety with peer reviews, online quizzes assessing knowledge of digital threats.</p> <p>Presentation on careers and job skills including strengths and qualities</p>	<p>Budgeting, financial literacy, Digital safety, financial literacy, problem-solving, Employment Awareness, career,</p> <p>Employment, employability, careers, skills, strengths, career path, goals</p>	<p>Guest speaker/online resource careers speakers for schools</p>
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	Fundamental British Values	Democracy, British Values, Community Participation	Critical thinking, collaboration	<p>Critical Thinking: Analysing the concept of democracy and its role in society, understanding British values</p> <p>Collaboration: 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	Guest community speaker / school event
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Summer Term 2	Relationships & Sex Education (RSE):	Identity Sexual Orientation, Respecting Boundaries	Respect, social responsibility	Respect: Understanding identity and respecting differences, promoting social responsibility. Social Responsibility: Understanding boundaries and the importance of respecting others' personal choices.	Group discussions and role-plays on respecting boundaries, essays on the impact of sexual orientation on identity. 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.	Identity, sexual orientation, LGBTQ+ , boundaries, Sexual Orientation, Relationships, respect, social responsibility, Respecting Boundaries	SMSC Pride Month (June) Guest speaker School nurse/health services Natalie flack liberty centre
	Water safety	Safety in around the water	Risk assessment Stop think and spot dangers	Risk assessment Awareness and understanding of the dangers in around the water, in surrounding bodies of water.	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	Guest speaker lifeguard
Subject Information including exam board details:							

- 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.