

Personal Development 2021-2022

Subject: PSHE/RSe

Personal Development Themes					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
- Spiritual, moral, social and cultural development	- Healthy living - British Values	- Equality and diversity	- Careers guidance	- Citizenship	- Preparation for next stage

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Year 10	Pupils will be learning about valuing equality and diversity this term. They will learn about the meanings of Equality and diversity and legislation involved in these. They will learn about different types of prejudice and discrimination and how we can challenge these views	Pupils will be studying managing risk behaviours this term. This will include following the rules of society and the consequences if these rules are not followed. They will also learn about the risk to health of certain risk behaviours such as drugs and alcohol.	Pupils will learn about body image this term with a focus on the differences between people and that there is no such thing as a 'normal' body.	AS part of the bullying unit pupils will look at what they are good at as well as their peers. This can lead on to suitable career discussions		Pupils will be learning what a healthy relationship looks like during summer 1 and summer 2, this can prepare them for healthy relationships in adult life
Year 11	Pupils will be looking at their own feelings and emotions and how expressing these emotions in a negative way can have a negative impact on others.	Pupils will learn about confidence and self-esteem this term. Pupils will look at how confidence and self-esteem can be improved and the impact this will have on mental health.	Pupils will look at what a healthy lifestyle can mean in different cultures.	Pupils will be asked to think about the effect drugs and substance misuse can have on future career prospects. (the law, criminal records etc)	As part of SRE educations pupils will be learning about the laws around sexual relationships and consent etc.	