Curriculum Progression Pathway for Personal Development (PSHE)

Subject Intent

Personal development (PSHE) at George Pindar School is a developmental programme of learning through which students acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, students develop the qualities and attributes they need to thrive as individuals, family members and members of society. Students are equipped to live healthy, safe, productive, capable, responsible and balanced lives. The programme contributes to personal development by helping students to build their confidence, resilience and self-esteem, and to identify and manage risk & make informed choices. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing as well as providing students with knowledge, skills and understanding to prepare them to play a full and active part in society as responsible citizens. The personal development (PSHE) programme also provides opportunities for students to reflect on and clarify their own and explore the complex and sometimes conflicting range of values and attitudes they encounter now, and in the future. Links are made from students' KS2 learning and developed ready for KS5. Our curriculum responds to the needs of our students within their local context as well as responding to national and global issues as they arise throughout the year.

Why is the study of Personal Development (PSHE) important?

The Department for Education (DfE) calls personal development (PSHE) education 'an important and necessary part of all students' education'.

Educating students about their health reduces risk-taking behaviours such as drug or alcohol addiction and improves diet and exercise levels, in turn boosting long-term life chances.

When students receive lessons on healthy relationships, their first sexual activity occurs later and they are more likely to report abuse and exploitation. Experts see personal development (PSHE) education as the best way to promote the safe use of technology and address online abuse.There is growing evidence that personal development (PSHE) education can promote positive outcomes relating to emotional health while reducing stigma and helping students learn where to go if they have mental health concerns. This all helps to boost students' life chances.

The non-academic skills and attributes acquired through personal development (PSHE) education have a positive impact on academic performance and life chances as well as being key to boosting the employability of school-leavers and improving social mobility. Whilst teaching in Mathematics, Citizenship, English and other subjects make important contributions to education for economic well being, the personal development (PSHE) provides an opportunity for

students to learn about aspects such as the impact of personal financial choices, an understanding of risk and responsibility, about different types of work and the influence of the media on financial choices (e.g. in relation to gambling).

Personal development (PSHE) education has been proven to remove barriers to learning and provide skills to aid success.

What skills will the study of Personal Development (PSHE) teach you?

- Confidence (speaking up and out, taking on challenges etc)
- Positive Relationships (friendships, home relationships, being safe both online and offline)
- Absence of prejudice
- Building empathy
- Dealing with conflict and self regulation
- Coping Skills (resilience and mental health)
- Developing an appreciation of the consequences of choices made and self reflection
- Learning how to recognise and avoid exploitation and abuse
- Support (citizenship, helping others)

What will you know and understand from your study of Personal Development (PSHE)?
The Curriculum is cyclical and students revisit topics that they have discussed throughout the key stages to further develop their knowledge, understanding, skills and coping strategies.
- *Relationships and Sex Education:* Families. Respectful relationships/ friendships. Online & media. Being Safe. Some intimate & sexual relationships including sexual health and consent. FGM
- *Health & Wellbeing Education:* Mental Wellbeing. Internet safety and harm. Physical health and fitness. Healthy Eating. Drugs, alcohol and tobacco. Health and prevention. Basic first aid. Changing adolescent body, hygiene and dental health
- *Citizenship & British Values:* The Government and Political systems. Democratic systems of government. The Law and the justice system. Human rights. Prejudice, discrimination and acceptance and tolerance. Individual liberty and freedom of speech. Volunteering, charity and community contributions. Economic and financial wellbeing. Extremism & Radicalisation
- *Character and Careers:* Looking at Character skills strengths and areas for development. Growth Mindset. Enterprising skills. Options process. Career paths. Education and the impact on careers and income. The rights of the worker and laws.

How does your study of Personal Development (PSHE) support your learning in other subjects?

Studying personal development (PSHE) helps students with problem solving and decision making skills that are so vital in science and the technology subjects. Students develop their debating and ability to explain and argue point of view with clarity, skills which are vital when being able to talk confidently in English and modern foreign languages.

Assessing the validity & reliability of information and being able to analyse information in personal development (PSHE) lessons are skills invaluable to the study of the humanities subjects in particular but almost all subjects across our curriculum. The ability to self-reflect & set goals along with developing self-worth/respect/esteem are skills valuable in all areas of the curriculum as well as life in general.

By helping young people to be healthier, happier and safer, personal development (PSHE) enables students to do better in school, developing skills and attributes such as confidence and positive risk-taking, which enable them to excel.

How can you deepen your understanding of Personal Development (PSHE)?

Be aware of the world around you. Pay attention to a reliable source of local, national and international news. Ask questions and challenge the world around you - how can you make a difference to make the world a better place?

How can Personal development (PSHE) support your future?

Personal development (PSHE) supports students to consider their futures in a grounded and evidence based way and to explore future pathways through the careers aspect of the curriculum. Projecting themselves into future settings allows students to assess what skills they have now, and what skills and plans they may need to develop in order to follow their chosen paths.

Studying Personal development (PSHE) teaches students about their health and reduces risk-taking behaviours such as drug or alcohol addiction and improves diet and exercise levels, in turn boosting long-term life chances.

Exam board used in Y10 & Y11					
n/a					

CURRICULUM PROGRESSION PATHWAY					
	Year 7	**Year 8**	**Year 9**	**Year 10**	**Year 11**
Autumn 1 *Assemblies:* Proud Respectful Neighbourly Determined Protected characteristics Aspirational Proud	Respectful Protected characteristics and discriminatory language. The law around discrimination. Different types of families Domestic violence and how to seek help. Post 16 qualifications explained What might the future hold? What are my post-16 choices? What jobs are there?	Protected characteristics, descrimination and prejudice including legal protection and consequences. Mental health & resilience Coping strategies Self awareness & emotional intelligence Anger management Commitment Unhealthy relationships *Careers:* Post 16 qualifications explained What might the future hold? My skills, likes, personal qualities, subject preferences Engineering Week. What jobs are there? How does the labour market work?	Tobacco, alcohol, NPS Risky situations Ethical dilemmas Smart Law Protected characteristics, descrimination and prejudice including legal protection and consequences. *Careers:* Post 16 qualifications explained What might the future hold? What are my post-16 choices? What jobs are there? How does the labour market work? World of Work themes within the curriculum	Taking control of my future Protected characteristics, descrimination and prejudice including legal protection and consequences. Revision techniques Social media Revenge porn Body shaming Illicit substances Fraudsters and scammers *Careers:* Post 16 qualifications explained What might the future hold? What are my post-16 choices? What jobs are there? How does the labour market work? World of Work themes within the curriculum.	Emotional wellbeing Managing risk Gambling Responsible health choices Cancer Fertility & reproduction CPR Grief and bereavement *Careers:* Post 16 qualifications explained What might the future hold? What are my post-16 choices? What jobs are there? How does the labour market work? World of Work themes within the curriculum.
Autumn 2 *Assemblies:*	Neighbourly Friendships and toxic	British democracy Lawmaking	Employment rights Human rights	How can I prepare for exams?	Money and finances Borrowing

Healthy relationships Remembrance Anti-bullying week Consent Discrimination Online safety Proud	relationships When does banter become bullying? Preventing cyber bullying - who can we talk to? *Careers:* World of Work themes within the curriculum Careers Fair Virtual university trips Drop in session with the Careers Advisor/Careers Lead	The Monarchy Youth justice Gender, race and disability stereotyping and the law Religious descrimination and prejudice. Radicalisation and extremism. LGBTQ+ rights Online safety *Careers:* What can you expect from a job? Understanding job adverts. My dream job. World of Work themes within the curriculum. Careers Fair. Introduction to the World of Work in Careers Sessions.	UNICEF Protected characteristics, the law relating to LGBTQ+, women and use of sexualised language How to keep good mental health. What is self harm including eating disorders? How do we help ourselves and others? Why do people commit suicide - warning signs and how to help. *Careers:* Meet the Professional video interviews. Careers Fair. BIG CAREER Programme Introduction to the World of Work Virtual university trips. Drop in session with the Careers Advisor/Careers Lead.	Mindfulness Procrastination Screen time *Careers:* Meet the Professional video interviews. Careers Fair. Introduction to the World of Work in Careers Sessions. Virtual university trips. Drop in session with the Careers Advisor/Careers Lead.	Planning for the unexpected Identity theft and fraud Financial products and services How do finances affect mental health? *Careers:* Meet the Professional video interviews. Careers Fair. Introduction to the World of Work in Careers Sessions. Virtual university trips. Drop in session with the Careers Advisor/Careers Lead. Small group interviews/tutor time sessions with the Careers Advisor
Spring 1 *Assemblies:* Proud Respectful Neighbourly Determined Independent Proud	Aspirational Legal and illegal substances and their effects Caffeine and energy drinks Alcohol risks and influences, the law *Careers:* Exploring the labour market using the Career Pilot	Finances Aspirations and school work Online grooming - CSE how to recognise the signs Exploring commitment Domestic violence Unhealthy relationships, control and manipulation - where to get support.	First aid Understanding vaccinations Romantic relationships - how to deal with pressure statements Consent, what is sexual consent? What does the law say? Support and guidance STI types and prevention.	Financial wellbeing Consumer rights Managing breakups Same sex realtionships Contraception & STIs Teenage pregnancy *Careers:* Exploring the labour market using the Career Pilot	The UN Human trafficking and modern slavery Genocide Free speech Your employment rights Relationship abuse Consent & rape Nudes and the law

platform. Exploring and following personal career interests using the Career Pilot programme. What can I do with my subjects in the future?	*Careers:* Exploring the labour market using the Career Pilot platform. How do I choose my options? Exploring and following personal career interests using the Career Pilot programme. What can I do with my subjects in the future?Exploring career paths using the Start platform.	*Careers:* Exploring the labour market using the Career Pilot platform. Exploring and following personal career interests using the Career Pilot programme. Exploring career paths using the Start platform	platform. Exploring and following personal career interests using the Career Pilot programme. What can I do with my subjects in the future?	Date rape Responsibilty for sexual health *Careers:* Exploring the labour market using the Career Pilot platform. Exploring and following personal career interests using the Career Pilot programme. What can I do with my subjects in the future? Mock Interviews.
Spring 2 *Assemblies:* Healthy choices Risky behaviours Stress awareness Anti-bullying Extremism Proud	Proud Understanding the effect of puberty on our physical bodies and our mental health The menstrual cycle and PMS Healthy and unhealthy relationships including coercion and pressure statements *Careers*: Exploring career paths using the Start platform. Introduction to the World of Work in Careers Sessions. College/University assemblies. Drop in session with the	First aid Sexual orientationa and gender identity Consent, how is it asked for and how do we give it? Coercion and the law What is contraception and why is it important - staying safe. *Careers:* Introduction to the World of Work in Careers Sessions. SHINE Programme Options choices - small group interviews/tutor time sessions with the Careers Advisor	Democracy Multiculturalism Prejudice Crime and punishment What are my contraceptive options? Unplanned pregnancy - what options are available? Why is pornography so dangerous? *Careers:* College/University assemblies. Drop in session with the Careers Advisor/Careers Lead. Small group interviews/tutor time sessions with the Careers Advisor	Career planning STEM Employability Consent Risks Binge drinking Piercings and tattoos Gambling Knife crime *Careers:* Introduction to the World of Work in Careers SessionsCollege/University assemblies. Drop in session with the Careers Advisor/Careers Lead. Small group interviews/tutor time sessions with the Careers	Fair trade Fracking Religion and tolerance Xenophobia, racism, & extreme nationalism *Careers:* Introduction to the World of Work in Careers Sessions. College/University assemblies 1-2-1 interviews with the Careers Advisor

		Careers Advisor/Careers Lead.			Advisor	
Summer 1 *Assemblies:* Proud Respectful Neighbourly Determined Aspirational Proud	Independent Consent, legally and ethically. Personal safety, personal space and upskirting, how to receive support Sexting and the law FGM and CSE - how to identify it and how to get support *Careers:* Improving my employability - Career Pilot programme. Payslips, taxes. Exploring and following personal career interests using the Career Pilot programme. The language and etiquette of the world of work	What is citizenship Equality in the UK Radicalisaton Extremism Menstrual wellbeing and the menopause Drugs, addition and their risks. Domestic violence related to addiction. Drugs and the lawy *Careers:* Payslips, taxes, types of employment. Exploring and following personal career interests using the Career Pilot programme. The language and etiquette of the world of work Meet the Professional assemblies.	Environment Sustainability Climate change Anti-social behaviour - why do people do it, what are the consequences? Are gangs glamorous? County lines and exploitation. *Careers:* Payslips, taxes, types of employment. Exploring and following personal career interests using the Career Pilot programme. The language and etiquette of the world of work Meet the Professional assemblies.	Critical thinking Extremism The power of language Helping your community UK citizenship eligibility *Careers;* Payslips, taxes, types of employment. Exploring and following personal career interests using the Career Pilot programme. The language and etiquette of the world of work: Writing CVs, formal emails, cover letters.	Revision *Careers;* Payslips, taxes, types of employment. Exploring and following personal career interests using the Career Pilot programme.
Summer 2 *Assemblies:* Healthy relationships Managing conflict Equality Stereotyping Your online	Determined Personal safety and first aid, CPR and defibrillators Exercise, sleep, nutrition and diet to be healthy *Careers:* Meet the Professional	Role of the media Effects of the media The body perfect - is it an illusion? Safety online and social media linked to body image and self esteem Smoking, is vaping a better	Economic well being Managing financial risk Knife crime - why do teenagers get involved? Personal safety and acid attacks How does the law deal with young offenders?	Economic cycles The government and the economy Citizenship Shamima Begum Hate crime, radicalisation, extremism *Careers:*	n/a

presence Proud Pindar values	assemblies. Introduction to the World of Work in Careers Sessions. Virtual University visits. Drop in session with the Careers Advisor/Careers Lead	option? *Careers:* Introduction to the World of Work in Careers Sessions. Virtual University visits. Options choices - small group interviews/tutor time sessions with the Careers Advisor	*Careers:* Careers Week with NYBEP. College/University assemblies. Drop in session with the Careers Advisor/Careers Lead. Small group interviews/tutor time sessions with the Careers Advisor	Meet the Professional assemblies. Virtual work experience. College/University trips and assemblies 1-2-1 interviews with the Careers Advisor	