Personal Development: The Personal Development Curriculum



(or wider personal development) is threaded through the academic curriculum. TLA includes "Personal Development" as one of our of Practice in terms of teaching and learning – all learning is an opportunity for personal development.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHCE	Mental & Physical	Mental & Physical	KS3 PE lessons Mental and	Mental & Physical	Relationships (including	Community, Citizenship
Lessons	Wellbeing (1) with a specific	Wellbeing (3) with a specific	Physical Wellbeing with a	Wellbeing (2) with a specific	friendships) and Sex	Society (1) with a specific
Lessons	focus on resilience in	focus on forming healthy	specific focus on healthy	focus on knowledge of the	Education. (2) with a specific	focus on cultural diversit
	adapting to change in a new	relationships and the	food choices and a balanced	healthcare system and	focus on <mark>puberty, body</mark>	prejudice and discrimina
	setting.	meaning of <mark>consent.</mark>	diet and the benefits of	keeping your body and mind	changes and consent.	(protected characteristic
			exercise/ hydration and	healthy- to include coverage		refugees, vulnerable grou
	Relationships (including	Personal Safety (1) with a	sleep.	of the NHS/ Healthcare	Personal Safety (1) with a	within society and the
	friendships) and Sex	specific focus on the		provision available and how	specific focus on staying safe	inclusive culture of Britai
	Education (1) with a specific	meaning of unhealthy	PSHCE lessons(1)- proud to	to use them.	in the local area travelling to	
	focus on- Forming healthy	substances and their effects.	be me, self-confidence and		and from school. <mark>Groomin</mark> g	Personal Safety (1) with
	friendship and proud to be		body confidence.	Careers, Aspirations,	and county lines- the facts.	specific focus on summe
	me			finances and work-		water safety.
				readiness (1) with a specific		Careers, Aspirations,
			Relationships (including	focus on how the world of		finances and work-
	Careers, Aspirations,		friendships) and sex	work links to money and		readiness (1) with a spe
	finances and work-		education (1) with a specific	finances.		focus on reviewing their
	readiness (2) with a specific		focus on respectful			progress this year and fu
	focus on learning, personal		relationships and healthy			careers support.
	organisation and future		friendships.			carcors support.
	aspirations and study skills.					
Other	Excellence Week:	Personal Safety Assembly	During mock exams, KS3 PE	CC& S Assembly linked to	Double Drop Down – Science	Personal Safety Assembl
	Introduction to PSHCE	linked Fire Safety Assembly	lessons will focus on	World Book Day- 2 nd March	lessons on Puberty and	linked to Water Safety
	Forming healthy friendships;	linked to Bonfire Night	nutrition and healthy food		physical changes for years 7-	
	Confidence in new	Knife crime assembly. Uses	choices- see above for focus.	Double Drop Down – Maths	9. 1.5hours? ACR to co-	Culture Day- 26 th June
	environments; presentation	PolEd Resources		team/ guest speaker and	ordinate and deliver.	
	skills; careers fair		Careers assembly linked to	work with form tutor-		CC& S assembly linked t
		CC& S assembly linked to	the upcoming opportunities	carousel	Mental Health and Wellbeing	inclusive culture of Brita
	Restart a Heart	Reverse Advent Calendar	and making the most of	Year 7/8- basic budgets and	assembly linked to Mental	Pride month etc.
		fundraising drive.	career support at TLA. RCO to	savings. 19 th Jan? P1 and p2	Health Awareness week.	
	Personal Safety Assembly		plan in	and excellence.		
	linked to risks of smoking and				CC& S assembly linked to	
	vaping. PolEd Resources and	Academic Voice Week –	Student Takeover day- all		Refugee Week.	
	NHS guidance. 29 th Sept?	"Speak like a" focussing on	through- 26 th Jan		D 10 () 4 ()	
	30mins	developing the academic	COR Consequently the land to		Personal Safety Assembly	
	CC& S assembly linked to	voice.	CC& S assembly linked to Love TLA Day- 13 th Feb RCO		linked to Road and Railway Safety. Uses PolEd	
	democracy and political		to add in time		Resources.	
	engagement – Democracy		TI A Appropriace bin Feir 19th			
	day and election of Head Students / Student MPs.		TLA Apprenticeship Fair- 12th			
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	Taped by CRO, played in Guidance w/c 13 th Oct					

Principles

Academic			
Curriculum			

PSHCE	Careers, Aspirations,	Mental & Physical	KS3 PE lessons Mental and	Mental & Physical	Relationships (including	Community, Citizenship &
	finances and work-	Wellbeing (2) with a specific	Physical Wellbeing with a	Wellbeing (2) with a specific	friendships) and Sex	Society (1) with a specific
Lessons	readiness (3) with a specific	focus on coping with your	specific focus on healthy	focus on knowledge of the	Education. (2) with a specific	focus on cultural diversity,
	focus on learning, personal	mental health. <mark>Healthy</mark>	food choices and a balanced	healthcare system and	focus on puberty, body	prejudice and discrimination
	organisation ad revision	coping strategies.	diet and the benefits of	keeping your body and mind	changes and consent.	(protected characteristics)
	skills.		exercise/ hydration and	healthy- to include coverage	Keeping safe in all types of	refugees, vulnerable groups
		Personal Safety (1) with a	sleep. Malnutrition and	of the NHS/ Healthcare	relationships.	within society and the
	Forming healthy friendships	specific focus on knife crime	nutrition.	provision available and how		inclusive culture of Britain.
	(1)- having a voice and	(link to the effects of drugs	5011051 (4)	to use them. Self care and	Personal Safety (1) with a	5 10 () (0)
	supporting our friends.	and alcohol)	PSHCE lessons(1) - proud to be me, self-confidence and	checking your body.	specific focus on staying safe in the local area travelling to	Personal Safety (1) with a specific focus on summer
		Forming healthy friendships	body confidence- social	Careers, Aspirations,	and from school. Grooming	water safety.
		(1)- consent and withdrawal	media influences.	finances and work-	and county lines- the laws.	water salety.
		of consent (including	modia mitaonoos.	readiness (1) with a specific	and county and and tave.	Careers, Aspirations,
		intimate relationships)		focus on how the world of		finances and work-
			Relationships (including	work links to money and		readiness (1) with a specific
			friendships) and sex	finances. Financial choices		focus on reviewing their
			education (1) with a specific	and digital resilience.		progress this year and future
			focus on respectful			careers support. How has careers support supported
			relationships and healthy			you this year? What would
			friendships. How to check in			you like to access in Year 9?
			on a friend. What are the			you ame to decese in your ex
			characteristics of un/healthy			
			friendships			
Other	Excellence Week: careers fair	Personal Safety Assembly	During mock exams, KS3 PE	CC& S Assembly linked to	Double Drop Down - Science	Personal Safety Assembly
		linked Fire Safety Assembly	lessons will focus on	World Book Day- 2 nd March	lessons on Puberty and	linked to Water Safety
	Restart a Heart	linked to Bonfire Night	nutrition and healthy food		physical changes for years 7-	
			choices- see above for focus.	Double Drop Down – Maths	9. Date? ACR to co-ordinate	Culture Day- 26 th June
	D 10 () 4 11	CC& S assembly linked to		team/ guest speaker and	and deliver	
	Personal Safety Assembly	Reverse Advent Calendar	Careers assembly linked to	work with form tutor-	Montal Haalth and Wallhaing	CC& S assembly linked to inclusive culture of Britain –
	linked to risks of smoking and vaping and drugs and	fundraising drive.	the upcoming opportunities and making the most of	carousel Year 7/8- basic budgets and	Mental Health and Wellbeing assembly linked to Mental	Pride month etc. RCO to plan
	alcohol. 29 th Sept? 30mins	Academic Voice Week –	career support at TLA. RCO to		Health Awareness week.	in
	aconoc. 29 Sept. Somms	Speak like a	plan in	and excellence.	CC& S assembly linked to	W.C.
	CC& S assembly linked to	opour inc a	Student Takeover day- all		Refugee Week.	
	democracy and political		through- 26 th Jan			
	engagement – Democracy				Personal Safety Assembly	
	day and election of Head		CC& S assembly linked to		linked to Road and Railway	
	Students / Student MPs.		Love TLA Day- 13 th Feb- RCO		Safety. Uses PolEd	
	Taped by CRO, played in		to plan in		Resources.	
	Guidance w/c 13 th Oct		TLA Apprenticeship Fair- 12th			
Academic	Music - exploring careers					
Curriculum	within the Music industry.					
Guilleatuill						

9	PSHCE Lessons	Careers, Aspirations, finances and work-readiness (1) with a specific focus on future careers and Options choices and debunking educational myths. Money and careersfuture earning potential. Mental & Physical Wellbeing (3) with a specific focus on healthy eating, balanced diet and keeping your body healthy- regular check ups, dental, self examination, noticing changes. Personal Safety (1) gambling and addition, unhealthy transactions	Mental & Physical Wellbeing (2) with a specific focus on unhealthily ways of coping with your mental health, responding to setbacks and disappointment. Personal Safety (1) with a specific focus on drugs and alcohol-laws and facts	Careers, Aspirations, finances and work-readiness (1) with a specific focus on Options Choices KS3 PE lessons Mental and Physical Wellbeing with a specific focus on healthy food choices and a balanced diet and the benefits of exercise/ hydration and sleep. Malnutrition and nutrition. Relationships (including friendships) and sex education (1) with a specific focus on respectful relationships and healthy friendships. How to check in on a friend. What are the characteristics of un/healthy friendships	Mental & Physical Wellbeing (2) with a specific focus on knowledge of the healthcare system and keeping your body and mind healthy- to include coverage of the NHS/ Healthcare provision and rights and laws concerning medical care. Careers, Aspirations, finances and work-readiness (1) with a specific focus on how the world of work links to money and finances. Gambling and addition and emotions linked to money.	Relationships (including friendships) and Sex Education. (2) with a specific focus on puberty, body changes and consent. Keeping safe in all types of relationships. Withdrawal of consent and coersion. Personal Safety (1) with a specific focus on staying safe in the local area travelling to and from school. Grooming and county lines-who is targeted and how they are targeted. Some taped content by ARO or HUD?	Community, Citizenship & Society (1) with a specific focus on cultural diversity, prejudice and discrimination (protected characteristics) refugees, vulnerable groups within society and the inclusive culture of Britain. Personal Safety (1) with a specific focus on summer water safety. Careers, Aspirations, finances and work-readiness (1) with a specific focus on employability skills and moving into the working patterns of GCSE. To include: time management, organisation, managing emotions, independence etc.
	Other	Excellence Week: Careers fair and success interviews Personal Safety Assembly linked to risks of smoking and vaping and drugs and alcohol. 30mins 29th Sept Restart a Heart CC& S assembly linked to democracy and political engagement – Democracy day and election of Head Students / Student MPs. CRO to tape and watch in guidance w/c 13th Oct.	Personal Safety Assembly linked Fire Safety Assembly linked to Bonfire Night CC& S assembly linked to Reverse Advent Calendar fundraising drive. Academic Voice Week – Speak like a	During mock exams, KS3 PE lessons will focus on nutrition and healthy food choices- see above for focus. Careers assembly linked to the upcoming opportunities and making the most of career support at TLA. RCO to plan in Student Takeover day- all through- 26 th Jan CC& S assembly linked to Love TLA Day- 13 th Feb TLA Apprenticeship Fair- 12th	CC& S Assembly linked to World Book Day- 2 nd March Double Drop Down – Maths team/ guest speaker and work with form tutor- carousel Year 9/10-Financial choices- to include gambling/ debt and managing money for a healthy and happy life. P1,p2 and excellence. Date? Year 9 Drop Down- 1. Menstrual cycle and gynaecological health. 2. STDs and Pregnancy. Gender groups. Date? ATH/ HUD/ MSP/ ACR?	Double Drop Down — Science lessons on Puberty and physical changes for years 7-9. ACR to plan and deliver. CC& S assembly linked to Refugee Week. Personal Safety Assembly linked to Road and Railway Safety. Uses PolEd Resources.	Personal Safety Assembly linked to Water Safety Culture Day- 26 th June CC& S assembly linked to inclusive culture of Britain— Pride month etc. RCO to plan in

Academic						
Curriculum						
	The Year 9 Leadership Project is	underpinned by the themes of C	ommunity, Citizenship and Socie	ty. As a result, less PSHCE time is	directed to this theme.	

10	PSHCE Lessons	Careers, Aspirations, finances and work-readiness (2) with a specific focus on future careers and Post 16 Transition. Futire earning potential, importance of KS4. Personal Safety with a specific focus on managing risk and emergency situations. Mental & Physical	Mental & Physical Wellbeing (2) with a specific focus on consent and withdrawing consent, intimate relationships and sexual assault and rape Personal Safety (1) with a specific focus on knife crime and introduction to radicalisation. Pre recorded- HUD?	Careers, Aspirations, finances and work-readiness (1) with a specific focus on Options Choices KS4 PE lessons Mental and Physical Wellbeing with a specific focus on the Dangers of an un-healthy lifestyle. Sleep and recovery. Stress benefits and drawbacks. Relationships (including	Mental & Physical Wellbeing (1) with a specific focus on knowledge of your rights and responsibilities when it comes to your body. Careers, Aspirations, finances and work- readiness (2) with a specific focus on how the world of work links to money and finances. Using different payment methods and their dangers, awareness of	Relationships (including friendships) and Sex Education. (2). Keeping safe in all types of relationships. Withdrawal of consent and coercion. Intimate and enjoyable/ happy relationships. Pornography and online safety. Personal Safety (1) Grooming and county lineswho is targeted and how they are targeted. Exploitation and	Community, Citizenship & Society (1) with a specific focus on cultural diversity, prejudice and discrimination (protected characteristics) refugees, vulnerable groups within society and the inclusive culture of Britain. Personal Safety (1) with a specific focus on summer water safety. Careers, Aspirations,
		Wellbeing (3) with a specific focus on true friendship and how to support your friends. How to look out for signs that your friend might need support and how to help.		friendships) and sex education (1) with a specific focus on sexual violence and coercion pre recorded delivery by ARO/ HUD?	financial scams and GDPR.	how the law works.	finances and work- readiness (1) with a specific focus on future and applying for next steps in career pathway.
	Other	Excellence Week: Careers Fair, Success Interviews Restart a Heart	Personal Safety Assembly linked Fire Safety Assembly linked to Bonfire Night and Knife Crime CC& S assembly linked to	During mock exams, KS4 PE lessons will focus on see above If students miss any lessons due to mock exams this will be caught up in guidance.	CC& S Assembly linked to World Book Day- 2 nd March Double Drop Down – Maths team/ guest speaker and work with form tutor-	Drop Down Double – Modern Studies - Bodily Autonomy. Date? RSE – Drop Down Double: Contraception, negotiating	Drop Down Double – English - writing personal statements. How to present answers in an interview. LGO to plan and deliver
		Personal Safety Assembly linked to risks of smoking and vaping. And the influence of drugs and alcohol on decision making and risk taking. 29th Sept 30mins CC& S assembly linked to democracy and political engagement – Democracy day and election of Head Students / Student MPs. CRO to tape and students to watch in guidance.	Reverse Advent Calendar fundraising drive. Academic Voice Week – Speak like a	Careers assembly linked to the upcoming opportunities and making the most of career support at TLA. RCO to plan in Student Takeover day- all through- 26 th Jan CC& S assembly linked to Love TLA Day- 13 th Feb-RCO to plan in or pre-recorded? TLA Apprenticeship Fair- 12th	carousel Year 11- interest and borrowing money. Debt and protecting your money. Savings. p1,p2 and excellence. Date?	contraception, pregnancy and STDs. Date? Mental Health and Wellbeing assembly linked to Mental Health Awareness week. Year 10 and 11- handling pressure during exams and the importance of sleep. CC& S assembly linked to Refugee Week. Personal Safety Assembly linked to Road and Railway Safety. Uses PolEd Resources.	Personal Safety Assembly linked to Water Safety Culture Day- 26 th June CC& S assembly linked to inclusive culture of Britain – Pride month etc. RCO to plan in

Academic	CC&S within Modern Studied:	CC&S within Modern Studied:	CC&S within Modern Studied:	CC&S within Modern Studied:	CC&S within Modern Studied:	CC&S within Modern Studied:
Curriculum	Crime and Punishment	Crime and Punishment	Social Justice module	Social Justice module	Victims of War / Terror	Victims of War / Terror
Cumculum	module	module				
	Music – following a technical brief within composition.					

11	PSHCE Lessons	riendships) and Sex Education. (1) - FGM and self examination (gender groups?) Date? Personal Safety (2) with a specific focus on handling risk and emergency situations in real life and online, spiking, getting home safely, alcohol and drug misuse. Mental & Physical Wellbeing (1) with a specific focus on proud to be me, body image and social media influences. Cosmetic procedures and risk involved	Mental & Physical Wellbeing (1) with a specific focus on building healthy relationships and the importance of being connected to others. Revisit RSE focus on consent and withdrawing consent, intimate relationships and sexual assault and rape Personal Safety (1) with a specific focus on radicalisation. Careers, Aspirations, finances and work-readiness (1) jobs and earning potential, different types of jobs and their advantages and disadvantages. Money management and risk.	Relationships (including friendships) and Sex Education. (1) with a specific focus on contraception drop down. Relationships (including friendships) and sex education (1) with a specific focus on sexual violence and coercion.	From this point forward, Year 11 time is spent in bespoke academic intervention or Post-16 transition preparations.
	Other	Excellence Week: Careers Fair, Success Interviews Personal Safety Assembly linked to risks of smoking and vaping and drugs and alcohol. 30mins 29th Sept CC& S assembly linked to democracy and political engagement — Democracy	Personal Safety Assembly linked Fire Safety Assembly linked to Bonfire Night and drugs and alcohol influences of risk and decision making Knife Crime Assembly CC& S assembly linked to Reverse Advent Calendar fundraising drive.	RSE – Drop Down Double: Contraception, negotiating contraception, pregnancy and STDs. ATH and HUD? During mock exams, Core KS4 PE lessons will focus on sleep and recovery. Student Takeover Day- all through- 26 th Jan	

	Day and election of Head Students / Student MPs. CRO to tape and students to watch in duidance		CC& S assembly linked to Love TLA Day- 13 th Feb RCO to plan in	
	in gaidanee.		TLA Apprenticeship Fair- 12th	
/ \Oudusiiio	RSE within Modern Studies:	RSE within Modern Studies:		
Curriculum	Matters of bodily autonomy.	Matters of bodily autonomy.		