

# Personal Development: The Personal Development Curriculum



Principles

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

	Academic Curriculum						
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8	PSHCE Lessons	<p><b>Careers, Aspirations, finances and work-readiness (3)</b> with a specific focus on learning, personal organisation and revision skills.</p> <p><b>Forming healthy friendships (1)- having a voice and supporting our friends.</b></p>	<p><b>Mental &amp; Physical Wellbeing (2)</b> with a specific focus on coping with your mental health. <b>Healthy coping strategies.</b></p> <p><b>Personal Safety (1)</b> with a specific focus on knife crime (link to the effects of drugs and alcohol)</p> <p><b>Forming healthy friendships (1)- consent and withdrawal of consent (including intimate relationships)</b></p>	<p><b>KS3 PE lessons Mental and Physical Wellbeing</b> with a specific focus on healthy food choices and a balanced diet and the benefits of exercise/ hydration and sleep. Malnutrition and nutrition.</p> <p><b>PSHCE lessons(1)</b>- proud to be me, self-confidence and body confidence- social media influences.</p> <p><b>Relationships (including friendships) and sex education (1)</b> 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</p>	<p><b>Mental &amp; Physical Wellbeing (2)</b> 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 available and how to use them. <b>Self care and checking your body.</b></p> <p><b>Careers, Aspirations, finances and work-readiness (1)</b> with a specific focus on how the world of work links to money and finances. <b>Financial choices and digital resilience.</b></p>	<p><b>Relationships (including friendships) and Sex Education. (2)</b> with a specific focus on puberty, body changes and consent. Keeping safe in all types of relationships.</p> <p><b>Personal Safety (1)</b> with a specific focus on staying safe in the local area travelling to and from school. <b>Grooming and county lines- the laws.</b></p>	<p><b>Community, Citizenship &amp; Society (1)</b> with a specific focus on cultural diversity, prejudice and discrimination (protected characteristics) refugees, vulnerable groups within society and the inclusive culture of Britain.</p> <p><b>Personal Safety (1)</b> with a specific focus on summer water safety.</p> <p><b>Careers, Aspirations, finances and work-readiness (1)</b> with a specific focus on reviewing their progress this year and future careers support. How has careers support supported you this year? What would you like to access in Year 9?</p>
	Other	<p>Excellence Week: careers fair</p> <p><i>Restart a Heart</i></p> <p><b>Personal Safety Assembly linked to risks of smoking and vaping and drugs and alcohol. 29<sup>th</sup> Sept? 30mins</b></p> <p><b>CC&amp; S assembly linked to democracy and political engagement – Democracy day and election of Head Students / Student MPs. Taped by CRO, played in Guidance w/c 13<sup>th</sup> Oct</b></p>	<p><b>Personal Safety Assembly linked Fire Safety Assembly linked to Bonfire Night</b></p> <p><b>CC&amp; S assembly linked to Reverse Advent Calendar fundraising drive.</b></p> <p>Academic Voice Week – Speak like a ...</p>	<p>During mock exams, KS3 PE lessons will focus on nutrition and healthy food choices- see above for focus.</p> <p><b>Careers assembly linked to the upcoming opportunities and making the most of career support at TLA. RCO to plan in...</b></p> <p>Student Takeover day- all through- 26<sup>th</sup> Jan</p> <p><b>CC&amp; S assembly linked to Love TLA Day- 13<sup>th</sup> Feb- RCO to plan in</b></p> <p><i>TLA Apprenticeship Fair- 12th</i></p>	<p><b>CC&amp; S Assembly linked to World Book Day- 2<sup>nd</sup> March</b></p> <p><b>Double Drop Down – Maths team/ guest speaker and work with form tutor- carousel</b></p> <p><b>Year 7/8- basic budgets and savings. 19<sup>th</sup> Jan? P1 and p2 and excellence.</b></p>	<p><b>Double Drop Down – Science lessons on Puberty and physical changes for years 7-9. Date? ACR to co-ordinate and deliver</b></p> <p>Mental Health and Wellbeing assembly linked to Mental Health Awareness week.</p> <p><b>CC&amp; S assembly linked to Refugee Week.</b></p> <p><i>Personal Safety Assembly linked to Road and Railway Safety. Uses PoEd Resources.</i></p>	<p><b>Personal Safety Assembly linked to Water Safety</b></p> <p>Culture Day- 26<sup>th</sup> June</p> <p><b>CC&amp; S assembly linked to inclusive culture of Britain – Pride month etc. RCO to plan in...</b></p>
	Academic Curriculum	<p><i>Music - exploring careers within the Music industry.</i></p>					

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9	PSHCE Lessons	<p><b>Careers, Aspirations, finances and work-readiness (1)</b> with a specific focus on future careers and Options choices and debunking educational myths. Money and careers-future earning potential.</p> <p><b>Mental &amp; Physical Wellbeing (3)</b> with a specific focus on healthy eating, balanced diet and keeping your body healthy- regular check ups, dental, self examination, noticing changes.</p> <p><b>Personal Safety (1)</b> gambling and addition, unhealthy transactions</p>	<p><b>Mental &amp; Physical Wellbeing (2)</b> with a specific focus on unhealthily ways of coping with your mental health, responding to setbacks and disappointment.</p> <p><b>Personal Safety (1)</b> with a specific focus on drugs and alcohol- laws and facts</p>	<p><b>Careers, Aspirations, finances and work-readiness (1)</b> with a specific focus on Options Choices</p> <p><b>KS3 PE lessons Mental and Physical Wellbeing</b> with a specific focus on healthy food choices and a balanced diet and the benefits of exercise/ hydration and sleep. Malnutrition and nutrition.</p> <p><b>Relationships (including friendships) and sex education (1)</b> 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</p>	<p><b>Mental &amp; Physical Wellbeing (2)</b> 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.</p> <p><b>Careers, Aspirations, finances and work-readiness (1)</b> with a specific focus on how the world of work links to money and finances. Gambling and addition and emotions linked to money.</p>	<p><b>Relationships (including friendships) and Sex Education. (2)</b> with a specific focus on puberty, body changes and consent. Keeping safe in all types of relationships. Withdrawal of consent and coercion.</p> <p><b>Personal Safety (1)</b> 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?</p>	<p><b>Community, Citizenship &amp; Society (1)</b> with a specific focus on cultural diversity, prejudice and discrimination (protected characteristics, refugees, vulnerable groups within society and the inclusive culture of Britain.</p> <p><b>Personal Safety (1)</b> with a specific focus on summer water safety.</p> <p><b>Careers, Aspirations, finances and work-readiness (1)</b> with a specific focus on employability skills and moving into the working patterns of GCSE. To include: time management, organisation, managing emotions, independence etc.</p>
	Other	<p>Excellence Week: Careers fair and success interviews</p> <p><b>Personal Safety Assembly linked to risks of smoking and vaping and drugs and alcohol, 30mins 29<sup>th</sup> Sept</b></p> <p>Restart a Heart</p> <p><b>CC&amp; 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 13<sup>th</sup> Oct.</b></p>	<p><b>Personal Safety Assembly linked Fire Safety Assembly linked to Bonfire Night</b></p> <p><b>CC&amp; S assembly linked to Reverse Advent Calendar fundraising drive.</b></p> <p>Academic Voice Week – Speak like a ...</p>	<p>During mock exams, KS3 PE lessons will focus on nutrition and healthy food choices- see above for focus.</p> <p><b>Careers assembly linked to the upcoming opportunities and making the most of career support at TLA. RCO to plan in...</b></p> <p>Student Takeover day- all through- 26<sup>th</sup> Jan</p> <p><b>CC&amp; S assembly linked to Love TLA Day- 13<sup>th</sup> Feb</b></p> <p>TLA Apprenticeship Fair- 12th</p>	<p>CC&amp; S Assembly linked to World Book Day- 2<sup>nd</sup> March</p> <p><b>Double Drop Down – Maths team/ guest speaker and work with form tutor- carousel.</b></p> <p><b>Year 9/10-Financial choices- to include gambling/ debt and managing money for a healthy and happy life. P1,p2 and excellence. Date?</b></p> <p><b>Year 9 Drop Down-</b></p> <ol style="list-style-type: none"> <li>1. Menstrual cycle and gynaecological health.</li> <li>2. STDs and Pregnancy.</li> </ol> <p><b>Gender groups. Date? ATH/ HUD/ MSP/ ACR?</b></p>	<p><b>Double Drop Down – Science lessons on Puberty and physical changes for years 7-9.ACR to plan and deliver.</b></p> <p><b>CC&amp; S assembly linked to Refugee Week.</b></p> <p><b>Personal Safety Assembly linked to Road and Railway Safety. Uses PolEd Resources.</b></p>	<p><b>Personal Safety Assembly linked to Water Safety</b></p> <p>Culture Day- 26<sup>th</sup> June</p> <p><b>CC&amp; S assembly linked to inclusive culture of Britain – Pride month etc. RCO to plan in...</b></p>

	Academic Curriculum						
		The Year 9 Leadership Project is underpinned by the themes of Community, Citizenship and Society. As a result, less PSHE time is directed to this theme.					

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

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

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