

Personal development overview of core themes PSHE/ RSHE / CITIZENSHIP / SMSC / BRITISH VALUES

The Academy's personal development programme (World Ready) is designed to promote the emotional, social and health development of our young people and is sequenced progressively over 7 years. It covers the breadth of all statutory RSHE requirements (including Relationships Education, RSE and Health Education) to economic wellbeing and careers. Learning opportunities are spread across three core themes:

Independence and Aspirations

Autonomy and Advocacy

Choices and Influences

Taught by their form tutor, all our students receive a weekly PSHE lesson on a Monday morning which covers all statutory aspects of PSHE and its core elements; lessons are also cross-referenced against the good practice guidance published by the PSHE Association. We ensure that topics are revisited as part of review activities and this allows those who were absent to cover the topics and our more vulnerable students to revisit key themes.

Please note: This is our overview document, the fully sequenced and mapped document against learning and assessment objectives for PSHE/RSHE/Citizenship and RE is held by Dr. Willis (Assistant Headteacher, Personal Development).

	Autumn 1 Independence and aspirations	Autumn 2 Autonomy and advocacy	Spring 1 Choices and influences	Spring 2 Independence and aspirations	Summer 1 Autonomy and advocacy	Summer 2 Choices and influences
Year 7	Developing self-confidence, self-worth and self-awareness: <ul style="list-style-type: none"> • Puberty and managing change • Body confidence and self-concept 	Developing empathy, compassion and communication: <ul style="list-style-type: none"> • Making and maintaining friendships • Identifying and challenging bullying • Communicating online 	Developing agency, strategies to manage influence and decision making: <ul style="list-style-type: none"> • Regulating emotions • Diet and exercise • Hygiene and dental health • Sleep 	Developing goal setting, organisation skills and self-awareness: <ul style="list-style-type: none"> • Personal identity and values • Body confidence and self-concept • Building resilience 	Developing assertive communication, risk management and support-seeking skills: <ul style="list-style-type: none"> • Relationship boundaries • Unwanted contact • 'Sexting' • Rights in the community 	Developing agency and decision-making skills: <ul style="list-style-type: none"> • Cyberbullying • Drugs, alcohol and tobacco • Safety and first aid

Year 8	<p>Developing risk management skills, analytical skills and strategies to identify bias:</p> <ul style="list-style-type: none"> Managing online presence Digital and media literacy 	<p>Developing respect for beliefs, values and opinions and advocacy skills:</p> <ul style="list-style-type: none"> Stereotypes, prejudice and discrimination Promoting diversity and equality 	<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> Resisting peer influence Online choices and influences 	<p>Developing goal setting, motivation and self-awareness:</p> <ul style="list-style-type: none"> Aspirations for the future Identity and the world of work 	<p>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> Healthy relationships Boundaries and consent LGBT+ inclusivity Contraception Managing conflict 	<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> Maintaining positive mental health Importance of physical activity
Year 9	<p>Developing goal setting, analytical skills and decision making:</p> <ul style="list-style-type: none"> Career choices Sources of careers advice Employability 	<p>Developing self-confidence, risk management and strategies to manage influence:</p> <ul style="list-style-type: none"> Gangs and violent crime Friendship challenges Assertive communication 	<p>Developing empathy, compassion and strategies to access support:</p> <ul style="list-style-type: none"> Mental health (including self-harm and eating disorders) Change, loss and bereavement Healthy coping strategies 	<p>Developing analytical skills and strategies to identify bias and manage influence:</p> <ul style="list-style-type: none"> Gambling, financial choices and debt Financial decisions Drugs and alcohol 	<p>Developing assertive communication, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> Healthy/unhealthy relationships Consent Relationships and sex in the media 	<p>Developing decision making, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Sexually transmitted infections Contraception Cancer awareness
Year 10	<p>Developing self-awareness, goal setting, adaptability and organisation skills:</p> <ul style="list-style-type: none"> Managing transition to key stage 4 including learning skills 	<p>Developing empathy and compassion, strategies to manage influence and assertive communication:</p> <ul style="list-style-type: none"> Relationship expectations 	<p>Developing agency and decision making, strategies to manage influence and access support:</p> <ul style="list-style-type: none"> First aid and lifesaving Personal safety 	<p>Developing goal setting, leadership and presentation skills:</p> <ul style="list-style-type: none"> Skills for employment Applying for employment 	<p>Developing respect for diversity, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Nature of committed relationships Forced marriage 	<p>Developing motivation, organisation, leadership and presentation skills:</p> <ul style="list-style-type: none"> Preparation for, and reflection on, work experience

	<ul style="list-style-type: none"> Managing mental health concerns 	<ul style="list-style-type: none"> Identifying and responding to abuse and harassment 	<ul style="list-style-type: none"> Online relationships Impact of pornography 	<ul style="list-style-type: none"> Online presence and reputation 	<ul style="list-style-type: none"> Diversity and discrimination Extremism 	
Year 11	<p>Developing resilience and risk management skills:</p> <ul style="list-style-type: none"> Money management Fraud and cybercrime Preparing for adult life 	<p>Developing communication and negotiation skills, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Maintaining sexual health Sexual health services Managing relationship challenges and endings 	<p>Developing confidence, agency and support-seeking skills:</p> <ul style="list-style-type: none"> Making safe and healthy lifestyle choices Health promotion and self-examination Blood, organ, stem cell donation 	<p>Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> Families and parenting Fertility, adoption, abortion Pregnancy and miscarriage Managing grief and loss 	<p>Developing confidence, self-worth, adaptability and decision-making skills:</p> <ul style="list-style-type: none"> Recognising and celebrating successes Transition and new opportunities Aligning actions with goals 	
Year 12	<p>Developing Study Skills and Independent Working</p> <ul style="list-style-type: none"> Notetaking, skimming and scanning Independent working Time management Boosting memory 	<p>Developing empathy and compassion through a deeper understanding of British Values self care</p> <ul style="list-style-type: none"> Protected Characteristics Equality and Diversity Democracy Rule of Law Mutual respect and tolerance Faith Health and Wellbeing – diet, 	<p>Developing goal setting, leadership skills and self-awareness</p> <ul style="list-style-type: none"> Respect in relationships Intimate and sexual relationships Sexual health Mental wellbeing Alcohol and drug awareness Sleep and exercise 	<p>Developing an understanding of career options and routes into employment</p> <ul style="list-style-type: none"> Employability skills Writing a CV Employment Law Social responsibility and careers 	<p>Developing goal setting adaptability, decision-making and presentation skills</p> <ul style="list-style-type: none"> Apprenticeships Employment and Self-employment UCAS information and personal statements 	<p>Developing motivation, organisation, study skills and independent working</p> <ul style="list-style-type: none"> Revision skills Time management Preparing for work experience

		alcohol and drug use				
Year 13	Developing goal setting and presentation skills <ul style="list-style-type: none"> • Personal Statements • Choosing a university • Life as a student • Critical thinking 	Developing self-confidence, risk management and strategies to manage your pathway into the workplace <ul style="list-style-type: none"> • Career management • Interview skills • Employability 	Developing life skills and self awareness <ul style="list-style-type: none"> • Resilience and motivation • Stress and self care • Relationships and consent • Sexual health • Alcohol consumption and drug use • Safe driving • Vaccinations, cholesterol and dental hygiene 	Developing financial skills and independent living <ul style="list-style-type: none"> • Budgeting • Tax and payslips • Personal Finances • Student finance applications and debt 	Developing Study Skills and Independent Working <ul style="list-style-type: none"> • Revision skills • Time management • Managing stress and anxiety 	