

Wyvern academy: Personal Development Curriculum

	CHANGE Autumn 1 Health and Wellbeing - Changes	CHRISTIANITY Autumn 2 Living in the Wider World - RE	IDENTITY AND BOUNDARIES Spring 1 RSE	VALUES AND TRADITION Spring 2 Living in the Wider World - RE	BRITISH VALUES Summer 1 Citizenship	STAYING SAFE Summer 2 Health and Wellbeing
Year 7	<p>Understanding the fundamental concepts relating to personal development and safety including transition to secondary, personal safety and online safety</p> <ul style="list-style-type: none"> • Healthy Lifestyle Survey • PASS <p>Change in relationships.</p> <ul style="list-style-type: none"> • Transition into secondary school - What makes a good friend. • Romance/attraction • Relationship Advice/safety <p>Change in pressures.</p> <ul style="list-style-type: none"> • Self Esteem and What is Mental Wellbeing • Body Image and social media • Peer Pressure and Influence <p>Change in Bodies</p> <ul style="list-style-type: none"> • Puberty • Periods and Hygiene • SUN Assessment Lesson (Consolidation and Assessment of unit) 	<ul style="list-style-type: none"> • Christianity – what does being a Christian mean? • Christianity - How does a belief in the incarnation of Jesus influence a Christian today? • Christianity and forgiveness • Christianity case study • Christianity: What did Jesus teach about caring for the poor? • Christmas and its meaning • SUN Assessment Lesson (Consolidation and Assessment unit) 	<ul style="list-style-type: none"> • Personal Boundaries • Protecting boundaries • Image Sharing – Online safety and legalities • Personal Identity (Protected Characteristics) • LGBTQ+ • Gender Identity • Protecting Identity • Homophobia and transphobia in school and society • Respecting Boundaries and levels of intimacy • Identities in the media (Gender Bias) • SUN Assessment Lesson (Consolidation and Assessment of unit) 	<ul style="list-style-type: none"> • Judaism – what are Jewish beliefs? • Story of creation - Shabbat • Moses and the story of Exodus • Afterlife • The commandments • Bat Mitzvah and Circumcision • Food laws • Synagogue and Festivals • Abortion and euthanasia • SUN Assessment lesson (Consolidation and Assessment of unit) 	<ul style="list-style-type: none"> • What is Citizenship (Multicultural Britain) • Why do we need rules? • Who makes the rules (Democracy and Government) • What is the difference between local and national democracy? • What is an election? • What is parliament and how does it work? • What do people do in Government? • What is the budget? • Creating a political party • SUN Assessment Lesson (Consolidation and Assessment unit) 	<p>Healthy Lifestyle choices Understanding of lifestyle choices which can determine how healthy your life is – drugs, smoking, diet, exercise and energy drinks.</p> <p>Personal Safety</p> <ul style="list-style-type: none"> • Energy Drinks and Caffeine • Alcohol Safety and effects • Smoking, Vaping, 2nd hand smoke and cessation programmes • Legal and Illegal Drugs and legalities • FGM <p>Environmental Safety</p> <ul style="list-style-type: none"> • Fire Safety • Railway Safety • Water Safety • Crowd/Behavioural • SUN Assessment Lesson (Consolidation and Assessment of unit)

Year 8	PROTECTING MY BODY Autumn 1 Health and Wellbeing	PROTECTING BEHAVIOURS Autumn 2 RSE	VALUES AND BELIEFS Spring 1 Living in the Wider World - RE	TOLERANCE AND RESPECT Spring 2 Citizenship	VALUES AND BELIEFS Summer 1 Living in the Wider World – RE	PEER INFLUENCE Summer 2 Health and Wellbeing
	<p>Emotional wellbeing & Safety Understanding of how body image issues can affect young people. Understanding mental health and emotional wellbeing including coping strategies.</p> <ul style="list-style-type: none"> • Health and Wellbeing and coping mechanisms • Healthy eating and physical activity • Substance misuse and signs of addiction/dependence • Peer pressure • Effects of all addictions (Physical, mental, jobs, gambling) • Mental Health and Physical Health • Stress Management • Improving self esteem • SUN SHINE Lesson (Consolidation and Assessment of unit) 	<p>Intimate relationships Understanding of relationships and sex education including consent, contraception, the risks of STIs and attitudes to pornography.</p> <ul style="list-style-type: none"> • Conflict in relationships • Consent • Risks of Sexting and legalities • Influence of alcohol on sexual behaviour and drug misuse • Coming out • Contraception and STI's • CSE and Grooming • SUN-SHINE Lesson (Consolidation and Assessment of unit) 	<p>Is there evidence for the existence of God?</p> <ul style="list-style-type: none"> • What are the reasons for belief and non-belief? • Creation and Scientific Theory • What does it mean to be a Muslim in the UK today? • Why is Prophet Muhammad important to Muslims today? • The 5 pillars of Islam – Shahadah • Salah • Sawm – Including Eid ul Fitr. • Zakah and the world of Islamic Relief – Link to Muslim Aid • Hajj – Including Eid ul Adha. • SUN-SHINE Lesson (Consolidation and Assessment of unit) 	<ul style="list-style-type: none"> • CITIZENSHIP • What are human rights? • What is a community? • What are the barriers to a respectful community? • What is discrimination? • Causes of prejudice and discrimination. • Religious views on prejudice and discrimination • Challenging prejudice and discrimination • Campaigning • SUN-SHINE lesson (Consolidation and Assessment of unit) • 	<ul style="list-style-type: none"> • Buddhism - What is a Buddha? • The 3 Marks of existence • Four noble truths • Enlightenment • Meditation • Denominations • Practice and festivals • Kindness • SUN SHINE Lesson (Consolidation and Assessment of unit) 	<p>Exploring influence Understanding and exploration of the influence and impact of drugs, gangs, role models and the media including the impact of substance abuse and how to seek help.</p> <ul style="list-style-type: none"> • Pressure • Cohesive control • Avoiding Gangs • County Lines • CSE and Grooming • Weapons – Why carry one. • Acid Attack and the Law • Knife Crime and the law • Do punishments work? – Prison/Rehabilitation • SUN-SHINE lesson (Consolidation and Assessment of unit)

Year 9	BODY AND MINE Autumn 1 Health and Wellbeing	RESPECT AND RELATIONSHIPS Autumn 2 RSE	VALUES AND BELIEFS Spring 1 Living in the Wider World - RE	TOLERANCE AND RESPECT Spring 2 Citizenship	VALUES AND BELIEFS Summer 1 Living in the Wider World - RE	FAMILY LIFE Summer 2 RSE
	<p>Body Confidence Understanding of the importance of understanding our bodies and how our self-perception can affect our mental wellbeing including the impact of the media, bullying and self-esteem and an understanding of how to monitor our bodies for signs of illness such as cancer.</p> <ul style="list-style-type: none"> • Tattoos, cosmetic surgery and sunbeds, self – checks and cancer risks • Media and Airbrushing • Eating disorders, Anorexia and Bulimia • Obesity and how to prevent it – active lifestyle • Positive role models • Anxiety and Depression • Grief • Getting Support • Self Help • SUN-SHINE Lesson (Consolidation and Assessment of unit) 	<p>Respectful relationships Understanding of families and parenting, healthy relationships, conflict resolution and relationship changes including breakdown, separation and divorce.</p> <ul style="list-style-type: none"> • Sexual consent and the Law • Why have sex? Portrayal of sex in media • Why may you delay sex? • Pleasure and Masturbation • STI's • What is love? • FGM • SUN-SHINE Lesson (Consolidation and Assessment of unit) 	<ul style="list-style-type: none"> • Scientific views of the universe and humanity • Atheism • Humanism • Ethics – modern virtue and Kantian • Utilitarianism • Religion in sociology and psychology • Equality • SUN-SHINE Lesson (Consolidation and Assessment of unit) 	<ul style="list-style-type: none"> ▪ What is law? ▪ What is criminal law? ▪ What is civil law? ▪ How do we punish individuals? ▪ Tent City – Case Study ▪ Should we punish like America? ▪ What is Rehabilitation? ▪ What is community service and probation? ▪ SUN-SHINE Lesson (Consolidation and Assessment of unit) 	<ul style="list-style-type: none"> • Different interpretations of Islam, Buddhism, Juddaism and Christianity • Comparisons of similarities between the faiths • Major differences between faiths • How are the faiths portrayed in the media? • How faiths react to different world issues such as war and conflict, abortion, marriage contraception 	<p>Families Understanding different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships.</p> <ul style="list-style-type: none"> ▪ Relationships ▪ Legal status of marriage ▪ Parenting ▪ Adoption/Foster care ▪ Dealing with conflict ▪ Balancing family and work ▪ Gender roles in relationships ▪ Media portrayal of relationships ▪ SUN-SHINE Lesson (Consolidation and Assessment of unit)

Year 10

PROTECTING MY MIND Autumn 1 Health and Wellbeing

- **Mental health**
- Healthy Lifestyle Survey (IT room needed)
- Worrying about the future (Anxiety)
- Negative thinking (Self Harm – causes and support)
- Suicide (thoughts and feelings)
- Positive mindset/Promoting emotional wellbeing.
- Happiness and Positivity
- Protected Characteristics
- Positive role models
- **SUN-SHINE Lesson (Consolidation and Assessment of unit)**

RELATIONSHIPS Autumn 2 RSE

- Relationships – equality and positives and negatives
- Discrimination in the workplace
- Stalking and harassment
- Coercive control in relationships
- Sexual abuse in relationships
- Consent
- Domestic Abuse / violence in relationships
- Protecting yourself online and legalities around sexual images

SEXUAL ISSUES Spring 1 RSE

- Pornography
- Revisiting contraception and STI
- Sexual health and advice
- Choices in pregnancy (Abortion, adoption, IVF)
- Moral and Ethics abortion
- Religious views in contraception
- Religious views on sex outside of marriage/FGM
- Campaigning against FGM
- Campaigning CSE
- Campaigning Aids Prejudice and discrimination
- **SUN-SHINE Lesson (Consolidation and Assessment of unit)**

WIDER WORLD ISSUES Spring 2 Health and Wellbeing

- Making healthy choices – organ donation, vaccines and health clinics
- Cosmetic and plastic surgery
- Mental Health
 - Online Wellbeing
 - Radicalisation and extremism
 - Media influence and gangs
- **SUN-SHINE Lesson (Consolidation and Assessment of unit)**

INTERNATIONAL RELATIONS Summer 1 Citizenship

- **CITIZENSHIP**
- What is the democracy index?
- What are the United Nations?
- What is NATO?
- What is the Commonwealth
- What is WTO?
- What is the European Union? How did BREXIT affect the UK?
- How does voting work across the World?
- Rights and responsibilities
- **SUN-SHINE Lesson (Consolidation and Assessment of unit)**

ISSUES AND DEBATES Summer 2 RE

- **RE**
- How do religious believers respond to environmental issues?
 - The value of the world
 - Religion and the environment
- Religion and Life
 - Animal Ethics
 - Religious beliefs
- Death and the After Life
 - Death and the after life
 - Euthanasia – Christianity and Islam
- War and Conflict
 - Types of war
 - Religious beliefs on war
 - Capital punishment]
 - Religious beliefs on capital punishment
 - **SUN-SHINE Lesson (Consolidation and Assessment of unit)**

<p>Year 11</p>	<p>KNOWING MY BODY Autumn 1 Health and Wellbeing</p>	<p>INDEPENDENCE Autumn 2 Living in the Wider World - Careers</p>	<p>BECOMING A PARENT Spring 1 RSE/RE</p>	<p>PREP FOR THE WORKPLACE Spring 2 Health and Wellbeing</p>	<p>SUPPORTING YOURSELF Summer 1 Health and Wellbeing</p>	
	<ul style="list-style-type: none"> ▪ Skin checks – moles/cancer ▪ Testicular and prostate cancer ▪ Cervical, Breast and Ovarian cancer ▪ Smear Test ▪ Cosmetic Surgery and Aesthetics – Botox/Lip Fillers ▪ Pressures = Weight loss and tanning ▪ Party Drugs/Drug use – Appearance, skin, teeth ▪ Protecting my body – Exercise, sleep, healthy eating <p>SUN-SHINE Lesson (Consolidation and Assessment of unit)</p>	<p>Independence Understanding how to make sensible choices.</p> <ul style="list-style-type: none"> ▪ Part time work and laws ▪ My first wage slip ▪ Earn why you learn (Apprenticeships) ▪ Managing disposable income (Essential items and wants) ▪ Rent/Mortgage ▪ Loans/Debt ▪ Academic Debt (Uni- Low interest) ▪ Unexpected debt gambling, pay day loans/APR. ▪ Financial Scams ▪ Where to get help (Step change) ▪ Next steps – College ▪ CV and application Writing 	<ul style="list-style-type: none"> ▪ Marriage vs Cohabitation ▪ Positive relationships ▪ Religious views ▪ Changing views on LGBTQ+ - Sperm donations, surrogacy, IVF and IUI ▪ Adoption ▪ Planning for parenthood ▪ Types of families ▪ Giving birth: C sections, Epidural ▪ Returning to work after having a baby (Maternity pay) ▪ SUN-SHINE Lesson (Consolidation and Assessment of unit) 	<ul style="list-style-type: none"> ▪ Balancing workload ▪ Time Management ▪ Benefits of stress (Link to Sport) ▪ Importance of sleep ▪ Work life balance ▪ Meditation and relaxation ▪ Benefits of exercise ▪ Resilience ▪ Where to find support 	<ul style="list-style-type: none"> ▪ Revision techniques and sessions 	<p>GCSE'S</p>