

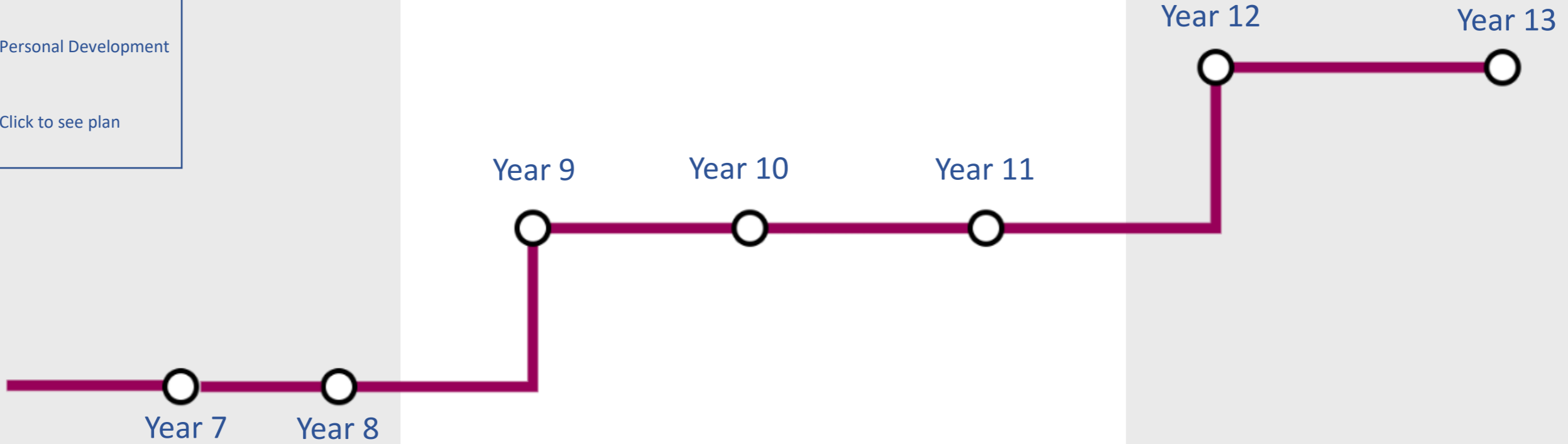


Key

-  Personal Development
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Personal Development Curriculum

St Thomas More High School



Personal Development – Year 7

	Autumn Term	Spring Term	Summer Term
Topics	<p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> • Transition and Safety (Challenges of a new school, demonstrating respect) • Making life choices - staying safe on the rail tracks <p>Relationships and Society RSE (Ten Ten resources)</p> <ul style="list-style-type: none"> • Changing bodies • Puberty involves physical, emotional, and sexual development. • Healthy Inside and Out • Where we come from • Family and Friends • My life on screen • Living responsibly 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> • Careers and Aspirations – your future being creative and innovative. • Careers and Aspirations – Community Minded <p>Responding to the school community</p> <ul style="list-style-type: none"> • Bullying V Banter <p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> • First Aid • Alcohol 	<p>Relationships and Society</p> <ul style="list-style-type: none"> • Diversity – Multicultural Britain • Diversity – Breaking down stereotypes. • Diversity – Challenging Islamophobia <p>Living in the Wider World</p> <ul style="list-style-type: none"> • Careers and Aspirations – Careers for your future • Let’s talk money • Saving and managing money <p>Responding to the school community</p> <ul style="list-style-type: none"> • Consent and boundaries
NCC Codes	We will fill this out for you once review matrix is complete	We will fill this out for you once review matrix is complete	We will fill this out for you once review matrix is complete
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each half term.		



	Autumn Term	Spring Term	Summer Term
Topics	<p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> • Introduction to drugs • Drugs and drug addiction <p>Relationships and Society RSE (Ten Ten resources)</p> <ul style="list-style-type: none"> • Appreciating Differences • Feelings • Before I was born • Tough relationships • Think before your share • Wider World 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> • Community and Careers Equality of opportunity in life and work stereotypes and discrimination in relation to work and pay • Setting Career Goals GCSE options Setting the direction for your future. Types of employment and pathway <p>Responding to the school community</p> <ul style="list-style-type: none"> • -Careers focus - getting ready for applying for jobs and mock interview (in NCW starting 4th March 2024) <p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> • Mental Health • Body Image 	<p>Relationships and Society</p> <ul style="list-style-type: none"> • What is love? • Online Grooming • CEOP <p>Living in the Wider World</p> <ul style="list-style-type: none"> • Problem solving and decision making • Employability and enterprise • Proud to stand tall <p>Responding to the school community –</p> <ul style="list-style-type: none"> • Exploring careers
NCC Codes w/link	N/A	N/A	N/A
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each half term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> Peer pressure and influences Influences on teens and decision making <p>Relationships and Society RSE (Ten Ten resources)</p> <ul style="list-style-type: none"> Love people, use things In control of my choices Fertility and contraception Marriage One hundred percent Knowing my rights and responsibilities 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> Setting Career Goals - Barclays life skills Employability, Dreams to action, 5-year plan Setting yourself up for success – creating a CV and cover letter <p>Responding to the school community</p> <ul style="list-style-type: none"> Consent <p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> Alcohol abuse Self-esteem changes 	<p>Relationships and Society</p> <ul style="list-style-type: none"> Healthy and respectful relationships Pressure influence and friendships Respectful relationships – Domestic Violence and abusive relationships <p>Living in the Wider World</p> <ul style="list-style-type: none"> Personal Strengths for employment From failure comes success Employment and financial management <p>Responding to the school community –</p> <ul style="list-style-type: none"> County lines
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> • Mental Health – Managing challenges during adolescence – reframing negative thinking • Mental Health – Dealing with change, loss and grief • Addiction – Gambling • Addiction – Vaping and smoking • Addiction – Class C • Mental Health - Suicide <p>Responding to the school community</p> <ul style="list-style-type: none"> • Mental Health – Self Harm <p>Relationships and Society RSE (Ten Ten resources)</p> <ul style="list-style-type: none"> • Self image • Beliefs, values and attitudes • Parenthood • Pregnancy and abortion • Abuse • Solidarity • Miscarriage • FGM 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> • Financial literacy – what is budgeting and how do we do it? • Financial Literacy – credit scoring – what is it and how will it affect me? • Financial Literacy – bank accounts/savings/loans and credit cards • Financial Literacy – to exercise consumer rights, resolving disputes, and accessing appropriate support • Preparing for Work Experience <p>Responding to the school community</p> <ul style="list-style-type: none"> • Work experience and health and safety <p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> • Sexualisation of the media • Social Media Validation • Knife crime and safety • Peer on peer bullying and harassment 	<p>Relationships and Society</p> <ul style="list-style-type: none"> • Citizenship – a right or a privilege (3 part lesson) • Be your own councillor • Climate Action • Ethics, innovation and the law <p>Living in the Wider World</p> <ul style="list-style-type: none"> • Financial Literacy – PT jobs, payslips, PAYE • Financial Literacy – tax and government spending • Financial Literacy – Loans and debt • Financial Literacy – Pensions <p>Responding to the school community –</p> <ul style="list-style-type: none"> • Post 16 options
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> • Building for the future – Sleep habits • Building for the future – Life’s distractions • Building for the future – Exam Stress • Building for the future – Developing a positive mindset • Building for the future – Self efficacy, intrinsic motivation, perseverance and resilience • Building for the future – how to support others through challenging times, warning signs of poor mental health – Harry O’Brien story <p>Responding to the school community</p> <ul style="list-style-type: none"> • Misogyny and manosphere <p>Relationships and Society RSE (Ten Ten resources)</p> <ul style="list-style-type: none"> • Addiction • Eating disorder • Birth control • Pornography • STIs • Coercive control • Government and politics 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> • Actioning dreams – Applying for the sixth form/college • Actioning dreams – getting paid and becoming financially independent • Actioning dreams – you and the current economic climate • Actioning dreams – T Levels and apprenticeships • Linked In <p>Responding to the school community</p> <ul style="list-style-type: none"> • Where to find jobs, local opportunities, positive and safe ways to create content online <p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> • Independence – Personal Safety – county lines, contacting appropriate services • Independence – Lifestyle and cancer screening – self examination and accessing health service • Independence – managing influences and risk – body alterations, botox, steroids, sunbeds and tattoos • Independence - *to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health • Independence - ways to identify risk and manage personal safety in new social settings, workplaces, and environments, including online 	<p>Planning for success</p> <ul style="list-style-type: none"> • Creating a revision plan • Creating mind maps and knowledge organisers • Active not passive revision <p>Exams start</p>
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Enrichment:</p> <ul style="list-style-type: none"> • VESPA • Unifrog • Mental Health • Understanding & respecting others • Consent/ on-line • Body image/ politics • Apprenticeships • Work Experience/ University <p>RSE: <u>Creation to Covenant</u></p> <ul style="list-style-type: none"> • The search for Happiness • The Existence of God • Humanism • Human Trafficking • CST on Dignity of Workers • CST on Creation • Indigenous peoples and creation • <u>Prophecy and Promise</u> • A God who speaks • Science and the Catholic Faith • Ex nihilo • Evolution and the Image of God • The Existence of the Universe • Awe and Wonder 	<p>Enrichment:</p> <ul style="list-style-type: none"> • MOOC • Learning to drive • First Aid/ drugs • Revision • Employability • Sports • Finance <p>RSE: <u>Galilee to Jerusalem</u></p> <ul style="list-style-type: none"> • Who is Jesus? • The Historical Jesus • Miracles – The Resurrection • How does Jesus continue to be with us today? • What is persecution? • How does the Church respond to persecution? • Jesus and other faiths cultures • <u>Desert to Garden</u> • Creation, Fall, Salvation • The Problem of Evil • Called to Holiness • Dilemmas, choices and responses to the holocaust • Jewish responses to the holocaust • Holocaust Education Trust speakers 	<p>Enrichment:</p> <ul style="list-style-type: none"> • UCAS • Motivation & resilience • Work Experience <p>RSE: <u>To the ends of the earth</u></p> <ul style="list-style-type: none"> • The Community of the Church • Human Trafficking in the light of CST on Community and Participation • Christian Vocations • Brentwood Diocese speaker on vocations
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lessons or through session input and feedback		
E/L	N/A		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Enrichment:</p> <ul style="list-style-type: none"> • UCAS • CVs • Apprenticeships • Revision <p>RSE: <u>Creation and Covenant</u></p> <ul style="list-style-type: none"> • Finding true freedom • Are animals persons? • Could machines be persons? • <u>Prophecy And promise</u> 	<p>Enrichment:</p> <ul style="list-style-type: none"> • University • What next? • Decisions • Finances • Mock results session • Revision techniques • Timetable planning • Motivation • Resilience <p>RSE: <u>Galilee to Jerusalem</u></p> <ul style="list-style-type: none"> • <u>Desert to Garden</u> • Forgiveness, Healing and Mission • The impact of Forgiveness • Can compassion for an offender influence your decision to forgive? • Speakers: Barry & Margaret Mizzen • The Holy Land: Shifting Perspectives 	<p>Enrichment:</p> <ul style="list-style-type: none"> • Revision • Study leave <p>RSE: <u>To the ends of the earth</u></p> <ul style="list-style-type: none"> • The Power of Prayer • Guided Meditation • Yoga • Mindfulness • Leavers Mass Preparation
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lessons or through session input and feedback		
E/L	N/A		

Key Stage	Careers in the curriculum
KS3	<ul style="list-style-type: none"> • Careers and Aspirations – your future being creative and innovative. • Careers and Aspirations – Community Minded • Careers and Aspirations – Careers for your future – firefighter, lawyers, doctors, hairdressers, photographer, security • Let’s talk money • Community and Careers Equality of opportunity in life and work stereotypes and discrimination in relation to work and pay • Setting Career Goals GCSE options Setting the direction for your future. Types of employment and pathway • Careers focus - getting ready for applying for jobs and mock interview (in NCW starting 4th March 2024) • Problem solving and decision making • Employability and enterprise • Proud to stand tall • Exploring careers
KS4	<ul style="list-style-type: none"> • Setting Career Goals - Barclays life skills Employability, Dreams to action, 5-year plan • Setting yourself up for success – creating a CV and cover letter • Personal Strengths for employment • From failure comes success • Employment and financial management • Preparing for Work Experience • Work experience and health and safety • Actioning dreams – Applying for the sixth form/college • Actioning dreams – getting paid and becoming financially independent • Actioning dreams – you and the current economic climate • Actioning dreams – T Levels and apprenticeships • Linked In • Where to find jobs, local opportunities, positive and safe ways to create content online

