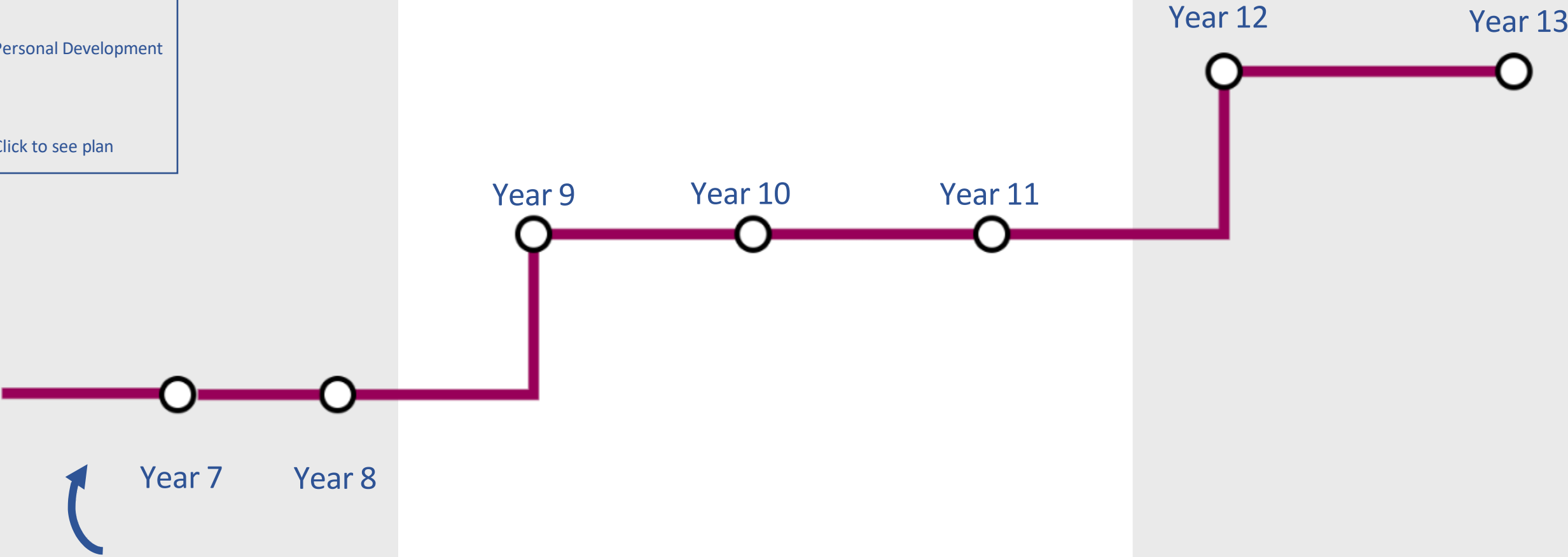


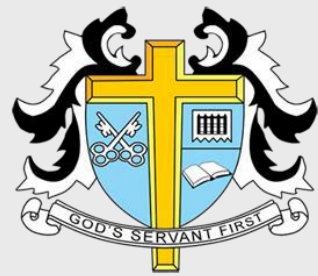
Key

Personal Development

Click to see plan



CLICK ME!



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 Online safety Healthy Digital Relationships and screen time Personal Hygiene Dental and Oral Hygiene Healthy Eating – link between poor diet and health risks, including tooth decay and cancer Healthy Lifestyles – consequences of not living healthily <p>Responding to the school community</p> <ul style="list-style-type: none"> <i>Personal space and consent (this is subject to change throughout the year)</i> <p>Relationships and Society RSE (Ten:Ten resources)</p> <ul style="list-style-type: none"> Changing bodies 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"> Welcome to unifrog session – this will be an opportunity for our year 7s to get logged onto the unifrog website and become familiar with it – this will be used up until year 13. Careers and Aspirations – Who am I? Careers and Aspirations – Exploring possibilities – dream jobs Career and Aspirations – What is a career? Career and Aspirations – What is an entrepreneur? <p>Responding to the school community</p> <ul style="list-style-type: none"> <i>Online gaming (this is subject to change)</i> <p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> First Aid Sleep Hygiene and reduced screen time before bed Smoking Introduction to Mental Health Loss, grief and bereavement Self-esteem and empowerment 	<p>Relationships and Society</p> <ul style="list-style-type: none"> Critical thinking and fake news What is a cult? Diversity – Breaking down stereotypes. Diversity – Prejudice and Discrimination. Diversity – Multicultural Britain <p>Living in the Wider World</p> <ul style="list-style-type: none"> Recognizing your money personality – Barclays Life Skills 1 Value for Money – Barclays Life Skills 2 Saving and Managing Money Let's talk money Fraud Ethical Financial Decisions <p>Responding to the school community</p> <ul style="list-style-type: none"> <i>Big End of Year Quiz – this is based on the learning we have had throughout the year (but is subject to change)</i>
Links to resources	<p>We have created our PD programme to ensure that we are taking into consideration Keeping Children Safe in Education as well as the following documents:</p> <p>National Curriculum - Citizenship key stages 3 and 4 (publishing.service.gov.uk)</p> <p>Relationships Education, Relationships and Sex Education and Health Education guidance (publishing.service.gov.uk)</p> <p>Promoting fundamental British values through SMSC - GOV.UK (www.gov.uk)</p> <p>Teaching online safety in schools - GOV.UK (www.gov.uk)</p> <p>Careers guidance and access for education and training providers - GOV.UK (www.gov.uk)</p> <p>Good Career Guidance Education Gatsby</p>		
Assessment and E/L	<p>Assessment in PD will be ongoing through lessons and the booklets that are provided. We will also be asking students to complete a quiz style assessment to be completed on Teams each half term.</p>		
Links	<p>For our relationships and sexual health education we use the Ten:Ten set of resources https://www.tentenresources.co.uk/parent-portal/ (which is the parent portal you can access) Username: opp-stm-ss Password: rse-parent-yellow</p> <p>We also use the Unifrog platform for our careers provision – every students will have a log in – if you would like a parent log in then please contact Mrs Bradley by email – KBRADLEY@st-thomasmore.southend.sch.uk</p>		

	Autumn Term	Spring Term	Summer Term
Topics	Mental Health and Wellbeing <ul style="list-style-type: none"> • Introduction to drugs • Drug dependency and drug addiction • Alcohol Abuse • Screen time and safer use of mobile phones • Loneliness and social media • Bullying V Banter Responding to the school community <ul style="list-style-type: none"> • <i>Gang culture and knife crime (this is subject to change)</i> Relationships and Society RSE (Ten:Ten resources) <ul style="list-style-type: none"> • Appreciating Differences • Feelings • Before I was born • Tough relationships • Think before your share • Wider World 	Living in the Wider World <ul style="list-style-type: none"> • Problem Solving and Decision Making • Careers and Aspirations – what are my interests? • Careers and Aspirations – CV superheroes • Computer based lessons – to complete CV and application forms in preparation for the mock interview day Responding to the school community <ul style="list-style-type: none"> • <i>County lines, drugs and gangs (this is subject to change)</i> Mental Health and Wellbeing <ul style="list-style-type: none"> • Health and Wellbeing • Body Image • Vaping • Cyber bullying and trolling • CEOP • Online grooming 	Relationships and Society <ul style="list-style-type: none"> • Introduction to politics • What is parliament? • Why is politics important? • Ableism, disability, prejudice and discrimination • Protected Characteristics Living in the Wider World <ul style="list-style-type: none"> • Employable strengths • From failure comes success • Employable and financial management • Next steps in your financial journey – Barclay Life Skills • Financial risk and security – Barclays life skills • Careers in the climate Responding to the school community – <ul style="list-style-type: none"> • <i>Big End of Year Quiz – this is based on the learning we have had throughout the year (but is subject to change)</i>
Links to resources	<p>We have created our PD programme to ensure that we are taking into consideration Keeping Children Safe in Education as well as the following documents:</p> <p>National Curriculum - Citizenship key stages 3 and 4 (publishing.service.gov.uk)</p> <p>Relationships Education, Relationships and Sex Education and Health Education guidance (publishing.service.gov.uk)</p> <p>Promoting fundamental British values through SMSC - GOV.UK (www.gov.uk)</p> <p>Teaching online safety in schools - GOV.UK (www.gov.uk)</p> <p>Careers guidance and access for education and training providers - GOV.UK (www.gov.uk)</p> <p>Good Career Guidance Education Gatsby</p>		
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	Autumn Term	Spring Term	Summer Term
Topics	Mental Health and Wellbeing <ul style="list-style-type: none"> Peer pressure and influences Influences on teens and decision making Relationships and Society RSE (Ten:Ten resources) <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 	Living in the Wider World <ul style="list-style-type: none"> Careers and aspirations – what are my skills? Careers and aspirations – what comes after school – main learning pathways Setting yourself up for success – creating a CV and cover letter Responding to the school community <ul style="list-style-type: none"> <i>Healthy and Respectful Relationships (this may be subject to change)</i> Mental Health and Wellbeing <ul style="list-style-type: none"> Alcohol abuse amongst teens Self-esteem changes 	Relationships and Society <ul style="list-style-type: none"> How is our country run? Elections and campaigning Creating a political party Living in the Wider World <ul style="list-style-type: none"> Budgeting Credit and Debit Public Services Responding to the school community – <ul style="list-style-type: none"> <i>Big End of Year Quiz – this is based on the learning we have had throughout the year (but is subject to change)</i>
Duke of Edinburgh	During tutor time – the year 9 pupils will be doing PD programme and alternating Duke of Edinburgh (Bronze) throughout the year DofE - The Duke of Edinburgh's Award each pupil will have their own log in and will have to upload information on the app/website about how they progress throughout the year in each of their skills, physical and volunteering – if your son needs help with anything to do with Duke of Edinburgh please contact Ms Rey RGARCIAREY@st-thomasmore.southend.sch.uk		
Links to resources	We have created our PD programme to ensure that we are taking into consideration Keeping Children Safe in Education as well as the following documents: National Curriculum - Citizenship key stages 3 and 4 (publishing.service.gov.uk) Relationships Education, Relationships and Sex Education and Health Education guidance (publishing.service.gov.uk) Promoting fundamental British values through SMSC - GOV.UK (www.gov.uk) Teaching online safety in schools - GOV.UK (www.gov.uk) Careers guidance and access for education and training providers - GOV.UK (www.gov.uk) Good Career Guidance Education Gatsby		
Assessment and E/L	Assessment in PD will be ongoing through lessons and the booklets that are provided. We will also be asking students to complete a quiz style assessment to be completed on Teams each half term.		
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	Autumn Term	Spring Term	Summer Term
Topics	<p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> Mental Health – Dealing with change, loss and grief Mental Health and addiction – Gambling Addiction – Vaping and smoking Addiction – Class C Addiction – Nitrous Oxide Mental Health – Suicide <p>Responding to the school community</p> <ul style="list-style-type: none"> <i>Mental Health – Self Harm (this is subject to change)</i> <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 and unplanned pregnancy 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> Careers and Aspirations – reflecting on my career journey to date Computer based lessons – creating a CV and application to prepare for the mock interviews that will take place Careers and Aspirations – preparing to go on work experience Careers and Aspirations – well being in the workplace <p>Responding to the school community</p> <ul style="list-style-type: none"> <i>County lines, drugs and gangs</i> <p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> Anxiety Sexualisation of the media Social Media Validation Knife crime and safety Peer on peer bullying and harassment <p>This term year 10 will go out on work experience – this will be logged onto unifrog.</p>	<p>Relationships and Society</p> <ul style="list-style-type: none"> Exploring inside parliament Political debates and parliament What are human rights? British Values and Identity British Values Quiz <p>Living in the Wider World</p> <ul style="list-style-type: none"> Financial Literacy – Anti Fraud Financial Literacy – Exploring a payslip Financial Literacy – Consumer rights Financial Literacy – Employment rights Cost of living Debt <p>Responding to the school community –</p> <ul style="list-style-type: none"> <i>Big End of Year Quiz – this is based on the learning we have had throughout the year (but is subject to change)</i>
Links to resources	<p>We have created our PD programme to ensure that we are taking into consideration Keeping Children Safe in Education as well as the following documents:</p> <p>National Curriculum - Citizenship key stages 3 and 4 (publishing.service.gov.uk)</p> <p>Relationships Education, Relationships and Sex Education and Health Education guidance (publishing.service.gov.uk)</p> <p>Promoting fundamental British values through SMSC - GOV.UK (www.gov.uk)</p> <p>Teaching online safety in schools - GOV.UK (www.gov.uk)</p> <p>Careers guidance and access for education and training providers - GOV.UK (www.gov.uk)</p> <p>Good Career Guidance Education Gatsby</p>		
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	Autumn Term	Spring Term	Summer Term
Topics	<p>Mental Health and Wellbeing</p> <ul style="list-style-type: none"> 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 Completing sixth form applications 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 sexual harassment <p>Relationships and Society RSE (Ten:Ten resources)</p> <ul style="list-style-type: none"> Addiction Eating disorders Birth control Pornography STIs Coercive control Government and politics 	<p>Living in the Wider World</p> <ul style="list-style-type: none"> Careers and Aspirations – what are my employability skills? Careers and Aspirations – post 16 choices Careers and Aspirations – researching volunteering and paid work Careers and Aspirations – money talks – T Levels and apprenticeships Careers and Aspirations – is AI threatening our jobs <p>Responding to the school community</p> <ul style="list-style-type: none"> National Apprenticeship Week – various speakers <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 – behaviour and gambling Independence - physical and mental health Independence – assertiveness and alcohol 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>
Links to resources	<p>We have created our PD programme to ensure that we are taking into consideration Keeping Children Safe in Education as well as the following documents:</p> <p>National Curriculum - Citizenship key stages 3 and 4 (publishing.service.gov.uk)</p> <p>Relationships Education, Relationships and Sex Education and Health Education guidance (publishing.service.gov.uk)</p> <p>Promoting fundamental British values through SMSC - GOV.UK (www.gov.uk)</p> <p>Teaching online safety in schools - GOV.UK (www.gov.uk)</p> <p>Careers guidance and access for education and training providers - GOV.UK (www.gov.uk)</p> <p>Good Career Guidance Education Gatsby</p>		
Assessment and E/L	<p>Assessment in PD will be ongoing through lessons and the booklets that are provided. We will also be asking students to complete a quiz style assessment to be completed on Teams each half term.</p>		
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	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>Core RE:</p> <ul style="list-style-type: none">• Where am I?<ul style="list-style-type: none">• Welcome to STM• Being in a Catholic School• Who is St Francis of Assisi?• Significant Saints• How can I live out our mission and motto?• Catholic Social Teaching<ul style="list-style-type: none">• CST – The Dignity of the Human Person• CST – Family and Community• CST – Solidarity and the Common Good• CST – Rights and Responsibilities• CST – Option for the poor and vulnerable• CST – Dignity of Work• CST - Stewardship• Being in a Catholic School• Who is St Francis of Assisi?• Significant Saints• How can I live out our mission and motto?	<p>Enrichment:</p> <ul style="list-style-type: none">• MOOC• Learning to drive• First Aid/ drugs• Revision• Employability• Sports• Finance <p>Core RE:</p> <ul style="list-style-type: none">• Social Actions – charities and fundraising<ul style="list-style-type: none">• What charities do we support?• What is student leadership?• Holocaust memorial service of remembrance• Preparing to pitch your chosen social issue and charity• Social issue and charity pitch• Faith into Action<ul style="list-style-type: none">• Faith into Action• Local Community Outreach• National/International Volunteering• Research outreach opportunities	<p>Enrichment:</p> <ul style="list-style-type: none">• UCAS• Motivation & resilience• Work Experience <p>Core RE:</p> <ul style="list-style-type: none">• Do I live an ethical life?<ul style="list-style-type: none">• Ethical Dilemmas• Abortion, personhood and rights• World Religions and their responses<ul style="list-style-type: none">• Jesus and other faiths/cultures• Jewish responses and the Holocaust• Islamic Dress and the media• Materialism and Humanism



	Autumn Term	Spring Term	Summer Term
Topics	<p>Enrichment:</p> <ul style="list-style-type: none">• UCAS• CVs• Apprenticeships• Revision <p>Core RE:</p> <ul style="list-style-type: none">• STM Virtues<ul style="list-style-type: none">• What are STM Virtues?• Fortitude• Living in the present through prayer• Temperance and Mindfulness• Vocation• Mission workshop – CAFOD• Faith and kindness• Catholic Social Teaching<ul style="list-style-type: none">• CST – The Dignity of the Human Person• CST – Family and Community• CST – Solidarity and the Common Good• CST – Rights and Responsibilities• CST – Option for the poor and vulnerable• CST – Dignity of Work• CST - Stewardship	<p>Enrichment:</p> <ul style="list-style-type: none">• University• What next?• Decisions• Finances• Mock results session• Revision techniques• Timetable planning• Motivation• Resilience <p>Core RE:</p> <ul style="list-style-type: none">• Sexual Ethics<ul style="list-style-type: none">• Sexual ethics• Sexual attitudes• Theology of the body• The language of love• Do I live an ethical life?<ul style="list-style-type: none">• Abortion• Ethical farming• Ethical politics• Ethical media• Ethical Technology• Euthanasia and assisted dying• Fast fashion and fairtrade• The Death Penalty	<p>Enrichment:</p> <ul style="list-style-type: none">• Revision• Study leave <p>Core RE:</p> <ul style="list-style-type: none">• The Power of Prayer• Guided Meditation• Yoga• Mindfulness• Leavers Mass Preparation

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 • 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
KS5	<ul style="list-style-type: none"> • Employment and financial management • Preparing for Work Experience • Work experience and health and safety • Actioning dreams – Applying for universities • Actioning dreams – Applying for apprenticeships • Linked In • Where to find jobs, local opportunities, positive and safe ways to create content online • UCAS • Unifrog

