

# Curriculum Intent, Implementation and Impact 2022-23

Subject: Personal Development

Year group: Year 7

Periods per fortnight: 2 x PSHE

## INTENT:

Personal Development at The Buckingham School allows students to have the understanding, attitudes, knowledge and skills they need to live responsible, healthy, safe and fulfilled lives. Furthermore, students are able to share their views and opinions, and become more self-confident both in and outside of the classroom.

Personal Development in Year 7 introduces students to a wide range of topics that they will explore in more detail as they progress through the school, as well as supporting them with settling in to life at secondary school. In Year 7, students will have one lesson of Personal Development per week.

The intent of the Personal Development curriculum is to “support pupils to develop in many diverse aspects of life” (Ofsted). Furthermore, Personal Development allows students “to develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain” (PSHE Association). Our aim is to prepare pupils for their adult life and to support them in becoming respectful and responsible members of society. The promotion of the school virtues (ambition, curiosity, empathy, respect, confidence, resilience and integrity) is a key focus of the Personal Development curriculum. All students are able to be involved and have access to the opportunities and experiences. Our aim is for our students to leave The Buckingham School as well-rounded individuals, who display our school virtues.

## IMPLEMENTATION:

Term	Topics studied Add dates and any assessments included	Extended learning opportunities (homework, controlled assessments, field work, trips etc.)	How parents could support students
Autumn Term	<b>PSHE:</b> <ul style="list-style-type: none"> <li>PSHE Introduction</li> <li>What do we mean by a 'healthy lifestyle'? Healthy Living Introduction</li> <li>How can I keep a balanced diet? Healthy meals, food groups and nutrition</li> <li>How do I know if I'm eating healthily? Reading our food labels and recognising dangers</li> <li>What are the consequences of not living healthily?</li> <li>What's the big deal about energy drinks?</li> <li>How can I commit to a healthy life? Living a healthy, active life and exercising</li> <li>Why is smoking so bad for us and why must we try to avoid second hand smoke?</li> <li>How dangerous are drugs and what are the different types?</li> <li>How can we keep good mental health and recognise symptoms of depression?</li> </ul>	<ul style="list-style-type: none"> <li>Students may be required to research a particular topic prior to a lesson</li> <li>Students encouraged to research particular topics in more detail following a lesson</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the topics with students</li> <li>Encourage students to carry out wider reading around the topics further their knowledge</li> </ul>

	<ul style="list-style-type: none"> <li>• Emotional Literacy–How can I control my anger?</li> <li>• Puberty–what can I expect, what’s normal and why does it happen?</li> <li>• Periods, the menstrual cycle and PMS–what do I need to know?</li> <li>• FGM–what is it, why is it so serious and what can we all do to help?</li> </ul>		
Spring Term	<p><b>PSHE:</b></p> <ul style="list-style-type: none"> <li>• Aspirations</li> <li>• Self-esteem</li> <li>• Wants and needs</li> <li>• An introduction to Prejudice and Discrimination: Racism and Stereotypes</li> <li>• An introduction to keeping safe online: Safe Social Media</li> <li>• An introduction to keeping being ethical: ethical consumers</li> <li>• What is budgeting? How can we do it?</li> <li>• How can I create a personal budgeting plan?</li> <li>• What are savings, loans and interest rates? Money management continued</li> <li>• What are financial products?</li> <li>• What are the different kinds of financial transactions?</li> </ul>	<ul style="list-style-type: none"> <li>• Students may be required to research a particular topic prior to a lesson</li> <li>• Students encouraged to research particular topics in more detail following a lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss the topics with students</li> <li>• Encourage students to carry out wider reading around the topics further their knowledge</li> </ul>
Summer Term	<p><b>PSHE:</b></p> <ul style="list-style-type: none"> <li>• Maintaining genuine friendships and avoiding toxic ones</li> <li>• Families and different long term commitments (marriage / civil partnerships) what are the different types and does it matter what kind of family I have? (2 hours)</li> <li>• Romance, love, new feelings and teen relationships</li> <li>• Bullying or banter–what is and what isn’t acceptable?</li> <li>• How can we prevent online bullying?</li> <li>• How can we keep safe and positive relationships?</li> <li>• What does it mean to be a British Citizen? Researching and presenting our multiple personal Identities</li> <li>• What is online radicalisation and why is it a problem?</li> </ul>	<ul style="list-style-type: none"> <li>• Students may be required to research a particular topic prior to a lesson</li> <li>• Students encouraged to research particular topics in more detail following a lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss the topics with students</li> <li>• Encourage students to carry out wider reading around the topics further their knowledge</li> </ul>

**IMPACT:**

- All of our students at The Buckingham School are supported in becoming well-rounded individuals.
- Students have an understanding of the school virtues and how to demonstrate these.
- Students have the opportunity to develop their skills and have experiences to ensure success with their future plans.