

GSA Curriculum Map 2023-24 Personal Development

The Personal Development curriculum is a responsive curriculum: it will be reviewed and amended to meet the physical, social, health and economic needs of our students.

We aim to develop students who:

- have knowledge and understanding of: health and well-being, relationships and the wider world which will encourage them to be responsible, tolerant and positive citizens who are prepared for life in modern Britain;
- develop empathetic thinking skills and are encouraged to respectfully acknowledge the views of others, to try to understand them and use them to challenge their own views;
- have opportunities to learn about the wider world and information that is not included in our formal curriculum.

	Autumn 1 (HT1) Health and Wellbeing	Autumn 2 (HT2) Living in the Wider World	Spring 1 (HT3) Relationships	Spring 2 (HT4) Health and Wellbeing	Summer 1 (HT5) Relationships	Summer 2 (HT6) Living in the Wider World
Year 7						
Topic Covered	Transition and safety Transition to secondary school and personal safety in and outside school.	Developing skills and aspirations. Careers, teamwork and enterprise skills, and raising aspirations.	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact and FGM.	Building relationships Self-worth, romance and friendship (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Knowledge Deepened	How to identify, express and manage their emotions in a constructive way.	How to problem-solve, communicate, work as a teamwork, lead, manage risks and be creative.	How to challenge prejudice, stereotypes and discrimination	How to manage physical and emotional changes during puberty	How to recognise unhealthy relationships	How to make safe financial choices
Skills developed	Reflection, coping strategies, organisation, self awareness, discussion, agency and decision making, strategies to manage influence empathy, assertive communication support seeking skills, risk management					
Links PSHE Association	H1, H2, H30, H33, R13, L1, L2	R15, R39, L1, L4, L5, L9, L10, L12	R3, R38, R39, R40, R41	H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	H1, R2, R9, R11, R13, R14, R16, R24	H32, L15, L16, L17, L18
Flagship Link						
Cross Curriculum Connections		Core PE KS3 - Teamwork Skills	History Y9 - Holocaust Civil Rights Movement 1950-1970 History - Y9 HT6 History of	Science Y8 HT5 B4 - Reproduction Core PE KS4 - Healthy Lifestyle		

			Terrorism History - Y11 HT2 Weimar and Nazi Germany	H&S - Factors affecting growth		
Resources to support learning	Mental wellbeing Overview PHE School Zone First Aid Lesson Plans St John Ambulance (sja.org.uk)	A World of Difference Resources Teaching Visible Difference (changingfaces.org.uk)	Mental wellbeing Overview PHE School Zone	Mental wellbeing Overview PHE School Zone	Dove Self-Esteem Project UK - National Schools Partnership	econoME Bank of England
Year 8						
	Autumn 1 (HT1) Health and Wellbeing	Autumn 2 (HT2) Living in the Wider World	Spring 1 (HT3) Relationships	Spring 2 (HT4) Health and Wellbeing	Summer 1 (HT5) Relationships	Summer 2 (HT6) Living in the Wider World
Topic Covered	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Knowledge Deepened	How to manage influences in relation to substance use	How to set aspirational goals for future careers and challenge expectations that limit choices	How to recognise and challenge homophobia and biphobia how to recognise and challenge racism and religious discrimination	How to challenge misconceptions stigma	How to demonstrate positive behaviours in healthy relationships	How to use social networking sites safely
Skills developed	Reflection, coping strategies, organisation, self awareness, discussion, agency and decision making, strategies to manage influence empathy, assertive communication support seeking skills, risk management					
Links PSHE Association	H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	R39, R41, L3, L8, L9, L10, L11, L12	R39, R40, R41, R3, R4, R42, R43	H3, H4, H6, H7, H8, H9, H10, H11, H12, L24	H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32	H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27
Flagship Link						Personal Development & Computer Science - Online safety
Cross Curriculum Connections			History - Y9 (HT5) Holocaust Civil Rights Movement 1950-1970	Psychology Y10 HT 5 Defining mental health. H&S - Y11 Health and Wellbeing		

			History - Y9 HT6 History of Terrorism History - Y11 HT2 Weimar and Nazi Germany			
Resources to support learning	Mental wellbeing Overview PHE School Zone https://ed.ted.com/lessons/what-you-should-know-about-vaping-and-e-cigarettes-suchit-ra-krishnan-sarin/review_open#question-4		Parents and Carers Say no to autism Dimensions (dimensions-uk.org)	Mental wellbeing Overview PHE School Zone	Send me a pic? (thinkuknow.co.uk)	Piracy: What's the big deal? 11 – 14 yrs - Media Smart

Year 9						
	Autumn 1 (HT1) Health and Wellbeing	Autumn 2 (HT2) Living in the Wider World	Spring 1 (HT3) Relationships	Spring 2 (HT4) Relationships	Summer 1 (HT5) Health and Wellbeing	Summer 2 (HT6) Living in the Wider World
Topic Covered	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Employability skills Employability and online presence
Knowledge Deepened	How to assess risk and manage influences, including online	How to work towards aspirations and set meaningful, realistic goals for the future	How to manage relationship and family changes, including relationship breakdown, separation and divorce	How the portrayal of relationships in the media and pornography might affect expectations	How to manage influences on body image	How to identify and access support for concerns relating to life online
Skills developed	Reflection, coping strategies, organisation, self awareness, discussion, agency and decision making, strategies to manage influence empathy, assertive communication support seeking skills, risk management					
Links PSHE Association	H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	L2, L3, L6, L7, L8, L9, L11, L12, L13, L14	H2, R1, R6, R19, R21, R22, R23, R35, R36	R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21	H3, H14, H15, H16, H17, H18, H19, H21	R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27

Flagship Link						
Cross Curriculum Connections	Psychology Y10 - Social influence Y9 History - Hitler Youth Case study WW2 key events	French HT3 Y10 - Customs and Festivals/ Education Post-16 & Career Choices and Ambitions	French HT1 Y9 Family, descriptions and school	Science Y10 Biology HT4 Homeostasis Topic B11		
Resources to support learning	ACT for Youth (npcc.police.uk)		Free resources for 11-18yr olds CRESST	Resource Hub - You Before Two : You Before Two	Teenage Cancer Trust UK Cancer Charity	Anti-Fraud Lesson Plans Fraud Resources for Teachers Cifas

Year 10

	Autumn 1 (HT1) Health and Wellbeing	Autumn 2 (HT2) Living in the Wider World	Spring 1 (HT3) Relationships	Spring 2 (HT4) Health and Wellbeing	Summer 1 (HT5) Relationships	Summer 2 (HT6) Living in the Wider World
TopicCovered	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography <i>RE link to expression of identity</i> <i>RE link to moral, religious and spiritual issues</i>	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism <i>RE link to perspectives of others & misunderstood nature of religion; to sources of wisdom and authority, historical, cultural and social contexts; to critically evaluating varied perspectives, world views, diversity; to sources of wisdom and authority, cultural and social contexts; moral issues</i> <i>RE link varied perspectives and approaches to issues of community cohesion</i> <i>RE link to sources of wisdom and authority, cultural and social contexts</i>	Work experience Preparation for and readiness for work
Knowledge Deepened	How to reframe negative thinking	How data is generated, collected and shared, and the influence of targeted advertising	How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support	How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime	How to safely challenge discrimination, including online	How to evaluate strengths and interests in relation to career development

Skills developed	Reflection, coping strategies, organisation, self awareness, discussion, agency and decision making, strategies to manage influence empathy, assertive communication support seeking skills, risk management					
Links PSHE Association	H2, H5, H6, H7, H8, H9, H10	H25, R38, L16, L17, L18, L19, L20, L25	R1, R2, R3, R6, R7, R8, R14, R15, R18, R19, R22, R28, R29, R30, R31	H19, H20, H21, R20, R35, R36, R37	R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29	H1, L1, L2, L3, L5, L7, L8, L9 L10, L11, L12, L13, L14, L15, L23
Flagship Link						
Cross Curriculum Connections	Psychology Y10 HT 5 Defining mental health.			History (Y9) - Hitler Youth Case study WW2 key events		History - Y9 HT6 History of Terrorism
Resources to support learning	Key Stage 4 PSHE Resource BBFC	Anti-Fraud Lesson Plans Fraud Resources for Teachers Cifas	Working out Relationships Network on Family Regulation and Society University of Exeter	Live #knifefree	Be Internet Citizens	https://www.youthemployment.org.uk/teachers-resources/careers-lesson-plans/
Year 11						
	Autumn 1 (HT1) Relationships	Autumn 2 (HT2) Living in the Wider World	Spring 1 (HT3) Health and Wellbeing	Spring 2 (HT4) Health and Wellbeing	Summer 1 (HT5) Relationships	Summer 2 (HT6) Living in the Wider World
TopicCovered	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse <i>RE link influence of Christianity on UK marriage</i> <i>RE link evaluation of ultimate questions about purpose and commitments of human life</i> <i>RE link moral, religious and spiritual issues</i>	Next steps Application processes, and skills for further education, employment and career progression	Building for the future Self-efficacy, stress management, and future opportunities	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships <i>RE link influence of Christianity on UK marriage</i> <i>RE link to moral, religious and spiritual issues</i> <i>RE link varied perspectives and approaches to issues of community cohesion</i>	
Knowledge Deepened	How to communicate assertively	How to maximise employability, including managing online presence and taking opportunities to broaden experience	How to develop self-efficacy, including motivation, perseverance and resilience	How to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads)	How to evaluate readiness for parenthood and positive parenting qualities	

Skills developed	Reflection, coping strategies, organisation, self awareness, discussion, agency and decision making, strategies to manage influence empathy, assertive communication support seeking skills, risk management					
Links PSHE Association	H26, H27, H28, H29, R16, R17, R21, R23, R32	L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	H2, H3, H4, H8, H12, L22	H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24	H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33	
Flagship Link					Personal Development & Philosophy - Relationships	
Cross Curriculum Connections	Science Y10 Biology HT4 Homeostasis Topic B11	French HT3 Y10 - Customs and Festivals/ Education Post-16 & Career Choices and Ambitions				
Resources to support learning	Working out Relationships Network on Family Regulation and Society University of Exeter	https://www.youthemployment.org.uk/teachers-resources/careers-lesson-plans/	Mental wellbeing Overview PHE School Zone	PSHE_PSE training resources for CPR BHE	Free PSHE lessons on loss and bereavement School resources Winston's Wish (winstonswish.org)	

Year 12

Topic Covered	<p>Personal Development: Professionalism conduct and online safety</p> <p>Health and Wellbeing</p> <ul style="list-style-type: none"> Self Concept - transitional life stage - <i>RE link to expression of identity</i> <p>Professionalism conduct and online safety</p> <ul style="list-style-type: none"> Rights and responsibilities in part-time jobs Professional conduct & boundaries Challenging online content 	<p>Personal Development: Health and Wellbeing</p> <ul style="list-style-type: none"> Drugs, alcohol and tobacco <p>Relationships</p> <ul style="list-style-type: none"> Forming and maintaining respectful relationships, including online 	<p>Personal Development: Relationships:</p> <ul style="list-style-type: none"> Relationships, abuse and marriage - <i>RE link influence of Christianity on UK marriage</i> <p>Health and Wellbeing</p> <ul style="list-style-type: none"> Contraception STIs 	<p>Personal Development: Relationships:</p> <ul style="list-style-type: none"> Consent Sexual Abuse <p>Health and Wellbeing</p> <ul style="list-style-type: none"> Body Image <p>Living in the WiderWorld</p> <ul style="list-style-type: none"> Radicalisation - <i>RE link to perspectives of others & misunderstood nature of religion; to sources of wisdom and authority, historical, cultural and social contexts; to critically evaluating varied perspectives, world views; to sources of wisdom and authority, cultural and social contexts; moral issues</i> 	<p>Living in the Wider World:</p> <ul style="list-style-type: none"> Life and work Interviewing Post 18 Consumer information <p>Health and Wellbeing</p> <ul style="list-style-type: none"> Monitoring health Reliable sources 	<p>Relationships</p> <ul style="list-style-type: none"> Cultural diversity Prejudice and discrimination - <i>RE link to sources of wisdom and authority, cultural and social contexts</i> <p>Health and wellbeing</p> <ul style="list-style-type: none"> Mental Health
Knowledge Deepened	How to demonstrate professional conduct, including following health and safety and online presence	How to assess and manage risk and personal safety in new independent situations, including online	How to identify the signs of abuse, exploitation and assault or rape	How to seek and assertively give, not give or withdraw consent, in all contexts	How to manage work-life balance, including study, leisure, exercise, sleep and time online	How to safely challenge prejudice and discrimination, including online

Skills developed	Reflection,, self awareness	Discussion, reflection, agency and decision making, strategies to manage influence	Reflection, empathy, assertive communication, support seeking skills, risk management	Reflection, empathy, compassion, communication	Reflection, discussion, empathy Discussion, application, risk management	Reflection, discussion, empathy Discussion, application, risk management
Links PSHE Association	L8, L9, L20, L21, L22, L23	H21, H22, H23, H24, R4, R5, R6, R7	R1, R19, R20, R21 H18, H19, H20,	R11, R12, R13 H1,H2,H3 L25	L1,L2,L3,L4,L5,L7,L24 H8	H5, R1, R3, R25
Flagship Link						
Cross Curriculum Connections	Psychology Y10 HT 5 Defining mental health. History - Y9 (HT5) Holocaust Civil Rights Movement 1950-1970 History - Y9 HT6 History of Terrorism History - Y11 HT2 Weimar and Nazi Germany		Science Y10 Biology HT4 Homeostasis Topic B11			
Resources to support learning	https://www.skillsyouneed.com/rhubarb/skills-young-people-need.html	https://www.alicerugglestrust.org/	https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis) https://www.sexwise.org.uk/stis	https://nottssvss.org.uk/consent-coalition/ https://www.safe4me.co.uk/portfolio/healthy-relationships/ https://www.thinkuknow.co.uk/professionals/resources/online-blackmail	https://nationalcareers.service.gov.uk/ https://www.unifrog.org/	https://www.bbc.co.uk/bitesize/guides/zdrxbdm/revision/1/Mental_wellbeing_Overview PHE School Zone

Year 13

Topic Covered	<p>Personal Development: Health and Well Being</p> <ul style="list-style-type: none"> Mental health and emotional well being, including strategies for positive mental health, supporting others, work-life balance <i>- RE link to beliefs and practices of world views, sources of wisdom, social contexts, expression and ways of life, value, spiritual issues</i> <p>Relationships</p> <ul style="list-style-type: none"> Forming and 	<p>Personal Development: Health and Well Being</p> <ul style="list-style-type: none"> Managing risk and personal safety Travelling safely <p>Relationships</p> <ul style="list-style-type: none"> Harassment, managing aggressive social situations <i>- RE link moral issue</i> 	<p>Personal Development: Health</p> <ul style="list-style-type: none"> Online personal safety <i>- RE link value</i> <p>Relationships:</p> <ul style="list-style-type: none"> Contraception and parenthood <i>- RE link commitments of human life</i> <p>Living in the Wider World</p> <ul style="list-style-type: none"> British values <i>- RE link moral issue</i> 	<p>Personal Development: Living in the Wider World:</p> <ul style="list-style-type: none"> Positive discrimination Spiritual and cultural life in Britain <i>- RE link moral issue</i> 	<p>Personal Development: Health and Well Being</p> <ul style="list-style-type: none"> Health services recognising illnesses maintaining healthy diet 	
----------------------	---	--	--	--	--	--

	<p>maintaining respectful relationships</p> <ul style="list-style-type: none"> • Difficult relationships • Conflict resolution 					
Knowledge Deepened	How to communicate personal values in different types of relationships	How to recognise manipulation and coercion and manage negative influence and persuasion	How to effectively evaluate and use the most appropriate methods of contraception in different circumstances	How to manage financial contracts, including mobile phone services and renting items and accommodation, and identify appropriate advice	How to make informed, independent health choices and manage media messages about health (including about vaccination/immunisation) <i>- RE link community cohesion and respect for all</i>	
Skills developed	Reflection, coping strategies, organisation, self awareness	Discussion, reflection, agency and decision making, strategies to manage influence	Reflection, empathy, assertive communication, support seeking skills, risk management	Reflection, empathy, compassion, communication	Reflection, discussion, empathy Discussion, application, risk management	
Links PSHE Association	H4, H6, H7, H14 R8, R9, R10	H15, H16, H17 R22, R23, R24, R25	R14, R15, R16, R17, R18 L10, L11, L12	L13, L14, L15, L16, L17, L18, L19	H10, H11, H12, H13	
Flagship Link						
Cross Curriculum Connections	Psychology Y10 HT 5 Defining mental health.		Science Y10 Biology HT4 Homeostasis Topic B11 History Y10 Medicine in Britain	Y7 Philosophy		
Resources to support learning	https://www.safe4me.co.uk/portfolio/healthy-relationships/Mental_wellbeing_Overview PHE_School_Zone	https://www.alicerugglestrust.org/	https://www.nhs.uk/conditions/contraception/	https://healthyschoolscp.org.uk/pshe/money-managements/vaccinations/ https://www.nhs.uk/ https://themoneycharity.org.uk/resources/	https://www.nhs.uk/conditions/vaccinations/ https://www.nhs.uk/	