Shirebrook Academy Personal Development Scheme of Work 2020-21 Key Stage 3

Rationale

The personal development curriculum at Shirebrook Academy includes PSHE, Careers Education and financial capability, and Citizenship. Enterprise skills are also incorporated into the personal development curriculum wherever possible, along with whole school initiatives to develop resilience and growth mindset.

The overall aim of the personal development curriculum is to help students to develop the skills, knowledge and understanding to participate fully in school life and to make informed, confident choices as they progress into adulthood. Certain themes run throughout teaching of PD topics and links are made explicit wherever possible:

- Aspiration encouraging all students to achieve at school and be ambitious for their futures
- Equality to show students that gender, race, sexuality or any other characteristic should not be a barrier to participation in any aspect of life
- Support students learn that all have different emotional and learning needs and a culture of empathy and mutual support should be promoted in all lessons.
- Lifelong learning through PD teaching students develop skills to reflect, consider options and deal with change and transitions throughout life, not just in school

The programme is planned as a coherent series of activities which build students knowledge and skills from Y7 to Y11. Each topic broadly links to one of 4 areas of skill development – skills to be Safe and Healthy, Skills to be a Better Learner, Skills to be Employable, and Skills to be a good Citizen.

Planning principles

At KS3 and KS4 the personal development curriculum is delivered through the following:

- A series of Personal Development Days, where the normal timetable is suspended and students spend the day working on a personal development theme. The days are normally delivered by form tutors with support from the personal development co-ordinator and speakers from outside organisations (including the police, fire service, health promotion services, careers advisers, and local colleges).
- Personal Development Lessons for Y7-Y10 1 lesson per week timetabled with form tutors. Planned to extend Personal Development Day topics and provide opportunities for students to develop skills for effective learning.
- Through other subjects, for example RE, Science, Humanities a cross-curricular audit in April 2020 has identified where PD themes are covered
- Through a planned programme of tutor time activities and assemblies

Some aspects of the PD curriculum involve students producing written work, however for much of PD delivery there is an emphasis on discussion and practical activity, simulating real life situations as far as possible. Students are encouraged to work on tasks in mixed ability groups and develop skills of peer support and collaboration.

The programme is planned to complement other opportunities for delivery of personal development themes, either through the core curriculum or through other activities such as voting for youth council, school council, fundraising events. Careful consideration is given annually to the content so that it matches the needs of each year groups specifically, and responds to local and national trends or concerns (for example labour market trends, health or crime issues).

Assessment

Personal Development themes have been used to develop an assessment framework for Personal Development Lessons and Personal Development Days which matches the Shirebrook Academy approach to assessment – identifying criteria for 'Expected' and 'Challenge' learning. Tutor assessment and student self assessment will be used to identify student levels and record progress over KS3.

Y7 – no formal assessment. Students to complete reflective account of PD activities, GRIT and other aspects of their week, in Journals. Final topic in Y7 will be to reflect on the year and produce a piece of work outlining progress made, challenges overcome, and learning from PD lessons/days.

Y10/11 – no formal assessment. Students start to record achievements and competencies in RoA and online, for example KUDOS CV builder

Staff

Personal Development days are planned by the personal development co-ordinator with heads of year and tutor teams, and delivered by form tutors and a range of speakers from outside agencies. Subject specialist staff may also support Personal Development days where appropriate. Teaching assistants are available where appropriate to support students on Personal Development days, and the personal development co-ordinator liaises with the SENCO to ensure that all students are able to access the programme.

Outside agencies include the school nurse, local police officers, Connexions advisers, staff from local colleges and training providers, theatre groups, and other professionals from the health service.

Resources

The personal development co-ordinator is responsible for managing the budget for personal development, which covers paper resources, teaching materials, costs associated with organisations visiting school to deliver some parts of the programme and off-site visits.

Links to National Frameworks

The scheme of work links each Personal Development day and PD lesson topics to the key concepts, key processes, and range and content of each national curriculum framework relating to personal development.

PSHE content has been mapped against the PSHE Association Programme of Study Jan 2020. In June 2019, the Department for Education launched the final statutory guidance to accompany introduction of compulsory health education, relationships education and relationships and sex education (RSE) which is compulsory from September 2020. The PSHE Association programme of study covers all aspects of this statutory guidance, with some additionality. https://www.pshe-

association.org.uk/system/files/PSHE%20Association%20Programme%20of%20Study%20for%20PSHE%20Education%20%28Key%20stages%201%E2%80%93 5%29%2C%20Jan%202020 0.pdf

Citizenship content has been mapped against DfE programmes of study for Citizenship (2014)

https://www.gov.uk/government/publications/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study/national-curriculum-in-england-citizenship-programmes-of-study-for-key-stages-3-and-4

Careers Education content is mapped against the CDI Framework for Careers Education (2020), which in turn has been mapped against the Gatsby Benchmarks. This ensures the programme meets the new statutory guidance for schools and colleges on careers guidance and access for education and training providers (January 2018). https://www.thecdi.net/write/CDI-Framework-Jan2020-web.pdf

Personal Development Scheme of Work – Y7 topic overview

Timing	PD lessons	PD Day	Assessment
Term 1-2	Managing change/Transition	October	
Sept-Dec	14 weeks	Day of Team challenges	
	MI to plan first half term, AMA to plan		
(Better learner, Safe and healthy)	second half term	December	
		Health day	
Term 3	Digital Literacy		
Jan-Feb	6 weeks		
	RJ to plan		
(Safe and healthy)			
Term 4	Introduction to Citizenship	March	
Feb-March	6 weeks	Careers – Your Town	
	EL to plan		
(Active citizen, Employable)			
			_
Term 5	Drug Awareness		
April-May	6 weeks		
	CS to plan		
(Safe and healthy)			
Term 6	Reflection on Y7	June	
June-July	7 weeks	Lifewise Preparation	
	JD to plan		
(Better learner, safe and healthy)		July	
		Lifewise trip – personal safety	

Year 7, Term 1-2 Managing Change/Transition

PD lessons and PD day October

Aims: Students to develop skills to manage challenges of moving to secondary school – to become more confident in their learning, friendships, and managing emotions

National Framework outcomes:

PSHE Association Framework KS3 - H1, H2, H14, H16, H17, H30, H33, R3, R14, R15, R16, L1, L2

Citizenship KS3 -

• The functions and uses of money, importance and practice of budgeting and managing risk

Careers Education CDI Framework KS3

- Describe yourself, your strengths and preferences
- Be able to focus on positive aspects of your wellbeing, progress and achievement
- Show that you can manage a personal budget

Learning Experience/Framework links	Resources
GRIT includes some mindset and skills for learning in day 1	
 Managing transition from primary – new routines, learning styles Personal Organisation Week 4 – time to prepare for Settling in Evening – students will be sharing their work so far with parents Friendship Peer pressure/group behaviours Bullying 	Diana Award bullying resources Rise Above resources - https://campaignresources.phe.gov.uk/schools/topics/ris e- above/overview?WT.mc_id=RiseAboveforSchools_PSHEA EdComs_Resource_listing_Sep17
 Disability Awareness (promoting understanding and positive behaviour re Stubbin Wood and Academy students with SEN) 'Im with Sam' resource Personal support networks – invite own parents to Parent Workshop in December – letter/poster/flier Self esteem and wellbeing 	I'm with Sam resource - https://www.dimensions-uk.org/get-involved/campaigns/say-no-autism-learning-disability-hate-crime-imwithsam/i-am-a-teacher/

- Healthy eating
- New for 2020-21 Physical activity importance of, how to make positive physical activity choices outside school
- Money e.g. money safety, basic budgeting, context of Y7 experience of handling money (Citizenship)
- Each half term 1 lesson for discussion of current affairs news sources, key current events. Led by student interest
- End of term review positives and negatives about transition, reflection on own strengths/weaknesses in secondary school, goal setting for overcoming negatives

PD Day – range of fun teambuilding activities to illustrate concepts covered in PD lessons – link to BLP learning habits

GRIT curriculum to cover:

Learning to Learn, skills for learning inc teamwork, research, presentation Mindset

Key Vocabulary:

Organised

Healthy

Bullying

Self Esteem

Friendship

Budget

Relationships

Qualities

Peer Pressure

Year 7, Term 3 Digital Literacy PD lessons

Aims: Students to begin to develop skills to navigate their digital world safely and critically

National Framework outcomes:

PSHE Association Framework KS3 - H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27

Learning Experience/Framework links	Resources
PD lessons –	Jubilee Centre for Character Education
Importance of sleep	Anti-bullying Pro- Be Strong Online materials
 Definition of 'Privacy' – what does it mean to students in context of online? 	Kayleighs Love Story film
 Use of internet – critical thinking e.g. using search engines, personalisation, and protocols for effective use 	T:\All Staff\Online safety\The Key - Online safety factsheet bundle
 Media and Young people e.g. advertising Social media – purpose, pros/cons 	Childnet – Crossing the Line https://www.childnet.com
 Privacy Settings – see T Drive Online Safety resources Addiction to games/social media – reasons, risks, strategies to manage temptation. 	https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/taking-care-your-digital-footprint/
 Online sexual exploitation – Kayleighs Love Story Current events – linked to social media, e.g. Facebook privacy story 	https://www.saferinternet.org.uk/advice-centre/teachers-and-school-staff/teaching-resources/social-media-checklists
Focus on behavioural aspects – addictive nature, negativity online, balance of screen time. Use current news stories, students to set themselves personal goals re behaviour online. E.g. Task to monitor screen time and activity over the weeks of the topic, task to check social media privacy and location settings. Also to add – what to do, where to get help to report online issues	Rise Above mental health resource about sleep, FOMO, online stress https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Resource_listing_Sep17
	Key Vocabulary:
	Media
	Addiction
	Privacy
	Exploitation

Year 7, Term 3	Health – Growing up	PD Day Jan	
Aims: To understand and develop skills to deal with physical and emotional changes associated with puberty			
National Framework outcomes:			
PSHE Association Framework KS3 – H1	PSHE Association Framework KS3 – H1, H3, H4, H17, H19, H20, H21, H34, R3, R7, R39, R40, L18		
Learning Experience/Framework links	3	Resources	
Puberty (double lesson, single sex gro	ups)	Rise Above – Puberty and Sleep resources	
Unwritten Rules (gender stereotyping		https://campaignresources.phe.gov.uk/schools/topics/rise-	
Dental Health – with support from science technicians above/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Res		above/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Resource_listing_Sep17	
Price of Health – health products and	factors influencing purchase		
Summary inc Personal Hygiene – actio	n plans to take responsibility for	Media Smart – resource for boys on body image - https://mediasmart.uk.com/body-image-	
own health		advertising-11-14yrs/	

ear 7, Term 4	Introduction to Citizenship	PD lessons
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Aims: to introduce the principles underpinning Citizenship education and British Values – community, participation, rule of law, respect

National Framework outcomes:

Citizenship KS3:

- The development of the political system of democratic government in the UK
- The precious liberties enjoyed by the citizens of the UK
- The nature of rules and laws and the justice system
- The roles played by public institutions.. the ways in which citizens work together to improve communities.

Learning Experience/Framework links	Resources
Taken from Citizenship PD day:	UNHCR – rights of the child
 Community, importance of rules, leadership – desert island activity 	
 Rights and responsibilities – continuation of desert island activity 	
 Introduction to government and politics – how UK is run 	
 Introduction to laws/justice system – based on laws relevant to young people 	
 Play 'Trouble' board game – rotate round forms 	Kov Vocabulanu
 Comparisons around the world of teenage lives, how far rights and responsibilities differ in different 	Key Vocabulary: Community
countries	Rights
 What makes a 'good citizen'? project based task to look at how students could contribute to their 	Responsibilities
community – in school, at home etc	Leadership
 Current affairs – look at current news stories to develop understanding/context 	Government
	Citizen
	Law

Aims: Students learn about the employment opportunities in their local community, and how these may link with the wider world.

National Framework outcomes:

PSHE Association Framework KS3 – L4, L7, L8, L11, L12

Citizenship KS3:

• The roles played by public institutions. the ways in which citizens work together to improve communities.

Careers Education CDI Framework KS3: 4,5,6,7

Learning Experience/Framework links	Resources
2 lessons – local Labour Market exploration	Maps/Geography resources
Use 'Outside In' film with stop and discuss tasks focusing on terminology, growth areas	
Students in teams, mapping activity to explore the range of employers/organisations in the Shirebrook area.	Visiting speakers/online business information
Use Geography categories. Link to national LMI to compare types of industry/job role	
2 lessons – virtual employer visit – to learn about one of the larger local employers. Each team visits a different	
employer and gathers information, to report back to their forms later in the day. Employers to include:	
Kings Mill Hospital	
Sports Direct	
Paragon Customer Communication	
Greencore/Premier Foods	
Bolsover District Council	
Woodhead construction	
Visiting speaker? Online research to find out about what the organisation does, range of job roles, customers,	
skills needed	
1 lesson – back in forms, share information	
1 lesson – personal reflection, start to think about own interests and skills. Introduce employability passport	

Year 7, Term 5	Drug Awareness	PD lessons
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Aims: Students to develop knowledge of drugs such as alcohol, tobacco, prescription medicines, and develop understanding of the reasons for their use.

National Framework outcomes:

PSHE Association Framework KS3 – H23, H24, H25, H26, H27, H29, H31, H5, R42, R44

Citizenship KS3

• The nature of rules and laws

Learning Experience/Framework links	Resources
 Introduction to drugs – definitions, images. Focus on norms/trends Smoking (inc vaping) - health effects, laws relating to sale Alcohol – health effects Legal substances – energy drinks, Prescription medicines Attitudes to risk Drugs in the news, challenging stereotypes 	https://digital.nhs.uk/data-and-information/publications/statistical/smoking-drinking-and-drug-use-among-young-people-in-england/2016#key-facts — Page 8 of report, graph showing trend in smoking, Page 30 trend in e-cigarette use,- p51, attitudes towards yp drinking, http://mentor-adepis.org/wp-content/uploads/2016/03/Mentor-Teacher-Handbook-pages-2.pdf - active lessons to consider alcohol, smoking, risk/resisting pressure Frank website Talk about Alcohol https://www.talkaboutalcohol.com/ Rise Above Smoking lesson — peer pressure interactive video https://campaignresources.phe.gov.uk/schools/resources/smoking-lesson-plan-pack The PSHE Association will be releasing a drug and alcohol education programme in summer 2020

Key Vocabulary:
Drug
E-Cigarette
Prescription
Risk
Stereotype
Alcohol
Consequences

Year 7, Term 6	Reflection on Y7 PD	Dlessons		
Aims: Students to reflect on	Aims: Students to reflect on their learning, relationships, and management of challenges in Y7			
National Framework outcomes:	National Framework outcomes:			
PSHE Association Framework KS3 –	PSHE Association Framework KS3 – L2, L3, H1, H12, H19, R15, R16			
Careers Education CDI Framework k	Careers Education CDI Framework KS3: 1,2,3			
Learning Experience/Framework lii	nks	Resources		
<u> </u>	reflect on successes and challenges of Y7, advice to give to thei			
Produce short films to use in Y6 ind				
		Key Vocabulary:		
		Positive		
		Achievement		
		Employability		
		Strengths		

Year 7, Term 6 Health Day 2 PD Day June

Aims: to consider anti-social behaviour scenarios to prepare for Lifewise centre. To participate in active session

National Framework outcomes:

PSHE Association Framework KS3 – H1, H3, H4, H17, H18, H33, R38

Citizenship KS3

• The ways in which citizens work together to improve their communities

Learning Experience/Framework links	Resources
Double lesson - Healthy eating roadshow – Good Food Showdown plus short classroom activity	Red Cross/St Johns Ambulance resources
Double lesson - Preparation for Lifewise visit	British Heart Foundation resources?
Body Image (Chesterfield College engagement team)	
First Aid	Visiting speakers:
	Chesterfield College engagement team – body image
	lesson
	Good Food showdown

Year 7, Term 6	Lifewise visit	PD Day July
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Aims: Students to develop awareness of health and safety risks and strategies for dealing with emergency scenarios

National Framework outcomes:

PSHE Association Framework KS3 – H26, H28, H29, H30, H31, H33, R37, R38

Citizenship KS3

- The nature of rules and laws and the justice system
- the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities

Careers Education CDI framework KS3 - 9

Learning Experience/Framework links	Resources
Full day visit to Lifewise centre – sessions to include:	Lifewise staff and Derbyshire agencies –
Fire safety	Fire Service
Courtroom scene/Police station (Citizenship)	Magistrates
 Alcohol awareness – harm reduction activity and underage purchase 	Drug support agency (CDL, Luci Hamner)
Internet safety	Red Cross
Road safety	Road Safety team
Anti-social behaviour scenarios (Citizenship)	REMEDI Victim Support service
First Aid – Red Cross	

Personal Development Scheme of Work – Y8 topic overview

Timing	PD lessons	PD Day	Assessment
Term 1	Learning to learn – Mindset and BLP	October - Relationships	Assessment framework
Sept-Oct	7 weeks		 students self assess
	DSU to plan		for different skill areas
(Better learner)			at the end of each topic
Term 2	Develop relationships theme – project		
Nov-Dec	7 weeks		
	DG/TH to plan		
(Safe and Healthy)			
Term 3	Real Game - Careers	January – Real Game	
Jan-Feb	6 weeks		
	TH/ABentley to plan		
(Good Citizen)			
Term 4	Debate – current affairs	March – Prison Me? No Way!	
Feb-March	6 weeks		
	DR to plan		
(Employable)			
Term 5	Looking after yourself		
April-May	6 weeks		
	BG to plan		
(Safe and Healthy)			
Term 6	Drugs/Alcohol	June – Healthy living day	
June-July	7 weeks		
	RW to plan	July – 'Family'	
(Safe and Healthy)			

Year 8 Term 1 Learning to Learn PD lessons

Aims: Students to reflect on and develop skills to maximise their own learning - skills which can be applied across the curriculum

National Framework outcomes:

PSHE Association Framework KS3 – H1, H2, H4, L1, L2, L3, L6

Learning Experience/Framework links	Resources
Mindset and Resilience	Jubilee Centre for Character Education
Research Skills	BLP
Structuring writing	Carol Dweck, Mindset
Presentation skills (based on writing task)	
Portfolio building/personal organisation, use of RoA	
(for each topic, set a task to allow a model of try, critique, improve. Could build in current affairs	Key Vocabulary:
discussions to tasks)	Mindset
Assessment lesson	Resilience
	Research
	Presentation
	Objective
	Communication

Year 8 Term 2 Relationships PD lessons plus October PD Day

Aims: to reflect on relationships in their lives and develop strategies to deal with conflict – with family, friendships, and romantic relationships

National Framework outcomes:

PSHE Association Framework KS3 – R1, R2, R3, R4, R7, R9, R10, R13, R14, R15, R16, R17, R19, R21, R22, R23, R37, R38, R39, R40

Learning Experience/Framework links	Resources
Explore a wide range of relationships – family, friendships and emerging romantic relationships. Students	Face Up film clips/activities
can focus on whichever relevant to them at this point in Y8.	
PD Day:	Barnardos Sexual Exploitation materials
1. Circle of Relationships task – to introduce areas of conflict, discuss friend vs partner to define different	
types of relationship	Local agencies – Sophie Tipple (CAMHS), Andrea French
2. Use of 'Face-up' resource – to prompt discussion about signs of abuse in relationships. Include discussion	(Mansfield Mediation), School nurse, Action for childre,
about respect, acceptable behaviour/touching	Derbyshire LGBT, Sharon Ryan?, ELM, SV2, Young Carers,
3. Barnardos resource on Sexual Exploitation – grooming line	Kooth, James Land (Digital PCSO) school pastoral team
4. lesson on Diversity – sexuality, gender	
5. Students start to develop a scenario they will work on during PD lessons	https://www.bbc.co.uk/iplayer/episode/p057nfy7/ad/olly-
6. Market-Place of local agencies that can help	alexander-growing-up-gay
7. Use of IT facilities to look at websites that can give support and advice	
	SEN specific resource on relationships:
To follow up the day – PD lessons task to produce a magazine article about the scenario they have	https://learning.nspcc.org.uk/research-
generated and researched. Use strategies from Term 1 to give feedback and develop work, (BLP)	resources/schools/love-life
Assessment lesson	

	Key Vocabulary:
Final 1/2 weeks of term - Christmas charity fundraising e.g. more background learning about shoebox or	Relationship
hamper campaigns	Conflict
	Abuse
	Control
	Grooming
	Sexuality
	Trust
	Emotions
	Support

Year 8 Term 3 Real Game PD lessons and PD Day January

Aims: students to learn about the world of work and explore their own values in relation to work/life balance through a simulation of real life

National Framework outcomes:

PSHE Association Framework KS3 – L2, L3, L4, L5, L6, L7, L8, L9, L10, L11, L12, L14, L16, L17, L18 Citizenship KS3 :

The functions and uses of money, the importance and practice of budgeting and managing risk

Careers Education CDI Framework KS3: 1, 4, 5, 7, 8, 11, 13

Learning Experience/Framework links	Resources
Amend to reflect timing of PD day and lessons	Prospects resource – Real Game
PD lessons prior to PD Day:	
1. Dream Cloud	Nottingham Trent University – student
2. Distribute Job roles	life
PD Day –	Employer visitors for speed networking
Budgeting task linked to job roles and Dream Cloud	
Input from University students, and Q and A session with visitors from different professions	
impate from differently stade its, and a analytic ession with visitors from affective professions	Key Vocabulary:
PD lessons after day:	Employability Curriculum Vitae
3. Unemployment – introduce CV	Qualification
4. Individual CV creation (try, critique, repeat)	Skills
Assessment lesson	Qualities
	Budget
	Income Tax
	Unemployment
	. ,

Year 8 Term 4 Debate PD lessons

Aims: To develop skills for learning through preparing and taking part in formal debate, using current affairs topics as stimulus material

National Framework outcomes:

PSHE Association Framework KS3 - L1, L22, L23, L26

Citizenship KS3:

- The development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch
- The operation of Parliament, including voting and elections, and the role of political parties
- The nature of rules and laws.

'Pupils should use and apply their knowledge whilst developing skills to research and interrogate evidence, debate and evaluate viewpoints, present reasoned arguments'

Learning Experience/Framework links	Resources
Linked with current affairs	
1. Principles of debate – using parliamentary debate as background learning	
2. Prepare one side of the argument – on a topical issue	
3. Formal Class debate	
4. Reflection on skills used/preparation for Big Debate	Key Vocabulary:
5. Year group 'Big Debate' – selected students from each form. Give topic in advance e.g. Gun laws	Debate
6. Assessment lesson/ show debate in the news	Co-operation
	Argument
	Listening
	Viewpoint
	Evaluate

Prison Me? No Way!	PD day March
	Prison Me? No Way!

Aims: To learn about the criminal justice system, causes and consequences of criminal behaviour

National Framework outcomes:

PSHE Association Framework KS3 – H2, H25, H26, H27, H28, H29, H30, H33, R14, R37, R42, R43, R44, R45, R46, R47

Citizenship KS3:

The nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals.

Learning Experience/Framework links	Resources
Rotation of workshops planned and delivered by Prison Service staff and colleagues from other agencies. To	PMNW day - £2000 booking fee
include –	
Prison Life, Cell Van and Q and A sessions	
Anti Social Behaviour	
Gangs/knife crime	
County Lines	
First Aid	
Fire service/Arson	
Timetable planned by PMNW to include loss of liberty at breaktimes, simulation of prison routines.	
Assembly at the start of the day and prize-giving at the end to reward good behaviour	

Year 8 Term 5	Looking after yourself	PD lessons
Aims: Students to learn about mental and emotional difficulties and develop strategies to manage their own wellbeing		
National Framework outcomes:		
PSHE Association Framework KS3 – H1,	H2, H3, H4, H5, H6, H7, H10, H12, H13, H	15, L24
Learning Experience/Framework links	Re	sources
	<u>htt</u>	tps://www.annafreud.org/wahmhtoolkit/#Accept
· Body Image	'M	ly sense of Self' body image resource - https://www.antibullyingpro.com/asos-sign-up/
· Mental Health		
· Stress		se Above Body image and stress lessons -
· Using Technology wisely	· ·	tps://campaignresources.phe.gov.uk/schools/topics/rise-
 Current affairs - topics linked to he Assessment lesson 	ealth and wellbeing	ove/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Resource_listing_Sep17
Assessment lesson		
	Ke	y Vocabulary:
	Во	dy Image
		edia
		lf Esteem
		ress
		ental health
	Co	ping strategy

Year 8 Term 6 Drugs/Alcohol 6 PD lessons

Aims: To learn about legal and illegal drugs – legal frameworks around drug use, causes and consequences of drug use (including health and legal consequences)

National Framework outcomes:

PSHE Association Framework KS3 – H25, H26, H27, H28, H29

Citizenship KS3:

The nature of rules and laws and the justice system, including the role of police and the operation of courts

Learning Experience/Framework links

- Alcohol short and long term consequences check to ensure different to Y7 Alcohol lesson
- Illegal drugs classification, use of drugs box, research task to look at health effects for most well-known illegal drugs
- 'White powders' unknown substances use language around NPS
- Academy policy
- Research task 2 weeks

Peer pressure activity – students in pairs, all have a sweet, one of the pair is told to be ready to eat theirs and persuade their partner to do the same. The other student is told not to eat their sweet, and to persuade their partner also not to eat theirs. Follow up discussion – what persuasive strategies did you use? What worked? How did it feel? What body language do you notice from persuaders?

Assessment lesson

Resources

New resources coming from PSHE Association, summer 2020

Alcohol teaching pack – See TH

https://resources.drinkaware.co.uk/Education

http://www.healthtalk.org/

http://www.talktofrank.com/

https://digital.nhs.uk/data-and-

information/publications/statistical/smoking-drinking-and-druguse-among-young-people-in-england/2016#key-facts

P59 drug use among Young people

NPS – change focus of white powders lesson to ensure students understand NPS vocab/laws. Home Office NPS resource pack – P6 summary of NPS

https://www.drugwise.org.uk/factsheets-and-infographics/

Key Vocabulary:
Consequences
Classification
New Psychoactive Substances
Nitrous Oxide
Cannabis
Peer Pressure
Risk
Dependence

Year 8 Term 6	STEM Challenge	PD Day June	
Aims: To put into practice earlier discussions about healthy lifestyle, appropriate use of ICT, positive relationships			

National Framework outcomes:

PSHE Association Framework KS3 – L1, L2, L4, L8, L9, L10, L11, L12,

Careers Education CDI Framework KS3: 5, 7, 11, 12,

Learning Experience/Framework links	Resources
STEM Challenge – students work in groups to:	Learn by Design – Energy Quest workshop (half day)
Learn about science principles and their application to real life problems	
Develop ideas relating to this learning – respond to a specific task/challenge	
Present ideas to judging panels including STEM ambassadors	
Skills, knowledge relating to PD:	
Skills of teamwork, collaboration, communication, presentation	
Understanding of the application of STEM subjects to employment	
Understanding of new technologies and their impact on daily life and career opportunities	
Learning about industries from STEM ambassadors	

Year 8 Term 6	'Family'	PD Day July
Aires To reflect an diversity in femily life in the LIV traditional value and synaptotions and how those are changing in readour assists.		

Aims: To reflect on diversity in family life in the UK – traditional roles and expectations, and how these are changing in modern society

National Framework outcomes:

PSHE Association Framework KS3 – R1, R2, R3, R4, R6, R9, R14, R21, R22, R23, R35, R36, R37, R39, R40, R41

Careers Education CDI Framework KS3:

Learni	ng Experience/Framework links	Resources
6 lesso	ns on rotation covering the following:	Speakers – Elm Foundation, Dementia Friends
1.	Changes in family over time and how these can affect emotions	'Fit' DVD
2.	Marriage in the UK and alternative lifestyle choices	Virtual babies
3.	Parenthood – roles and responsibilities of parents from birth to adolescence of children – use virtual babies	
4.	Old age – Delivered by Dementia Friends, raising awareness of Dementia	
5.	Domestic violence – definitions and sources of support – with Elm Foundation.	
6.	Equality Street – imaginary row of houses, imaginary characters – students to mix them into different family groups and give them back stories. To illustrate diversity in family life	

Personal Development Scheme of Work – Y9 topic overview

Timing	PD lessons	PD Day	Assessment
Term 1	Financial Capability	October – Enterprise challenge	Assessment framework
Sept-Oct	7 weeks		 students self-assess
	NH to plan		against levels for
(Safe and Healthy, Good Citizen)			different skill areas at
Term 2	Health/Relationships leading into PD Day	December –Life Choices	the end of each topic
Nov-Dec	7 weeks	(health/relationships)	
	MY to plan		
(Safe and Healthy)			
Term 3/4	Exam preparation skills 2 weeks, AE to plan	March – Careers day	
Jan-March	Careers and Employability skills – 10 weeks,		
	TH/GH to plan		
(Employable)			
Term 5	Citizenship – Government and Democracy		
April-May	6 weeks		
	NF to plan		
(Good Citizen)			
Term 6	Life skills and wellbeing	June – British Values	
June-July	7 weeks		
	NSM to plan	July – Industry Day	
(Good citizen, Employable)			

Year 9 Term 1	Financial Capability	PD lessons
Aims: To learn about different aspects	of managing money as an adult	
National Framework outcomes:		
PSHE Association Framework KS3 – L15,	L16, L17, L18, L19	
Citizenship KS3 :		
The functions and uses of money, the in	nportance and practice of budgeting, and managing risk	
Company Education CDI France and I/CO	42.45	
Careers Education CDI Framework KS3:	13, 15,	
Learning Experience/Framework links		Resources
Focus on a different aspect of money ea	nch week:	Visiting speaker – Mortgage First
1. Earn it – (hourly rates e.g. minimum v	vage, tax, NI)	
2. Save it (interest, compare junior acco	unts)	Barclays Life Skills
3. Live on it (cost of living, bills, budgeting)	ng)	https://www.barclayslifeskills.com/teachers/lessons/
4. Borrow it (credit, debt including mort	gages) – delivered by Mortgage First	
5. Spend it (methods of payment, online	e transactions and scams, consumer rights)	Nat West Moneysense
https://www.youtube.com/watch?v=sq	<u>-0tjv4_BA</u>	https://mymoneysense.com/students/kids-12-16
6. Donate it (impact on charities)		
Incorporate current news items, and pra	actice learning skills through this topic e.g. effective research	https://www.moneyadviceservice.org.uk (includes the
		'wishfund' app to encourage good saving behaviours
Assessment lesson		http://www.citizenshipfoundation.org.uk/main/page.php?353
	s, and finance for post-16 inc benefits, part time work, bank	Bank of England – EconoME resource
accounts)		
		Cifas – anti fraud education
		https://www.cifas.org.uk/insight/public-affairs-policy/anti-
		<u>fraud-lesson-plans</u>
		National Crime Agency – exploring cybercrime
		TACADE gambling resources
		www.pfeg.org - personal finance education group
		Monopoly sets

K	Key Vocabulary:
	Credit
D	Debit
	Interest
A	Account
CCD DIN PORT OF THE PORT OF TH	Debit

Year 9 Term 1 Enterprise PD day October

Aims: to encourage students to recognise the importance of enterprise skills in progressing successfully through education and work, and the role of enterprise in regenerating communities. To give students the opportunity to practice these skills and review their own learning

National Framework outcomes:

Careers Education CDI Framework KS3: 1,3,5, 6, 7, 11, 12

Resources
Provider to deliver challenge – West Notts College?
Bassit Saddiqui (DANCOP)
Visitors from local businesses

Year 9 Term 2

Life Choices – Health and Relationships

PD lessons plus PD day Jan

Aims: To learn facts and reflect on values linked to romantic relationships – healthy/unhealthy, becoming sexually active, contraception

National Framework outcomes:

PSHE Association Framework KS3 - H2, H7, H8, H21, H35, H36, R1, R2, R3-5, R8, R9-12, R13-18, R23, R24-31, R32, R33, R34

Learning Experience/Framework links	Resources
PD lessons October-December:	Visiting speakers for PD day –
 Friendship vs romantic relationships – love 	school nurse or sexual health service (contraception)
 Sexuality – draw body, label (Julie Hurst activity), personalise – to set up subsequent lessons 	SV2 (consent)
 Developing relationships – becoming sexually active. Reasons why people have sex 	Charlie Waller Trust, NHS Mental health team (Andrea
Negotiation in relationships – use Screwball film	Millward),
 Contraception – introduction to all types 	Angie Melluish Victim support team - Sexting
Healthy/Unhealthy relationships	
 Influences on behaviour - Media images of sex, Peer pressure 	Screwball film – Youtube
 identifying and managing pressure 	
	Medway Relationships and Sex Education (file on T
Health PD Day, Jan. To include inputs from visiting speakers and tutor led sessions:	Drive in topic folder)
Contraception – input from School nurse – split girl/boy groups?	
Mental Health – Charlie Waller Trust?	NSPCC – making sense of relationships
Mental Health (psychosis) – NHS Mental Health team	
Sexual health	Gov 'Disrespect Nobody' campaign
Health - Self examination	

Consent, SV2 to deliver	Key Vocabulary:
Sexting – Angie Melluish 'Got your Back'?	Sexuality
	Contraception
Set up question box for day and lessons	Consent
	Negotiation
Assessment lesson	Pornography
	Sexting
For 2020-21 – SV2 can deliver a SEND version of some of these lessons – as a small targeted group to be taken	Consequences
aside during this topic	Mental Health

Year 9 Term 3, 4

Careers and Employability

PD lessons and PD day March

Aims: Students develop understanding of the labour market – opportunities available and employer requirements, and develop skills to research and make decisions for themselves.

National Framework outcomes:

PSHE Association Framework KS3 -L1-12

Careers Education CDI Framework KS3: 1, 2, 3, 4, 5, 7, 10, 14, 17

Learning Experience/Framework links	Resources
PD lessons:	Visiting speakers PD day:
2 lessons – Exam preparation skills	WNC Hidden Jobs
Labour market information	Derby University – progression pathways
Decision-making game	DANCOP session?
2 lessons – careers research. Create a guide to a career of your choice	
Options at KS4	
Employability skills	
1 lesson delivered by University of Derby	
 1 lesson delivered by DANCOP (Laura Cope) or West Notts College – Hidden Jobs 	Key Vocabulary:
Assessment lesson	Labour Market
	Career
March PD Day – Talk the Talk	Qualifications
	Competencies
	Skills
	University
	College
	Apprenticeship

Year 9 Term 5	Government and Democracy	PD lessons				
Aims: To learn about the UK system of government, and how individual citizens participate in democratic processes						
National Framework outcomes:						
PSHE Association Framework KS3: L23, L26						
Citizenship KS3:	Citizenship KS3:					
•	Development of the political system of democratic government in the UK					
The operation of parliament, including voting and elections and the roles of political parties						
The roles played by public institutions and voluntary groups, and the ways in which citizens work together to improve their communities						
Learning Experience/Framework links		Resources				
Learning through current events throughout the	topic:					
1. Different forms of government						
2. House of Commons						
MPs/Political parties Elections		Key Vocabulary:				
5. How laws are made		Member of Parliament				
6. Assessment lesson		Democracy				
0.763C33MCHC1C330M		Dictatorship				
		House of Commons				
		General Election				
		Labour				

Conservative

Year	9 Term 6	Life Skills and Wellk	peing PD lessons			
Aims:	Aims: To develop skills to manage increasing independence in KS4 (socially and academically)					
Nation	National Framework outcomes:					
PSHE A	PSHE Association Framework KS3 – H4, H6, H8, H9, H10, H11, H12, H24-27, H30, H31, H33, R20					
Learnii	ng Experience/Framework li	inks	Resources			
	Resilience	IIINS	Add volatile substances – risks, consequences – could link with Callies Story			
2.		proceure anger stress (Students could	https://www.re-solv.org/wp-content/uploads/2017/11/Solvent-Abuse-Leaflet.pdf			
۷.		oressure, anger, stress. (Students could dhelp each other develop strategies)	https://www.re-solv.org/wp-content/uploads/2017/11/30/vent-Abuse-Leanet.pdf https://www.re-solv.org/healthy/#1453218621705-1abae19a-5124			
3.	Mental Health and associat		https://www.re-solv.org/healthy/#1433218021703-1abae13a-3124			
4.		ure in social situations, including County	Add County Lines: https://www.youthandpolicing.co.uk/plans/county-lines/			
4.	Lines	are in social situations, including county	Add County Lines. https://www.youthanaponeing.co.dk/plans/county-lines/			
5.		nol/drug scenarios) Callies Story	Rise Above – Dealing with change, online stress			
6.		lio review and completion – update RoA	https://campaignresources.phe.gov.uk/schools/topics/rise-			
		apace non-	above/overview?WT.mc_id=RiseAboveforSchools_PSHEA_EdComs_Resource_listing_Sep17			
			Key Vocabulary:			
			Stress			
			Peer Pressure			
			Coping strategies			
			Consequences			
			County Lines			

Year 9 Term 6 British Values PD Day	June
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Aims: To explore British Values themes of tolerance, liberty, rule of law, democracy through research tasks and sessions with outside speakers

National Framework outcomes:

PSHE Association Framework KS3 - R38, 39, 40, 41, R42,

Citizenship KS3:

The precious liberties enjoyed by the citizens of the UK

The nature of rules and laws and the justice system, including the role of the police

Learning Experience/Framework links	Resources		
1. Our vision-Our future – hate crime session, covering issues about representation of different groups	Our vision Our Future		
in society, and actions that can be taken on a local level to address problems.	Got Your Back		
Police and Crime commission – Got Your Back (victim support)	Parliament education service		
3. Hope not Hate workshop			
3 If available, speaker from Parliament Education service – House of Commons	Hope not Hate workshop		
4. Remainder of the day – students work in groups on different tasks relating to British Values case studies			
for Tolerance (Sophie Lancaster), Liberty (Covid 19 change in freedoms), Rule of Law (create a new law),			
Democracy (recent events in national or local government) – research the topic, prepare a presentation to the			
class, peer learning			

Year 9	Term 6 Industry Day	PD Day July	,			
Aims: To	Aims: To experience a range of occupations through hands-on tasters run by local employers, training providers, colleges					
	National Framework outcomes:					
PSHE Asso	ociation Framework KS3: L4, L8, L12,					
Careers Ed	Careers Education CDI Framework KS3: 4, 5, 11, 16					
Learning F	Experience/Framework links	Resources				
	work in small groups and rotate round 4 different activities during the		re .			
Students	work in small groups and rotate round 4 different activities during the	visiting provider	3			
Activities	delivered by outside speakers from local colleges, training providers ar	d employers. Each activity is				
hands-on	and allows students to experience a task associated with an occupatio	or occupational area. Through				
	ng the tasks students will appreciate the key skills which are common t	o all jobs and other skills which				
are neede	ed for particular occupations.					
Afternoon	n session – students opt for sessions which give them a longer task to w	ork on in toams linking				
	nd enterprise to curriculum areas.	ork off in teams, linking				
industry u	ind effect prize to carriodiam dreas.					
Follow up	work – students to share their experiences of different occupations, a	nd record the skills they have				
seen and i	used.					