

# Personal Development

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**Curriculum Intent:** Our extensive and well-planned personal development programme provides all students the opportunity to enhance their physical and emotional well-being enabling them to become active citizens by developing and discovering their interests and talents.

	Core Knowledge	Procedural Knowledge
Autumn	<b>Topics:</b>  Equality and Diversity  GCSE Options	<b>Students will:</b>  Learn about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice  Learn the need to promote inclusion and challenge discrimination, and how to do so safely, including online  Research routes into work, training and other vocational and academic opportunities, and progression routes  Review their strengths, interests, skills, qualities and values and how to develop them  Set realistic yet ambitious targets and goals
Spring	<b>Topics:</b>  Consent  Drugs and Alcohol	<b>Students will:</b>  Learn to manage the influence of drugs and alcohol on decision-making within relationships and social situations  Learn about the impact of sharing sexual images of others without consent  Learn that the seeker of consent is legally and morally responsible for ensuring that consent has been given; that if consent is not given or is withdrawn, that decision should always be respected

<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Summer</b></p>	<p><b>Topics:</b></p> <p>Mental health and wellbeing</p> <p>Personal safety</p> <p>Media and online safety</p>	<p><b>Students will:</b></p> <p>Make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them</p> <p>Recognise the importance of seeking a variety of perspectives on issues and ways of assessing the evidence which supports those views</p> <p>Acquire strategies to identify and reduce risk from people online that they do not already know; when and how to access help</p> <p>Acquire strategies to understand and build resilience, as well as how to respond to disappointments and setbacks</p> <p>Learn how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need.</p>
<p><b>Homework:</b></p> <p>A multiple choice quiz on Satchel:One at the end of each topic</p> <p>Student completed Knowledge organiser at the end of each topic</p>		
<p><b>Assessment:</b></p> <p>Baseline tasks and progress tasks in all lessons</p> <p>A 20-mark question paper made up of short answer questions and multiple-choice questions</p>		
<p><b>Links to Personal Development:</b></p> <p>Enabling Students to recognise risks to their own wellbeing</p> <p>Social development: Practice using a range of social skills in different situations</p> <p>Prepare learners for future success in education, employment and training</p> <p>Confidence, Resilience and Knowledge: Mentally healthy, physically healthy, active lifestyle, healthy relationships</p>		
<p><b>How is my knowledge developed further at GCSE?</b></p> <p>Students will have a number of timetable drop down days where they will learn more about careers, mental health and managing exam stress, sexual relationships and personal safety.</p>		