

# 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  Mental Health and Wellbeing  Friendship and Bullying	<b>Students will:</b>  Learn about the impact of stereotyping, prejudice and discrimination on individuals and relationships  Acquire simple strategies to help build resilience to negative opinions, judgements and comments  Learn the characteristics of mental and emotional health and strategies for managing these  Clarify and develop personal values in friendships, love and sexual relationships
Spring	<b>Topics:</b>  Puberty  Online Safety  Families	<b>Students will:</b>  Learn the different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them  Understand the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online)  Establish personal values and clear boundaries around aspects of life that they want to remain private; strategies to safely manage personal information and images online, including on social media  Learn the risks and facts associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM

<p><b>Summer</b></p>	<p><b>Topics:</b></p> <p>Consent</p> <p>Careers and finance</p>	<p><b>Students will:</b></p> <p>See the benefits of setting ambitious goals and being open to opportunities in all aspects of life</p> <p>Learn about different work roles and career pathways, including clarifying their own early aspirations</p> <p>Understand that consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and learn how to seek help in such circumstances</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 further developed in Year 8?</b></p> <p>In Year 8 students will continue to build on their knowledge for Mental Health Wellbeing, Equality and Diversity, Careers and Health. Knowledge gained in friendships will be used when studying gangs and substance use.</p>		