

# 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 Half Term 1	<b>Topics:</b>  My Future  Intro to Tapton	<b>Students will:</b> <ul style="list-style-type: none"> <li>• Have an appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety</li> <li>• Know 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</li> <li>• Understand about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help</li> </ul>
Autumn Half Term 2	<b>Topics:</b>  Equality and Diversity.	<b>Students will:</b> <ul style="list-style-type: none"> <li>• develop an understanding of how citizens can influence decision-making through the democratic process</li> <li>• develop an appreciation that living under the rule of law protects individual citizens and is essential for their wellbeing and safety</li> <li>• have an understanding that the freedom to choose and hold other faiths and beliefs is protected in law</li> <li>• have an acceptance that other people having different faiths or beliefs to oneself (or having none) should be accepted and tolerated, and should not be the cause of prejudicial or discriminatory behaviour</li> <li>• develop an understanding of the importance of identifying and combatting discrimination</li> </ul>
Spring Half term 1	<b>Topics:</b>  Mental Health and Wellbeing.  Friendship and Bullying.	<b>Students will:</b> <ul style="list-style-type: none"> <li>• know the characteristics of positive and healthy friendships</li> <li>• know practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>• know that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs</li> <li>• understand the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal</li> </ul>

Spring Half Term 2	<b>Topics:</b>  Puberty	<b>Students will:</b> <ul style="list-style-type: none"> <li>• know key facts about puberty, the changing adolescent body and menstrual wellbeing</li> <li>• know the main changes which take place in males and females, and the implications for emotional and physical health</li> <li>• learn the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</li> <li>• learn about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist</li> <li>• 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.</li> </ul>
Summer Half Term 1	<b>Topics:</b>  Health lifestyle	<b>Students will:</b> <ul style="list-style-type: none"> <li>• know about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics</li> <li>• have the facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so</li> <li>• know how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer</li> </ul>
Summer Half Term 2	<b>Topics:</b>  Person Safety and First Aid	<b>Students will:</b> <ul style="list-style-type: none"> <li>• learn basic treatment for common injuries</li> <li>• learn life-saving skills, including how to administer CPR</li> <li>• understand the purpose of defibrillators and when one might be needed</li> </ul>
<b>Homework:</b> A multiple-choice quiz on Class Charts at the end of each topic. Student completes Knowledge organiser at the end of each topic.		
<b>Assessment:</b> Baseline tasks and progress tasks in all lessons. A 20-mark question paper made up of multiple-choice questions.		
<b>Links to Personal Development:</b> Enabling students to recognise risks to their own wellbeing. Social development: Practice using a range of social skills in different situations. Prepare learners for future success in education, employment and training. Confidence, Resilience and Knowledge: Mentally healthy, physically healthy, active lifestyle, healthy relationships.		
<b>How is my knowledge further developed in Year 8?</b> In Y8 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.		