

Personal Development 2020-2021

Subject Curriculum

[Assemblies, Visiting Speakers](#)

[Freeze Timetable](#)

[Thought for the Week \(programme attached\)](#)

Key Stage 3

Who	When	What	How
Year 7		<ol style="list-style-type: none"> 1. Knife Crime, Gangs and Youth Violence. 2. Bullying/Peer on Peer Abuse 3. Drugs/Alcohol Abuse inc Smoking 4. Health – Mental 5. Knife Crime, Gangs and Youth Violence 6. Online Safety 7. Radicalisation and Extremism 8. Cyberbullying & internet Safety 9. Sexting 10. Healthy Diet 11. Homelessness 12. Health – Mental 13. County Lines, Criminal Exploitation 14. Child Sexual Exploitation 15. Hate Crime 16. Anti-Social Behaviour 17. My Mind Introduction 18. Healthy Body, Healthy Mind (2 parts) 19. Mindset Assessment Profiling 20. Mind Training Part 1 Growth & Fixed Mindset (2 parts) 21. Relationships 22. Basic First Aid 	<p>1 - Crime and punishment unit (RS)</p> <p>2-5 - Discussions as part of the online safety unit (ICT)</p> <p>6-9 Explains the risks and how to avoid them as part of the online safety unit (ICT)</p> <p>8 & 9 – Cumbria Police Assemblies</p> <p>10 – Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech)</p> <p>11 - Linked to poverty when studying India and Uganda (Geography)</p> <p>12 - Linked to study and experience of contemplation - How are we unique?, What affects our sense of wellbeing?, How can we develop resilience?, How can we develop emotional literacy and understanding?, Why are mental health issues as important as physical health ones? and Handling disappointment (RS KS3 Carousel), Students within KS3 to understand the link between exercise and good health (Mental, Physical & Social) (P.E)</p> <p>13-16 - Cumbria Police Assemblies</p> <p>17-20 – Freeze Timetable, Wellness Curriculum</p> <p>21 - What are the indicators of positive relationships?, How might we celebrate diversity within relationships in regard to race, culture, age and sexuality?, What are the requirements of a healthy marriage?, How do portrayals of relationships in the media impact on expectations within a relationship?, What are the different forms of love and why are they built on trust?, Why might gender roles need to be negotiated within a romantic relationship?, Why might intimacy in a relationship be more important than sex? RS KS3 Carousel)</p> <p>22 – How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)</p>

<p>Year 8</p>	<ol style="list-style-type: none"> 1. Democratic Processes 2. Discrimination - The Importance of Identifying and Combatting 3. Health – Diet 4. Democratic Processes 5. Homelessness 6. Drugs/Alcohol Abuse inc Smoking 7. Protecting the environment 8. Bullying/Peer on Peer Abuse 9. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 10. County Lines, Criminal Exploitation 11. Cyberbullying & Internet Safety 12. Child Sexual Exploitation 13. Hate Crime 14. Anti-Social Behaviour 15. Health – Mental 16. Relationships 17. Basic First Aid 	<p>1 - During study of To Kill a Mockingbird, either in the autumn or the spring term. (English)</p> <p>2 - This is a focus for Year 8 throughout the year and through a range of literature texts. Racial and gender discrimination are covered mostly. (English)</p> <p>3 – Continuation of year 7 (Food Tech) & main components of a healthy diet. What makes for an unhealthy diet and its impact on health (Science).</p> <p>4 - Capitalism and communism in the China topic. (Geography) and via the Young Leaders Award Vulnerable people topic (RS)</p> <p>5 - Linked to poverty when studying India and Uganda (Geography)</p> <p>6 - Alcohol – risk factor for impaired liver and brain function. Effects of both on an unborn baby. Year 8: drugs – recreational and medicinal and their effects; alcohol – effect on health and behaviour; smoking – effect on health.</p> <p>7 - Students look at a range of artist’s including Banksy- where we discuss the illegal element of his work and hence how he is defacing our environment versus how he is making valid points about life, war, poverty, hope et (Art)</p> <p>8 - Compose music for an anti-bullying advert and as part of this discuss the impact of bullying and the emotions that someone being bullied might feel (Music)</p> <p>9 - World Leaders and their impact on the world (RS)</p> <p>10-14 – Cumbria Police Assemblies</p> <p>14 – Justice of the Peace visits to assembly</p> <p>15 - How are we unique?, What affects our sense of wellbeing?, How can we develop resilience?, How can we develop emotional literacy and understanding?, Why are mental health issues as important as physical health ones? and Handling disappointment (RS KS3 Carousel), Students within KS3 to understand the link between exercise and good health (Mental, Physical & Social) (P.E)</p> <p>16 - What are the indicators of positive relationships?, How might we celebrate diversity within relationships in regard to race, culture, age and sexuality?, What are the requirements of a healthy marriage?, How do portrayals of relationships in the media impact on expectations within a relationship?, What are the different forms of love and why are they built on trust?, Why might gender roles need to be negotiated within a romantic relationship?, Why might intimacy in a relationship be more important than sex? RS KS3 Carousel)</p> <p>17 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)</p>
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<p>Year 9</p>	<ol style="list-style-type: none"> 1. Health – Diet 2. Drugs/Alcohol Abuse inc Smoking 3. Knife Crime, Gangs and Youth Violence 4. Radicalisation and Extremism 5. Democratic Processes 6. Discrimination - The Importance of Identifying and Combatting 7. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 8. LGBT Relationships 9. Bullying/Peer on Peer Abuse 10. Cyberbullying & internet safety 11. Hate Crime 12. Poverty 13. Rule of Law 14. County Lines, Criminal Exploitation 15. Child Sexual Exploitation 16. Anti-Social Behaviour 17. Health – Mental 18. Relationships 19. Basic First Aid 	<ol style="list-style-type: none"> 1 - Continuation of year 7&8 (Food Tech) 2 - Discussed when looking at male life expectancy in Russia (Geography). 3 - Conflict in London (Geography) 4 - Conflict topic studying 9/11 (Geography) and Human Rights – Censorship topics (RS) 5 - Students study a unit on protest songs in which we discuss politics and the democratic process (Music) 6, 7 &8 - Students study a unit on protest songs in which we discuss discrimination (Music) 9 - In Human Rights Unit – Prejudice and Discrimination (RS). Also Human Rights Unit – prejudice and discrimination (RS) 10 - Human Rights Unit on Media and censorship (RS). Also Cumbria Police Assemblies 11 - Human Rights Unit – prejudice and discrimination and Good and Evil Units (RS). Also Cumbria Police Assemblies 12 - Human Rights – Wealth and Poverty topic (RS) 13 - Human Rights – personal conviction units (RS) 14-16 - Cumbria Police Assemblies 17 - How are we unique?, What affects our sense of wellbeing?, How can we develop resilience?, How can we develop emotional literacy and understanding?, Why are mental health issues as important as physical health ones? and Handling disappointment (RS KS3 Carousel), Students within KS3 to understand the link between exercise and good health (Mental, Physical & Social) (P.E) 18 - What are the indicators of positive relationships?, How might we celebrate diversity within relationships in regard to race, culture, age and sexuality?, What are the requirements of a healthy marriage?, How do portrayals of relationships in the media impact on expectations within a relationship?, What are the different forms of love and why are they built on trust?, Why might gender roles need to be negotiated within a romantic relationship?, Why might intimacy in a relationship be more important than sex? RS KS3 Carousel) 19 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)
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Key Stage 4

Who	When	What	How
Year 10		<ol style="list-style-type: none"> 1. Bullying/Peer on Peer Abuse 2. Cyberbullying & internet safety 3. Domestic Abuse 4. Drugs/Alcohol Abuse inc Smoking 5. Faith Abuse 6. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 7. Forced Marriage 8. Gender Based Violence 9. Hate Crime 10. Health – Relationships inc Sexual 11. Health – Mental 12. Rule of Law 13. Health & Diet 14. Drugs/Alcohol Abuse inc Smoking 15. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 16. Health – Fitness 17. Health – Relationships inc Sexual 18. Obesity 19. Bereavement 20. Child Sexual Exploitation 21. Democratic Processes 22. Discrimination - The Importance of Identifying and Combatting 23. Domestic Abuse 24. Forced Marriage 25. Gender Based Violence 26. Inappropriate Sexualised Behaviour 27. LGBT Relationships 28. Sexting 29. Sexual Violence and Harassment 30. Teenage Relationship Abuse 	<p>1 – Modern novel choices; DNA, Lord of the Flies, Blood Brothers contain this is a major theme as well. as Victorian novels (eg Great Expectations, Pride and Prejudice). Covered extensively (English). Also dealt with in lessons and in personal investigations (Art)</p> <p>2 - Through exam fiction and non-fiction material (English). Also dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>3 - Tackled in a range of poems studied at KS4 and novels - Great Expectation. (English)</p> <p>4-9 - Touched on through exam fiction and non-fiction material – class and teacher dependant (English)</p> <p>9 - Dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>10 - Conversations around this topic occur at when studying the ‘Love and Relationships’ poetry (English)</p> <p>11 - Managing exam/revision stress – leading on to a bigger picture of mental health (ICT)</p> <p>12 - Discussion and shared knowledge of subject-related legal issues as part of curriculum (ICT)</p> <p>13 - Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech)</p> <p>14 – Taught that smoking increases the risk of disease – lung disease and lung cancer. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>15 - Stem cell use - Evaluate the practical risks and benefits, as well as social and ethical issues, of the use of stem cells in medical research and treatments. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>16 - Cardiovascular disease (Science)</p> <p>17 - HIV and gonorrhoea – biology of it, long and short term symptoms. How to avoid the spread of the disease. (Science)</p> <p>18 – Linked to the cardiovascular disease unit (Science)</p> <p>19 - 31 - Dealt with in lessons and in personal investigations (Art) Also covered through devised and scripted work, plus seeing relevant live theatre, students may have opportunities to research, explore, consider, present and reflect on this (Drama).</p> <p>20 – Cumbria Police Assemblies</p> <p>32-34 - Cumbria Police Assemblies</p> <p>35 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts,</p>

		<ul style="list-style-type: none"> 31. Trafficking 32. County Lines, Criminal Exploitation 33. Anti-Social Behaviour 34. Personal safety on nights out 35. Basic First Aid 	burns, electric shocks and bruising from slips (Art)
Year 11		<ul style="list-style-type: none"> 1. Bullying/Peer on Peer Abuse 2. Cyberbullying & internet Safety 3. Domestic Abuse 4. Drugs/Alcohol Abuse inc Smoking 5. Faith Abuse 6. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 7. Forced Marriage 8. Gender Based Violence 9. Hate Crime 10. Health – Relationships inc Sexual 11. Health – Mental 12. Rule of Law 13. Health & Diet 14. Drugs/Alcohol Abuse inc Smoking 15. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 16. Health – Fitness 17. Health – Relationships inc Sexual 18. Obesity 19. Bereavement 20. Child Sexual Exploitation 21. Democratic Processes 22. Discrimination - The Importance of Identifying and Combatting 23. Domestic Abuse 24. Forced Marriage 25. Gender Based Violence 26. Inappropriate Sexualised Behaviour 27. LGBT Relationships 28. Sexting 29. Sexual Violence and Harassment 30. Teenage Relationship Abuse 	<p>1 – Modern novel choices; DNA, Lord of the Flies, Blood Brothers contain this is a major theme as well. as Victorian novels (eg Great Expectations, Pride and Prejudice). Covered extensively (English). Also dealt with in lessons and in personal investigations (Art)</p> <p>2 - Through exam fiction and non-fiction material (English). Also dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>3 - Tackled in a range of poems studied at KS4 and novels - Great Expectation. (English)</p> <p>4-9 - Touched on through exam fiction and non-fiction material – class and teacher dependant (English)</p> <p>9 - Dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>10 - Conversations around this topic occur at when studying the ‘Love and Relationships’ poetry (English)</p> <p>11 - Managing exam/revision stress – leading on to a bigger picture of mental health (ICT)</p> <p>12 - Discussion and shared knowledge of subject-related legal issues as part of curriculum (ICT)</p> <p>13 - Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech)</p> <p>14 – Taught that smoking increases the risk of disease – lung disease and lung cancer. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>15 - Stem cell use - Evaluate the practical risks and benefits, as well as social and ethical issues, of the use of stem cells in medical research and treatments. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>16 - Cardiovascular disease (Science)</p> <p>17 - HIV and gonorrhoea – biology of it, long and short term symptoms. How to avoid the spread of the disease. (Science)</p> <p>18 – Linked to the cardiovascular disease unit (Science)</p> <p>19 - 31 - Dealt with in lessons and in personal investigations (Art) Also covered through devised and scripted work, plus seeing relevant live theatre, students may have opportunities to research, explore, consider, present and reflect on this (Drama).</p> <p>20 – Cumbria Police Assemblies</p> <p>32-33 - Cumbria Police Assemblies</p> <p>35- How to treat burns, cuts and splinters. How to conduct an eye wash (DT), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)</p>

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KS5

- PDV delivery through form time by form tutors
- Assemblies, Visiting Speakers
- Thought for the Week Programme/School Chaplain
- Freeze Days

Year 12 & 13	When	What	How
		<ul style="list-style-type: none"> • Bullying/Peer on Peer Abuse • Cyberbullying & internet Safety • Domestic Abuse • Drugs/Alcohol Abuse inc Smoking • Faith Abuse • Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination • Forced Marriage • Gender Based Violence • Hate Crime • Health – Relationships inc Sexual • Health – Mental • Rule of Law • Health & Diet • Drugs/Alcohol Abuse inc Smoking • Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination • Health – Fitness • Health – Relationships inc Sexual • Obesity • Bereavement 	<p style="text-align: center;"> Road Awareness Training - Cumbria Fire and Rescue Cumbria Police – Dave Mattinson – Internet Safety, hate crime, drugs, rule of law, bullying etc Northumbria University – Revision & study Skills CCOP – Growth Mindset Workshop CCOP - Resilience First Aid Training CADAS Jen Marrs – Wellbeing, Drug and Alcohol Awareness Library Induction & Reading Challenge Memory Recall – Trinity Staff Sex, drugs and alcohol – follow up by 6th form pastoral team Homeless Prevention – Cumbria County Council School Chaplain Thought for the Week Pixl6 Resources – Form Tutors Lifestyle Impact – CCOP Lessons from Auschwitz Visiting guest speakers – e.g Arek Hersh, hate crimes, discrimination etc Mental Health – Kooth Aspirations, reach for the skies, making the most of your time, thinking positively – ex- </p>

		<ul style="list-style-type: none">• Child Sexual Exploitation• Democratic Processes• Discrimination - The Importance of Identifying and Combatting• Domestic Abuse• Forced Marriage• Gender Based Violence• Inappropriate Sexualised Behaviour• LGBT Relationships• Sexting• Sexual Violence and Harassment• Teenage Relationship Abuse• Trafficking• County Lines, Criminal Exploitation• Anti-Social Behaviour• Road Awareness Training• Literacy• Memory	<p>students Employment Rights – UOC Organ Donation – John Leveson MindCon Conference</p>
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Thought for the Week Programme. Occasionally, linked to key events/emerging issues, weekly themes may be subject to change.

THE DAY NEWS TO OPEN MINDS 2020-21 WEEKLY THEMES CALENDAR

AUGUST	 3-16 AUGUST RELATIONSHIPS	 17-23 AUGUST FINANCIAL LITERACY	 24-30 AUGUST WOMEN'S RIGHTS	 31 AUG-6 SEPT FAKE NEWS	FEBRUARY	 1-7 FEBRUARY LANGUAGES	 8-14 FEBRUARY ONLINE SAFETY	 15-21 FEBRUARY INEQUALITY	 22-28 FEBRUARY SCIENCE
SEPTEMBER	 7-13 SEPTEMBER LITERACY	 14-20 SEPTEMBER EVERYDAY HEROES	 21-27 SEPTEMBER TOLERANCE	 28 SEPT-4 OCT HEALTHY EATING	MARCH	 1-7 MARCH WORLD BOOK DAY	 8-14 MARCH SEXISM	 15-21 MARCH POETRY	 22-28 MARCH WATER
OCTOBER	 5-11 OCTOBER MENTAL HEALTH	 12-18 OCTOBER SPACE	 19-25 OCTOBER LGBTQ+ RIGHTS	 26 OCT-1 NOV SEN	APRIL	 29 MARCH-11 APRIL EASTER	 12-18 APRIL STRESS	 19-25 APRIL BLACK SHAKESPEARE	 26 APRIL-2 MAY EARTH
NOVEMBER	 2-8 NOVEMBER DEMOCRACY	 9-15 NOVEMBER REMEMBRANCE	 16-22 NOVEMBER ANTI-BULLYING	 23-29 NOVEMBER THANKSGIVING	MAY	 3-9 MAY EXAMS	 10-16 MAY FAMILIES	 17-23 MAY MIND MATTERS	 24 MAY-6 JUNE BLACK LIVES MATTER
DECEMBER	 30 NOV-6 DEC MODERN SLAVERY	 7-13 DECEMBER HUMAN RIGHTS	 14-20 DECEMBER HANUKKAH	 21 DEC-3 JAN CHRISTMAS	JUNE	 7-13 JUNE PRIDE	 14-20 JUNE REFUGEES	 21-27 JUNE CAREERS	 28 JUNE-4 JULY CLIMATE CRISIS
JANUARY	 4-10 JANUARY	 11-17 JANUARY	 18-24 JANUARY	 25-31 JANUARY	JULY	 5-11 JULY	 12-18 JULY	 19-25 JULY	 26 JULY-1 AUG

