

## Key Stage 3 and 4 Curriculum Personal Development

Content will be updated at the start of each term. For further details on the PHSCE curriculum, please contact d.price@stretfordgrammar.com

Term	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Autumn Term 1</b>	<b>Life Beyond School</b> <u>Managing Change</u> What is PSHCE? Getting to Know People What is Community? Sleep and Relaxation Transition Points and Your Life <b>Careers</b> SMART Targets Finding Careers Information	<b>Life Beyond School</b> <u>Proud to Be Me</u> Proud to be me Self-esteem and the Media The Importance of Happiness <b>Careers</b> Employability and Enterprise Skills Exploring Careers Qualifications and Pathways Workplace Preparation Labour Market Information	<b>Life Beyond School</b> <u>Essential Life Skills</u> From Failure Comes Success Assertiveness Saving and Managing Your Money Finance, Budgeting and Employment First Aid <b>Careers</b> Understanding the Workplace Standard Occupation Classifications Business Structures	<b>Life Beyond School</b> <u>Rights and Responsibilities</u> Deepfakes Deepfakes and Politics Peer Pressure and Taking Risks Targeted Advertising and Your Data Rights and Responsibilities <b>Careers</b> Saving and Managing Money Planning for the Future Personal Branding	<b>Careers</b> Post 16 Options Making Applications Post 16 Exam Stress and Anxiety CV Writing <b>Life Beyond School</b> <u>Your Future and Beyond</u> Exam Stress & Anxiety
<b>Autumn Term 2</b>	<b>Health &amp; Wellbeing</b> <u>Puberty &amp; Body Development</u> Introduction to Puberty Personal Hygiene Growing Up Self-Esteem Dental Health <b>Careers</b> Career Management Character Traits and Skills	<b>Health &amp; Wellbeing</b> <u>Physical Health &amp; Mental Wellbeing</u> Health & Wellbeing What is Mental Health? GP and the role of Local Doctor Antimicrobial Resistance Stress Management <b>Careers</b> Work and Organisational Structures Making Decisions	<b>Health &amp; Wellbeing</b> <u>Body Confidence</u> How Self-Esteem Changes What is a Penis? What is a Vulva? Bullying in all Forms Dealing with Grief & Loss Media & Airbrushing <b>Careers</b> Employment and Financial Management Employability Skills Practice	<b>Health &amp; Wellbeing</b> <u>Mental Health &amp; Wellbeing</u> Child Sexual Abuse Screen Time Mental Health Illnesses Self-Harm (causes & support available) Suicide (Thoughts & Feelings) <b>Careers</b> Meeting Employers Recruitment Processes	<b>Health &amp; Wellbeing</b> <u>Adult Health &amp; Looking After Yourself</u> Love & Abuse Teenage Pregnancy Choice Abortion Laws, Morals & Ethics Breast Cancer Testicular Cancer  MOCK EXAMS THIS HALF TERM
<b>Spring Term 1</b>	<b>Relationships &amp; Sex Education</b> <u>Friends, Respect &amp; Relationships</u> Consent & Boundaries Respect & Relationships Friendships and Online Relationships Pressure, Influence & Friends <b>Careers</b> Personal Skills and Qualities Action Points	<b>Relationships &amp; Sex Education</b> <u>Identity, Relationships &amp; Sex Education</u> Relationships & Sex Education Healthy Respectful Relationships What is Love Dealing with Conflict Periods & Menstrual Cycle Introduction to Contraception	<b>Relationships &amp; Sex Education</b> <u>Sex, The Law &amp; Consent</u> Sexual Consent & the Law FGM & The Law Dangers of Virginity Testing What is AI Generated Sexual Imagery What is Sextortion <b>Careers</b> OPTIONS Lesson	<b>Relationships &amp; Sex Education</b> <u>Exploring Relationships &amp; Sex Education</u> Campaigning Against FGM Sexting, Nudes and Dick Pics Online Pornography (Myths vs Reality) Porn and its Impact on Society Unhealthy Relationships & Sexual Assault Sexualisation of the Media	<b>Relationships &amp; Sex Education</b> <u>Sexual Health</u> Peer-on-Peer Abuse Alcohol, Parties & Bad Choices Importance of Sexual Health Respect, Love & Relationships
<b>Spring Term 2</b>	<b>Staying Safe Online &amp; Offline</b> <u>Drugs Education</u> Avoiding Gangs & Criminal Behaviour Staying Safe Online – Gaming, Grooming & Addiction Alcohol & Risk Nicotine & Smoking – E-Cigs, Vaping & Shisha <b>Carerers</b> Financial Education Career and Life Goals	<b>Staying Safe Online &amp; Offline</b> <u>Dangerous Society Online &amp; Offline – Drugs – Gangs</u> County Lines – What is It? Who is at Risk? Substance Misuse Cyberbullying Child Exploitation & Online Protection Bullying or Banter Alcohol Safety	<b>Staying Safe Online &amp; Offline</b> <u>Legal &amp; Illegal Drugs</u> What is a Drug? Different Types of Addictions Drug Classifications Volatile Substance Abuse <b>Careers</b> Exploring a Payslip Employment Rights	<b>Staying Safe Online &amp; Offline</b> <u>Violence, Crimes &amp; Seeking Safety</u> Honour Based Violence Marriage v Cohabitation and Civil Partnerships Online Gaming & Gambling Social Media Validation Keeping Your Data Safe Causes of Knife Crime	<b>Life Beyond School</b> Revision Techniques  <b>Careers</b> Digital Footprints Health and Safety Writing a Personal Statement

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<b>Summer Term 1</b>	<b>Celebrating Diversity &amp; Equality</b> <u>Celebrating Differences</u> What is Your Identity? Breaking Down Stereotypes Learning Disabilities Prejudice & Discrimination <b>Careers</b> Careers in Maths	<b>Celebrating Diversity &amp; Equality</b> <u>Equality &amp; Diversity Explored</u> Equality Act 2010 LGBTQ+ Gender Equality Removing Barriers – Equality for All Respect & Women	<b>Relationships &amp; Sex Education</b> <u>Contraception &amp; STIs</u> What Are STIs? Treating STIs and the Clinic HIV and AIDS <b>Careers</b> Art of Standing Out Resilience and Ambition	<b>Careers</b> Apprenticeships Explored Preparing for Work Experience Professional Conduct <b>Celebrating Diversity &amp; Equality</b> <u>Exploring World Issues</u> Human Rights During War Women’s Rights & Equality	<u>EXAM PREPARATION</u>
<b>Summer Term 2</b>	<b>Careers</b> Careers in English Careers in Maths <b>Rights, Responsibilities &amp; British Values</b> <u>Politics &amp; Parliament</u> Why is Politics Important? How is Our Country Run? Politics, Debates & Parliament Elections and Campaigning <b>Active Learning Week – STEM Activities</b>	<b>Careers</b> Careers in Private Sector Careers in Public Sector Futuristic Careers and AI <b>Rights, Responsibilities &amp; British Values</b> <u>Law, Crime &amp; Society</u> Desert Island Project Living Building a Community Making Decisions <b>Active Learning Week – Bushcraft / Community Week</b>	<b>Careers</b> Importance of Building Relationships <b>Rights, Responsibilities &amp; British Values</b> <u>Combating Extremism &amp; Terrorism</u> Conspiracies Theories & Narratives Forms of Extremism What is Terrorism? War & Conflict The Radicalisation Process Antisemitism in the UK <b>Active Learning Week – Duke of Edinburgh / Well-Being / Enterprise Week</b>	<b>Rights, Responsibilities &amp; British Values</b> <u>Exploring British Values</u> Critical Thinking & Fake News British Values and Identity Mutual Respect & Tolerance Democracy Explored <b>Careers</b> Enterprise – Personalities and Interpersonal Skills Making the Most out of Work Experience <b>Active Learning Week – Work Experience</b>	<u>EXAMS</u>