

Alcester Academy Personal Development Programme of Study KS3

Year 7			
Half Term	Topic	In this unit of work, pupils learn...	Links to Quality Assured Resources to Support Planning...
Autumn 1	Character Education, Health, and Wellbeing School Values Personal Strengths and Areas for Development First Aid (Practical) First Aid (Consolidation) Personal Safety Mental Health and Emotional Wellbeing	<ul style="list-style-type: none"> • How to identify, express and manage their emotions in a constructive way • How to manage the challenges of moving to a new school • • How to establish and manage friendships • How to improve study skills • How to identify personal strengths and areas for development • Personal safety strategies and travel safety, e.g. road, rail and water • How to respond in an emergency situation • Basic first aid 	
Autumn 2	Character Education and Living in the Wider World (British Values and Citizenship) Expectations of behaviours towards one another British Values Parliament Rights and Responsibilities Careers	<ul style="list-style-type: none"> • The importance of British Values • About Parliament, it's history and infrastructure • How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • About a broad range of careers and the abilities and qualities required for different careers • About equality of opportunity • How to challenge stereotypes, broaden their horizons and how to identify future career aspirations • About the link between values and career choices 	

Alcester Academy Personal Development Programme of Study KS3

Spring 1	Character Education and Diversity Resilience and Confidence Living in a Diverse Society (tolerance and differences) Identity Challenging Discrimination, Prejudice and Stereotypes Bullying (signs, effects of all types including online- responding and supporting others)	<ul style="list-style-type: none"> About identity, rights and responsibilities About living in a diverse society How to challenge prejudice, stereotypes and discrimination The signs and effects of all types of bullying, including online How to respond to bullying of any kind, including online How to support others 	
Spring 2	Character Education, Health and Puberty Co-Curricular Healthy Lifestyle and Hygiene Diet, Physical Activity and Sleep Mental Health (survey) Managing Physical and Emotional Changes during Puberty Recognising and Responding to Inappropriate and Unwanted Contact FGM (help and support)	<ul style="list-style-type: none"> How to make healthy lifestyle choices including diet, dental health, physical activity and sleep The importance of taking part in extracurricular activities for a positive Mental Health and Wellbeing How to manage influences relating to caffeine, smoking and alcohol How to manage physical and emotional changes during puberty About personal hygiene How to recognise and respond to inappropriate and unwanted contact About FGM and how to access help and support 	
Summer 1	Character Education and Relationships Value of Volunteering and Service to others	<ul style="list-style-type: none"> How to develop self-worth and self-efficacy About qualities and behaviours relating to different types of positive relationships How to recognise unhealthy relationships How to recognise and challenge media stereotypes How to evaluate expectations for romantic relationships 	

Alcester Academy Personal Development Programme of Study KS3

	<p>Behaviours Relating to Different Positive Relationships Challenging Media Stereotypes Consent- How to Seek It and Assertively Communicate Consent Relationship Boundaries Evaluating Expectations for Romantic Relationships Sexting, Online Risks Impact of Viewing Harmful Content</p>	<ul style="list-style-type: none"> About consent, and how to seek and assertively communicate consent 	
Summer 2	<p>Character Education and Living in the Wider World</p> <p>Equal Opportunities Saving, Spending and Budgeting Finance (how to make safe choices and managing risk) SDG 1- No Poverty (Sustainability) Climate Change Related Anxiety Vaping and the Environment How to be a Good Citizen</p>	<ul style="list-style-type: none"> How to make safe financial choices About ethical and unethical business practices and consumerism About saving, spending, and budgeting How to manage risk-taking behaviour How to be a good citizen About Sustainability Goal 1 No Poverty About climate change related anxiety and strategies to combat this About the dangers associated with vaping and the negative impact on the environment 	

Alcester Academy Personal Development Programme of Study KS3

Year 8			
Half Term	Topic	In this unit of work, pupils learn...	Links to Quality Assured Resources to Support Planning...
Autumn 1	Emotional Wellbeing Daily Wellbeing (5 ways to wellbeing/ sleep/ screentime) Mental Health Unhealthy coping methods (self-harm/ eating disorders) Bullying Climate change related anxiety	<ul style="list-style-type: none"> • About attitudes towards mental health (digital resilience) • How to challenge misconceptions stigma • About daily wellbeing • How to manage emotions • How to develop digital resilience • About unhealthy coping strategies (e.g., self-harm and eating disorders) • About healthy coping strategies • About Climate Anxiety and coping methods 	
Autumn 2	Health and Wellbeing Drugs Managing influences in relation to substance abuse Vaping/ tobacco/ e cigarettes Alcohol- age limits and related activities Positive social norms	<ul style="list-style-type: none"> • About medicinal and reactional drugs • About the over-consumption of energy drinks • About the relationship between habit and dependence • How to use over the counter and prescription medications safely • How to assess the risks of alcohol, tobacco, nicotine, and e-cigarettes • How to manage influences in relation to substance use • How to recognise and promote positive social norms and attitudes 	
Spring 1	Identity and Relationships Discrimination Gender Identity LGBTQ+	<ul style="list-style-type: none"> • How to manage influences on beliefs and decisions • About groupthink and persuasion • How to develop self-worth and confidence • About gender identity, transphobia, and gender-based discrimination 	

Alcester Academy Personal Development Programme of Study KS3

	<p>Racism and Religious discrimination Equality Act (EDI) Radicalisation and Extremism (including FGM)</p>	<ul style="list-style-type: none"> • How to recognise and challenge homophobia and biphobia • How to recognise and challenge racism and religious discrimination • The qualities of positive, healthy relationships • How to demonstrate positive behaviours in healthy relationships • About gender identity and sexual orientation • About the law in relation to consent • That the legal and moral duty is with the seeker of consent • How to effectively communicate about consent in relationships • About the risks of 'sexting' and how to manage requests or pressure to send an image • About basic forms of contraception, e.g., condom and pill 	
Spring 2	<p>Community and Careers</p> <p>British Values and the Law (citizenship) Equality of opportunities Challenging stereotypes Setting aspirational goals for future careers Options (qualification choices)</p>	<ul style="list-style-type: none"> • About equality of opportunity in life and work • How to challenge stereotypes and discrimination in relation to work and pay • About employment, self-employment, and voluntary work • How to set aspirational goals for future careers and challenge expectations that limit choices • The importance of British Values • About Parliament, it's history and infrastructure • About the Law 	
Summer 1	<p>Living in the Wider World Digital Literacy</p> <p>Online Safety Grooming Extremism and radicalisation Ages restrictions and media types Gambling- managing risk Financial security online</p>	<ul style="list-style-type: none"> • About online communication • How to use social networking sites safely • How to recognise online grooming in different forms, e.g., in relation to sexual or financial exploitation, extremism and radicalisation • How to respond and seek support in cases of online grooming • How to recognise biased or misleading information online • How to critically assess different media sources 	

Alcester Academy Personal Development Programme of Study KS3

		<ul style="list-style-type: none"> • How to distinguish between content which is publicly and privately shared • About age restrictions when accessing different forms of media and how to make responsible decisions • How to protect financial security online • How to assess and manage risks in relation to gambling and chance-based transactions 	
Summer 2	Identity and Relationships Consent and the Law Sexting and the Law Basic Contraception Summer Safety Basic First Aid	<ul style="list-style-type: none"> • The qualities of positive, healthy relationships • How to demonstrate positive behaviours in healthy relationships • About gender identity and sexual orientation • About forming new partnerships and developing relationships • About the law in relation to consent • that the legal and moral duty is with the seeker of consent • How to effectively communicate about consent in relationships • About the risks of 'sexting' and how to manage requests or pressure to send an image • About basic forms of contraception, e.g. condom and pill 	

Alcester Academy Personal Development Programme of Study KS3

Year 9			
Half Term	Topic	In this unit of work, pupils learn...	Links to Quality Assured Resources to Support Planning...
Autumn 1	Health and Wellbeing Peer Influences Healthy and unhealthy relationships Group Think Gangs Knife Crime Alcohol and Drugs Vaping	<ul style="list-style-type: none"> • How to distinguish between healthy and unhealthy friendships • How to assess risk and manage influences, including online • About 'group think' and how it affects behaviour • How to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • To manage risk in relation to gangs (County Lines) • About the legal and physical risks of carrying a knife • About positive social norms in relation to drug and alcohol use • About legal and health risks in relation to drug and alcohol use, including addiction and dependence • About the dangers of vaping 	
Autumn 2	Living in the Wider World Digital Literacy Online Safety Grooming Extremism and radicalisation Ages restrictions and media types Gambling- managing risk Financial security online	<ul style="list-style-type: none"> • About online communication • How to use social networking sites safely • How to recognise online grooming in different forms, e.g., in relation to sexual or financial exploitation, extremism and radicalisation (FGM) • How to respond and seek support in cases of online grooming • How to recognise biased or misleading information online • How to critically assess different media sources • How to distinguish between content which is publicly and privately shared • About age restrictions when accessing different forms of media and how to make responsible decisions • How to protect financial security online 	

Alcester Academy Personal Development Programme of Study KS3

		How to assess and manage risks in relation to gambling and chance-based transactions	
Spring 1	Relationships Different types of families Positive relationships Conflict Law and sexual consent Risks related to unprotected sex Unintended pregnancies British Values/ Citizenship	<ul style="list-style-type: none"> • About British Values • About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering • About positive relationships in the home and ways to reduce homelessness amongst young people • About conflict and its causes in different contexts, e.g. with family and friends • Conflict resolution strategies • How to manage relationship and family changes, including relationship breakdown, separation and divorce • How to access support services • About law relating to sexual consent • About the risks related to unprotected sex and unintended pregnancies 	
Spring 2	Health and Wellbeing Physical and mental health Balanced Diet Healthy Lifestyle Puberty First Aid	<ul style="list-style-type: none"> • About the relationship between physical and mental health • About balancing work, leisure, exercise and sleep • How to make informed healthy eating choices • How to manage influences on body image • To make independent health choices • About Puberty and menstrual changes • To take increased responsibility for physical health, including testicular self-examination, vaccinations, dentist. • Basic First Aid (defibrillators) 	
Summer 1	Relationships Consent Sex and STI's Relationships and the media Expectations of relationships	<ul style="list-style-type: none"> • About readiness for sexual activity, consent, the choice to delay sex, or enjoy intimacy without sex • About facts and misconceptions relating to consent • About the continuous right to withdraw consent and capacity to consent • About STIs, effective use of condoms and negotiating safer sex 	

Alcester Academy Personal Development Programme of Study KS3

	Online safety	<ul style="list-style-type: none"> • About the consequences of unprotected sex, including pregnancy • How the portrayal of relationships in the media and pornography might affect expectations • how to assess and manage risks of sending, sharing or passing on sexual images • How to secure personal information online • About online safety 	
Summer 2	Living in the Wider World	<ul style="list-style-type: none"> • About young people's employment rights and responsibilities • Skills for enterprise and employability • How to give and act upon constructive feedback • How to manage their 'personal brand' online • Habits and strategies to support progress • How to identify and access support for concerns relating to life online • About financial exploitation (drugs and money mules, online scams and blackmail.) 	

Alcester Academy Personal Development Programme of Study KS3

Year 10			
Half Term	Topic	In this unit of work, pupils learn...	Links to Quality Assured Resources to Support Planning...
Autumn 1	Health and Wellbeing Managing Stress Mental Health Mental Health and the Media Substance use and misuse Personal responsibility Health Services	<ul style="list-style-type: none"> • How to manage challenges during adolescence • How to reframe negative thinking • Strategies to promote mental health and emotional wellbeing • About the signs of emotional or mental ill-health • How to access support and treatment • About the portrayal of mental health in the media • How to challenge stigma, stereotypes and misinformation • About the consequences of substance use and misuse • About addiction (drugs and alcohol) • How to manage risks associated with cosmetic and aesthetic procedures/ surgeries • Health Services (STEM donations, giving blood, screening) 	
Autumn 2	Living in the Wider World Financial decision making Managing debt Gambling Law and financial activities- fraud and cyber crime	<ul style="list-style-type: none"> • How to effectively budget and evaluate savings options • How to prevent and manage debt, including understanding credit rating and pay day lending • How data is generated, collected and shared, and the influence of targeted advertising • How thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling • strategies for managing influences related to gambling, including online • About the relationship between gambling and debt • About the law and illegal financial activities, including fraud and cybercrime • How to manage risk in relation to financial activities 	

Alcester Academy Personal Development Programme of Study KS3

Spring 1	Living in the Wider World (Work Experience 27.01- 31.01) Skills audit Health and safety in the workplace Work experience preparation British values Sustainability	<ul style="list-style-type: none"> • How to evaluate strengths and interests in relation to career development • About opportunities in learning and work • Strategies for overcoming challenges or adversity • About responsibilities in the workplace • How to manage practical problems and health and safety • How to maintain a positive personal presence online • How to evaluate and build on the learning from work experience • About British Values • About Sustainability 	
Spring 2	Health and Wellbeing and Relationships Exploring influences Positive and negative role models Media and gang culture Seeking help and support (dangerous situations) Drugs and alcohol Unwanted attention	<ul style="list-style-type: none"> • About positive and negative role models • How to evaluate the influence of role models and become a positive role model for peers • About the media's impact on perceptions of gang culture • About the impact of drugs and alcohol on individuals, personal safety, families and wider communities • How drugs and alcohol affect decision making • How to keep self and others safe in situations that involve substance use • How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • Exit strategies for pressurised or dangerous situations • How to seek help for substance use and addiction • About recognising unwanted attention- stalking, harassment (including online) how to respond and seek help • About managing safely and responsibly the end of relationships 	
Summer 1	Relationships	<ul style="list-style-type: none"> • About communities, inclusion, respect and belonging • About the Equality Act, diversity and values 	

Alcester Academy Personal Development Programme of Study KS3

	<p>Communities, inclusion, respect and belonging Extremism and radicalisation Safely managing discrimination Honour based violence</p>	<ul style="list-style-type: none"> • About how social media may distort, mis-represent or target information in order to influence beliefs and opinions • How to manage conflicting views and misleading information • How to safely challenge discrimination, including online • How to recognise and respond to extremism and radicalisation • About honour-based violence (FGM) and forced marriages (consequences in the wider community) 	
Summer 2	<p>Relationships</p> <p>Intimacy pyramid Forming relationships online Pornography- consent and the law Teenage partner abuse Seeking help Misogyny, rape culture and sexist bullying</p>	<ul style="list-style-type: none"> • About relationship values and the role of pleasure in relationships • About assumptions, misconceptions and social norms about sex, gender and relationships • About the opportunities and risks of forming and conducting relationships online • How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours • About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent • How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support • How to recognise and challenge victim blaming • About asexuality, abstinence and celibacy • About domestic abuse- victim blaming and Gaslighting • About teenage partner abuse, sexting, up skirting and types of relationship abuse • About misogyny, misogynistic language, rape culture and sexist bullies 	

Alcester Academy Personal Development Programme of Study KS3

Year 11			
Half Term	Topic	In this unit of work, pupils learn...	Links to Quality Assured Resources to Support Planning...
Autumn 1	Relationships Exploring families Gender Identity Risks associated with relationships online Abusive relationships Pregnancies and options FGM	<ul style="list-style-type: none"> • About core values and emotions • About gender identity, gender expression and sexual orientation • How to communicate assertively • How to communicate wants and needs • How to handle unwanted attention, including online • How to challenge harassment and stalking, including online • About various forms of relationship abuse • About unhealthy, exploitative and abusive relationships • How to access support in abusive relationships and how to overcome challenges in seeking support • About different types of families and changing family structures • How to evaluate readiness for parenthood and positive parenting qualities • About fertility, including how it varies and changes • About pregnancy, birth and miscarriage • About unplanned pregnancy options, including abortion • About adoption and fostering • How to manage change, loss, grief and bereavement • About 'honour based' violence and forced marriage and how to safely access support (FGM) 	
Autumn 2	Health and Wellbeing Personal Safety First Aid	<ul style="list-style-type: none"> • How to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • Emergency first aid skills 	

Alcester Academy Personal Development Programme of Study KS3

	NHS Services	<ul style="list-style-type: none"> • How to assess emergency and non-emergency situations and contact appropriate services • About the links between lifestyle and some cancers • About the importance of screening and how to perform self examination • About vaccinations and immunisations • About registering with and accessing doctors, sexual health clinics, opticians and other health services • How to manage influences and risks relating to cosmetic and aesthetic body alterations • About blood, organ and stem cell donation 	
Spring 1	Living in the Wider World Goals for the future Post 16 options and applications Managing work/life balance	<ul style="list-style-type: none"> • How to use feedback constructively when planning for the future • How to set and achieve SMART targets • Effective revision techniques and strategies • About options post-16 and career pathways • About application processes, including writing CVs, personal statements and interview technique • How to maximise employability, including managing online presence and taking opportunities to broaden experience • About rights, responsibilities and challenges in relation to working part time whilst studying • How to manage work/life balance 	
Spring 2	Health and Wellbeing Building for the future Managing different forms of stress and healthy lifestyle choices Managing expectations	<ul style="list-style-type: none"> • How to manage the judgement of others and challenge stereotyping • How to balance ambition and unrealistic expectations • How to develop self-efficacy, including motivation, perseverance and resilience • How to maintain a healthy self-concept • About the nature, causes and effects of stress • Stress management strategies, including maintaining healthy sleep habits 	

Alcester Academy Personal Development Programme of Study KS3

		<ul style="list-style-type: none"> About positive and safe ways to create content online and the opportunities this offers How to balance time online 	
Summer 1		EXAMS	
Summer 2		EXAMS	