



## PLUME ACADEMY - LEARNING OVERVIEW

Year	Eleven
Subject	Personal Development

### Prior Learning

*The Year 11 programme of study in Personal Development builds on student's KS3 and Yr10 experience of the range of curriculum topics as highlighted in the curriculum intent.*

### Curriculum Intent – What are the curriculum aims?

*At Key Stage 4, students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during Key Stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.*

*The aim of this series of lessons is:*

*To develop a healthy self-concept supported by accurate self-reflection and constructive feedback from others.*

*To develop strategies to manage stress and access relevant support when necessary.*

*To devise study skills that will maximise learning potential.*

*To understand the range of options available post-16 and how to get the information, advice and guidance they need to make the best choices for them.*

*To learn about the application process for post-16 options.*

*To enable students to maximise chances when applying for education or employment opportunities and to develop their career identity.*

*To develop understanding of how to manage work/life balance, including in the context of a part-time role, whilst studying.*

*To develop an understanding of values, and communication strategies to maintain those values, in the context of maturing relationships*

*understand how to recognise and respond to unwanted attention both on and offline.*

*To develop risk management and safety strategies in increasingly independent contexts.*

*To recognise consequences and risk in relation to different lifestyle choices.*

*learn about the importance of lifestyle choices, self-examination and vaccination to support health.*

*To explore feelings about diversity, discrimination and conflicting values and to develop strategies for challenging all forms of offensive behaviour.*



### Curriculum Implementation – What my child will be learning?

Week	Date	Module	Lesson Title	Lesson objectives
1	02/09/2024	Careers and post 16	Work experience	Review and feedback of work experience
2	09/09/2024	Careers and post 16	Destination and options	Post 16 options info - what you can do
3	16/09/2024	Careers and post 16	Apprenticeships, T-Leves and BTEC	Post 16 options info - what you can do
4	23/09/2024	Careers and post 16	Deciding where to go next	Post 16 options info - what you can do
5	30/09/2024	Careers and post 16	CV writing and applying for jobs	Post 16 options info - what you can do
6	07/10/2024	Whole academy mental health week		
7	14/10/2024	Careers and post 16	GCSE revision study skills	<p>Correctly identify ways we can successfully revise and prepare for our exams</p> <p>Explain why the preparation techniques work and how we can successfully apply them to our lives.</p> <p>Create examples using the techniques, applying our learning in a variety of subjects.</p>
8	21/10/2024	RSE	Same sex relationships	<p>Describe different types of 'non-traditional' relationships and ways we can make our school more LGBT+ inclusive.</p> <p>Explain how we can take our best ideas for an inclusive school and put them into practice.</p> <p>Analyse why western society moved towards a monogamous relationship between a man and a woman as being the norm and whether these 'traditional relationships' are actually superior.</p>
	28/10/2024	Half Term		



9	04/11/2024	RSE	Happiness and positivity	<p>Describe different ways we can help ourselves and others to improve our moods in a healthy way when we feel a little low.</p> <p>Explain how certain activities can help to improve our moods and make us feel more positive as well as why these tips work.</p> <p>Analyse the short and long term benefits of the different healthy ways we can improve our own and other people's moods.</p>
10	11/11/2024	RSE	What makes good sex	<p>Correctly identify what makes good, safe, healthy sex.</p> <p>Describe the factors we need to consider to enjoy a healthy sex life, what is normal and healthy and why.</p> <p>Explain articulately how the case studies can manage healthy and fulfilling sex lives using new terminology in the correct context.</p>
11	18/11/2024	RSE	Safe sex and Chem sex	<p>Describe what we mean when we talk about 'safe sex' and identify situations where sex is neither safe or legal.</p> <p>Explain the dangers behind different unsafe sex scenarios, including chem sex and why these are unsafe or illegal.</p> <p>Analyse what the short and long-term consequences might be of different unsafe sex scenarios and explain these in detail.</p>
12	25/11/2024	RSE	Body shaming	<p>Correctly identify cases of body shaming, the different types and the hurt this can cause.</p> <p>Describe the consequences of body shaming, how it affects self-esteem and why people do this.</p> <p>Explain how we can make people feel better about their bodies, using notable or famous examples and role models.</p>
13	02/12/2024	RSE	Relationship break-ups	<p>Correctly identify how we can help our friends and ourselves to mend a broken heart after a break-up.</p> <p>Describe the best ways we can help distract our friends and ourselves from grief and help manage emotions.</p>



14	09/12/2024	RSE	Consent, rape and sexual abuse	Identify cases where sexual boundaries have been crossed and a crime has been committed, Classify cases according to sexual crime, explaining how you know which it is. Describe whether society does enough to prevent these. Explain why many people don't report sexual crimes and analyse whether our society could do more to prevent sexual crimes.
15	16/12/2024	Living in the wider world	Perseverance and procrastination	Correctly identify cases of procrastination and describe famous cases of success through perseverance. Describe the procrastination cycle and how people can start to break it. Describe the benefits of mastering perseverance. Explain using new key terminology what happens to a person's mind during the procrastination cycle and why we need to master the skill of perseverance.
	23/12/2024 30/12/2024	Christmas		
16	06/01/2025	Living in the wider world	The importance of sleep	Correctly identify the symptoms of sleep deprivation, the benefits of quality sleep and create an infographic to teach others. Describe in detail using statistics the benefits of quality sleep and the issues presented by sleep deprivation. Explain articulately the benefits of sleep using new key terminology in the correct context, and the problems of cognitive function impairment.
17	13/01/2025	Living in the wider world	Risk taking and decision making	Correctly identify why young people take excessive risks and how we can make better decisions. Describe using new key terminology how we can avoid the negative consequences of excessive risk taking through advising the case studies appropriately, explaining the consequences of common risks. Explain in scientific terms why young people are pre-disposed to risk taking and analysing both the long and short term consequences of poor decision making.



18	20/01/2025	Living in the wider world	Gambling and Online gaming	<p>Correctly identify the dangers of gambling and how they are everywhere in modern life.</p> <p>Describe how it can be difficult it can be to avoid situations where you gamble, especially if you've done it before.</p> <p>Explain how online gambling sites use certain methods to hook in young people and why these are hard to resist.</p>
19	27/01/2025	Living in the wider world	Digital footprints	<p>Identify how we can take steps to manage our digital footprints, the types of content we would not want future employers to see and describe what the digital footprint of celebrities has revealed about them, even when deleted.</p> <p>Describe in detail how you will take each steps to manage your digital footprint and how we can take measures to prevent a negative digital footprint by creating a three-step rule before posting.</p> <p>Explain the impact a negative digital footprint can have on our future career and relationship prospects as well as how you can take immediate measures to prevent a negative digital footprint.</p>
20	03/02/2025	Living in the wider world	Personal safety in the wider world	<p>Describe the best ways to avoid and manage a variety of risky situations that could endanger our personal safety.</p> <p>Explain the impact alcohol (or drugs) can have on risky situations, how criminals look for opportunities and how we can prevent crime and accidents.</p> <p>Analyse the most risky situations living in the wider world presents for us and how we can best equip ourselves to manage these, creating a detailed personal safety guide for others.</p>
21	10/02/2025	Health and Wellbeing	Identity and diversity	<p>Describe different aspects of your own unique identity in order for us to celebrate diversity through our class display.</p> <p>Explain whether you think our unique identities are important and whether or not we should celebrate diversity.</p> <p>Analyse the consequences of not celebrating diversity and whether or not people have any control over their identities.</p>



	17/02/2025	Half Term		
22	24/02/2025	Health and Wellbeing	How does privilege affect us	<p>Correctly identify the meaning of privilege and how it affects the lives of everyone.</p> <p>Describe the different levels of privilege, how it affects you personally and why more people should learn about it.</p> <p>Analyse how the privilege levels came to be in the first place and explain what you think would need to be done to redress inequalities in society.</p>
23	03/03/2025	National careers week		
24	10/03/2025	Health and Wellbeing	Obesity and body positivity	<p>Correctly identify the reasons why some people think body positivity is always a good thing and why some people believe it presents problems.</p> <p>Explain your own opinion on the debate surrounding body positivity and obesity, taking into consideration points from both sides of the argument.</p> <p>Explain, using today's key terminology in the correct context, how the body positivity debate relates to both issues of physical and mental health.</p>
25	17/03/2025	Health and Wellbeing	Fertility and reproductive health	<p>Correctly identify issues that cause reduced fertility in both males and females and how we can all look after our reproductive health.</p> <p>Describe in detail, in response to case studies, the different ways people in particular circumstances need to make changes to improve their reproductive health.</p> <p>Explain, using new terminology in the correct context some of the science behind reproductive health, relating appropriate solutions to the different health issues presented.</p>
26	24/03/2025	Health and Wellbeing	First Aid CPR	<p>Correctly identify and describe the order of the CPR steps. Identify what a defibrillator is and how to use one.</p> <p>Describe in detail the order of the CPR steps and how to use a defibrillator.</p> <p>Mime accurately the CPR steps on an invisible partner or a dummy.</p> <p>Explain the importance of each of the CPR steps. Be able to describe the steps correctly, in order, without prompting as demonstrated on an invisible partner or a dummy.</p>



### Curriculum Impact – How will progress be assessed?

Students will be assessed in a variety of ways.

- End of unit personal reflection
- Contributes to class-based discussions
- Completes all extension tasks
- Uses relevant examples in class and throughout assessments
- Can form a balanced argument giving more than one point of view
- Refer to source content where needed throughout assessments
- Keeps up to date with current affairs and uses relevant examples where appropriate.

### Super-Curricular Opportunities – Extending Learning

Useful supporting resources:	If a student is really passionate about this subject, they could:	As a parent/carer, I can assist my child in this subject by:
<b>There are a huge amount of supportive websites for each of the topics we cover in Personal Development which are shared with the students for each lesson.</b>	Read around the subject via books, magazines and websites, watch documentaries or listen to podcasts on various themes.	Facilitating your child in accessing the resources mentioned. Speak to them about the resources or about the news and ask questions. Encourage your child to ask their own questions; then go and research the answers.