

TGS PERSONAL DEVELOPMENT CURRICULUM: LONG-TERM OVERVIEW

	TOPIC 1	TOPIC 2	TOPIC 3	TOPIC 4	TOPIC 5	TOPIC 6
7	Introduction to TGS PD: Introduction; British Values; Risk; Sexting; Bullying; Online Safety	Discrimination: Human Rights, Discrimination all its forms - 9 protected characteristics, focus on LGBT, Learning Disorders / Difficulties (migration / racism focus?)	Dealing with Changes: Dealing with Stress; Puberty; Teenage Brain; Self Esteem; Body Image, Sleep	Personal Safety: Vaping; Consent, Communication, Friendship, Water Safety, Public Spaces and Events	Future Me: Introduction to Careers; Self Awareness; Life Aspirations; What is work?; Focus on Police; Focus on NHS,	Citizenship: Youth Justice; Creating your own country project
8	What's bad for me? Under 16s Smart Phone, Health and social impact of drugs, alcohol, vaping, caffeine. Situational Peer Pressure	Emotional Well-Being: Attitudes to mental health; promoting emotional well-being; digital resilience; healthy coping strategies; change, loss, grief, NHS Team	Future Me: Exploring careers, employability skills, expectations in the workplace, labour market, future jobs	Citizenship: Active Citizenship, Introduction to Politics, How to Act in Your community	Staying Safe Consent, On-Screen Relationships, FGM, Upskirting, Sexting, TGS Survey	Basic First Aid: Basic Life Support, CPR, AED, Bleeding, Bones, Choking
9	Healthy Living: Drugs, alcohol, vaping, tobacco, addiction, gambling	Making Choices and Setting Goals: GCSE options; Learning strengths, career options, skills for enterprise and goal setting, 'Options'	Politics Development from Year 8 Politics, Case study on homelessness, Case study on Migration/Immigration	Peer Influence, Substance Use and Gangs: Healthy relationships, communication, managing influence, gangs, knife crime, County Lines, Grooming and Sextortion	Intimate Relationships: RSE - consent, shared values in healthy relationships, stalking and harassment, contraception, risk of STIs, consequences of unsafe sex	Financial Literacy: How does money work; budgeting; managing risks; Future Me
	TOPIC 1	TOPIC 2	TOPIC 3	TOPIC 4	TOPIC 5	
10	Impact and Influence: Roles & Responsibilities of Parents, How Families Change, Prevent, Misogyny, impact of radicalisation	Physical Health: Managing Risk, Personal Safety, Lifestyle Choices, Check Yourself, Types of Donation, Fertility (+ pregnancy health), NHS signposting services	Relationships: Consent, Healthy Relationships Unhealthy Relationships (Abuse), Assertive Communication - respect & boundaries, Social Media, AI - risks and benefits	Sexual Health: Contraception, STIs, Accessing services, Abortion (facts and law, viewpoints), Pornography, Body Image, GUINY/Survey	Mental Health: Mental Health Stigma, Emotional Wellbeing, Anxiety, Depression, Stress, Eating Disorders, Change, Loss and Grief, Reframing Negative Thinking	

YEAR 7 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Keywords	Lessons	Total
Autumn 1 Health and Wellbeing	Introduction: An overview of what PD at TGS aims to do, and covering pastorally vital topics so that all students feel as safe as possible during transition	1) Introduction to PD 2) British Values 3) Is risk worth it? 4) What are the dangers of Sexting? 5) How do we prevent Bullying? 6) What can support with Stress and Anxiety? 7) How can we be safer online?	Democracy Rule of Law Tolerance Respect Individual Liberty Risk Reward Bullying Boundaries Wellbeing	7	6
Autumn 2 Living in the Wider World	Discrimination: in all its forms - 9 protected characteristics including - racism, disability discrimination, sexism, homophobia, biphobia and transphobia	1) Assessment and What are human rights? 2) Why are Human Rights important? 3) How can diversity and inclusiveness help us belong? 4) What is Discrimination? 5) What does discrimination look like? 6) How are hate crimes and immigration linked to discrimination? 7) What's the difference between learning disorders and learning difficulties?	Rights Equality Society Diversity Inclusion Discrimination Protected Characteristics Dyslexia Dyspraxia Neuro - Divergent	7	14
Spring 1 Relationships	Dealing With Changes: Equipping students with the knowledge and awareness of how best to understand their brain and body, now and then	1) What happens during puberty? (Part 1) 2) What happens during puberty? (Part 2) 3) How is a teenage brain different? 4) Why is sleep so important to me? 5) How can I help my self esteem? 6) How can I make my LGBT feel that they belong? 7) How can I feel positive about myself? 8) How can I feel at peace with myself? (include 5 ways to wellbeing from old mindfulness lesson) 9) Assessment	Self Esteem Positive Body Image Negative Body Image Puberty Hormones Menstruation Rumination Lesbian Gay Transgender Noticing	9	23

Spring 2 Living in the Wider World	Future Me - Careers: Allowing students to be introduced to key terms and concepts for careers work, which will be built upon in Period 1 and future PD units	1) What is Career Education? 2) How can being self aware help my prospects? 3) How do I work out my aspirations in life? 4) Does work earn my money? (rejjig needed - include some finance) 5) What careers could I look at? (Police and NHS foci)	Aspirations Skills Qualities Work Career Job Salary Ambition Qualification Promotion	5	28
Summer 1 Living in the Wider World	Personal Safety: needs to be vaping, water safety, consent/personal safety, transport, crossing roads	1) Why is Vaping harmful? 2) Why is Consent so important to me?(focus on definition, boundaries, personal space) 3) What should friendship look like?(recap consent, good friends, bad friends) 4) How do I stay safe in Public Spaces? Transport, Airports, Large Events 5) Is there a secret to Communicating to others? - safety, friends, trusted adult 6) What are the risks in water?	Vapour Disposable Toxic Friendship REM Sleep Sleep Routine Open Water Cold Water Shock Personal Space Situational Awareness	6	34
Summer 2 Citizenship	Citizenship: Focusing on a multi-lesson project of creating your own countries, allowing students to consider how countries are run and co-exist	1) Assessment & What does justice look like for me? 2) Creating Your Own Country - launch 3) Creating Your Own Country 4) Creating Your Own Country 5) Creating Your Own Country - assessment	Criminal Sentence Young Offender Government Territory Trade Cultural Monarchy	5	39

YEAR 8 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Keywords	Lessons	Total
Autumn 1 Living In The Wider World	What's bad for me?: Alcohol and drug misuse and pressures relating to drug use	1) Should there be an Under 16 smart-phone? 2) Why are phones banned in schools? 3) What is the health impact of Vaping? (with mention to tobacco) 4) What does alcohol do to me? 5) How do different drugs affect people? 6) Why shouldn't kids have caffeine? 7) How do I respond to Peer Pressure? 8) What are other risks to my health? (Sugar, Exercise & Assessment)	Addiction Disposable Depressant Stimulant Peer Pressure Hallucinogen Restricted Indicator Short/Long term	8	8
Autumn 2 Health & Wellbeing	Emotional Well-Being Attitudes to mental health; promoting emotional well-being; digital resilience; healthy and unhealthy coping strategies; change, loss, grief	1) What is and isn't mental health? 2) Is feeling anxious and depressed ok? 3) What happens if we can't cope? 4) How do I look after my wellbeing? 5) How do I deal with change, Loss, and Grief 6 and 7) Dopamenu - How can we help ourselves? (& Assessment) X) NHS Team	Anxiety Anxious Depression Depressed Ways to Wellbeing Dopamine Fight or Flight Bereavement Hormone Support Network	8	16
Spring 1 Living in the Wider World	Future Me: Equality of opportunity in careers and life choices; different types and patterns of work	1) Why should I explore careers? 2) What skills make me more employable? 3) What are the expectations in the workplace? 4) How can the Labour Market help me? 5) What about my career? (& Assessment)	Job Career Skill Stereotype Discrimination Labour Market Vocational T Level Option	5	21

			Expectation		
Spring 2 Health & Wellbeing	Citizenship Local and National Active Citizenship, Pressure Groups	1)How can citizens improve society? 2) How can volunteers make an impact on society? 3) How to act in your community (inc. impact of behaviour on strangers) 4) Why do politics matter? 5) How do elections work? 6) How do I win a campaign? (manifestos) 7) Who won our election? (manifesto group work) Assessment homework	Citizen 'Active Citizenship' Campaign Petition Government Parliament Cabinet Election First Past The Post Manifesto	7	28
Summer 1 Relationships	Staying Safe consent, 'sexting', upskirting, pornography and FGM	1) Why should Consent never be assumed? 2) Why is Netflix and Hollywood lying about consent? 3) How should I manage Conflict and resolution?(inc. break ups) 4) What is FGM? 5) What are easy ways to keep myself safe? (sexting & Upskirting & Dekegging) 6) Why is Misogyny to all students? 7) Assessment	Manosphere Incel Choice Harassment Peer Pressure Sexting Resolution Upskirting Grooming Statutory	7	35
Summer 2 Living in the Wider World	First Aid First aid, including Basic Life Support, CPR, AED, Bleeding, Choking, Chest Pain and Strokes.	1) How do I do a Primary Survey and Recovery Position? 2) How to use an AED and perform CPR? 3) How do I treat bleeding and bones? 4) How to help Choking & Anything else?	Circulation CPR Abdominal Wound Shock Bleed Fracture Primary Survey Recovery Position	4	39

--	--	--	--	--	--

YEAR 9 — MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Keywords	Lessons	Total
Autumn 1 Health & Wellbeing	Healthy Lifestyle: 5 Ways to Wellbeing, drugs and alcohol, addictions, substance misuse, vaping	1)Are some drugs more illegal than others? 2) What are the laws with alcohol? 3) Why is gambling such a big deal? 4) How are tobacco and vaping connected? 5) What is an addiction? 6) Assessment	Classification Stimulant Depressant Hallucinogen Addictive Consequence Gambling Skin betting Loot box Support Network	6	6

Autumn 2 Living in the Wider World	Making Choices and Setting Goals: Learning strengths, career options, skills for enterprise and goal setting as part of the GCSE option process	1) How do I make positive decisions for work? 2) What are workplace stereotypes? 3) How do I get to where I want to go? 5) Exploring the Journey - where can I go? 5) Research and Expansion	Careers Skills Qualities Aspirations Discrimination Stereotype Employability CV / Resume Apprenticeship T-Level	5	11
Spring 1 Living in the Wider World	Politics in Action politics, parliament, elections, how to vote, homeless, Immigration	1) Politics recap 1 & Who should I vote for? 2) Politics lesson 2 TBC 3) Politics lesson 3 TBC 4) What do the people in politics actually do? 5) Why are there homeless people in North Yorkshire? 6) What exactly is immigration? 7) How can immigration impact anyone?	Parliament Government Cabinet Houses of Parliament Election First Past The Post Manifesto Homeless Immigrant Asylum Seeker	7	18
Spring 2 Health & Wellbeing	Peer Influence, Substance Use and Gangs:	1) Assessment & Healthy Relationships Part 1 2) What should a healthy relationship look like? 3) How can I communicate effectively? 4) Why is body image vital to be aware of? 5) Gangs: why do people join up? 6) How does knife crime fit into gangs? 7) County Lines - how am I at risk? 8) How are teenagers at risk currently online? (sextortion and financial) 9) Assessment	Red Flag' Coercion Communication Dysmorphia Crime Syndicate Grooming County Lines Trafficking Traphouse Cuckooing	9	27

Summer 1 Relationships	Intimate Relationships: RSE - consent, contraception, risk of STIs, stalking and harassment, shared values within relationships, consequences of unsafe sex	1)How does consent become more careful?? (the continuous right to withdraw consent. Capacity to consent) 2)CEOPs - what are the differences in healthy and unhealthy relationships? 3) Why are shared values important? 4) Stalking and Harassment - what are the laws? 5) Why is contraception and what does it do? 6) What are the risks of unsafe safe sex? (pregnancy, pregnancy health, and options) 7) What are STIs? & Assessment	Consent Freedom Capacity Exploitation Harassment Stalking Contraception Miscarriage STI	7	34
Summer 2 Living in the Wider World	Financial Literacy: Introducing key terms and concepts regarding money, debt and budgets	1) How does money work? 2) Why is budgeting important? 3) What are investments and borrowing? 4) Future Me	Tax Budget Debt Mortgage Loan Overdraft Interest National Insurance Direct Debit Savings	4	38

Year 10 - Medium Term Overview

Half term	Topic	In this unit of work, students learn...	Keywords	Lessons	Total
------------------	--------------	--	-----------------	----------------	--------------

Topic 1	Impact & Influence <i>Examining the impact that parents, familial changes and extremism can have on young people.</i>	1. What do parents do? 2. How can families Change over time? 3. What might discrimination look like? 4. Is fake news harmful? 5. Why are identities important? 6. How are people radicalised? 7. What does misogyny sound like? 8. What does misogyny look like? 9. How do we tackle misogyny? (mini assessment g-form)	Discrimination Prejudice Protected Characteristic Islamophobia Unconscious Bias Misinformation 'Prevent' Radicalisation Extremism 'Incel'	9	`9
Topic 2	Physical Health <i>Ensuring that young people are aware of risks to their health, and the choices that they can make to minimise these risks</i>	1. How to spot risk (to include sun, and festivals) 2. How can we ensure our safety? (+ spiking, holidays) 3. How do my choices affect my lifestyle? 4. Why do I need to check myself? 5. Why is donation so valuable? 6. What are issues surrounding fertility? (male and female, including menopause) 7. Where can I go? (NHS signposting services)	Cancer Mastectomy Radiography Chemotherapy Self Examination Symptom Fertility IVF	7	16
Topic 3	Relationships <i>Combining real and online relationships, covering consensual and positive relationships and equipping young people with tools to exit uncomfortable situations.</i> <i>Examining the changing risks of social media, whilst incorporating the benefits and risks of Artificial Intelligence.</i>	1. What should consent look like? 2. How does consent keep us both safe? (inc. laws regarding sexual violence) 3. What should Healthy Relationships look like? 4. What are the red flags for Unhealthy Relationships? (Abuse) 5. Why is it important to protect Body Image? 6. How can I communicate assertively? (respect & boundaries) 7. What are the risks to the increase of AI? 8. What are the benefits to the rise of AI?	Consent Freedom Capacity 'Red flag' Coercion Intimacy 'Enthusiastic Consent' STI & STD Types of Abuse	8	24

Topic 4	Sexual Health <i>Ensuring that young people are knowledgeable regarding what is available for positive sexual health, and the potential consequences if this is not accessed.</i>	1. What methods of contraception are there? 2. How should contraception be used most effectively? 3. How do young people access sexual health? (& Gillick Competence) 4. What is abortion? (& Gillick Competence) 5. What are the laws and views around abortion? 6. Why is pornography dangerous? 7. Assessment	Consent 'Enthusiastic Consent' STI Gillicks Competence Abortion Miscarriage Pro-Life/Choice Contraception GUM clinic Trimester	7	31
Topic 5	Mental Health <i>Supplementing physical and sexual health, examining how to identify and to support those around us who are going through mental health difficulties.</i>	1. How do we break mental health stigma? 2. How do I look after my Emotional Wellbeing? 3. What is and isn't Anxiety and Depression? 4. How can we deal with Change, Loss and Grief? 5. How can we support with eating Disorders? 6. What is good Stress and bad stress?(compare to mock exams, how to change for Nov mocks and gcse's, what helped, what didn't) 7. Can we reframe Negative Thinking?	Stigma Positive Coping Strategies Well Being Anxiety Depression Bereavement Disordered Eating Anorexia Bulimia Resilience	7	38