



Barr Beacon School

A proud member of
Matrix Academy Trust



Personal Development Curriculum Map 2024-25

Personal Development

Our **Personal Development curriculum** incorporates many aspects of school life, which can be explored in the curriculum map below. Personal Development means the development of the whole child as a young person alongside of academic studies. Our Personal Development provision is a rich and broad and ensures a positive and enriching foundation of learning about themselves, others around them, how to keep safe and how to support others. This works in tandem with many other elements on the school including assemblies, outside speakers and performances, form time wellbeing curriculum, RE: world views and beliefs, citizenship, student leadership, whole school reading strategies and enrichment.

Our Beacon Values are integral to how we develop our pupils as young people and are developed within the PSHE curriculum being both taught explicitly and implicitly throughout.





In weekly **PSHE lessons** we teach pupils about the things that they will need to understand in order to be successful and happy citizens. This includes personal, social, health and economic education as well as relationships and sexual health education. During these lessons we also teach pupils about finance and careers.

01

Barr Beacon & Me

Barr Beacon & me: this scheme of work teaches our pupils about our Beacon Values and about important role models, past and present, that exemplify them. Within this scheme, pupils will be introduced in detail to Fundamental British Values which underpin our Beacon Values. These are democracy, rule of law, mutual respect and tolerance and individual liberty.

02

Relationships

Relationships and feelings/self-management: In this sequence of lessons pupils focus on how they conduct themselves in a variety of situations that may be new and challenging. Pupils look at strategies for managing situations such as family conflict and coping with their feelings in a positive way.

03

Healthy Minds

Healthy minds and lives: This sequence of lessons teaches our pupils about a wide range of factors such as mental health, healthy eating, personal care and lifestyle choices, such as substance misuse. Pupils learn to understand the signs where there is a concern in both themselves and others, and where to go for help and support.

04

Keeping Safe

Keeping safe as a member of UK society: Here our pupils will learn about the key issues that form our society here in the UK. This includes politics, the parliamentary system, human rights, gangs and knife crime. The content enables pupils to form their own reasoned and educated opinions on all topics covered.

05

Finance & Future

Finance and Future: This sequence of lessons focusses on the world of work and finance. Pupils explore the labour market and future job possibilities. They are encouraged to reflect on their own experiences and their future career aspirations as well as looking at gaining an understanding of how they manage their current and future finances effectively and safely.

06

Growing Up

Growing up: In this sequence of lessons, pupils learn about the changes that they will face as they grow up into young adults and about key lifestyle choices that they will have to make in order to grow into healthy, well-informed individuals. This is for year 7 pupils.

07

Relationships & Sex

Relationships and Sex: Pupils look at a variety of different aspects of relationships and sex, including managing their emotions, different types of relationships, gender and what this means in 2021, consent and the law relating to sexual activity. Pupils are presented with the facts and information in a sensitive and age-appropriate way that enables them to make their own healthy, informed choices.

08

Religious Education


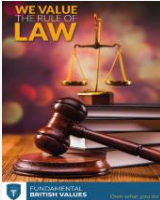





Religious Education: Here pupils look at key moral and ethical issues such as different religious beliefs about reincarnation and medical ethics, promoting reasoned discussion and an appreciation of the views of others on such sensitive issues. Religious Education is taught only in Year 10 & 11 PSHE as Year 7, 8 & 9 pupils have weekly Religious Education lessons.

Barr Beacon School Personal Development Curriculum Map






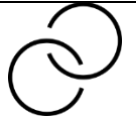
Year 7 Personal Development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Barr Beacon and Me</p> <ul style="list-style-type: none"> What is our school's ethos and values? What are the Fundamental British Values? Which current and historical role models represent our values? How can I be a good member of the community? What is social and antisocial behaviour? What is acceptable language to use (sexism, homophobia, racism)? 	<p>Healthy minds and lives</p> <ul style="list-style-type: none"> What are different mental health conditions? What are the signs and indicators of good or bad mental health? What are the consequences of good or bad mental health? What is meant by self-esteem and how can I protect it? Where can I get help and support? What is substance abuse? What are different kinds of drugs and what do they do? What are the effects of alcohol and drug abuse? What is addiction? Where can I get help and support? What is terrorism? What should I do if I see something suspicious? What are the run, hide, tell procedures? What does it mean to be a good citizen? 	<p>Keeping Safe as a member of UK society</p> <ul style="list-style-type: none"> What is parliament? What is the government and parliament? What are the House of Commons and House of Lords? <ul style="list-style-type: none"> Potential dangers How to use 999 or 112 <ul style="list-style-type: none"> What is animal welfare and why is it important? What is the RSPCA and what does it do? What is the law around treatment of animals? Animal care 	<p>Relationship and feelings/self-management</p> <ul style="list-style-type: none"> How do we staying safe online including the threat from peers and adults? How can we safely share information What is harmful content and how can we avoid it? What do we do it we need help and support online? What can we do about bullying (online and offline)? Why do people get bullied? What are the different types of bullying? What does it mean to be assertive and how will this help? <p>Family and Relationships x 2</p> <ul style="list-style-type: none"> Different families Family conflict Changes in the family Positive relationships and friendships+ unhealthy power dynamics 	<p>Finance and Future</p> <p>Careers</p> <ul style="list-style-type: none"> Guess my job and stereotypes about careers Self-awareness and making transitions Job market and careers sectors Role models What is meant by personal finance? What is a bank account? What is the importance of saving and how can you do it? What are different methods of payment? How do you spend responsibly? 	<p>Growing up</p> <ul style="list-style-type: none"> What is puberty? How will it affect us? How will it affect girls and boys differently? What is the LGBTQ community and how do we celebrate our identity? What is homophobic language? What is meant by equality and what is the 2010 Equality Act? <ul style="list-style-type: none"> What is personal hygiene and how does it need to change during puberty? What is a healthy lifestyle? Why is sleep important? What is self-esteem and why might puberty make this challenging? What can I do about this?







Year 8 Personal Development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
 <p>Barr Beacon and Me</p> <ul style="list-style-type: none"> What is our school's ethos and values? What are the Fundamental British Values? Which current and historical role models represent our values? How can I be a good member of the community? What is social and antisocial behaviour? What is acceptable language to use (sexism, homophobia, racism)? 	 <p>Healthy minds and lives</p> <ul style="list-style-type: none"> What is the role of family and the wider community in supporting positive mental health? What are the common mental health conditions and the early signs of them? What is self-esteem and what are negative emotions? How can I deal with negative emotions and pressure? Including assertive behaviour. What help and support is available including mindfulness? What are the different types of addiction? Self-harm What is bereavement and grief and how can I find support for this? 	 <p>Keeping Safe as a member of UK society</p> <ul style="list-style-type: none"> What is a Primary survey Recovery position CPR <p>School Diversity Week x 1</p> <ul style="list-style-type: none"> Celebrating the LGBTQ+ community Equality Language/pronoun choices <p>First Aid x 2</p> <ul style="list-style-type: none"> Asthma attack Minor bleed Infection control Effective communication Emergency calls Managing an incident <p>Smoking x 1</p> <ul style="list-style-type: none"> Cigarettes Components including nicotine Harm The law Help and support 	 <p>Relationship and feelings/self-management</p> <p>Bullying x 2</p> <ul style="list-style-type: none"> Why people are bullied Indicators Dealing with bullying Help and support Empathy <p>Anti-bullying Week 16.11.20 x 1</p> <ul style="list-style-type: none"> Unite against bullying <p>E-Safety x 2</p> <ul style="list-style-type: none"> Sexting The online world v's the real world Unhealthy comparisons Harmful online behaviours Help and support <p>Disability and Discrimination x 2</p> <ul style="list-style-type: none"> Definitions Why? Effects of stereotyping, prejudice, racism and discrimination Protected characteristics and the Equality Act 2010 	 <p>Finance and Future</p> <p>Careers x 4</p> <ul style="list-style-type: none"> Labour market information Stereotypes University v. apprenticeships The careers journey and being flexible <p>Personal Finance x 2</p> <ul style="list-style-type: none"> Budgeting Debt Loans Credit Long-term savings 	 <p>Relationships and Sex</p> <p>Health and Relationships x 6</p> <ul style="list-style-type: none"> Ages, consent, the law Underage sex Saying 'no' Love STI's Contraception Sex in the media Pornography <p>Stable, positive relationships</p>

Year 9 Personal Development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
 <p>Barr Beacon and Me</p> <ul style="list-style-type: none"> What is our school's ethos and values? What are the Fundamental British Values? Which current and historical role models represent our values? How can I be a good citizen? <p>LGBTQ Awareness x 2</p> <ul style="list-style-type: none"> Challenges faced by the LGBTQ+ community now and historically Why promoting LGBTQ+ rights is essential Stereotypes and sexual orientation 	 <p>Healthy minds and lives</p> <p>Healthy Eating / Lifestyle Choices x 2</p> <ul style="list-style-type: none"> Healthy diet/Obesity Exercise Lifestyle choices Sleep Organ donation Personal hygiene Self examination <p>Substance misuse x 2</p> <ul style="list-style-type: none"> Alcohol, Binge drinking, Risky behaviour, Units The law Peer pressure, Addiction Help and support <p>Sun Safety x 1</p> <ul style="list-style-type: none"> Cancer – types, focus on skin cancer Staying safe in the sun Benefits of being outdoors 	 <p>Keeping Safe as a member of UK society</p> <p>Staying safe / CSE and grooming x 2</p> <ul style="list-style-type: none"> Exploitation and Grooming – what, how, where, why? Indicators County lines The law Consent Help and support <p>Gangs and Knife Crime x 2</p> <ul style="list-style-type: none"> Gangs The community Consequences of violent crime Joint enterprise <p>Human Rights x 2</p> <ul style="list-style-type: none"> Entitlement to human rights Human rights campaigners Children's rights Respect, The law and the Equality Act 2010 <p>12 Angry Men x 4</p> <ul style="list-style-type: none"> Rule of law – juvenile justice, democracy, juries Own what you do, Act responsibly 	 <p>Relationship and feelings/self-management</p> <p>School Diversity Week x 3</p> <ul style="list-style-type: none"> Celebrating the LGBTQ+ community Equality & body image Challenges faced by the LGBTQ+ community <p>Personal Hygiene / Skin Care x 2</p> <ul style="list-style-type: none"> Body image Importance of personal hygiene/Skin care 	 <p>Finance and Future</p> <p>Personal Finance x 2</p> <ul style="list-style-type: none"> Branch v's online banking Bank charges, Interest, APR's Smart consumers Value for money <p>Careers x 4</p> <ul style="list-style-type: none"> Work life balance Work experience Audit of skills and future planning Taking initiative Being imaginative Communication of needs in the workplace. 	 <p>Relationships and Sex</p> <p>Health and Relationships x 2</p> <ul style="list-style-type: none"> The law Managing sexual pressure and choices Teenage pregnancy <p>Anti-bullying Week 16.11.20 x 1</p> <ul style="list-style-type: none"> Unite against bullying <p>Health and Relationships x 4</p> <p>Consent</p> <p>STI's</p> <p>Contraception</p> <p>Body image</p> <p>Pornography</p> <p>Reproductive health</p> <p>Teenage pregnancy</p> <p>Help and support</p>

Year 10 Personal Development (PSHE)

Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
 <p>Barr Beacon and Me</p> <ul style="list-style-type: none"> • What is our school's ethos and values? • What are the Fundamental British Values? • Which current and historical role models represent our values? • How can I be a good citizen? 	 <p>Healthy minds and lives</p> <p>Mental health x 2</p> <ul style="list-style-type: none"> • Influence of positive relationships • Stress • Formal and informal support • Exam pressure • Gaming addiction and mental health <p>Substance misuse / Addiction x 2</p> <ul style="list-style-type: none"> • Drugs/Classifications • The law • Psychoactive substances • What to do in an emergency • Help and support <p>Managing criticism and praise / self-esteem x 1</p> <ul style="list-style-type: none"> • Positive and negative self-esteem • Delivering difficult information • Body language • Coping with negative comments 	 <p>Religious Education</p> <p>RE / Exploring different faiths x 7</p> <ul style="list-style-type: none"> • Life • Death • Heaven, hell and purgatory • Christian beliefs • Resurrection • Hindu beliefs • Celebrating the end of life 	 <p>Keeping Safe as a member of UK society</p> <p>Cancer Care – Self-checking x 2</p> <p>Politics x 2</p> <ul style="list-style-type: none"> • Democracy • Voting and elections • Political parties • Government • Brexit • European and world politics <p>School Diversity Week x 1</p> <ul style="list-style-type: none"> • Celebrating the LGBTQ+ community • Equality • Language choices <p>FGM x 1</p> <ul style="list-style-type: none"> • FGM – what, when, who? • Consequences of FGM, the law 	 <p>Finance and Future</p> <p>Personal Finance x 2</p> <ul style="list-style-type: none"> • Tracking finances • Credit and APR • Loan sharks • Payday loan • Credit Unions • HP • CCI's • Bankruptcy • Financial choices / being a responsible consumer <p>Careers x 4</p> <ul style="list-style-type: none"> • Your Options After Year 11 • Labour Market Information • Environment, economy, society and politics and their influence on careers • Is Your Future Really Your Choice? • Researching future careers 	 <p>Relationships and Sex</p> <p>Health and Relationships x 6</p> <ul style="list-style-type: none"> • Relationship changes • Pressure in relation to sexual activity • Family relationships • What family means to different people / groups • Sexual identity • Pregnancy and miscarriage • Options following birth • Fertility • STI's – HIV and AIDS specifically • Negative relationships • Pornography • The law <p>Help and support</p> <p>Expect Respect – Healthy Relationships x 3</p> <ul style="list-style-type: none"> • Gender stereotyping • Unhealthy and coercive relationships • Teenage relationship abuse <p>Sexual harassment</p>

Year 11 Personal Development (PSHE)

Autumn Term 1
Autumn Term 2
PSHE Day 1 and 2



Healthy minds and lives

- Marriage
 - Successful relationships
 - Family life
 - Parental responsibilities
 - Impact on families of changing circumstances
 - Family crisis
 - Help and support

 - Addiction
 - Impact on wider society
 - The law
 - Prescription drug misuse
 - Help and support

 - Pressure to look perfect
 - Physical stereotypes
 - Media influences
 - Eating disorders
- Help and support



Religious Education

- Value of life
- Wealth and poverty



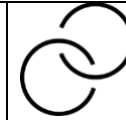
Finance and Future

- Reflection on prior achievements
- SMART targets for Year 11

- Buying a home
- Alternatives to buying
- Inflation
- Investing money
- Planning ahead
- Private and state pensions

- Writing a CV and Cover Letter
- Adapting your CV to a Job Advertisement
- Mock Interview
- Start Profile + Virtual Careers Fair

- Detailed, accurate and honest
- Justification and evidence to back up the statement



Relationships and Sex

- HIV and AIDS
- Testing
- STI's
- Contraception
- Successful relationships
- Delaying sexual activity
- Unintended pregnancy
- Victim blaming
- Help and support