

Culcheth High School Key Stage 3 Curriculum Map 2024 - 2025

Subject: Personal Development Year 7



**CULCHETH
HIGH SCHOOL**
THE BEST THAT WE CAN BE

	Module 1 PSHE Lessons: 8	Module 2 Careers and Enterprise Lessons: 5	Module 3 Citizenship Lessons: 7
Key Concepts	Students will learn how to develop resilience, stay mentally and physically healthy and identify risky situations. Students will look specifically at what a healthy diet is and why it is important to both their physical and mental health. They will learn how to check their own bodies to stay physically healthy and will explore the impact that physical and emotional changes and different relationships might have on their physical and mental well-being.	Students will develop knowledge and understanding about the value of money, the concept of 'saving vs spending', budgeting their money and payment methods. In addition, students will focus on how skills and personality traits can help with periods of transition. They will also explore stereotypes and how challenging stereotypes can raise aspirations for select groups of society.	Students will focus on what the ideal citizen is like and how they should live as a citizen of the UK. Topics that are covered focus on ideas such as identity, migration to Britain, the media and stereotypes. Students will also look at how the UK is a diverse place and why this is beneficial and a good thing.
Lesson Content	<ol style="list-style-type: none"> 1. Being Healthy 2. Exploring Feelings 3. Positive Mental Health 4. Managing Conflict 5. Responsible Choices (Staying Safe) 6. Puberty & Personal Hygiene 7. The Sleep Factor 8. QMA/Self-Assessment 	<ol style="list-style-type: none"> 1. Staying in control of my money 2. Evaluating types of payment methods 3. Me, Myself & I 4. Planning for the Future 5. Stereotypes and Raising Aspirations 	<ol style="list-style-type: none"> 1. Diversity of our identities 2. What is my identity? 3. Stereotypes 4. Respecting diversity 5. British Diversity 6. Refugees and asylum seekers 7. QMA/Self-Assessment
Themes	Safe and Healthy Lifestyles, Awareness & Self-esteem, Relationships, Health and Well-being.	Transition, self-awareness, budgeting, Saving vs Spending, stereotypes, living in the wider world.	My identity and who I am as a member of society.
Writing whole school literacy focus	Comment-based evaluative work is completed via QMA and Self-Assessment. PD Anthology adhered to.	Comment-based evaluative work is completed via QMA and Self-Assessment.	Writing in a way that shows empathy. Analytical writing is also produced.

<p>Spiritual, Moral, Social and Cultural theme (SMSC) Fundamental British Values</p>	<p>Understanding and appreciating personal influences and knowing the consequences of their actions. All PSHE lessons follow and conform to the guidelines set out by the PSHE Association and the DfE and include built-in opportunities for students to develop a set of principles that inform their own values and patterns of behaviour.</p>	<p>Understanding transition and how people can influence transition at different stages of life, whilst having the opportunities to reflect on their own contribution to society and to the world of work, and consider financial implications and choices.</p>	<p>Students will focus on culture and how British society is diverse. Frequently within these lessons, students will evaluate their identity and the impact their culture has on how it is formed.</p>
<p>Key Assessment Foci, suggested Assessments and Feedback week</p>	<ul style="list-style-type: none"> • Lesson-by-lesson baseline assessment and reflection evidence. • End of unit self and teacher QM assessment and homework tasks. 	<ul style="list-style-type: none"> • Lesson-by-lesson baseline assessment and reflection evidence. • End of unit self and teacher QM assessment and homework tasks (combined with Citizenship content). 	<ul style="list-style-type: none"> • Lesson-by-lesson baseline assessment and reflection evidence. • Mid-unit self and teacher QM assessment and homework tasks (combined with Careers & Enterprise content).
<p>Possible Visitors</p>	<p>External 'Risky Behaviours' sessions delivered by Warrington Youth Health Service.</p>	<p>N/A</p>	<p>N/A</p>