

Personal Development

Learn to live

The Personal Development programme will enable all of our students to feel positive about who they are and to enjoy a healthy, safe, responsible lives. We want to prepare students for life outside of school; for students to be inspired by the issues of the community and world around them, to be increasingly aware and knowledgeable of those issues and to develop a passion to affect those issues positively. Students will have opportunities to learn about the possibilities for their future, to aspire to higher goals and to understand the pathways to get there.

Furthermore students will have opportunities to develop themselves; to develop social skills, personal skills and learn how to get the best out of the opportunities that they can create.

Autumn		Spring		Summer	
Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Living in the wider world	Relationships
<p>Belonging to Byrchall; Transition and safety</p> <p>Transition to secondary school and personal safety in and outside school, including first aid</p>	<p>Developing skills and aspirations</p> <p>Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>Diversity</p> <p>Diversity, prejudice, and bullying</p>	<p>Health and puberty</p> <p>Healthy routines, influences on health, puberty, unwanted contact</p>	<p>Financial decision making</p> <p>Saving, borrowing, budgeting and making financial choices</p>	<p>Building relationships</p> <p>Self-worth, romance and friendships (including online) and relationship boundaries</p>

Unit	Learning Objectives/Outcomes
Health and wellbeing; Making New Friends	<ul style="list-style-type: none"> • To explain how we manage change in our life • To create advice to cope with changes in life. How to manage the challenges of moving to a new school • To consider school values and how they make school a safe place for everyone • To identify the qualities that make a good friend • To create strategies that can resolve conflict • To consider making positive choices and explore different influences on thinking • How to identify, express and manage their emotions in a constructive way • How to improve study skills • How to identify personal strengths and areas for development
Careers and aspirations; personal qualities and enterprise	<ul style="list-style-type: none"> • 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 the link between values and career choices • What skills and characteristics are essential to succeed in school and in the world of work? • To identify relevant skills and critically reflect on your own and each other's skills • Consider how teamwork and collaboration help us all achieve • To consider how we can communicate better with our peers and adults in school
Diversity, bullying and prejudice	<ul style="list-style-type: none"> • About identity, rights and responsibilities as British citizens • About living in a diverse society • The different types of family we can be part of • 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 the internet can promote radical ideas • How to deal with romantic feelings

Health and Wellbeing	<ul style="list-style-type: none"> • How to make healthy lifestyle choices including diet, dental health, physical activity and sleep • To explore the physical and emotional changes during puberty • How to manage physical and emotional changes during puberty • How to recognise and respond to inappropriate and unwanted contact • To explore issues around consumption of energy drinks
Living in the Wider World	<ul style="list-style-type: none"> • To understand different financial transactions • How to budget effectively • What are saving and loans and interest? • What are the different types of financial products? • How can we shop in an ethical way?
Relationships	<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 • About consent, and how to seek and assertively communicate

