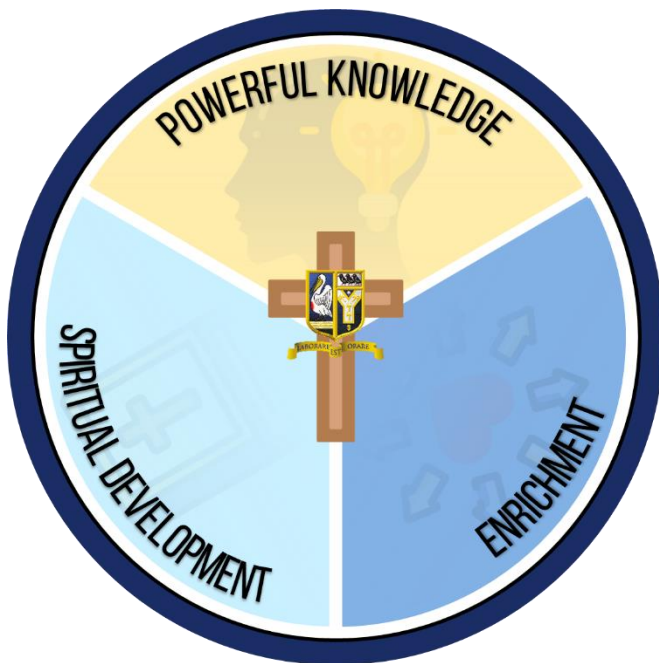


THE BECKET SCHOOL



PERSONAL DEVELOPMENT [PSHE]

CURRICULUM INTENT



*"I HAVE COME IN ORDER THAT YOU MIGHT HAVE
LIFE
—LIFE IN ALL ITS FULLNESS."*

~JOHN 10:10

"I HIGHLIGHTED THE IMPORTANCE OF PROMOTING EDUCATION IN THE *FULLNESS OF HUMANITY* BECAUSE SPEAKING OF CATHOLIC EDUCATION IS EQUIVALENT TO SPEAKING OF HUMANS, OF HUMANISM. I CALLED FOR *INCLUSIVE* EDUCATION WHICH MAKES ROOM FOR EVERYONE AND AVOIDS ELITISM IN SELECTING THE BENEFICIARIES OF ITS COMMITMENT."

— POPE FRANCIS ADDRESS TO THE ASSOCIATION OF CATHOLIC SCHOOL PARENTS IN ITALY (2015)

An education in the fullness of humanity should be the defining feature of Catholic schools, said Pope Francis in 2015.

The Personal Development [PSHE] and Relationships and Sex Education [RSE] programmes aim to deliver this education, encouraging students to live life, in all its fullness.

INTENDED OUTCOMES

What will I gain by studying Personal Development [PSHE]?

The aim of the Personal Development [PSHE] programme at The Becket School is to enable and encourage all of our students to acquire the skills, understanding and key knowledge they need to thrive as individuals in all aspects of their lives and to become active and responsible citizens who can contribute to our society – as Pope Francis describes it, “an education in the fullness of humanity.”

As a school, we have the opportunity to change the narrative for our students, realigning our student’s values from one of a materialistic modern view to one centred on God and His design for our lives. Our programme of study endeavours to proactively preparing our students for life in modern Britain rather than just reacting the crises as they arise.

At the centre of all that we do as a faith community, is the understanding that each person is made in the image and likeness of God. Our curriculum, therefore, underpins the Catholic ethos and Mission of the school and is a catalyst for the school’s principal role of teaching our students to grow and flourish so they may live life in all its fullness and serve as valued contributors to our society.

“I have come so that they may have life, life in all its fullness” ~ John 10:10

In John’s Gospel, Jesus expresses the aim of life is a life of fullness (human flourishing). In order to ensure our students are equipped to live life to the full, reach their full potential and flourish to their ultimate purpose, we have created the Personal Development programme which encompasses Personal, Social, and Health Education (PSHE) and Relationships and Sex Education (RSE).

Personal Development [PSHE] lessons will deal with real life issues that affect all of us, our families and communities. This is done with the full understanding of our faith character and our lessons, in particular our Relationships and Sex Education, will be presented in accordance with the Church’s moral teaching.

All Relationships and Sex Education [RSE] lessons will be delivered in accordance with the Church’s moral teaching.

At The Becket School we are currently using the Ten:Ten Life to the Full programme for Year 7-Year 11. Ten:Ten is a Catholic, fully integrated and holistic programme in RSE that truly enables students to ‘live life to the full’ (John 10:10).

The programme follows the model Catholic RSE curriculum that is broken into three modules:

- 1) Created and Loved by God
- 2) Created to Love Others
- 3) Created to Live in Community

It has been cross referenced against the DfE Statutory Guidance for RSE. Please see the Relationships and Sex Education Curriculum Intent for a fuller understanding of the RSE programme of study.

CURRICULUM INTENT

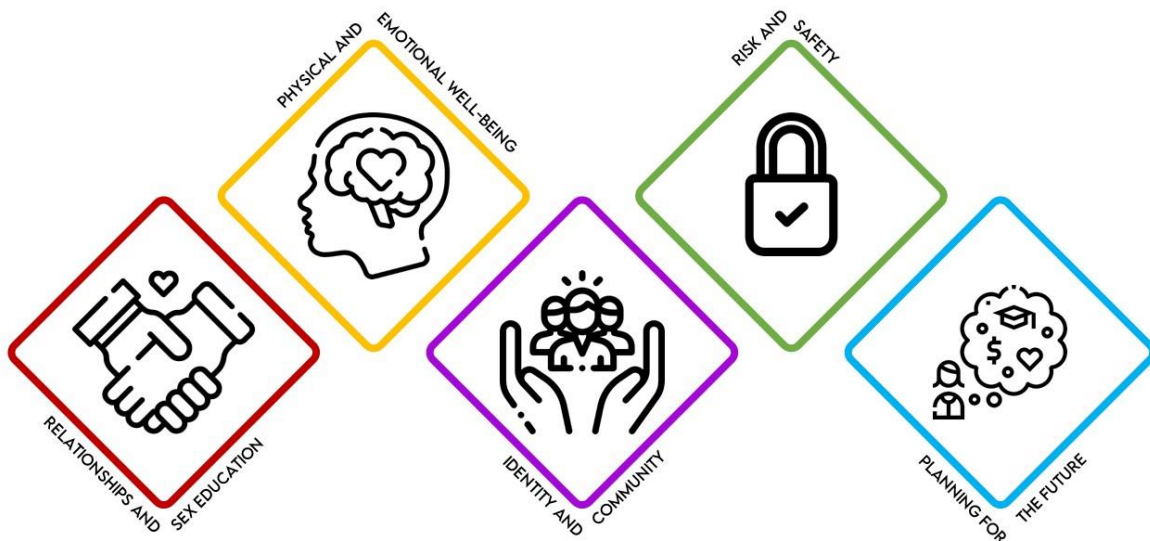
POWERFUL KNOWLEDGE	<p style="text-align: center;">What will I learn by studying Personal Development [PSHE]?</p> <p>Students will:</p> <ul style="list-style-type: none"> • Recognise that they are growing up in a complex world with many people seamlessly living their lives on and offline. • Learn how to navigate these complexities acknowledging the many positive and exciting opportunities but also the challenges and risks. • Know how to stay safe and be healthy, considering both physical and mental wellbeing. • Grasp the information they need to help develop healthy, nurturing relationships of all kinds, not just intimate relationships. • Consider the skills and personal attributes that develop young people into successful and happy adults who make meaningful contributions to society.
SPIRITUAL DEVELOPMENT	<p style="text-align: center;">How will studying Personal Development [PSHE] help me grow as a person?</p> <p>Studying Personal Development [PSHE] will:</p> <ul style="list-style-type: none"> • Give students a context and a purpose that gives meaning our everyday life • Allow students to explore their own ideas and views on a range of issues that impact you. • Help students discover the beliefs and identities of the Catholic Church and other worldviews. • Develop key virtues that cultivate resilience and character in the individual. • Allow for students to engage with their faith, thoughts and feelings with opportunities for personal reflection.
ENRICHMENT	<p style="text-align: center;">What can I do as a student of Personal Development [PSHE]?</p> <ul style="list-style-type: none"> • Students will have the opportunity to extend their learning beyond the classroom through additional sessions delivered by external provider e.g. EQUATE • Students can take part in the extra-curricular Justice and Peace Group at lunchtime that allows them to put our faith into action. Recognising that everyone is worthy of dignity and respect • Students can contribute to the Becket Equality and Diversity Committee • In Year 9, students will have the opportunity to participate in interfaith discussions during Interfaith Harmony Week • Students will have an annual Retreat Day focusing on their self-worth and relationship with God and the wider world • Students in Year 11 and Sixth Form can join The Becket LBGT+ group

CURRICULUM IN THE CLASSROOM

B	BEHAVIOUR IS EXCELLENT	
E	EXPERT TEACHERS	
C	COGNITIVELY ACTIVE	
K	KNOWLEDGE-RICH	
E	EMBEDDED PRACTICE	
T	TESTING-FOR-LEARNING	

How will I learn in Personal Development?

- You will be taught by a team of well-trained teachers who are passionate about sharing their knowledge
- PD at The Becket has a knowledge rich approach that centres on the use of knowledge books
- There will be regular low-stakes consolidation quizzing in class to assess your learning
- Progress will be assessed through confidence and baseline assessment prior and post topics
- The Personal Development [PSHE] programme covers five key strands over a 5 year curriculum



LEARNING SEQUENCE

YEAR 7

THEME	Identity and Community					
TOPIC:	What is a healthy relationship?	How should we talk to one another	My life on screen	Understanding our community	What makes a successful community?	Bullying and Banter
EXPLANATION	<p>The Year 7 scheme of works begins with pupils understanding their place in community and how to play an effective part in a successful community.</p> <p>Pupils will look at different types of relationships, identifying some of the qualities needed to maintain good relationships. They will look in detail at communication skills, learning how express themselves clearly, share their feelings openly and listen to others.</p> <p>Pupils will spend time exploring their life on screen, including how they present themselves on social media and the way in which they communicate via technology. They will also explore how much time they spend on technology, what they are watching and listening to and how this impacts them.</p> <p>Pupils will consider the different groups within our communities, looking at their similarities and differences and what makes them unique. With this they will begin to understand how can we can value one other and play an effective role in a successful community. This will also make links to The Becket Way lessons during their transition to The Becket School and see how this specifically relates to The Becket Community. This will include a look at the difference between bullying and banter and how we can promote a positive and safe environment within our communities.</p>					

THEME	Physical and Emotional Well-being				
TOPIC:	Healthy Eating	How can I commit to a healthy lifestyle?	Things that support our health	When our health goes wrong	Energy Drinks
EXPLANATION	<p>This series of lessons gives pupils the opportunity to learn about how to care for their physical well-being. Pupils will explore what the key elements of a healthy lifestyle are and understand how they can commit to a healthy lifestyle.</p> <p>Pupils will learn about healthy eating, including the key elements of a healthy diet, how they can put this into practice and small changes they can make. They will also learn about some of the dangers of an unhealthy diet, looking at both short-term and long-term health problems. Specific time will be dedicated to exploring energy drinks and their impact on a person's health.</p> <p>Pupils will also explore different things they can do to support their health including exercise, dental hygiene, personal hygiene, sleep and immunisation. They will also learn about ways in which to get support if they feel something has gone wrong with their health, with a focus on when students should take time off school, who to contact and what to do.</p>				

YEAR 8

THEME	Physical and Emotional Well-being						
TOPIC	What is emotional wellbeing and mental health?	What is resilience?	Feelings and how to manage them	What impacts our emotional wellbeing?	How do I cope with loss and bereavement?	Recognising the signs of poor mental health	Ways to look after emotional wellbeing
EXPLANATION	<p>The Year 8 scheme of work gives pupils the opportunity to continue exploring the theme of Physical and Emotional Well-being. This particular series of lessons provides space for pupils to explore emotional well-being and Mental Health. It begins with discussing the key terms 'emotional well-being' and 'mental health', distinguishing both the differences and the links between the two. The pupils also identify what affects their confidence and self-esteem, considering how to develop resilience and how this can help them.</p> <p>Furthermore, these lessons give space for pupils to explore different feelings and emotions they might experience, looking at aspects that might impact this and how to cope with these feelings and emotions when they do arise. An additional session will be dedicated to a conversation around loss and bereavement; supporting pupils who may have already experienced loss and bereavement and preparing those who have not.</p> <p>Finally, the pupils will learn about the different signs that may indicate poor mental health and equip them with knowledge of what to do if they suspect they or someone may have poor mental health.</p>						

THEME	Risk and Safety					
TOPIC	What do we mean by 'risk'?	Bullying	Gambling	Gangs and Knife Crime	First aid and CPR	Summer Safety
EXPLANATION	<p>This section explores the theme of Risk and Safety. Wanting to take risks on purpose is natural and how we learn to progress in life, it helps us to understand our boundaries and build resilience. It is therefore important that pupils understand the difference between a positive risk and a negative risk. These lessons provide opportunities for pupils to explore areas where there may be potential high risk situations and how to remain safe.</p> <p>Bullying: Pupils will learn what bullying is, identify strategies for the prevention of bullying, including cyberbullying and understand the importance of speaking out against bullying.</p> <p>Gambling: Pupils will understand what the term 'gambling' means, different forms of gambling and be able to explain the risks attached to gambling.</p> <p>Gangs and Knife Crime: Understand the dangers and impact of knife crime and gangs on society (locally, nationally and globally).</p> <p>First aid and CPR: Equip pupils with the knowledge and skills they need for putting someone in the recovery position and administering CPR.</p> <p>Summer Safety: A conversation around how to stay safe during the summer holidays, including road safety and water safety.</p>					

YEAR 9

THEME	Physical and Emotional Well-being		Identity and Community			
TOPIC	Alcohol and Smoking	Drugs	British Values	The Equality Act and Hate Crime	Challenging Discrimination	Democracy and Voting
EXPLANATION	<p>Year 9 will begin with two key lessons on Alcohol, smoking and drugs. These lessons will educate the pupils on the dangers and impact of Alcohol and smoking on their bodies. It will explore the laws around the consumption of alcohol, smoking and the use of drugs. These lessons will also include conversations around what to do if pupils find themselves in a situation which involves these substances and how to seek help if they need it.</p> <p>Following this, pupils return to the theme of Identity and Community to delve into the topic of Democracy and Politics. Pupils will learn about the British Values, what they are and what they mean. They will learn about what the Equality Act is and its purpose and explore the protected characteristics. Pupils will learn what hate crimes are, looking at their impact on individuals and communities. Space will be provided for pupils to consider their own behaviour towards each other and reflect on whether this is appropriate and how they may need to change.</p> <p>Furthermore, pupils will learn about discrimination, identifying when different communities and individuals may be discriminated against including discrimination by invisibility. Pupils will consider ways in which we can combat prejudice and discrimination both individually and as a community. Finally, pupils will learn about democracy and our political system, answering the question 'Why should we vote?'</p>					

THEME	Identity and Community				
TOPIC	Personal Identity and Self-worth	Social Media and Identity	Gender Identity and Transgender	Exploitation and abuse in Relationships	Sexism and Misogyny
EXPLANATION	<p>The pupils now transition their focus from community to identity. This series of lesson provides space for them to consider their own personal identity and also that of others, exploring things that impact a person's identity and questions that a person may have linked to their identity.</p> <p>Pupils will consider what their identity is, what aspects of life do we consider when describing our identity and what influences this. There will be a lesson dedicated to a conversation and exploration around how social media and identity are linked. Looking at how pupils present themselves on social media and the impact social media has on their identity.</p> <p>Moreover, pupils will spend some time considering gender identity and transgender. They will learn and understand which language is appropriate when referring to transgender people. They will also explore the challenges faced by transgender people in society and consider ways in which they can develop and adapt their own environments to make them more welcoming for transgender persons. This series of lessons also provides space for pupils to learn about exploitation and abuse in relationships. There will be a focus on peer-on-peer abuse, giving pupils an understanding of what this is, things to look out for and what to do should they experience it or suspect it.</p> <p>Finally, pupils will learn the definitions of the key terms 'sexism' and 'misogyny', developing an understanding what these things look like and exploring ways in which they can be combatted.</p>				

YEAR 10

THEME	Relationships and Sex Education				
TOPIC	Sexual Relationships and Consent	Relationships and Emotional Health	Sexual Health	Pornography and Sexting	Conception, Pregnancy and Birth
EXPLANATION	<p>This series of lessons builds on content that has already been covered within the RSE Provision but allows for more depth and conversation around some key areas.</p> <p>Pupils will learn about the importance of, and responsibility that comes with, sexual relationships, including the importance of consent. They will be able to list a range of ways that people can show love and affection in relationships. Pupils will learn what it means to be sexually healthy, being able to describe the different types of contraception and how they work, including being able to identify which contraceptives are most appropriate for different scenarios. Moreover, pupils will learn about the different signs, symptoms and causes of sexually transmitted infections and know how and where to seek sexual health advice.</p> <p>Pupils will also gain an understanding of what pornography is, how it affects lives and the dangers associated with it. They will also learn about the risks and implications of sexting.</p> <p>Finally, pupils will develop an understanding of how fertilisation leads to pregnancy and birth. Learning about different choices around pregnancy and things that can go wrong.</p>				

THEME	Physical and Emotional Well-being					
TOPIC	Emotional Well-being	Dealing with Bereavement	Managing and dealing with stress	Pressures and Influences	How to face challenges well	Creating a healthy work-life balance
EXPLANATION	<p>The end of year 10 now provides an opportunity for pupils to return to the theme of Physical and Emotional Well-being. Pupils are preparing to enter their final year of GCSE's and are starting to consider what comes next, this time can be stressful and overwhelming for pupils. Therefore, this series of lessons has been designed to support pupils in managing their emotions, dealing with pressures and reaching a healthy work-life balance.</p> <p>In particular there will be a focus on managing and dealing with exam stress, developing techniques to cope with this and considering things that could be put in place to reduce exam stress. They will also consider ways to deal with different pressures and influences on their lives, learn how to discern what takes priority and how to face challenges well.</p> <p>Finally, pupils will consider what a healthy work-life balance looks like, how this may change over the course of the year and what things they can put in place to aid this.</p>					

YEAR 11

THEME	Relationships and Sex Education		Physical and Emotional Well-being	Planning for the future		
TOPIC	New relationships	Healthy relationships	Alcohol	Professionalism	Personal Finance	Living away from home
EXPLANATION	<p>As pupils are approaching the end of their GCSEs they are preparing to move on to the next stage in their education, with this comes new challenges and scenarios, this series of lessons is designed to support them with this.</p> <p>The lesson on 'new relationships' considers how to build healthy relationships with new people; this may be in a new school environment, in a new workplace or in a new social setting. This is followed by a lesson on healthy relationships, discussing what a healthy relationship is and any signs to look out for which may indicate an unhealthy relationship. Pupils are also reminded of what they should do if they find themselves in an unhealthy relationship and where they can go to seek help and support.</p> <p>There is also a standalone lesson on Alcohol; this is to educate pupils on the impact of alcohol on their bodies, the dangers of alcohol abuse and what to do if they find themselves in scenarios where alcohol is present.</p> <p>The year finishes with a series of lessons focused on planning for the future. Time is spent considering what 'professionalism' is and why this important. Moreover, pupils are given key knowledge in relation to personal finance, including how to manage their money well and other important aspects to be aware of when earning and spending money. Pupils will also have the opportunity to discuss what it may be like to live away from home, the benefits of this but also the challenges that people may face. This finishes with time for them to reflect on their own choices, any concerns or anxieties they may have and the things they are excited for.</p>					