

The Becket School
Personal Development Programme
Topic Outline

		Strand 1	Strand 2	Strand 3	Strand 4
Year	Term	Personal , Social , Health and Citizenship Education (PSHCE) /Equate Provision	Relationships and Sex Education (RSE)	Personal Development Lessons	Catholic Virtues
Curriculum Coverage and Timetable		PSHCE - topics covered within the six Stop the Clock sessions and personal development lessons.	Delivered through 8 lessons within the Personal Development programme in each year using Ten:Ten provision . Other parts of the RSE programme provided via Equate and Stop the Clock sessions.	One timetabled lesson per fortnight for each Year Group throughout year (year 11 access through drop down up to May 2022 / Sept 22 - year 11 access fortnightly lesson) .	5 lessons in a 10 week block within our Personal Development programme. Virtues are also explicitly taught through our Act of Worship programme. Year 7 - Faith , Hope , Charity and Love. Year 8 - Temperance (self control) Year 9 - Prudence (wisdom) Year 10 - Justice (right and wrong) year 11 - Fortitude (bravery)
Year 7	1	<ul style="list-style-type: none"> ✓ What is mental health ? ✓ Challenging stigma , stereotypes and discrimination around mental health ✓ Mental health first aid toolkit / steps to well being ✓ Equate sessions (1+2) - Healthy and Unhealthy Relationships 	Ten:Ten Programme: <ul style="list-style-type: none"> ✓ Who Am I? personal values ✓ Changing Bodies ✓ Healthy Inside & Out ✓ Where We Come From ✓ Family & Friends ✓ My Life on Screen / Online 	<ul style="list-style-type: none"> ✓ Catholic Virtues - focus on Temperance (Detail in Catholic virtues column) ✓ Relationships and Sex Education - Ten:Ten programme (see RSE column) 	<ul style="list-style-type: none"> ✓ The Becket Way - Work Hard, Be Kind, Do the Right Thing ✓ Catholic Virtue - Temperance

		<ul style="list-style-type: none"> ✓ Safeguarding assembly - keeping safe online ✓ COP 26 - raising awareness 	<ul style="list-style-type: none"> ✓ Living in the Wider World - social responsibility ✓ Cinema in Education session - Facts of Life 		
	2	<ul style="list-style-type: none"> ✓ What does it mean to be a good friend? Supporting others with their emotional health 		Emotional Wellbeing <ul style="list-style-type: none"> ✓ What is emotional wellbeing and mental health? ✓ What is Resilience? ✓ Feelings & How to manage them ✓ What impacts on emotional wellbeing ? ✓ How Do I Cope with Loss and Bereavement? ✓ Recognising the Signs of Poor Mental Health ✓ Ways to Look After Emotional Wellbeing ✓ Who Can Help? Support Services 	
		<ul style="list-style-type: none"> ✓ Basic first aid 			
	3	<ul style="list-style-type: none"> ✓ British values - recognising our core values 		<ul style="list-style-type: none"> ✓ Healthy Lifestyles ✓ Healthy eating ✓ Sleep support ✓ Dental Hygiene ✓ Vaccines ✓ Active lifestyle 	
		PSHCE	RSE	Personal Development	Catholic Virtues
Year 8	1	<ul style="list-style-type: none"> ✓ Understanding types of bullying including cyber bullying. ✓ Recap on different types of bullying / Focus - homophobic bullying 	Ten:Ten Programme <ul style="list-style-type: none"> ✓ Created and Chosen ✓ Appreciating Differences ✓ Understanding Feelings 	<ul style="list-style-type: none"> ✓ Catholic Virtues - focus on Temperance (Detail in Catholic virtues column) 	The Becket Way - how it shapes your character / focus on Temperance

		<ul style="list-style-type: none"> ✓ The Protected characteristics - 2010 Equality Act and recognising discrimination ✓ Equate sessions (1+2) - Peer on Peer Abuse ✓ Safeguarding assembly - keeping safe online ✓ COP 26 - raising awareness 	<ul style="list-style-type: none"> ✓ Before I was Born ✓ Tough Relationships ✓ Think Before You Share ✓ Wider World ✓ Cinema in Education session - The Trouble with Max 	<ul style="list-style-type: none"> ✓ Relationships and Sex Education - Ten:Ten programme (see RSE column) 	<ul style="list-style-type: none"> ✓ Character, Virtues and Habits ✓ Temperance as a Foundation for the Soul ✓ Resisting Temptation ✓ Improving Self-Control ✓ Prayer as a Way of Improving Self-Control
	2	<ul style="list-style-type: none"> ✓ Challenging Racism / Religious Prejudice and Discrimination - Reminder of British values ✓ Understanding disability as a Protected Characteristic 		<p>Emotional Wellbeing</p> <ul style="list-style-type: none"> ✓ What is emotional wellbeing and mental health? ✓ What is Resilience? ✓ Feelings & How to manage them ✓ What impacts on emotional wellbeing ? ✓ How Do I Cope with Loss and Bereavement? ✓ Recognising the Signs of Poor Mental Health ✓ Ways to Look After Emotional Wellbeing ✓ Who Can Help? Support Services 	
	3	<ul style="list-style-type: none"> ✓ Body image - impact of the media on body image , selfie addiction and body dysmorphia 		<p>Healthy Lifestyles</p> <ul style="list-style-type: none"> ✓ Healthy eating ✓ Sleep support ✓ Dental Hygiene ✓ Vaccines ✓ Active lifestyle 	
		PSHCE	RSE	Personal Development	Catholic Virtues

Year 9	1	<ul style="list-style-type: none"> ✓ Sharing of digital images - the law and how to seek support / CEOP ✓ Keeping safe online and internet fame ✓ The law on sexual harrasment (including upskirting) / Keeping safe strategies ✓ Safeguarding assembly - keeping safe online ✓ COP26 - raising awareness ✓ Life saving skills and CPR / purpose of defibrillators ✓ Racism in football 		<ul style="list-style-type: none"> ✓ The Becket Way Catholic Virtues programme - focus on Prudence (detail in Catholic Virtues column) 	<p>The Becket Way - Work Hard, Be Kind, Do the Right Thing. Catholic Virtue - Prudence</p> <ul style="list-style-type: none"> ✓ Prudence and Humility ✓ Positive and Negative Freedoms ✓ Authority and Rules ✓ Monster Moments – Controlling aggression ✓ The Power of Forgiveness in Conflict
	2	<ul style="list-style-type: none"> ✓ Gangs and knife crime - peer pressure and choosing positive role models ✓ Radicalisation and the work of Prevent ✓ Equate sessions (1+2) - Personal Space and Misogyny Awareness 	<p>Ten:Ten Programme</p> <ul style="list-style-type: none"> ✓ The Search for Love ✓ Love People, Use Things ✓ In Control of My Choices ✓ Fertility and Contraception ✓ Marriage ✓ Consent ✓ Knowing My Rights and Responsibilities ✓ Cinema in Education session - Love, Honour, Cherish 	<ul style="list-style-type: none"> ✓ Relationships and Sex Education - Ten:Ten (see RSE column) 	
	3	FGM		<ul style="list-style-type: none"> ✓ Healthy Lifestyles: ✓ Alcohol awareness ✓ Drugs and the law ✓ Why some people self-harm 	

				<ul style="list-style-type: none"> ✓ Responsible health choices: vaccinations, blood and organ donation, stem cells and hygiene 	
		PSHCE	RSE	Personal Development	Catholic Virtues
Year 10	1	<ul style="list-style-type: none"> ✓ County lines - child exploitation ✓ Testicular cancer and self-checking ✓ Consent and personal space - the law on consent and how to seek support ✓ Black History month ✓ Safeguarding assembly - keeping safe online ✓ COP26 - raising awareness 		<ul style="list-style-type: none"> ✓ The Becket Way Catholic Virtues programme - focus on Prudence (detail in Catholic Virtues column) 	<p>The Becket Way - Work Hard, Be Kind, Do the Right Thing. Catholic Virtue - Prudence</p> <ul style="list-style-type: none"> ✓ Prudence and Humility ✓ Positive and Negative Freedoms ✓ Authority and Rules ✓ Monster Moments – Controlling Aggression ✓ The Power of Forgiveness in Conflict
	2	<ul style="list-style-type: none"> ✓ Recognising addiction - legal and illegal drugs ✓ Focus : Broxstowe Youth Homeless ✓ International womens day assembly ✓ Fair trade and what it means 	<p>Ten:Ten Programme</p> <ul style="list-style-type: none"> ✓ Positive and negative freedoms ✓ Self-Image ✓ Beliefs, Values and Attitudes ✓ Parenthood ✓ Pregnancy and Abortion ✓ Healthy relationships ✓ Protected characteristics ✓ Cinema in Education session - Babies 	<ul style="list-style-type: none"> ✓ Relationships and Sex Education - Ten:Ten (see RSE column) 	
	3	<ul style="list-style-type: none"> ✓ Abuse of prescription medication 		<ul style="list-style-type: none"> ✓ Living in the Wider World (careers): 	

				<ul style="list-style-type: none"> ✓ Rights and responsibilities in the workplace ✓ Health and safety in the workplace ✓ The right career choice ✓ Preparing for work experience 	
		PSHCE	RSE	Personal Development	Catholic Virtues
Year 11	1	<ul style="list-style-type: none"> ✓ The teenage brain - making choices , impulsive behaviour ✓ Gambling - risks , advertising and debt ✓ Recognising healthy and unhealthy behaviour in relationships ✓ Safeguarding assembly - keeping safe online ✓ COP26 		Currently for 2021-2022 year 11 provision is delivered via drop down sessions covering topic headlines in the PSHCE column. This also covers statutory RSE and health provision. Timetabled discrete lessons for personal development now planned for year11 September 2022.	Access to Catholic virtues programme is currently through drop down session - this will move to discrete lessons in Sept 22 bringing year 11 into line with Year 7 to 10 programme.
	2	<ul style="list-style-type: none"> ✓ Mental Health - the Samaritans and who can help ✓ KOOTH - common mental health issues - anxiety and depression ✓ Managing stress - positive self talk in run up to exams ✓ Careers and Higher education planning ✓ The legal status of marriage - recognising the difference between forced and arranged marriage 	<ul style="list-style-type: none"> ✓ Sex and Relationships - different types of relationships and recognising our values ✓ STIs ✓ Facts about contraception choices ✓ The dangers of pornography 		

	3	✓ Understanding taxation and your payslip			
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