

## Level 1:



### Queen Ethelburga's Collegiate Foundation

#### Personal Development Department Year 9 Overview 2024-25

This is an overview of the different topics taught in Personal Development. Personal Development encompasses Social, Moral, Spiritual and Cultural (SMSC) and careers. The Department works closely with all other school teams to provide a bespoke programme for all students in KS3 and 4. All students receive 1 hour each week.

| Term          | Week | w/c       | SMSC | Lesson themes/titles  |
|---------------|------|-----------|------|---|
| Autumn<br>(1) | 1    | 02 Sep 24 | ALL  | <b>Induction</b> Reflections of summer/Learning contracts resilience/teamwork/expectations in PD  |
|               | 2    | 09 Sep 24 | ALL  | <b>Induction</b> Expectations in PD - Targets, skills/teamwork/target setting school support networks/ SMSC/ mindfulness/stress relief techniques |
|               | 3    | 16 Sep 24 | SMC  | Prevent/British Values/ Friendships   |
|               | 4    | 23 Sep 24 | All  | <b>Digital Wellbeing Awareness Week-screen time focus</b>   |
|               | 5    | 30 Sep 24 | SMC  | Sexting/nudes/consent/self-respect  |
|               | 6    | 07 Oct 24 | SMC  | Healthy/unhealthy relationships What is sex? Pregnancy, child-on-child abuse/staring  |
|               | 7    | 14 Oct 24 | S    | Restart a Heart Day - first Aid Week  |
|               |      |           |      | 2 week half term  |

|                       |    |              |            |   |
|-----------------------|----|--------------|------------|---|
| <b>Autumn<br/>(2)</b> | 8  | 04 Nov 24    | SMC        | Careers   |
|                       | 9  | 11 Nov 24    | <b>ALL</b> | <b>Anti-bullying Awareness Week – inclusion, child-on-child sexual/bullying</b>               |
|                       | 10 | 18 Nov 24    | SMC        | Slavery + Trafficking/ sex trade  |
|                       | 11 | 25 Nov 24    | SMC        | FGM/ Breast Ironing   |
|                       | 12 | 02 Dec24     | SMC        | Terrorism/Radicalisation  |
|                       | 13 | 09 Dec 24    | SMC        | Knife Crime   |
|                       |    | 16/23/30 Dec |            | Christmas Holidays  |
| <b>Spring<br/>(1)</b> | 14 | 06 Jan 25    | ALL        | Careers transition into year 10   |
|                       | 15 | 13 Jan 25    | SMC        | Parenting/Baby Borrowers  |
|                       | 16 | 20 Jan 25    | SMC        | Self-harm   |
|                       | 17 | 27 Jan 25    | SMC        | <b>Wellbeing Awareness week – Healthy Habits focus Mental health – depression and anxiety</b> |
|                       | 18 | 03 Feb 25    | SMC        | Special relationships (recap puberty) consent/law   |
|                       | 19 | 10 Feb       | SMC        | Relationship values - new   |
|                       |    | 17 Feb       |            | Half Term   |
| <b>Spring<br/>(2)</b> | 20 | 24 Feb       | SMC        | Smoking and vaping  |
|                       | 21 | 03 March     | SMC        | Alcohol Part 1  |
|                       | 22 | 10 March     | SMC        | Drugs Part 2  |
|                       | 23 | 17 March     | SMC        | STIs  |
| <b>Summer<br/>(1)</b> | 24 | 24 March     | SMC        | Contraception   |
|                       | 25 | 31 March     | SMC        | <b>Equality Awareness Week- Gender roles focus Freedom Writers week 1</b>                     |
|                       | 26 | 7 April      | SMC        | Freedom Writers week 2  |
|                       |    | 14/21 April  |            | Easter holidays -2 weeks  |
|                       | 27 | 28 April     | SMC        | Eating disorders  |
|                       | 28 | 05 May       | SMC        | Addictions – Pornography  |
|                       | 29 | 12 May       |            | <b>Cultural Awareness Week</b>  |

|                   |    |         |     |   |
|-------------------|----|---------|-----|---|
|                   |    |         |     |   |
|                   | 30 | 19 May  | SMC | Financial choices                           |
|                   |    | 26 May  |     | Half term                                   |
| <b>Summer (2)</b> | 31 | 2 June  | S   | Cancer Awareness – self examination         |
|                   | 32 | 9 June  | ALL | <b>Spirituality Awareness Week</b>          |
|                   | 33 | 16 June | ALL | Y9 overview/targets/reflections for year 10 |

Please note that lesson themes and dates are subject to change.

### Social, Moral, Spiritual and Cultural (SMSC)

This is embedded into the topics we deliver as indicated on the overview.

|   |   |
|---|---|
| <p style="text-align: center;"><b>Social</b></p> <p>Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.</p>                     | <p style="text-align: center;"><b>Moral</b></p> <p>Recognise right and wrong; understand consequences; investigate moral and ethical issues; offer reasoned views.</p>                |
| <p style="text-align: center;"><b>Spiritual</b></p> <p>Explore beliefs and experience; respect values; discover oneself and the surrounding world; use imagination and creativity; reflect.</p> | <p style="text-align: center;"><b>Cultural</b></p> <p>Appreciate cultural influences; participate in cultural opportunities; understand, accept, respect and celebrate diversity.</p> |