

# NUSA PERSONAL DEVELOPMENT CURRICULUM OVERVIEW 2020-21

	Autumn 1 (7 weeks)	Autumn 2 (6 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (6 weeks)
<b>Year 7</b>	<b>Transition and Community</b> <ul style="list-style-type: none"> <li>Transition to secondary school</li> <li>Community</li> <li>Key skills</li> </ul>	<b>Health and Puberty</b> <ul style="list-style-type: none"> <li>Physical and emotional changes during puberty</li> <li>Personal hygiene</li> <li>Menstruation</li> <li>Body image</li> </ul>	<b>Positive Relationships</b> <ul style="list-style-type: none"> <li>Features of positive and negative relationships</li> <li>Friendship</li> <li>Family</li> <li>Bullying and cyberbullying</li> </ul>	<b>British Values and Online Safety</b> <ul style="list-style-type: none"> <li>Introduction to British Values</li> <li>Antisocial behaviour</li> <li>Online safety</li> </ul>	<b>Physical and Mental Health</b> <ul style="list-style-type: none"> <li>Mental health and unhealthy coping strategies (self-harm)</li> <li>Diet, exercise, sleep and dental health</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>FGM</li> <li>Introduction to consent</li> <li>Romantic relationships</li> <li>Change and loss</li> </ul>
<b>Year 8</b>	<b>Mental Wellbeing</b> <ul style="list-style-type: none"> <li>Attitudes and stigma</li> <li>Unhealthy coping strategies (self-harm, eating disorders)</li> <li>Healthy coping strategies</li> <li>Impact of social media</li> </ul>	<b>Positive Relationships</b> <ul style="list-style-type: none"> <li>Healthy and unhealthy relationships</li> <li>Domestic abuse</li> <li>Consent</li> <li>Sexting</li> <li>Contraception</li> </ul>	<b>Internet Safety</b> <ul style="list-style-type: none"> <li>Social media use</li> <li>Cyberbullying and peer pressure</li> <li>Gaming safety and online grooming</li> <li>Media reliability</li> </ul>	<b>Drugs and Alcohol</b> <ul style="list-style-type: none"> <li>Introduction to legal and illegal drugs</li> <li>Legal drugs: caffeine, smoking, vaping, alcohol</li> <li>Managing influences and decision making</li> </ul>	<b>Diversity and Discrimination</b> <ul style="list-style-type: none"> <li>Sexual orientation</li> <li>Gender identity</li> <li>Stereotypes, prejudice and discrimination in different forms</li> </ul>	<b>Careers and First Aid</b> <ul style="list-style-type: none"> <li>Types and patterns of work</li> <li>Employability skills</li> <li>Goal setting and future aspirations</li> <li>Basic first aid</li> </ul>
<b>Year 9</b>	<b>Physical and Mental Health</b> <ul style="list-style-type: none"> <li>Unhealthy coping strategies (self-harm, eating disorders)</li> <li>Healthy coping strategies</li> <li>Positive health choices (sleep, exercise, diet)</li> </ul>	<b>Intimate Relationships</b> <ul style="list-style-type: none"> <li>Contraception</li> <li>STIs</li> <li>Relationships and the media, including sexting</li> <li>Pornography</li> </ul>	<b>KS4 Options and Careers</b> <ul style="list-style-type: none"> <li>Post-16 and career pathways</li> <li>Employability skills</li> <li>Personal skills and interests</li> <li>Goal setting and future aspirations</li> <li>KS4 Options</li> </ul>	<b>Drugs and Alcohol</b> <ul style="list-style-type: none"> <li>Alcohol and addiction</li> <li>Illegal drugs</li> <li>Gangs</li> <li>Violent crime</li> </ul>	<b>Respectful Relationships</b> <ul style="list-style-type: none"> <li>Peer pressure</li> <li>Child Sexual Exploitation</li> <li>Conflict management</li> <li>Change and breakdown of relationships</li> <li>Marriage and family roles</li> </ul>	<b>The Media and Money</b> <ul style="list-style-type: none"> <li>The influence of advertising and the media</li> <li>Online gambling</li> <li>Managing money</li> <li>Fraud and cybercrime</li> </ul>
<b>Year 10</b>	<b>Work Experience and Careers</b> <ul style="list-style-type: none"> <li>Employability skills</li> <li>Post-16 and career pathways</li> <li>Work experience</li> <li>Cover letters and CVs</li> <li>Positive personal image</li> </ul>	<b>Intimate Relationships</b> <ul style="list-style-type: none"> <li>Expectations of relationships and intimacy</li> <li>Contraception and STIs</li> <li>Teenage pregnancy</li> <li>Pregnancy choices</li> <li>Pornography</li> <li>Managing sexual pressure</li> </ul>	<b>Drugs and Influences</b> <ul style="list-style-type: none"> <li>Illegal drugs and substance use</li> <li>Gangs and violent crime</li> <li>Role models and peer pressure</li> <li>Mental ill-health (depression, anxiety, stress)</li> </ul>	<b>Financial Decision Making</b> <ul style="list-style-type: none"> <li>Managing money: budgeting, saving, borrowing and debt</li> <li>Online gambling</li> <li>Targeted advertising</li> <li>Fraud and cybercrime</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Celebrating diversity and challenging prejudice</li> <li>FGM, forced marriage and honour-based violence</li> <li>Extremism and radicalisation</li> <li>Abuse and harassment</li> </ul>	<b>Work Experience</b> <ul style="list-style-type: none"> <li>Preparing for and reflecting on work experience</li> </ul>
<b>Year 11</b>	<b>Relationships Hot Topics</b> <ul style="list-style-type: none"> <li>Unhealthy relationships, including abuse</li> <li>Managing expectations and sexual pressure</li> </ul>	<b>Next Steps and Careers</b> <ul style="list-style-type: none"> <li>Interview skills</li> <li>Personal image</li> <li>Career pathways and aspirations</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>Lifestyle choices</li> <li>Alcohol and drugs in relation to risky behaviour</li> <li>Mental health and ill-health</li> <li>FGM</li> <li>Cancer awareness and self-examination</li> </ul>	<b>Preparing for Adult Life</b> <ul style="list-style-type: none"> <li>Managing money (budgeting, saving, borrowing and debt)</li> <li>Online gambling</li> <li>Fraud and cybercrime</li> <li>Diversity and discrimination</li> <li>Crime awareness</li> </ul>	<b>Exam Preparation</b> <ul style="list-style-type: none"> <li>Managing stress</li> <li>Revision strategies</li> <li>Time management</li> <li>Independent study</li> </ul>	<b>Health</b> <ul style="list-style-type: none"> <li>Cancer awareness and self-examination</li> <li>First aid and life-saving skills</li> </ul>
<b>Year 11</b>	<b>Next Steps and Careers</b> <ul style="list-style-type: none"> <li>Employability skills</li> <li>Post-16 options and applications</li> <li>CV writing</li> </ul>	<b>Relationships Hot Topics</b> <ul style="list-style-type: none"> <li>Contraception and STIs</li> <li>Pregnancy choices</li> <li>Families and parenting</li> <li>Grief and loss</li> </ul>				