



Personal Development Year 11 Long Term Mapping

Subject Intent/ Aims:

"I have come that they may have life and have it to the full." — John 10:10

The Personal Development programme at St Philip Howard is rooted in the teachings of the Church, emphasising dignity, respect and love as the foundations of human life. Guided by our belief that every person is created by God to love and to be loved, the curriculum supports students in living life to the fullest and preparing for their future with purpose and confidence.

In Year 11, Personal Development lessons are shaped by the new DfE Personal Development Framework and focus on ensuring pupils are fully prepared for life beyond school. The curriculum provides essential life skills, enabling students to manage their mental health, understand their financial responsibilities, and develop healthy, respectful and safe relationships. Pupils build their understanding of consent, boundaries, online behaviour and digital safety, helping them make informed choices in an increasingly complex world.

Year 11 also includes focused preparation for the world of work, further education and independent living. Students develop employability skills, explore future pathways through careers events, understand the purpose of employment contracts, and learn how to apply safely for jobs, apprenticeships or courses. Financial education supports them in budgeting, saving, understanding payslips and avoiding scams or exploitation.

Across all topics, the programme strengthens pupils' character, resilience and decision-making, empowering them to navigate the challenges of adult life with confidence. Through a combination of classroom learning, SPH Experience Days, careers encounters and wider enrichment opportunities, students leave Year 11 as well-rounded, informed and responsible young people, ready to contribute positively to their communities and society.



Advent 1: Health and Wellbeing Advent 2: Experiencing and valuing the wider world	Lent 1: Relationships Lent 2: Health and Wellbeing	Pentecost 1: Families
<u>Key learning</u> Building for the future Next steps	<u>Key learning</u> Communication in relationships Health and independence	<u>Key learning</u> Families
<u>Key Content/knowledge</u> Advent 1: Health and Wellbeing	<u>Key Content/ Knowledge)</u> Lent 1: Relationships	<u>Key Content/ Knowledge)</u> Pentecost 1: Relationships
What are unhelpful thoughts? - To understand what unhelpful thoughts are - To know how unhelpful thoughts can impact our wellbeing - To know how to refrain from unhelpful thoughts	What is a healthy romantic relationship? - To understand the characteristics of a healthy and stable romantic relationship - To be aware of healthy and unhealthy behaviors in a romantic relationship - To reflect on how to maintain a healthy romantic relationship	What is domestic abuse? - To understand what domestic abuse - To be aware of signs of domestic abuse - To know how to access support for somebody who may be a victim of domestic abuse
How do I manage exam stress? - To understand common stresses that come leading up to and during exams - To know how stress can impact our wellbeing and performance in exams - To know how to manage exam stress	What are the 3 C's of consent? - To understand how to recognise verbal and non-verbal signs of consent - To be aware of the three c's of consent and	What is honor based abuse? - To understand what honor-based abuse means? - To be aware of behaviors that are not



What is the importance of good sleep? - To understand the importance of sleep and healthy routines - To know the causes and effects of poor sleep - To learn to improve the quality of our sleep	the importance of being assertive To feel confident, clear and in control when giving consent	honorable To consider the barriers to reporting honor-based abuse
What are the effects of negative body image? - To understand why young people, struggle with their body image - To be aware of physical and mental impact of having a negative body image - To know where to get support from if you are struggling with your body image	What is gaslighting? - To understand what coercive behavior is - To know what gaslighting is - To be able to spot the signs of gaslighting	What is a forced marriage? - To understand what a forced marriage is and how it differs from an arranged marriage. - To recognise the signs that someone may be at risk of forced marriage and understand why it is illegal. - To know where to seek confidential help and support if concerned for ourselves or someone else.
How does online content affect our wellbeing and self-image? - To understand how social media, filters, and online content can distort reality and affect self-esteem and body image - To explore the impact of pornography, unrealistic online relationships, and harmful content on mental health and expectations - To know where to get support if we feel affected by online pressure or content	How can digital behaviors affect our relationships? - To understand how online behaviors can positively or negatively impact romantic relationships. - To recognise the risks of online pressure, image-based abuse and the sharing of explicit content - To know how to protect ourselves online and where to seek help if digital behaviour becomes harmful or unsafe.	Why should we respect diversity? - To understand the 9 protected characteristics and how respecting diversity helps prevent harmful behaviours such as domestic abuse, honor-based abuse and forced marriage. - To recognise how prejudice and stereotypes can contribute to controlling or abusive behaviour. - To understand that everyone is created in the image of God and deserves dignity,
Advent 2: Experiencing and valuing the wider world	Lent 2: Health and Wellbeing How can I look after my health and wellbeing?	



What are the post 16 pathways available to me? - To know what post 16 pathways are available - To know what we should and should not consider - To consider the best pathways for ourselves How do I present myself in an interview? - To understand basic positive behaviors in an interview - To be aware of negative behavior we should avoid - To identify positive behaviors, we could display in an interview What are our personal strengths? - To know what personal skills are - To consider how we can enhance our own personal skills and how they will help us in the future - To identify our own personal strengths and weaknesses What is positive behavior at work - To understand the importance of positive behavior at work - To consider how to develop positive behavior at work	- To understand why it is important to maintain our health and wellbeing - To consider different activities and habits and whether they promote positive or negative health and wellbeing - To formulate a plan to ensure we look after our own health and wellbeing How does sleep, stress and lifestyle affect mental health? - To understand how sleep, stress, diet and lifestyle choices influence our mental health and decision-making. - To recognise signs of unhealthy coping mechanisms and when wellbeing may be declining. - To develop personal strategies to manage stress, improve sleep and maintain positive mental health. What is blood and organ donation? - To understand what blood and organ donation are - To know what can and cannot be donated and the impact of donation on a person's life	equality and respect.
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👉 To reflect on our own positive behavior How Can My Online Activity Affect My Future? 🧠 To understand how our digital footprint and online behaviours can impact future education and employment opportunities 🧠 To recognise how employers and colleges use online searches and social media during recruitment 🧠 To learn how to manage and protect our online reputation.	👉 To consider what we would be willing to donate Is it right to have cosmetic surgery? 🧠 To understand the different types of cosmetic and aesthetic surgery 💖 To consider the advantages and disadvantages of cosmetic and aesthetic surgery 👉 To reflect on the statement beauty is only skin deep	
<u>POS refs</u> H2, H3, H4, H8, H12, L22 L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	<u>POS refs</u> H26, H27, H28, H29, R16, R17, R21, R23, R32 H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24	<u>POS refs</u>



<u>Advent</u>	<u>Lent</u>	<u>Pentecost</u>
<u>Key concepts:</u>	<u>Key Concepts</u>	<u>Key Concepts</u>
Exam stress	Consent	Domestic abuse
Healthy routines	Coercive behavior	Honor-based abuse
Body image	Gaslighting	Honor-based killing
Positive behaviors	Wellbeing	Grief
Personal skills	Organ donation	
	Blood donation	
	Cosmetic surgery	
	Aesthetic surgery	
<u>Higher order knowledge</u> Students learn to cultivate a growth mindset, recognising that their abilities can be developed through dedication and effort. This involves understanding the concept of self-efficacy, where students build confidence in their capacity to overcome challenges. They undertake critical self-assessment to identify their strengths, weaknesses, interests, and values and they learn how to align these with potential career paths, ensuring that their application processes for further education or employment reflect their true capabilities and aspirations. Students engage in exercises to clarify their personal values and understand how these guide their behavior and decisions, particularly in relationships. They explore how to navigate complex relationship challenges and conflicts and learn to make responsible decisions that promote long-term well-being. They explore the consequences of risky behaviors and the importance of preventive measures. Students explore the diversity of family structures and the responsibilities that come with parenting.		



HO Composites

- To learn to reflect critically on their personal strengths and weaknesses.
- To set realistic goals based on their self-assessment and to develop plans to achieve these goals.
- To explore advanced stress management techniques such as mindfulness, and time management.
- To create detailed career plans, understanding market trends, and developing skills aligned with their long-term goals.
- To analyse the requirements of application processes for further education or employment
- To learn to tailor their CV's, cover letters, and personal statements to meet specific criteria and highlight their relevant skills and experiences.
- To develop and refine their interview skills through mock interviews and feedback sessions.
- To learn how to set and achieve career milestones and adapt to changing career landscapes.

HO Composites

- To engage in activities that help them clarify their personal values and understand how these values influence their behaviour and decisions.
- To apply their understanding of personal values to make ethical decisions in relationships.
- To learn to navigate complex situations involving conflicts or moral dilemmas, using their values as a guide.
- To develop advanced skills in assertive communication and conflict resolution.
- To practice addressing relationship challenges and abuse scenarios with empathy, clarity, and respect
- To evaluate information about health, including nutrition, exercise, and preventive care.
- To learn to make informed decisions that balance immediate desires with long-term health outcomes.
- To practice assessing risks and creating safety plans for independent living scenarios, such as managing personal finances, home safety, and personal security.

HO Composites

- To analyse different family structures and the responsibilities associated with different familial roles.
- To understand the dynamics of parenting, including the challenges and supports available for different types of families.
- To explore the legal and ethical issues related to marriage, pregnancy, and forced marriage.
- To learn about their rights and responsibilities, the implications of forced marriage, and how to support individuals in such situations.
- To develop skills to navigate changes in relationships, such as transitions in family roles or dynamics due to marriage, pregnancy, or separation.
- To practice adaptive communication and support strategies to manage these changes effectively.





Composite Skills

- Building Self-Esteem and Positive Relationships
- Setting and Respecting Boundaries
- Basic Financial Literacy: Budgeting and Saving
- Effective Communication and Conflict Resolution

Assessment/s (Formative and Summative):

- Key Concept tasks
- RRR tasks at the start of each lesson
- Discussion tasks/Think Pair Share
- Tiered questioning
- Synoptic quizzes to be completed regularly



Literacy/Numeracy/Cross Curricular links

Literacy

- Use articles, stories, and case studies related to PSHE topics
- Teach students to structure arguments and express their thoughts clearly through persuasive writing exercises on PSHE-related issues.

Numeracy

- Use real-life scenarios to teach concepts like interest rates, loans, and investments, helping students make informed financial decisions.

Science:

- Human anatomy, puberty, and reproductive health.
- Mental health topics through a scientific approach, discussing the physiological effects of stress and strategies for well-being.

History:

- Historical events and figures in the context of social justice, human rights, and ethical decision-making.

ICT

- Digital literacy and online safety, focusing on responsible internet use and the impact of social media.

SMSC/BV

- **Reflection Activities:** Pupils are encouraged to reflect on their personal beliefs, values, and experiences.
- **Ethical Dilemmas:** Pupils will consider different moral dilemmas related to real-life situations
- **Celebration of Diversity:** Pupils will understand the 9 protected characteristics and learn to value the diversity in our society
- **Democracy Rule of Law:** Pupils will have a sound understanding of these concepts as well as the different types of law
- **Mutual Respect** All lessons will promote mutual respect and those in our local and wider communities
- **Conflict Resolution:** Pupils will learn different ways of resolving conflicts respectfully and understanding different viewpoints



Adaptive strategies

- Differentiated Instruction
- Use of Technology
- Scaffolded Learning
- Regular Check-ins
- Flexible Grouping
- Parental and Community Involvement
- Role-Play Scenarios



St Philip Howard Catholic Voluntary Academy

Department Planning 2025-2026



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CATHOLIC VOLUNTARY ACADEMY