



Personal Development – Year 7 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 reflects the core teachings of the Church, which emphasise love as the foundation of human existence. It encourages students to live life to the fullest by helping them understand that we are created both to love and to be loved.

In Year 7, Personal Development lessons provide the essential foundations that support pupils as they transition into secondary school. These lessons help students to understand and manage their emotions, build positive and healthy relationships, and make informed choices about their physical and mental wellbeing.

Pupils are also introduced to key topics such as personal safety, diversity, online awareness, and basic financial literacy. These elements help students to develop a sense of responsibility, respect for others, and an understanding of the wider world they are growing up in.

By addressing these important areas early, the Personal Development curriculum empowers Year 7 students to navigate the challenges of adolescence with confidence and resilience. It lays the groundwork for their future happiness and success by fostering personal growth, emotional wellbeing, and responsible citizenship. Through this programme, pupils are encouraged to reflect on their values, celebrate their uniqueness, and contribute positively to their school and community.

Advent 1: Health and Wellbeing

Advent 2: Experiencing and valuing the wider world

Lent 1: Relationships

Lent 2: Health and Wellbeing

Pentecost 1: Relationships

Pentecost 2: Experiencing and valuing the wider world



Key learning Transition and safety Skills and aspirations	Key learning Diversity, prejudice and bullying Health and puberty	Key learning Building relationships Financial decision making
<u>Key Content/knowledge</u> Advent 1: Health and Wellbeing What are protected characteristics and British Values? - To understand what the 9 protected characteristics are and what British Values are - To explain how prejudice and discrimination can be harmful - To know what sort of words are offensive and not acceptable at SPH. How do I cope with change? - To understand the nature of expected and unexpected change. - To consider the challenges of transitioning to secondary school and how to manage this - To know how to forge and manage ne	<u>Key Content/ Knowledge)</u> Lent 1: Relationships What is prejudice? - To understand what diversity and Prejudice are. - To consider how prejudice can be harmful - To respect the Dignity of everybody we meet How can bullying affect you? - To understand the different types of bullying - To know why people, bullying and how bullying can affect people - To know what to do if I witness bullying or I am bullied at SPH What is a healthy friendship? - To understand the qualities of healthy and unhealthy friendships - To recognise signs of manipulation, pressure	<u>Key Content/ Knowledge)</u> Pentecost 1: Relationships What is self-worth? - To understand what self-worth is - To consider how we can improve our self-worth - To recognise a healthy relationship What is a healthy relationship? - To know what an un-health relationship looks like - To be able to identify the characteristics of an un-healthy relationship - To know where to seek help if I need it What is consent? - To understand what consent is - To be able to identify signs of consent and when somebody does not consent



friendships	or controlling behaviour	To know how to seek consent
How will I make new friends?	To know how to seek help if a friendship becomes harmful	What are personal boundaries?
- To learn how to make friends - To be able to identify healthy and unhealthy relationships - To be able to manage changing friendships	What is cyberbullying?	- To understand what personal boundaries are in relationships and friendships - To know how to communicate boundaries clearly and respectfully and to recognise when someone is not respecting our boundaries - To know how to seek help if boundaries are crossed or pressure is applied
How do I manage my emotions?	- To understand what cyberbullying is - To recognise examples of cyber bullying - To know how to prevent, stop and report cyberbullying.	
- To understand what emotions are and recognise how change and transition can affect how I feel. - To reflect on how I feel about starting secondary school and how my emotions impact others. - To be able to apply strategies to manage my emotions and act respectfully towards others in school.	Lent 2: Health and Wellbeing	Pentecost 2: Experiencing and valuing the wider world
	Why is sleep important?	What is the economy?
How can I stay safe?	- To understand why sleep and good sleep routines are important - To know the causes and effects of poor sleep routines. - To know how to improve the quality of my sleep	- To understand is meant by the term economy - To know what can boost or decline the economy - To reflect on how the economy has an impact on our lives
- To understand how to maintain personal travel safety - To consider what risky behavior is. - To be able to respond in an emergency.	What happens during puberty?	What is consumerism?
What is a good career?	- To understand what puberty is - To know the changes our bodies, go through during puberty	To understand what capitalism and



- To Define 'what is a career?' - To Identify a range of career sectors and jobs - To Understand the skills required for different jobs, and the rewards and challenges they may bring in the future Advent 2: Experiencing and valuing the wider world	- To be able to care for ourselves, physically and emotionally during puberty How do I maintain good personal hygiene? - To understand why personal hygiene is essential for physical and emotional wellbeing - To know what good hygiene routines look like during and after puberty and to understand the link between hygiene, self-esteem and health - To know how to manage hygiene confidently and independently	consumerism is - To be able to explain the impact of consumerism - To know how we can be sustainable consumers How do I manage my money? - To know some key financial terms - To consider what we spend money on. - To be able to consider the importance of a bank account for young people
How do I learn?? - To understand our own personal strengths and weaknesses - To be able to explain how our memory works - To consider the best way for me to learn	How might the health and rights of individuals be affected? - To understand what Female Genital Mutilation (FGM) is - To be able to identify how somebody's health and rights might be affected by FGM - To consider ways we can raise awareness	Why do we pay tax? - To understand what the HMRC is - To be able to explain what the HMRC do and why we pay tax - To reflect on the benefits of paying tax on the economy
What is a career? - To understand different work roles and careers - To consider gender stereotypes in careers - To reflect on own ideas about whether certain careers are more suitable for one		



gender than another		
What is an entrepreneur?		
- To understand what teamwork and enterprise mean - To consider how teamwork can develop enterprise - To reflect on how I can be an entrepreneur		
What does it mean to aspire?		
- To know what 'raising aspirations means' - To consider why it is important to aspire. - To consider our own personal values and link to possible future careers.		
What careers will there be in the future?		
- To be able to identify a skill that will be important for future jobs and explain how careers have changed over time. - To understand why it's important to keep learning new skills and to be open to change in the world of work. - To think about how I might use these skills in my own future career.		



<u>POS refs</u> H1, H2, H30, H33, R13, L1, L2 R15, R39, L1, L4, L5, L9, L10, L12	<u>POS refs</u> R3, R38, R39, R40, R41 H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	<u>POS refs</u> H1, R2, R9, R11, R13, R14, R16, R24 H32, L15, L16, L17, L18
<u>Advent</u> <u>Key concepts:</u> Protected characteristics Prejudice Discrimination Misogyny Stereotype Entrepreneur Raising aspirations	<u>Lent</u> <u>Key Concepts</u> Diversity Bullying Cyber bullying Puberty	<u>Pentecost</u> <u>Key Concepts</u> Self-worth Consent Economy Consumerism HMRC Tax
<u>HO Knowledge</u> Students are encouraged to think critically and reflect deeply on a variety of personal, social, and health-related topics. At this level, students begin to analyse the impact of		



their actions on themselves and others, understand the complexities of peer relationships, and evaluate the consequences of different choices. They explore themes such as empathy, consent, and digital citizenship, learning to apply these concepts in practical scenarios. This approach helps students to develop problem-solving skills, make informed decisions, and cultivate a sense of responsibility and ethical awareness, laying the groundwork for their growth as thoughtful and engaged individuals.

<u>HO Composites</u>	<u>HO Composites</u>	<u>HO Composites</u>
1. How can adapting to new environments and routines contribute to personal growth during the transition to secondary school? 2. What are the challenges and opportunities of forming new friendships in secondary school? 3. How does effective time management and organisation impact your academic and personal life? 4. How can you assess and respond to potential safety risks both in and outside of school? 5. What are the various forms of discrimination that can occur in school and in the community, and how can you effectively address and challenge these behaviors? 6. How can promoting an inclusive environment in school contribute to the wellbeing of all students? 7. How do your personal interests, strengths, and values influence your career choices, and what	1. How can embracing diversity in a school setting enhance the learning environment and personal growth? 2. What are the root causes of prejudice, and how can individuals and communities work together to challenge and overcome prejudiced attitudes and behaviors? 3. What are the short-term and long-term impacts of bullying on both the victim and the perpetrator, 4. How do healthy routines, such as regular exercise, balanced diet, and adequate sleep, influence your overall well-being and academic performance? 5. What are the various factors that influence your health, both positively and negatively, and how can you make informed choices to promote your well-being? 6. How can understanding the physical and	1. How does one's sense of self-worth influence the quality and dynamics of their romantic relationships and friendships? 2. In what ways can maintaining healthy friendships and online interactions support or hinder one's romantic relationships and self-worth? 1. How can individuals navigate relationship boundaries in romantic and platonic relationships to preserve their self-worth in the digital age? 2. How can setting financial boundaries influence one's sense of self-worth? 3. How do different approaches to saving, borrowing, and budgeting effect on our own personal wellbeing 4. Why is it important to have financial independence?





steps can you take now to prepare for your future career? 8. What strategies can you use to overcome barriers and challenges in achieving your aspirations	emotional changes of puberty help you navigate this stage of life with confidence and self-awareness? 7. What constitutes unwanted contact, and what steps can you take to protect yourself and others from it? 8. What is Female Genital Mutilation (FGM), and how does it affect the health and rights of individuals? Discuss ways to raise awareness and prevent FGM in communities.	
<u>Composite Skills</u> • 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



**St Ralph
Sherwin**
Catholic Multi Academy Trust



ST. PHILIP HOWARD
CATHOLIC VOLUNTARY ACADEMY