

St Cuthbert Mayne School Curriculum Map 2022-2023



Department: Personal Development

Year 11

The Personal Development curriculum invites all learners to explore the most important ideas, issues and legalities that will affect them during their lives. It provides learners with the knowledge, skills and understanding to prepare them to play a full, active and healthy part in the society they will inherit. It develops awareness and understanding of democracy, government and how laws are made and upheld, and their rights and responsibilities within this context. Citizenship equips learners with the skills and knowledge to explore political and social issues critically, weigh evidence, debate and make reasoned arguments. It prepares learners to take their place in society as responsible citizens, providing them with the skills to challenge stereotypes and prejudice and formulate their own, substantiated opinions. PSHE enables learners to acquire the knowledge, understanding and skills they need to manage their lives, forming healthy and positive relationships. It develops the qualities and attributes learners need to thrive as individuals, family members and members of society. It develops skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking. The Careers focus from Year 7 to 11 prepares all learners with the skills required to find employment, have aspiration and strive to achieve their very best.

Year 11: Preparing for my Future

Topic/Unit	Study Skills	Dealing with Stress / Anxiety	Managing Risk	Financial Education	SRE	Careers
Knowledge (Content covered)	<p>How do we study? Understanding the different strategies for revision Routines and Timetables</p>	<p>What is Stress / Anxiety? Understanding the signs of Stress / Anxiety. Exploring different strategies for coping with Stress and Anxiety</p>	<p>Understanding the importance and positive impact of an active lifestyle. What constitutes a 'healthy diet'? The risks of an unbalanced diet on physical and mental wellbeing. The importance of regular sleep. The potential harms of substance abuse.</p>	<p>The importance of understanding money and key terms: Income and expenditure, credit and debit. Understanding how banks work – what does the jargon mean on my statement? Wage slips – Am I being treated fairly?</p>	<p>Understanding that there are different types of committed, stable relationships. The characteristics of positive and healthy relationships. Challenge behaviours that demonstrate violent, abusive, coercive elements / trends. The laws designed to protect young people from abusive relationships.</p>	<p>Continued investigation into future careers. What are the different paths into employment? What are my options with education? Work Experience / Interview Experiences</p>
Skills	<p>Judgement Comprehension Revision Evaluation Time Management</p>	<p>Empathy / Understanding Emotive Skills Understanding where and when to seek help Time Management</p>	<p>Empathy / Understanding Emotive Skills Understanding where and when to seek help Time Management</p>	<p>Comprehension Evaluation Context Understanding where to seek help from. Risk and risk management.</p>	<p>Comprehension Evaluation Context Understanding where to seek help from. Risk and risk management. Empathy/ Understanding Emotive Skills</p>	<p>Comprehension Debate Judgement Problem Solving Team Work Empathy / Understanding Developing opinions Challenging misconception Critical Thinking Explanation</p>

						Reasoning Enquiry Investigation
Assessment	N/A	N/A	N/A	N/A	N/A	N/A
Gatsby 4 (Linking curriculum learning to careers) GATSBY BENCHMARK 4						