

Pathway 3 – Personal Development Curriculum

Cycle	Term	Topics	In these sessions pupils will learn	Key knowledge that builds on.....	Assessment
Cycle 1	Autumn 1	Domestic: Kitchen Routines	Making simple snacks and meals using a variety of kitchen equipment, including electrical equipment, cookers and grills.	Preparing simple snacks (e.g. toast, sandwiches, breakfast cereal, drinks) independently. Washing pots.	Teacher observation and formative assessment
		PSHE: Being Me in My World	Who am I? My influences Peer pressure and belonging My online identity What are the consequences of what I say and do online?	My Year Being a Citizen of My Country Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	Teacher observation and formative assessment
	Autumn 2	Health & Diet: Exercise	Meal and exercise planning. Exploring concepts of healthy lifestyles including rest and leisure, physical activity, sleep and food choices.	Understanding the need for exercise and healthy diet. Storing and handling food. Understanding different food labels.	Teacher observation and formative assessment
		PSHE: Celebrating Difference	Prejudice and Discrimination True or false? Challenging stereotypes Discrimination in school Bullying	Different Cultures Racism Rumours and Name calling Types of Bullying Does Money Matter? Celebrating Difference Across The World	Teacher observation and formative assessment
	Spring 1	Social: Community Inclusion	Remember route to familiar destinations. Journey planning to unfamiliar destinations. Crossing roads independently. Catching buses with support.	Crossing road safely with support, identifying safe places to cross. Finding way to familiar location.	Teacher observation and formative assessment
		PSHE: Dreams and Goals	What are my dreams and goals? Achieving my dreams and goals Coping strategies How responsible and irresponsible choices affect my dreams and goals How making an irresponsible choice could affect a person's dreams and goals	When I Grow Up (My Dream Lifestyle) Investigate Jobs and Careers My Dream Job. Why I want it and the steps to get there Dreams and Goals of Young People in Other Cultures How Can We Support Each Other?	Teacher observation and formative assessment

Spring 2	Financial: Shopping	Comparing prices. Budgeting, paying for items and receiving correct change. Understanding value of money. Bank accounts.	Rallying Support Shop roleplay. Visiting shops. Names of different shops and the types of items they sell. Identify where we buy different things.	Teacher observation and formative assessment	
	PSHE: Healthy Me	How to recognise and deal with anxiety and stress Healthy lifestyle choices: Good nutrition, exercise, and Sleep Healthy choices on medicines, substances and immunisation.	Alcohol, Emergency Aid, Body Image, My relationship with food, healthy me.	Teacher observation and formative assessment	
	Summer 1	Domestic: Personal Care	Personal hygiene (link to puberty). Washing clothes. Feminine hygiene (girls)	Learning more about teeth and oral hygiene. Spreading germs. Organising own things. Tying shoelaces. Brushing hair.	Teacher observation and formative assessment
	PSHE: Relationships	Positive qualities of healthy relationships My changing supportive relationships Getting on and falling out Discerning external factors in relationships Assertiveness in relationships	Recognising Me Safety with Online Communities Being In an Online Community, online Gaming My Relationship with Technology: Screen Time Relationships and Technology	Teacher observation and formative assessment	
Summer 2	Health: Wellbeing	Knowing where to seek advice and support concerning sexual health. Exploring one's own interest and sharing these with others. Developing self-esteem and resilience. Recognising signs of mental health difficulties and how to find support.	Following 'rules' for keeping safe at home. Following safety instructions for common household equipment. Identifying risks. Dealing with anxiety and stress.	Teacher observation and formative assessment	
	PSHE: Changing Me	My changing body Having a baby Types of relationships and their impact Image and self-esteem My changing feelings	Self-Image and Body Image Puberty for Girls Puberty for Boys Conception	Teacher observation and formative assessment	
Cycle 2	Autumn 1	Social: Relationships	Making and receiving calls. Understanding appropriate types of speech for different situations. Taking account of the needs of others. Sustaining positive relationships. Communicating within groups. Positive involvement with social media.	Identifying potential 'safe' people. Asking questions and expressing opinions. Identifying healthy relationships. Identifying different emotions in self and others.	Teacher observation and formative assessment
		PSHE: Being Me in My World	Liberty and safety in my world How I feel when things end How social media affects me, my identity and culture Risk	Who am I? My influences Peer pressure and belonging My online identity What are the consequences of what I say and do online?	Teacher observation and formative assessment

Autumn 2	Financial: Managing Money	Comparing prices of different products. Online shopping. Function of a bank account.	Recognising coins and notes. Putting coins in order of value. Role play buying things. Change.	Teacher observation and formative assessment
	PSHE: Celebrating Difference	Equality: what does it mean to me in the UK? Equality in the workplace Multicultural Society Power in relationships Challenging inequality	Prejudice and Discrimination True or false? Challenging stereotypes Discrimination in school Bullying	Teacher observation and formative assessment
Spring 1	Domestic: Household routines	Using a washing machine and dryer. Folding, ironing and organising clothes. Using a vacuum cleaner and dusting.	Tidying things away. Washing pots. Cleaning surfaces. Making a bed.	Teacher observation and formative assessment
	PSHE: Dreams & Goals	Relationships and goals Me, my goals and my health Work/life balance A Healthy Balance	When I Grow Up (My Dream Lifestyle) Investigate Jobs and Careers My Dream Job. Why I want it and the steps to get there Dreams and Goals of Young People in Other Cultures How Can We Support Each Other? Rallying Support	Teacher observation and formative assessment
Spring 2	Health: Medicine	First aid – dealing with minor burns and accidents. CPR. Making medical and dental appointments. Contacting emergency services. Understanding about illegal drugs.	First Aid -dealing with minor cuts and bruises. Knowing that germs and bacteria can cause sickness. Identifying legal/illegal drugs and medicines.	Teacher observation and formative assessment
	PSHE: Healthy Me	My health MOT What protects my health? Extraordinary bodies Extraordinary minds Diseases, treatments and lifestyle choice	How to recognise and deal with anxiety and stress Healthy lifestyle choices: Good nutrition, exercise, and Sleep Healthy choices on medicines, substances and immunisation.	Teacher observation and formative assessment
Summer 1	Social: Communication	Extending formal greetings. Conversation skills with familiar and unfamiliar people.	Initiating and engaging in conversation. Retelling stories and sharing information. Identifying signs and symbols in the community.	Teacher observation and formative assessment
	PSHE: Relationships	Healthy, long-term relationships Love and loss	Positive qualities of healthy relationships My changing supportive relationships	Teacher observation and

Summer 2		<p>Healthy connections</p> <p>Relationships - don't believe what you see!</p> <p>Better together?</p>	<p>Getting on and falling out</p> <p>Discerning external factors in relationships</p> <p>Assertiveness in relationships</p>	<p>formative assessment</p>
	Financial: Employment	<p>Identifying possible jobs and or training post 16.</p> <p>Routes to training and employment (Futures).</p> <p>Expectations around job applications, CV, interview etc. Work experience. Visiting and meeting employers.</p>	<p>Identifying different sorts of jobs. Identifying that jobs need skills and qualifications. Express a preference around jobs.</p>	<p>Teacher observation and formative assessment</p>
	PSHE: Changing Me	<p>Changing society and me</p> <p>Managing change and decision making</p> <p>Gender and sexual identity</p> <p>Gender stereotypes and sexual identity</p> <p>Physical and emotional changes</p>	<p>My changing body</p> <p>Having a baby</p> <p>Types of relationships and their impact</p> <p>Image and self-esteem</p> <p>My changing feelings</p>	<p>Teacher observation and formative assessment</p>