

PDT Curriculum Overview Year 11

The Year 10 programme of study in Personal Development Time (PDT) builds on our student's Key Stage 3 and year 10 experience of the range of curriculum topics within PSHE.

PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. A strong PDT education is important to help our students develop into well-rounded members of society, who can make a positive contribution to their community.

During PDT lessons, students explore the PSHE objectives, using 'The Big Question' at the beginning of each lesson to frame the learning. Students consider why they are learning the topic, and why it might be relevant to themselves both now and in their futures.

KS3-4 Themes:

- Skills for success
- Relationships and sex education
- Living in the Wider World
- Physical health and Mental wellbeing
- Staying safe, including online safety
- Careers
- Finance
- Citizenship

Through PDT, students develop the following skills:

- Goal setting
- Organisation
- Time management
- Communication
- Decision making
- Assertiveness
- Analytical skills
- Self-motivation
- Negotiation and compromise
- Adaptability
- Leadership
- Resilience
- Active listening
- Team working
- Self-improvement (self-reflection)
- Self-regulation (growth mind-set, managing strong emotions and impulses)
- Perseverance
- Adaptability
- Flexibility
- Improving study skills
- Assessing the validity and reliability of information
- Self-awareness
- Developing and maintaining a healthy self-concept (self-confidence, realistic self-image, self-worth, and self-respect)
- Awareness of personal boundaries
- Clarifying values
- Identify links between values and beliefs, decisions, and actions
- Valuing and respecting diversity, beliefs, values, and opinions
- Empathy and compassion
- Strategies to manage influence
- Recognising and managing peer influence
- Risk management
- Strategies to identify bias
- Identifying unhelpful 'thinking traps' (e.g. generalisation and stereotyping)
- Identifying and accessing help and support
- Building and maintaining healthy relationships
- Formulating questions
- Evaluating the arguments and opinions of others

AUTUMN TERM 1

What are we learning?	Lesson Objectives: The Big Question	What will I learn about?
<p>Careers</p> <ul style="list-style-type: none"> • Post 16 option choices <p>Skills for success</p> <ul style="list-style-type: none"> • Study skills and revision 	<ul style="list-style-type: none"> • What options are available to someone after year 11? • How does the application process work? • What do you want to do in the future, and how are you going to get there? • Where and how can you find information about post 16 option choices? • What makes a good interview? • Can you update your ROA documents to include achievements and skills you have developed? <ul style="list-style-type: none"> • What study skills will maximise my learning potential? • How can I cope with exam stress and anxiety? 	<ul style="list-style-type: none"> • Introduction to KS5 options including A levels, BTECS and Apprenticeships • How to apply • Using Unifrog to explore study and career pathways • Preparing for careers interview • How to 'market' yourself in applications • The importance of looking for opportunities (skills, interests, and experiences) to enhance CVs, personal statements and covering letters <ul style="list-style-type: none"> • The purpose of mock examinations • Revision techniques and online tools • Revision and study timetables • How to cope with exam stress and anxiety • When to seek further help • Setting SMART targets • Accessing help and support

AUTUMN TERM 2

What are we learning?	Lesson Objectives: The Big Question	What will I learn about?
<p>Careers</p> <ul style="list-style-type: none"> • Rights in the workplace <p>Relationships and sex education Personal values and assertive communication.</p>	<ul style="list-style-type: none"> • What rights do you think you have at work? • Is this sexual harassment? • How can someone communicate their boundaries, wants and needs in a relationship? • What could someone say and do if they are receiving unwanted attention or are being made to feel uncomfortable? • What is 'relationship abuse' and how do you know when it is happening? • Why is it never acceptable to assume consent? • How are forced marriages and arranged marriages different and what is honour based violence? 	<ul style="list-style-type: none"> • How to manage practical problems that might occur during work experience • The rights workers are entitled to and how these are protected in the UK • Sexual harassment in the workplace • Passive, assertive, aggressive communication • Harassment, stalking and the law • Acceptable and unacceptable behaviours on and offline. • How to handle unwanted attention • Consent • Relationship abuse and rape • Forced and arranged marriage • Honor based violence and forced marriage • Accessing help and support

SPRING TERM 1

What are we learning?	Lesson Objectives: The Big Question	What will I learn about?
Finance <ul style="list-style-type: none"> Financial independence 	<ul style="list-style-type: none"> What is a pay slip? How can I protect my money and future? How do I set myself up for financial independence? 	<ul style="list-style-type: none"> Payslip information Financial technology and how it is changing the way we manage money Ways to prevent cyber-crime and fraud. Planning for retirement: pensions How to choose a bank account and comparing financial products. Understanding bank statements Bills and expenses including, renting, and buying a house

SPRING TERM 2

What are we learning?	Lesson Objectives: The Big Question	What will I learn about?
Physical health and Mental wellbeing <ul style="list-style-type: none"> Cancer 	<ul style="list-style-type: none"> Why is self-examination important? (breast and cervical) Why is self-examination important? (testicles and skin) How can I access medical services? What should you do in an emergency? 	<ul style="list-style-type: none"> How to carry out testicular and breast self-examination Skin and cervical cancer The importance of taking personal responsibility for health Lifestyle choices to reduce the risk of cancer Accessing and using medical services independently e.g., doctors, sexual health clinics, opticians, and dentists

SUMMER TERM 1

What are we learning?	Lesson Objectives: The Big Question	What will I learn about?
<p>Citizenship</p> <ul style="list-style-type: none"> • Human rights • Citizenship <p>Skills for success</p> <ul style="list-style-type: none"> • Preparing to move to KS5 	<ul style="list-style-type: none"> • What are human rights? • What is 'The Rule of Law'? • What rights do people have if they choose to leave their home to migrate, or if they become a displaced person or refugee? • Is citizenship a privilege or a right? • Am I ready for my next steps? 	<ul style="list-style-type: none"> • History of Human Rights and the law that protects them • How laws are made • The role of parliament, government, and the justice system • Migration and international law • Eligibility criteria for UK citizenship • Managing stress • Setting SMART targets