

Subject Overview

Year 7 Personal Development



Personal Development at Shireland CBSO Academy combines, social, moral, spiritual and cultural education (SMSC), health education, relationships and sex education, careers education and religious studies.

Shireland CBSO Academy is aware that children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal, and social lives in a positive way.

This curriculum is designed to make clear the role of Personal Development in providing learning experiences to promote the education of the whole child. We believe that Personal Development should enable children to become healthier, more independent, and responsible members of society. We encourage our students to play a positive role in contributing to the life of the school and the wider community. In doing so, we help develop their sense of self-worth. We teach them how society is organised and governed. We ensure that the children experience the process of democracy through participation. We teach children about their rights and responsibilities and to learn to appreciate what it means to be a positive member of a diverse multicultural society.

Ultimately, we want to ensure that our students leave our academy at 16 or 18 as well-rounded citizens able to take their place in society.

In Year 7 and 8 our students complete much of their Personal Development curriculum in L4L lessons and via focus days and assemblies. Personal Development is embedded within the thematic L4L curriculum with students completing one additional 30-minute PD session per week in tutor time.

Personal Development is designed to build on previous learning as students move through the curriculum with topics taught appropriately depending on the age of the child. Our curriculum is designed to cover key content mandated by the government, recommendations from the PSHE Association and responds to the needs of our community. The curriculum is designed to be reactive and flexible to cover the needs of our students at any given time.

Discipline	Year 7
Spiritual Moral Social Cultural Education (SMSC)	Rights and responsibilities as students Identity Good Citizens People in the Community Introduction to knife crime

Health Education (HE)	Mental Health and Wellbeing How to talk about emotions Bullying and cyberbullying Physical health Diet Dental Hygiene Stress and physical activity Screen Time Keeping safe online FGM Distractions Happiness Puberty Relationships – Body Boundaries Fake News Digital footprints Positive Mindset First Aid Dealing with Change – Anxiety The Importance of Sleep Protected Characteristics
Careers (CAR)	Exploring your Own Interests - Traits and Skills Times of Change Achievements A helping hand What are Successful Careers? Lifelong Skills This is Me The World in 2030 Creative Skills Setting Personal Targets
Religious Studies (RS)	(Delivered through our L4L curriculum)
Relationship and Sex Education (RSE)	Relationships – Body Boundaries A helping hand Positive friendships Bullying and cyberbullying Peer Pressure Loss of Friends
Focus days	Wellbeing Focus Day

Our Personal Development curriculum – though designed to fully support the emotional, social, moral, and spiritual development of all pupils in line with current guidance – lends itself well to improving musicianship and developing young musicians. Musicians need to be able to set clear and achievable goals in practice, breaking down a large piece to be learned into manageable steps. They also need to be resilient and tenacious, recognising that mastery is a slow process and learning to celebrate 'small wins'.

Any professional, musician or otherwise, also need to learn to network well and work with others effectively. A career in the arts will bring you into contact with many people from a huge diversity of backgrounds and communities, and learning to engage respectfully, courteously, and productively with all is at the heart of our PD curriculum.