



## PERSONAL DEVELOPMENT AND GROWTH

### **Personal Development and Growth**

#### **Curriculum**

Our provision for personal development and growth is coherently implemented across the Trust and localised to meet the unique identity of each academy and its local community.

Our personal development and growth curriculum equips students with the knowledge, skills, and attributes they need to lead safe, healthy, and fulfilling lives. It covers key aspects of personal, social, health and economic education (PSHE), relationships and sex education (RSE), and citizenship, supporting both statutory requirements and local context.

We deliver personal development and growth through the allocated session each day which includes assemblies, tutorials, and Vote for Schools. We deliver statutory RSE through carefully planned and age-appropriate lessons, covering topics such as consent, safe sex, contraception, domestic abuse, and peer-on-peer abuse. Our delivery is informed by national guidance and responsive to local and emerging needs.

#### **Spiritual, Moral, Social and Cultural (SMSC) development and appreciation of British Values**

British values and SMSC are integral parts of academy life, however by their very nature they will be addressed more frequently and in more detail during personal development and growth sessions. These areas focus on the development of the whole student and are whole academy responsibilities. Academies are conscientious in accurately monitoring these aspects of the curriculum both across lessons and within the whole academy experience.

#### **Personal, Social, and Health Education (PSHE) and Relationship and Sex Education (RSE)**

From 2020 RSE is a statutory requirement in all schools in England. Our schools monitor the requirements of RSE across subject delivery and through age appropriate guidance delivered within our personal development and growth sessions and calendared year group events that are delivered by external agencies and groups such as EVA Women's Aid, Brook Health and We Are With You. Subject leads ensure they are familiar with the statutory guidance and regularly check for updates or changes to the guidance. Within this curriculum there are a range of laws which students are introduced to, supporting their understanding of the modern society to which they belong.

PSHE and RSE are whole academy responsibilities so whilst a large part of this curriculum will be covered in personal development and growth sessions it is not restricted to this time but rather underpins our academies' wider curriculum delivery. Academies are conscientious in accurately mapping their compliance and regularly reflect and update this.

## **A Whole Academy Approach**

All subjects across the curriculum support the exploration of PSHE, RSE, SMSC and British Values coherently mapping appropriate aspects of this coverage to their subject schemes of work for example rule of law, democracy and individual liberty are taught through history whilst English and the arts support the appreciation of the influences that have shaped our heritage and those of others. Our IT departments teach online safety, PE fosters an awareness of physical health and fitness and science teaches the facts about puberty, reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women. By doing this we not only develop and deepen the knowledge our students have, but to also ensure that we have a coherent, consistent delivery model.

Our daily programmes support our students' holistic development and understanding of these important aspects of our curriculum. A wealth of opportunities designed across the academic year provide both whole school and age appropriate events, programmes, trips and visits for example Year 7 Humanities trips to Pickering, Year 8 trip to Beamish, Year 9 geography trip to Saltburn, Year 10 and Year 11 Battlefields visit, Year 10 college visits and many more. We promote national and local awareness campaigns, observe local and national commemorations and celebrate diversity, empowering students to engage more widely in their personal, social, health, moral, spiritual, cultural education. Recent examples of this include our Remembrance Day tutor projects and whole school assembly, Holocaust Memorial Day assemblies, Black History Month, Women's History Month and Pride Month activities.

Opportunities such as our random acts of kindness initiative or student voice and enrichment programmes operate in our academy reflecting the needs and concerns of the student body, such as sustainability, staying safe while cycling to and from school and water safety.

The most important and guiding factor when devising our curriculum is to ensure that our students are given all the skills, knowledge and experience they need to effectively prepare them for their future in an ever-changing world. Our intent is to equip our students as global citizens and support them in becoming an efficient and contributing member of society who is able to stay safe and care for those around them.

## **Personal Development and Growth Curriculum Overview**

### **Key Stage 3 - Year 7 - Year 9**

<b>Outwood Reads</b>	<b>Outwood Personal Development and Growth</b>	<b>Outwood Futures</b>	<b>Assembly</b>	<b>Votes for Schools</b>
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## Key Stage 4 - Year 10 - Year 11

<b>Academic Mentoring</b>	<b>Outwood Personal Development and Growth</b>	<b>Outwood Futures</b>	<b>Assembly</b>	<b>Academic Mentoring</b>
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## Outwood Reads

Outwood Reads is a Trust-wide reading initiative built on research that demonstrates the academic, social, and emotional benefits of being read to — even in adolescence. The programme offers:

### Shared reading experience

- A curated list of diverse, challenging, and high-interest texts, including fiction and non-fiction
- **Teacher-led reading** to model fluency, prosody, and comprehension

	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
<b>Non-fiction</b>	Rescue - A collection of non-fiction stories	Survivors - A collection of non-fiction stories	Heroes - A collection of non-fiction stories
<b>Classics</b>	The Wizard of Oz by Frank L Baum	A Study in Scarlet by Arthur Conan Doyle	Dark Tales by Shirley Jackson
<b>Celebrating diversity</b>	A Kind of Spark by Ellie McNicoll	Future Hopes Anthology	Run, Rebel by Manjeet Mann

## Outwood Personal Development and Growth

Outwood personal development and growth timetabled 30-minute session embedded into the new school day across all Outwood secondary academies.

This curriculum ensures every student receives a consistent, high-quality education in key areas:

- Relationships, sex and health education (RSHE)
- Citizenship (following the National Curriculum)
- Personal, social, health and economic (PSHE) education
- Fundamental British Values
- Character development and life skills
- Exploration of different faiths and cultures (KS4).

Year 7								
What do I need to know about relationships?	How can I manage my transition to Secondary?	How can I handle my emotions positively?	What are the characteristics of a healthy relationship?	How important are friends for happiness?	Why is bullying a problem?	What makes a family?	What are the roles and responsibilities in a family?	
How can I look after my physical and mental wellbeing?	How can I maintain my personal hygiene?	Where can I get help when I am unwell?	How can medicine keep me well?	How can what I put into my body have an impact?	How can what I put into my body have an impact?	How does sleep impact my health?	How can I care for my mental wellbeing?	What is puberty?
	What is menstrual wellbeing?	What is consent?						
What are British Values?	What are British Values?	What makes up my identity?	What are the benefits and drawbacks of	What liberties and freedoms do I have in the UK?				

			multiculturalism?					
What should I know about the law?	Why do we have laws?	Who should I go to for help?	What is the role and purpose of the police?	How are young offenders treated?	What does the law say about equality?	What are prejudice, discrimination, racism and stereotypes?		
How can I contribute to my local community?	Why volunteer?	Should I give to charity?	Why is community cohesion important?	What is active citizenship?				
How can I stay safe over the summer?	How can I stay safe?							
Year 8								
What does equality mean?	What are Human and Children's Rights?	What is the history of Human Rights?	What happens when Human Rights are ignored?	What is the history of disability rights?	What is the history of LGBTQ rights?	What is the history of women's rights?		
What does the government do?	Who does the government govern?	What is parliament, who are the Lords and what are political parties?	How are laws made?	What do local councils do? And what is devolution?				
How can I look after my physical	How can I care for my mental wellbeing?	What can have a negative impact on my mental	How can I keep my mental wellbeing healthy?	What makes a relationship fair and equal?	How can I manage my time and study well?	How can I help in a mental health crisis?		

and mental wellbeing?		wellbeing?						
What do I need to know about relationships?	What is consent and why is it important?	What does sexuality mean?	What can go wrong in a relationship?	What do I need to know about sexual relationships?	What do I need to know about sexual health?	What do I need to know about fertility?		
What are the facts about drugs?	What are illegal and legal drugs?	What does the law say about drugs?	What are legal drugs, vapes and prescription medications?	What is the impact of drug taking?				
How trustworthy is the media?	How do I stay safe online?	How social is social media?	How trustworthy is the news?	How real is the online world?				
How can I stay safe over the summer?	How can I stay safe?	What should I do in an emergency?						
<b>Year 9</b>								
How can I stay safe online?	How far can I trust what I see online?	What is the impact of influencers?	What should I share online?	What are the dangers of sexting and nudes?	How can what I watch online hurt me?			
What do I need to know to keep myself safe?	What is a gang?	What is exploitation?	What are the dangers of carrying a weapon?	Case Study (carrying weapons and gang culture)	What are cyber and organised crime?	How can I recognise radicalisation and extremism?		

What risks do drugs pose?	What are drugs?	What does the law say about drugs?	Is there such a thing as safe alcohol consumption?	How can alcohol impact physical and mental health?	Is vaping really safer than smoking?	How can smoking and vaping impact physical and mental health?		
How can I have positive intimate relationships?	What are choices and boundaries in sexual relationships?	What are the characteristics of healthy and successful relationships?	What happens when relationships go wrong? <i>(Part 1)</i>	What happens when relationships go wrong? <i>(Part 2)</i>	What are the options for contraception and how reliable are they?	What are STIs, how are they diagnosed and what are the treatments?	What does the law say about sexual and intimate relationships?	What are the facts and options for fertility and pregnancy?
	What is the role of a parent/carer?							
What is happening in the world?	What are the different types of government?	What is happening in the world today?	What are the global forces for good?	Should we be concerned about global events?	What are conspiracy theories?			
How can I stay safe over the summer?	How can I stay safe?	What should I do in an emergency?						
Year 10								
Should criminals be treated fairly?	What are the features of the UK legal system?	How are adult offenders treated?	What are the aims of punishment?	Do prisons work?	How do religious traditions respond to criminals and justice?			
What does religion have to do with politics?	What is freedom of religion and freedom of expression?	What are the differences between religious and secular	What was colonisation and the Commonwealth?	How much religious freedom is there in France?	How much religious freedom is there in the USA?	How far is the law of lex talionis justified today?	How far is the assisted dying bill supported by religious	

		governance?					traditions?	
How does the government work?	What is the political spectrum and where do the major parties sit on it?	What is the purpose and impact of pressure groups?	How do national elections work?	How do local elections work?	Should politicians be held to a higher standard of morality?			
How can I stay safe in sexual relationships?	What happens if consent isn't clear?	Are media portrayals of relationships realistic? Does the media distort our expectations in a relationship?	Why is it important to be able to peacefully resolve conflict in a relationship?					
How can I look after my physical and mental wellbeing?	How important is sleep?	What is a healthy relationship with food?	Why is self checking important?	What are blood, organ, and stem cell donation?	What are the facts about immunisation?	What is health disparity?	What conditions can impact your brain?	What are the stages of bereavement?
	How can I help in an emergency?							
Has science killed religion?	Are there any gaps left for God?	Are the BBT and evolution compatible with religious accounts of creation?	Does Richard Dawkins oversimplify faith?	Does neuroscience disprove the existence of a soul?	What will the future hold?			
How can I stay safe over the summer?	How can I stay safe?							

Year 11								
How does psychology explain organised religion?	What does psychology say about religion?	What do Freud and Jung say about religion?	Are religious experiences credible?	Is religion social control?	Where does the conscience come from?			
Is there an afterlife?	What are the views of the body and soul relationship?	What makes an afterlife?	How reliable is the evidence for the afterlife?	What do religious traditions believe about the afterlife?	Is technology the answer?			
What do I need to know to keep myself safe?	What care should I take when taking substances?	What is risky behaviour on a night out?	What practical steps can I take to stay safe on a night out?	What is a healthy diet?	Where can I go when I need medical help?	How can I keep myself and others safe and healthy?		
How can I stay safe when travelling?	How do I stay safe as a tourist?	What do I need to know about travelling to another country?	Why is health tourism dangerous?					
How can I give back to my community?	Why is volunteering outdoors beneficial?	What is the importance of food banks?	What is homelessness?					

## **Outwood Futures**

Outwood Futures is a strand of the personal development and growth programme that focuses on careers education and financial literacy. Students in Years 7 to 11 receive;

13 careers sessions per year, covering;

- Career pathways and job sectors
- Skills and qualifications required for different roles.

13 financial education sessions per year, covering:

- Financial education, including budgeting, savings, and understanding credit
- Real-world applications of economic knowledge.

Additionally in KS4 students will also have 38 careers ambassador videos exploring specific careers.

## **Assembly programme**

The Outwood assembly programme is a core part of the personal development and growth model and includes resources from the High Performance Foundation which explore the competencies in the Outwood learning competency framework such as goal setting, collaboration, and positive mindset. Key features include:

- Weekly assemblies
- Awareness event assemblies for each Key Stage
- Integration with the High Performance Foundation's Game Plan, which includes video interviews with high achievers and role models.

## **Votes for Schools**

Votes for Schools is an innovative platform that engages students in weekly discussions about current social, political, and ethical issues. Each week, students will discuss 'real world' topics, vote in order to share their views, and compare their results with other schools in the country. For more information please visit their [website](#).

## **Academic Mentoring**

Academic mentoring provides targeted academic support for Key Stage 4 students. The aim is to use consolidation and revision materials linked to the English language, literature and maths' specifications to build on students' prior learning in their classrooms in order to reinforce, expand and build further confidence in this learning.

Academic mentoring is embedded within the wider personal development framework, ensuring students receive individualised support as they prepare for key examinations and transitions.

If you would like to discuss personal development and growth please contact the academy at [enquires.bydales@outwood.com](mailto:enquires.bydales@outwood.com) or 01642 474000.