

Levenshulme High School – Curriculum Map – Personal Development

		Focus Day 1 - Relationships					Focus Day 2 – Self-Care					Focus Day 3 – Planning For The Future
	Title of Session	Friendship	Different Families	My Changing Body	How Relationships Change Over Time	Radicalisation	Emotional Vocabulary	What Is Mental Health?	Injury Prevention	Personal Hygiene	Worry Box	Managing Money
Year 7	<i>What are we learning in the session?</i>	Where friends can be made in school  How to recognise unhealthy habits in friendships  How to improve friendships if they become unhealthy	What a family is  Different ways families are presented in books and films  That all family members should show love and respect to each other	Understand how puberty affects my body  Understand how these changes affect you and your health	Recognise that relationships change over time  Explain how factors such as death, birth and separation can change relationships	What radicalisation is  How to spot signs that some one is being radicalised  How to create a sense of belonging	Define emotional health.  Develop solutions for communicating to others about emotional health.	Define mental health.  Discuss factors that can affect a person's mental health.  Identify ways to support own or others mental health.	Recognise that some behaviour can increase the chances of having an accident  Recognise how some accidents can be prevented when we manage our behaviour  Evaluate how my behaviour can affect others	The benefits of personal hygiene  How to maintain personal hygiene  How to manage personal hygiene each day  How to prevent the spreading of germs	Develop simple tools for recognising worry in ourselves and others  How to help you cope with worry  Realise that worry is a very natural feeling and can be used for healthy personal development	Identify situations in which forms of saving and borrowing are suitable options  Evaluate how planned and unplanned borrowing are different types of debt, can be manageable or unmanageable
	<i>Why are we learning this?</i>	To help you make friends in school  To help you keep your friendships friendly and healthy  To help you make good decisions in your friendships, including when online	To help you feel a sense of belonging in all aspects of your life  To help you recognise that you should be shown love and respect	To help you understand your body as it changes  To help you make good decisions about your health and hygiene	To help you understand relationships you have and any developments that may occur  To help you make healthy decisions in your relationships	To stay safe in all areas of life  To help you recognise worrying developments in your friends  To promote a sense of belonging for everyone	To help you recognise the emotions you are feeling  To help you describe the emotions you are feeling  To help you discuss the emotions you are feeling	To help you recognise, describe and discuss the emotions you are feeling  To help you assess when something affects your mental health	To help keep you become more aware of risks in your local area  To help you avoid unnecessary injuries or accidents  To help you create strategies for avoiding injury	To help you maintain good physical health  To help you make good decisions around your lifestyle  To help you prevent the spreading of germs	To learn how to be calm when needed, no matter how hard  To learn how to be mindful – a healthy habit for our mind	To help you reflect on the value of money, including to different people  To help you grasp where you might borrow money from, if you need to, and the terms on which you borrow this money  To help you explore how a business is created and run
	<i>Why are we learning this now?</i>	Your social groups start to change at this age, especially as you have started a new school	So you have greater awareness and understanding of yourself and those around you	Your body is at an important stage of its development	As well as changes in your personal life that may occur at any time, you will be making new friendships as you progress through your teenage years	You meet new people in secondary school, which should always be a positive opportunity	The changes in your body and social environment(s) may lead to changes in your feelings and emotions	Your daily routines change when starting secondary school	Your body is at an important stage of its development	With so many new things, secondary school can be overwhelming	As your daily routines change with coming to high school, you may be given more responsibilities that involve money	