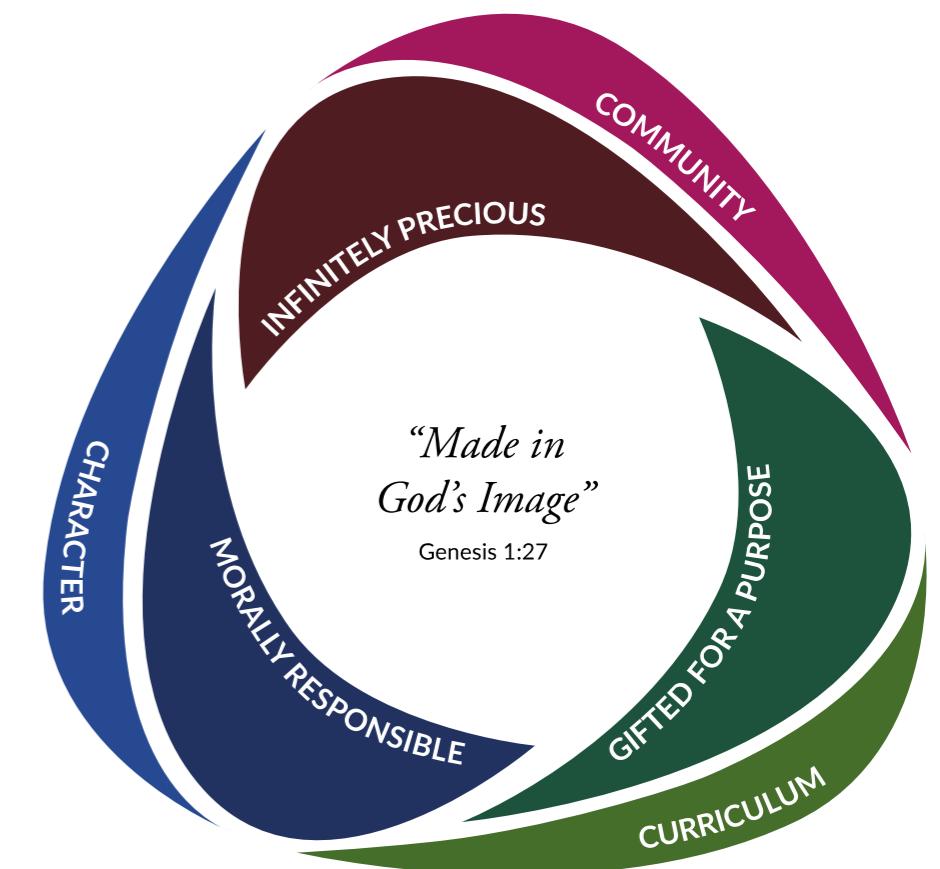




BEDE ACADEMY
Emmanuel Schools Foundation

PERSONAL DEVELOPMENT CURRICULUM MAP 2024





PERSONAL DEVELOPMENT CURRICULUM MAP

At Bede, our ambition is to ensure that every one of our students deserves to be valued, challenged and inspired. All three of these aspects are at the heart of their Personal Development learning as we seek to help students see themselves as created by God in His image. In this way, we wish them to recognise their infinite potential and therefore value what they are, what they have the gifts to become, and to support others in their own personal development. To embody this, our PD course is formed of 'Ethos Strands' that explore, protect and enrich such precious worth and potential:

- **Value Your Spirituality** we believe that we have more to protect and nurture than our bodies and minds: our soul is where we are truly whole and our character is an out-working of our core virtues and beliefs. In light of this, PD sessions with tutors begin with an Ethos moment – as in assemblies and tutor reflections - which will help students connect real-world situations to the values they reflect, and consider their own choices in light of theirs.
- **Challenged to Work Well** this strand provides time and teaching on study skills and reflection on the behaviour for learning that help students achieve their personal best across all subjects in class, revision and exams.
- **Value Your Well-Being** this strand provides guidance and support from experts to promote physical and mental health and includes topics ranging from respect in all relationships, to e-safety, financial-planning, dealing with stress and managing risk.
- **Value Each Other** this strand focuses on understanding rights, responsibilities, and our role as citizens in a democratic society. As such it explores British Values and Protected Characteristics in depth. Fundamentally, it links to all the other strands because when students value themselves properly, they will respect and support others too.
- **Inspired by Your Passions** this strand offers time to think about pursuits beyond the classroom that are also important in the development of character and to finding enjoyment and fulfilment.
- **Inspired for Your Future** this strand provides guidance and time to consider what steps to choose post-16, with input on qualifications and career choices – finding which route is right for each individual student.



The key concepts of our personal development curriculum are: spirituality, each other, well-being, work future and passions. These are further exemplified by the following sub-concepts which include (but are not limited to) statutory SMSC, PSHE, RSE and careers requirements.

VALUE YOUR SPIRITUALITY: SMSC				
VALUE YOUR WELL-BEING Physical Health Mental Health & Wellbeing	VALUE EACH OTHER Citizenship & British Values SMSC	CHALLENGED TO WORK WELL Core Virtues in Your Work REV 123	INSPIRED BY YOUR PASSIONS Co-Curricular Opportunities Service Opportunities	INSPIRED FOR YOUR FUTURE GCSE Pathways Post-16 Pathways Careers inc. Gatsby Standards
Healthy & Respectful Relationships (RSE) Protected Characteristics E-Safety & Media Literacy Contextual Safeguarding				

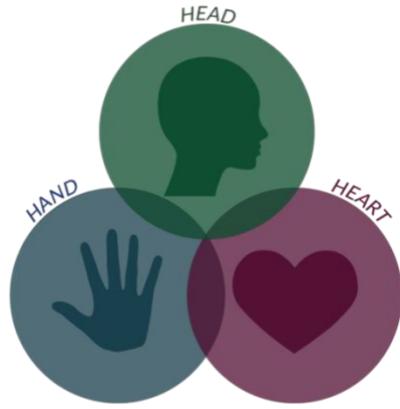
A full audit of where each of the personal development strands are covered can be found [here](#).



PERSONAL DEVELOPMENT CURRICULUM MAP

Following the Head, Heart, Hands methodology, each personal development session is shaped around three learning objectives:

- Head: gaining new knowledge from which to broaden perspectives and have information to make wise decisions
- Heart: increasing understanding of causes, consequences and the experiences of others in order to deepen empathy and promote positive action
- Hands: opportunities to consider the actions they take and would take in real-life scenarios. An underlying focus on oracy – developing the skills to communicate to inform and seek consensus as active citizens.



At Key Stage 3, students build on the knowledge and understanding, skills and core virtues they have acquired and developed during the primary phase. Our Personal Development Friday focus acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of 21st century life at their age, whilst acknowledging that they progress through these at individual stages. Students are helped to manage diverse relationships, their online lives, and the increasing influence of peers and the media. Throughout the course, time is given to addressing contextual safeguarding needs, as identified through close work with the Pastoral team and local agencies including the emergency services.

At Key Stage 4, students deepen their knowledge and understanding, extend and rehearse their skills, and further explore attitudes, values and virtues acquired during previous Key Stages. Personal Development education reflects the fact that students are both managing short-term priorities such as revision for GCSEs, and moving towards an independent role in adult life, taking on greater responsibility for themselves and others, including considering and moving into more intimate relationships. The information they are given seeks to support the step between adolescence and adulthood and discussion directly addresses many of the cultural influences that make this more difficult. Nonetheless, the emphasis remains on equipping students for positive outcomes and strengthening their belief that through discernment, work with trusted individuals, mutual respect and a focus on character, they can shape a life lived in all its fullness.

At Key Stage 5, the balanced focus continues: helping students to manage their current needs, from study to relationships, as well as laying the foundations for managing future experiences. Students therefore continue to have time on study skills, further study/the world of work, and guidance on relevant risks such as to mental and physical health. At the same time they learn about adult responsibilities from political participation to family finances. The learning opportunities at Key Stage 5 assume that students have already covered topics in Key Stages 3 & 4. However, students joining Bede in VI Form may bring a range of experience and understanding, so crucial elements such as respectful relationships, especially consent, and British Values/Protected Characteristics receive renewed coverage. This key stage represents the last opportunity to ensure that students have the knowledge and understanding, skills, strategies and virtues they need for independent living, the next stage in their education or career and to contribute as informed, responsible citizens. Preparedness is therefore tested through an emphasis on applying knowledge and judgment to real-life scenarios.

Personal Development Week also provides opportunities for students to put their increasing knowledge and understanding to active use in further training and service. For example, students receive hands-on First Aid training, develop new skills such as orienteering, student journalism or cookery, and carry out community service such as litter-picking and gardening. Visits to local community churches, a synagogue and mosque also widen students' awareness of diversity and promote understanding and inclusion. A day's visit to Holy Island also deepens their understanding of their Christian and community heritage.





PERSONAL DEVELOPMENT CURRICULUM MAP

PERSONAL DEVELOPMENT SESSIONS WITHIN **VALUE YOUR WELL-BEING** STRAND

Y	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
13	FULLNESS OF LIFE: VI Form Check-In	E-SAFETY & HEALTHY BALANCE: Online Influences & Effects	HEALTH & RELATIONSHIP S: Influences: Personal Choices	HEALTH: Physical Well-being - key self-care priorities inc. cancer	HEALTH: Mental Well-being - key self-care priorities inc. cancer	MONEY MANAGEMENT : Scams & Fraud Awareness	MONEY MANAGEMENT : Family Finance	RELATIONSHIP S: Personal Life Goals	RELATIONSHIP S: Real Life: Raising Children	HEALTH: Stress Management & Resilience Pre-Exam Check-In							
12	FULLNESS OF LIFE: Ready for VI Form	LIFE IN FULLNESS: Sixth Form Expectations	STAYING SAFE: Driver Safety Northumbria Fire & Rescue Service	RELATIONSHIP S: Dangers & Harm of Pornography NTP	RELATIONSHIP S: real life relationships - issues inc. coercive, control, DV & rape	RELATIONSHIP S: CONSENT	E-SAFETY & MONEY MANAGEMENT : Gambling	HEALTH: Stress Management & Resilience Check-In	HEALTH: Extremes: Body Image & Enhancements	HEALTH: Substance Abuse	RELATIONSHIP S: Real Life Risk: Workplace & Social Situations	RELATIONSHIP S: communication for wellbeing					
11	FULLNESS OF LIFE: Right Start to Year 11	FULLNESS OF LIFE: Culture of Respect for All - Responsibility	HEALTH: Physical & Mental Self-Care Check-In	HEALTH: Men's Mental Health	HEALTH: Cancer Awareness & Self-Checking	RELATIONSHIP S: Northumbria Community Police: Hate Crime	E-SAFETY: RISK: Gambling & Fraud Awareness	RELATIONSHIP S: Naked Truth Pornography	RELATIONSHIP S: RISK: Abuse in Relationships inc. DV	RELATIONSHIP S: Ideal Relationship & Consent Check-In	MONEY MANAGEMENT 3: Taxation/Mortgages/Savings & Loans/Pensions	HEALTH: NHS KOOTH: Managing Exam Pressure					
10	FULLNESS OF LIFE: Ready for GCSE	FULLESS OF LIFE: Culture of Respect for All - Responsibility & Example Setting	BRITISH VALUES & E-SAFETY: assessing reliable sources of information	E-SAFETY: Extremes Online: Media Literacy & Conspiracy Theories	BRITISH VALUES & E-SAFETY: Extremes Online: PREVENT	RELATIONSHIP S: Coercion & Abuse: Identifying, Reporting, Supporting Worth Educating	RELATIONSHIP S: Gendered Expectations: Toxic masculinity / Hyper femininity	RELATIONSHIP S: Consent in All Relationships	RELATIONSHIP S: Healthy & Unhealthy Sexual Behaviour inc. FGM & Sexual Health (inc. STIs)	RSE Reflection RELATIONSHIP S: Family Planning: Teenage Pregnancy/Contraception inc. Abortion	RELATIONSHIP S: Reproductive Health inc. fertility / miscarriage/me nopause & male health	RELATIONSHIP S: Relationship Goals check-in	MONEY MANAGEMENT : Personal Finance 2	HEALTH: Check-in: Study & Exam Focus (NEA)	HEALTH: Substance Misuse: Medication		
9	FULLNESS OF LIFE: Identity Iceberg & Life at Bede Secondary Reflection	FULLNESS OF LIFE: Cultural Sea - Gender Pressures & Language of Respect	HEALTH: Risks to Mental Health & Resilience	E-SAFETY: Extremes Online: Fake News	E-SAFETY: Extremes Online: Confirmation Bias inc. misogyny/racist /homophobic content	MONEY MANAGEMENT : Personal Finance 1	CHILDREN'S MENTAL HEALTH WEEK & E-SAFETY DAY:	STAYING SAFE: Child Criminal Exploitation (inc. County Lines) POLICE VRU	STAYING SAFE: Knife Crime Police VRU	RELATIONSHIP S: Challenging Online Influences & Influencers inc. misogynistic/racist/homophobic	RELATIONSHIP S: Unhealthy Relationships - Control & Coercion Worth Educating	RELATIONSHIP S: Dangers & Harms of Pornography NTP	RELATIONSHIP S: CONSENT in All Relationships	RELATIONSHIP S: PROTECTED CHARACTERISTICS: Marriage & Civil Partnerships inc. Forced Marriage	HEALTH: Substance Abuse: Drugs inc. legal highs	HEALTH: Risks of Cosmetic Enhancements	
8	FULLNESS OF LIFE: Identity Iceberg & Life at Bede Secondary Reflection	FULLNESS OF LIFE: Cultural Sea Contribution Reflection	E-SAFETY: Respect in Relationships Online Conduct Reinforcement	E-SAFETY: Extremes Online: Images & Effects inc. eating disorders	STAYING SAFE: Road Safety	RELATIONSHIP S: Appropriate Conduct inc. Addressing Sexual Harassment Worth Educating	CHILDREN'S MENTAL HEALTH WEEK & E-SAFETY DAY:	RELATIONSHIP S: Peer Pressure vs' Peer Support inc. misogyny/racism/homophobia	STAYING SAFE: Anti-Social Behaviour & Flaming Neighbourhood Police Team	RELATIONSHIP S & E-SAFETY: Inappropriate Image Sharing (Police Ed team)	RELATIONSHIP S: Stereotyping & Expectations in Romantic Relationships - NTP	RELATIONSHIP S: Student Scenarios & Decision Making	HEALTH: Self Care: Understanding & Managing Stress	HEALTH: Substance Abuse: Smoking & Vaping	STAYING SAFETY: Rail Safety	MENTAL HEALTH: Young Minds	
7	FULLNESS OF LIFE: Bede Secondary: Getting off to Your Best Start	FULLNESS OF LIFE: True Identity - Identity Iceberg	FULLNESS OF LIFE: Influences in Life - Cultural Sea	STAYING SAFE: Fire Risks & Bonfire Safety	E-SAFETY: Time Online: Staying Safe & Well inc. Cyber-bullying	E-SAFETY: Online Ideas, Influences & Communities - Filter Bubbles/Echo Chambers	CHILDREN'S MENTAL HEALTH WEEK & E-SAFETY DAY:	RELATIONSHIP S: Healthy Friendships inc. anti-bullying	RELATIONSHIP S: Gender Stereotypes & Pressures	RELATIONSHIP S: Sexual harassment - Identifying, Reporting & Preventing	RELATIONSHIP S & E-SAFETY: Malicious Communication Police VRU	RELATIONSHIP S: Student Scenarios & Being an Upstander	HEALTH: Puberty & Self Care inc. sleep	HEALTH: Physical Health inc. extreme foods & dental health	MENTAL HEALTH: NHS KOOTH	STAYNG SAFE: Water Safety	



PERSONAL DEVELOPMENT CURRICULUM MAP

PERSONAL DEVELOPMENT SESSIONS WITHIN **VALUE EACH OTHER** STRAND

Year	1	2	3	4	5	6	7	8	9	9	10
13	BRITISH VALUES: Culture of Respect: ORACY: language of purpose: public speaking	REMEMBRANCE: RBL Annual Theme	CITIZENSHIP & BRITISH VALUES: Protected Characteristics: Real Life Scenarios - International Prospective	HOLOCAUST MEMORIAL DAY	CITIZENSHIP: Real Life Scenarios: International Youth Issues & Activism	WORLD REFUGEE DAY	CITIZENSHIP & BRITISH VALUES: Next Steps: Real Life Roles, Rights & Responsibility				
12	BRITISH VALUES: Culture of Respect: ORACY: language of impression: interviews & presentation	REMEMBRANCE: RBL Annual Theme	CITIZENSHIP & BRITISH VALUES: International Governmental Institutions	HOLOCAUST MEMORIAL DAY	CITIZENSHIP & BRITISH VALUES: Role of International NGOs	WORLD REFUGEE DAY	CITIZENSHIP & BRITISH VALUES: Protected Characteristics - Real Life Scenarios				
11	BRITISH VALUES: Culture of Respect - ORACY: Language of Discussion: speaking/listening for consensus	REMEMBRANCE: What Will We Remember: Consideration of contemporary events for understanding & significance	CITIZENSHIP & BRITISH VALUES: Sources of Information - Evaluating & Identifying	HOLOCAUST MEMORIAL DAY	CITIZENSHIP & BRITISH VALUES: Political Influence & Activism	WORLD REFUGEE DAY					
10	BRITISH VALUES: Culture of Respect - ORACY: Language of Discussion: speaking/listening in disagreement	REMEMBRANCE: Why We Remember: the Power of Remembrance in peace keeping	CITIZENSHIP & BRITISH VALUES: Democratic Systems - Regional Representation & Devolved Governments	HOLOCAUST MEMORIAL DAY	CITIZENSHIP & BRITISH VALUES: Financial & Taxation Systems	CITIZENSHIP & BRITISH VALUES: Alternative Government Systems	WORLD REFUGEE DAY	CITIZENSHIP & BRITISH VALUES: My role: values, views and political participation			
9	BRITISH VALUES: Culture of Respect - ORACY: Language of Influence: information/misinformation/disinformation	REMEMBRANCE: Who we remember: marking service from people in all protected characteristic groups	CITIZENSHIP & BRITISH VALUES: NATIONAL GOVERNMENT - ROLE OF MP PM/CABINET	CITIZENSHIP & BRITISH VALUES: DEMOCRATIC VALUES & JUSTICE SYSTEM	HOLOCAUST MEMORIAL DAY	CITIZENSHIP & BRITISH VALUES: PROTECTED CHARACTERISTICS: PREGNANCY & MATERNITY	CITIZENSHIP & BRITISH VALUES: Protected Characteristics: MARRIAGE & CIVIL PARTNERSHIPS	CITIZENSHIP & BRITISH VALUES: Protected Characteristics: HATE CRIME Northumbria Police	WORLD REFUGEE DAY	BRITISH VALUES IN ACTION: MP / Police & Crime Commissioner Q.s	
8	BRITISH VALUES: ORACY: Mutual Respect & Tolerance: Language of Respect	REMEMBRANCE: What We Remember: range of conflicts	CITIZENSHIP & BRITISH VALUES: Historic Development of Parliamentary Democracy	CITIZENSHIP & BRITISH VALUES: Local Representation & Elections	HOLOCAUST MEMORIAL DAY	CITIZENSHIP & BRITISH VALUES: Protected Characteristics: DISABILITY	CITIZENSHIP & BRITISH VALUES: Protected Characteristics: SEXUAL ORIENTATION	CITIZENSHIP & BRITISH VALUES: Protected Characteristics: GENDER REASSIGNMENT	WORLD REFUGEE DAY	BRITISH VALUES IN ACTION: How Elections Work - parties/manestos/candidates/voting /first past post	BRITISH VALUES IN ACTION: (Local MP / Student Parliament Rep.)
7	BRITISH VALUES: Mutual Respect & Tolerance: ORACY: Language of Respect - anti-derogatory language	REMEMBRANCE: How we remember & coping with Bereavement	BRITISH VALUES: Rights & Responsibilities	BRITISH VALUES: PROTECTED CHARACTERISTIC SAGE	HOLOCAUST MEMORIAL DAY	RESPECT: Protected Characteristics: RELIGION & BELIEF - EID	RESPECT: Protected Characteristic: SEX	RESPECT: Protected Characteristic: RACE & ETHNICITY	WORLD REFUGEE DAY	BRITISH VALUES IN ACTION: Rights & Responsibilities in Our Community	BRITISH VALUES IN ACTION: Local Voluntary & Political Organisatons inc. speaker (local councillor/charity lead)



PERSONAL DEVELOPMENT CURRICULUM MAP

PERSONAL DEVELOPMENT SESSIONS WITHIN **CHALLENGED TO WORK WE** STRAND

Y	T1	T2	T3		
13	Core Virtues in VI Study: COURAGE	Core Virtues in Revision: WISDOM	Core Virtues in Exams: HUMILITY		
12	Core Virtues in VI Form Study: LOVE	Core Virtues in Independent Learning: INTEGRITY	Core Virtues in Revision: SELF CONTROL		
11	Rev123: Right start to year 11 WISDOM	Rev123: How did AP3 go? What next? HUMILITY	Rev123: Getting ready for AP4 INTEGRITY	Rev123: Achieving the best in our coursework COURAGE	Rev123: This is your time! INTEGRITY AND COURAGE
10	Rev123: How should I revise? WISDOM	Rev123: How did term 1 go? How do I improve? HUMILITY	Rev123: How did AP2 go? What next? COURAGE		
9	Core Virtues in the Classroom: INTEGRITY	Core Virtues in Homework: WISDOM	Core Virtues in Revision: SELF CONTROL		
8	Core Virtues in Exams: COURAGE	Core Virtues in the Classroom: FAIRNESS	Core Virtues in Homework: HUMILITY		
7	Core Virtues in the Classroom: LOVE	Core Virtues in Homework: INTEGRITY	Core Virtues in Revision: SELF CONTROL		



PERSONAL DEVELOPMENT CURRICULUM MAP

PERSONAL DEVELOPMENT SESSIONS WITHIN **INSPIRED FOR YOUR FUTURE** STRAND

Y	1	2	3	4	5	6
13	Getting my choices right		What is my plan?		Am I on track?	
12	What are my options?		Which option is right for me?		Getting the best application	
11	What does Bede Sixth-form offer?	How to achieve my goals?	What is my range of alternatives plans?	Ready for Next Steps		
10	Difference between jobs and careers	NECOP	Work experience preparation		Work experience review	
9	What are the opportunities in Blyth around Offshore and renewable technologies?		What are the misconceptions around the different pathways available to me?		What are apprenticeships really like?	
8	What are the areas of opportunity? (focus on digital)		What are the areas of opportunity? (focus on NHS and Advance Manufacturing)		What are the areas of opportunity? (focus on Teaching and Uniformed Services)	
7	What are your talents?		What can I aspire to? (What is Sixth Form like?)		What can I aspire to? (What options are beyond sixth-form?)	



PERSONAL DEVELOPMENT CURRICULUM MAP

PERSONAL DEVELOPMENT SESSIONS WITHIN **INSPIRED BY YOUR PASSIONS** STRAND

Y	T1	T2	T3
13	Opportunities for Servant Leadership in VI Form	Opportunity Audit	
12	Opportunities for Servant Leadership in VI Form	Opportunity Audit NATIONAL CITIZENS SERVICE	PERSONAL DEVELOPMENT WEEK
VI FORM	Peer Mentoring Prefects & Senior Prefects Nokuphila Librarians Choir Leaders Tutor Group Assemblies Clubs Sports Teams Charity Events Giving Opportunities		
11	Co-Curricular Showcase: opportunities to learn, service & lead	NATIONAL CITIZENS SERVICE	
	Student Council Tutor Group Assemblies House Events Academy Production Clubs Sports Teams Charity Events Giving Opportunities		
10	Girls Network / Boys Network	Co-Curricular Check-In	PERSONAL DEVELOPMENT WEEK
	Prefect Ambassadors Student Council Tutor Group Assemblies House Events Academy Production Clubs Sports Teams Charity Events Giving Opportunities Be Her Lead		
9	Co-Curricular Showcase: opportunities to learn, serve & lead	Duke of Edinburgh	PERSONAL DEVELOPMENT WEEK
	Tutor Group Assemblies Duke of Edinburgh Award Prefects Student Council Representatives Academy Production Clubs Sports Teams Charity Events Giving Opportunities		
8	Co-Curricular Showcase: opportunities to learn & serve	Co-Curricular Check-In	PERSONAL DEVELOPMENT WEEK
	Library Monitors Kingswood Residential Library Monitors Student Council Tutor Group Assesmblies House Events Academy Production Clubs Sports Teams Charity Events Giving Opportunities		
7	Co-Curricular Showcase: opportunities to learn & serve	Co-Curricular Check-In	PERSONAL DEVELOPMENT WEEK
	Student Council Tutor Group Assemblies House Events Academy Production Clubs Sports Teams Charity Events Giving Opportunities		