

“Rooted and grounded in Love”.

Personal Development



Intent – ‘**Rooted** and grounded in Love’

Intent – Rooted

We want our students to be equipped to be citizens in modern British society, to understand their place in the world and the contribution they can make to our world. Our curriculum focuses on supporting our learners to live the best lives they can, in the broadest sense. It is a holistic and inclusive programme designed to equip students from Year 7 through Year 13 with the knowledge, skills, and values they need to thrive academically, socially, emotionally, and spiritually. Rooted in principles of dignity, respect, and social responsibility—and underpinned by Catholic Social Teaching—it empowers students to grow into resilient, compassionate, and well-informed individuals prepared for the complexities of modern life.

Through six interwoven themes—**Study and Safety, Relationships, Sex and Health Education (RSHE), Careers, Staying Healthy, Living in the Wider World, and Diversity & World Religions**—the curriculum provides a structured, age-appropriate progression that supports pupils at each stage of their personal and academic development.

- **Study and Safety** helps students build effective study habits and personal organisation, while promoting digital literacy, online safety, and strategies for navigating modern risks, including peer pressure, knife crime, and exam stress.
- **RSHE** nurtures students' moral and emotional development through lessons on identity, puberty, healthy relationships, consent, family life, and the challenges of adulthood. It fosters empathy, respect, and an understanding of human dignity, while addressing sensitive topics such as addiction, mental health, abuse, and parenthood.
- **Careers** education spans self-awareness, skill-building, and post-16/18 planning. Students explore pathways including higher education, apprenticeships, and employment while developing key employability skills such as CV writing, interview techniques, and goal setting.
- **Living in the Wider World** develops students' understanding of their rights, responsibilities, and roles in a diverse and interconnected society. Emphasising social justice, global citizenship, and financial literacy, this theme empowers students to participate actively and ethically in their communities and the wider world.

- **Staying Healthy** provides the tools students need to manage their physical and mental health. Covering nutrition, substance misuse, first aid, sexual health, and cancer awareness, it ensures young people are confident in making informed choices about their wellbeing.
- **Diversity & World Religions** promotes inclusion, equity, and the appreciation of difference. From exploring protected characteristics and tackling stereotypes to engaging with world religions and global migration, students learn to challenge prejudice, celebrate diversity, and uphold the values of equality and justice.

By the end of their school journey, students will have developed a strong sense of self, respect for others, and the ability to make informed, ethical, and confident decisions. This curriculum ultimately prepares them not just for academic success, but for life—supporting their transition into adulthood as engaged citizens, thoughtful leaders, and morally grounded individuals.



Personal Development

Year 7

Curriculum Outline

Link to Catholic Social Teaching:

Each Year 7 unit connects meaningfully to Catholic Social Teaching (CST).

- *Advent 1 – Study and Safety* reflects **human dignity** and **rights and responsibilities** by helping students make safe, responsible choices and access support.
- *Advent 2 – RSHE* promotes **dignity of the person** and **solidarity**, valuing each individual and encouraging respectful, responsible relationships.
- *Lent 1 – Careers* highlights **the dignity of work**, helping students explore their potential, challenge stereotypes, and consider their role in contributing to society.
- *Lent 2 – Staying Healthy* supports **care for the whole person**, encouraging students to develop healthy habits that respect their God-given bodies.
- *Pentecost 1 – Living in the Wider World* explores **the common good**, **participation**, and **global solidarity**, inspiring students to be active, responsible citizens.
- *Pentecost 2– Diversity & World Religions* reinforces **human dignity** and **peace**, challenging discrimination and celebrating all people as made in God's image.

Advent 1	Study & Safety	Advent 2	RSHE
Description	Students learn how to settle into secondary school, become more confident with their homework, and learn where to get help if they need it. They also learn how to keep themselves safe—on the road, when using phones and apps, and when online—so that they can make sensible and responsible choices every day.	Description	Students focus on identity, relationships, and social responsibility. They begin with the spiritual concept of God-given uniqueness and dignity and then address the physical and emotional changes of puberty and the importance of personal hygiene. Students learn the biological and spiritual purposes of sex, including reproduction and emotional bonding. The unit also teaches students to navigate and build positive relationships with family and friends, deal with conflict, and understand different family structures. It concludes by fostering a sense of social responsibility and respect, urging students to be positive contributors to their community and to understand the impact of digital technology.

Lent 1	Careers	Lent 2	Staying Healthy
Description	Students explore their own identity and potential career paths. Using a personality quiz like the Myers-Briggs, they will identify personal traits and consider how these might link to different jobs. The curriculum introduces various job sectors and key employability skills, emphasizing how skills learned in different subjects are transferable. Students will also learn about different types of work (e.g., full-time, part-time, freelance), understanding the benefits and challenges of each. A key focus is on recognizing and challenging family or cultural expectations and stereotypes related to work, empowering students to navigate these pressures while pursuing their personal career goals.	Description	Students are helped to understand the key physical, emotional, and lifestyle changes they will experience during adolescence. It introduces the biological changes of puberty, including hormonal effects such as changes in sweat and brain development, while also exploring the importance of balanced nutrition through food groups, portion needs, and label reading. Pupils will consider the risks associated with energy drinks, particularly high sugar and caffeine content, and examine the three pillars of health—sleep, nutrition, and exercise—before reflecting on and choosing healthy habits they can adopt to support their overall wellbeing.
Pentecost 1	Living in the Wider World	Pentecost 2	Diversity & World Religions
Description	Students reflect on the communities they belong to and the responsibilities of being a positive member, both locally and globally. They explore rights, responsibilities, and moral obligations through the UNCRC and Catholic Social Teaching, alongside the concept of being a good neighbour (<i>Fratelli Tutti</i>). Pupils also learn about digital citizenship, including online rights, responsibilities, and managing their digital footprint. Finally, they examine how active citizens and organisations bring about social change, inspiring them to consider their own role in contributing to the common good.	Description	Students are supported to recognise their unique value as individuals made in the image of God while learning to respect and celebrate diversity. Pupils will explore protected characteristics such as race, gender, disability, and religion, considering how prejudice, discrimination, and stereotypes can be challenged. They will learn to identify and respond to bullying and harassment, including sexual harassment and unwanted behaviours, by understanding boundaries, consequences, and where to seek help. The unit also introduces Sikhism through its places of worship, festivals, and rites of passage, encouraging respect for different beliefs and practices.

Personal Development

Year 8



Curriculum Outline

Link to Catholic Social Teaching:

Each Year 8 unit links to Catholic Social Teaching (CST) by promoting dignity, responsibility, and community.

- *Advent 1 – Study & Safety* supports **human dignity** and **rights and responsibilities** by encouraging safe, respectful choices and resilience.
- *Advent 2 – RSHE* promotes **solidarity** and **equality**, valuing life, opposing discrimination, and encouraging kindness.
- *Lent 1 – Careers* affirms **the dignity of work**, helping students grow in confidence, recognise their gifts, and prepare for meaningful futures.
- *Lent 2 – Staying Healthy* supports **care for the whole person**, promoting wellbeing, mental health, and informed choices.
- *Pentecost 1 – Living in the Wider World* reflects **participation** and **the common good** through responsible media use and active citizenship.
- *Pentecost 2 – Diversity & World Religions* highlights **inclusion** and **respect for human dignity**, challenging barriers and celebrating difference.

Advent 1	Study & Safety	Advent 2	RSHE
Description	Students learn how to build on successes from last year and find strategies to overcome challenges, so that they can feel confident and prepared for the year ahead. They also learn how to keep themselves safe—in school, online, and in the wider community—by recognising risks such as cyberbullying, sexting, county lines, gangs, and knife crime. They learn where to go for help and how to support others, so that they can make positive, responsible choices every day and grow into a resilient, respectful young people.	Description	Students explore identity and relationships, starting with the scientific and spiritual aspects of human uniqueness. It addresses gender and identity, including stereotypes, and the importance of equality and opposing prejudice. They learn about the journey from conception to birth, and different views on the beginning of life. The curriculum promotes kindness, tolerance, and forgiveness, and examines the consequences of discrimination through historical events like the Holocaust. Finally, the unit covers digital safety, including the dangers of online exploitation, pornography, and the lasting impact of one's digital footprint.

Lent 1	Careers	Lent 2	Staying Healthy
Description	Students are helped to understand what employers seek in candidates. They focus on identifying and developing key qualities such as soft skills and transferable skills. Students will learn to match their existing skills to various fields of work, and they will be encouraged to identify their own strengths and weaknesses. The unit provides practical strategies for enhancing their abilities and addressing areas for improvement, with the ultimate goal of supporting their personal growth and future employability.	Description	Students are equipped with the knowledge and skills to make informed choices about their health and wellbeing. It explores the risks of smoking, vaping, drugs, and alcohol, including the effects of nicotine, the dangers of addiction, and the legal and social consequences of possession and supply. Alongside this, pupils learn about mental health, understanding anxiety, depression, and stress as part of human experience, and recognising when and where to seek support. The unit also focuses on positive coping strategies, including mood tracking, healthy habits, and the 5 Ways to Wellbeing, helping pupils to build resilience and sustain good mental health.
Pentecost 1	Living in the Wider World	Pentecost 2	Diversity & World Religions
Description	These lessons build on the theme of community by focusing on friendship groups, their influence, and the importance of making positive choices. Students explore the impact of social media, how to use it responsibly, and how media shapes democracy and public opinion, including recognising reliable sources. They also consider how individuals can influence change—through responsible participation, campaigning, and engagement both online and in the wider community—developing their understanding of active citizenship and their role in shaping society.	Description	This Year 8 aims to deepen students' understanding of disability and inclusion. Building on Year 7 lessons on disabilities and ableism, pupils will take notes on various types of disabilities and review appropriate disability etiquette. The unit focuses on the concept of inclusion, prompting students to identify barriers to inclusion and solutions to overcome them. They will also explore diversity and inclusion within different communities they belong to. Students will study Hinduism, exploring its places of worship, key festivals, and significant rites of passage. This dual-focus approach seeks to foster empathy, respect, and a practical understanding of how to build more inclusive communities for all.

Personal Development

Year 9



Curriculum Outline

Link to Catholic Social Teaching:

Each Year 9 unit links to Catholic Social Teaching by promoting dignity, responsibility, and justice.

- *Advent 1 – Study & Safety* supports **human dignity** and **responsibility** through resilience, safe choices, and wellbeing.
- *Advent 2 – RSHE* promotes **dignity**, **solidarity**, and **human rights** through respectful relationships, consent, and commitment.
- *Lent 1 – Careers* reflect **the dignity of work** and **option for the vulnerable**, helping students plan for their future with purpose.
- *Lent 2 – Staying Healthy* supports **care for the whole person**, teaching vital physical and mental first aid.
- *Pentecost 1 – Living in the Wider World* encourages **stewardship** and **wise decision-making**, promoting ethical media use, financial responsibility, and awareness of addiction.
- *Pentecost 2 – Diversity & World Religions* highlights **equality** and **inclusion**, challenging discrimination and valuing all people.

Advent 1	Study & Safety	Advent 2	RSHE
Description	Students are helped to manage changes and challenges by building resilience, teaching them to make safe choices, and where to find support. They will learn how to cope with stress and loss, how to recognise healthy and unhealthy relationships, how to deal with peer pressure, and build on Year 8 learning about how to stay safe both online and in the community. By the end of the unit, they will be better prepared to make positive decisions and feel confident about their wellbeing and future success.	Description	Students explore the nature of love, relationships, and human dignity. They begin by examining the human desire for romantic love and its connection to our search for happiness, contrasting this with the commodification of people. It addresses the formation of attachments and covers the responsibility of parenthood and the importance of commitment in relationships, including the distinctiveness of lifelong commitments like marriage. Finally, the unit emphasises the critical concept of consent, teaching students to respect and honour others, and covers topics like sexual exploitation and human rights.

Lent 1	Careers	Lent 2	Staying Healthy
Description	Students are guided through the crucial process of choosing their KS4 options. They are encouraged to consider their personal strengths and interests, and how these relate to future career paths. The curriculum introduces students to Unifrog, a careers platform, and teaches them how to use it to explore different options and access local labour market information. Students will also learn about the changing world of work and the various post-16 educational pathways, including both traditional and alternative routes. The unit's central intent is to equip students with the decision-making skills needed to plan for their future, teaching them to think backwards from their end goals to determine the necessary steps to get there.	Description	This Year 9 unit builds on prior learning about physical and mental health, revisiting the three aspects of health and the impact of food, exercise, and sleep on wellbeing. It introduces essential first aid knowledge and skills, including the purpose of first aid, the primary survey (DRABC), CPR, defibrillator use, and how to respond to burns, allergies, asthma, and seizures. Pupils also explore mental health first aid, learning the importance of supportive conversations and recognising when and how to help, ensuring they are equipped with practical strategies to respond to both physical and emotional health needs.
Pentecost 1	Living in the Wider World	Pentecost 2	Diversity & World Religions
Description	Students develop critical awareness of media influence, including media diets, echo chambers, fake news, and strategies for identifying reliable information. It also introduces financial literacy through goal setting, saving, and planning for the future, while encouraging reflection on spending habits, peer influence, and ethical giving. They examine the risks of gambling and its links to gaming, alongside a broader exploration of addiction, its signs, and where to seek support—equipping them with the knowledge and skills to make informed, responsible choices in their personal, financial, and digital lives.	Description	Students explore prejudice, stereotyping, and discrimination, clarifying the key differences between these concepts and exploring their harmful effects, as well as considering the impact that unconscious biases can have. Pupils are encouraged to consider the social model of disability, which shifts the focus from individual impairment to societal barriers. The unit also examines the importance of equality laws and explores the experiences of Black, Asian, and Minority Ethnic people in the UK and prompts students to consider what individuals and schools can do to promote a fairer and more equitable society. The study of world religions is continued with a study of Buddhism, covering its places of worship, festivals, and rites of passage.

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Year 10



Curriculum Outline

Link to Catholic Social Teaching:

Catholic Social Teaching (CST) underpins the Year 10 curriculum by promoting **dignity, justice**, and the **common good**.

- *Advent 1 – Study and Safety* supports mental well-being and resilience, reflecting CST's focus on **human dignity**.
- *Advent 2 - RSHE* upholds the **protection of the vulnerable** in relationships and personal safety.
- *Lent 1 - Careers* affirms the **dignity of work**, guiding students towards purposeful, values-driven careers.
- *Lent 2 – Staying Healthy* encourages care for self and others through informed health choices.
- *Pentecost 1 – Living in the Wider World* explicitly explores CST through rights, responsibilities, and **justice in society**.
- *Pentecost 2 – Diversity & World Religions* promotes **solidarity and respect** by challenging extremism and celebrating diversity.

Advent 1	Study & Safety	Advent 2	RSHE
Description	Students explore effective ways to cope with change and manage stress by developing resilience and emotional awareness. They learn to navigate challenging experiences such as bereavement, body image concerns, social anxiety, and exposure to extreme viewpoints, equipping themselves with strategies to maintain mental well-being and confidence. By the end of the unit, they are well equipped to become resilient, self-aware young people who can handle complex situations responsibly and positively, preparing them for future challenges with confidence and compassion.	Description	Students focus on relationships and personal safety. They explore the reality of sex and its impact on personal decisions, while addressing issues like body image, self-control, and personal values. The curriculum covers the responsibilities of parenthood and discusses the complexities of pregnancy. Crucially, it provides students with information on how to identify and respond to abuse, including FGM, honour-based violence, and human trafficking, reinforcing that the victim is never at fault.

Lent 1	Careers	Lent 2	Staying Healthy
Description	Students are supported to identify and connect their strengths and interests to future career paths. They will learn to distinguish between hard and soft skills and how to match these to job descriptions. The curriculum explores various post-16 and post-18 educational options, including a detailed look at the advantages and disadvantages of attending university. A key element is teaching students how to access and utilise reliable career resources, such as UCAS and the National Careers Service. The unit concludes with presentations from sixth-form teams and alternative education providers, giving students direct insight into their available options.	Description	Students learn how to take responsibility for their own health by developing the skills and confidence to access professional advice and support. Pupils will learn how to navigate healthcare services, such as making doctor's appointments and using NHS 111, while understanding the risks of self-diagnosis and unreliable online sources. The unit also aims to raise awareness of substance misuse, ensuring pupils know how to seek help and access trusted resources like the FRANK website. In addition, pupils will be introduced to information about STIs and GUM clinics, laying the foundation for informed decision-making and safe practices in later life.
Pentecost 1	Living in the Wider World	Pentecost 2	Diversity and World Religions
Description	Students explore identity, citizenship, and responsibility, beginning with what it means to be British and recognising the UK's long history as a multicultural nation. Pupils reflect on identity, human rights, and Catholic Social Teaching, linking these to issues such as antisocial behaviour, liberty, and the balance between legal and moral responsibilities. They also examine how the law upholds rights, the role of taxes in society, and the consequences of tax avoidance and financial crime. Finally, students learn about the structure and challenges of the criminal justice system, encouraging them to think critically about justice, responsibility, and their role in society.	Description	Students focus on navigating extreme viewpoints in the media and our responsibility to challenge them. They will learn to critically analyse biased content, recognize misinformation, and respond thoughtfully to sensationalized narratives. The curriculum promotes critical thinking, respectful dialogue, and strategies for addressing harmful ideologies both online and offline. It explores the complexities of religious expression and migration to the UK, examining how internal and international factors shape it and the resulting benefits and challenges. Students will also review British values, the Human Rights Act, the Equality Act, and hate crime laws as foundational elements of a fair society. The unit concludes by drawing on learning from Hinduism, Sikhism, and Buddhism to illustrate how different faiths enrich communities through festivals and shared values.

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Year 11

Curriculum Outline

Link to Catholic Social Teaching:

Catholic Social Teaching is embedded across the Year 11 curriculum through a focus on **dignity, justice**, and the **common good**.

- *Advent 1 – Study & Safety* promotes self-care and **compassion for others**, while *Careers* highlights the **dignity of work** and purposeful contribution to society.
- *Advent 2 – RSHE* reinforces **respect for life**, healthy relationships, and **protection of the vulnerable**.
- *Lent 1 – Living in the Wider World* explores **equality, justice**, and responsible citizenship
- *Lent 2 – Staying Healthy* supports informed decision-making **and care for the whole person**.

Advent 1	Study & Safety and Careers	Advent 2	RSHE
Description	Students for adulthood by exploring physical and emotional wellbeing, including the three dimensions of health, the effects of hormones like cortisol and adrenaline, and the impact of anxiety. Additionally, this unit supports students in planning their Post-16 pathways by providing guidance on college and sixth form options, CV writing, applications, and interviews, with input from educational providers.	Description	Students explore the factors that shape a person's life and well-being. It covers the impact of addiction and the effects of stress, anxiety, and eating disorders on emotional health. The curriculum also addresses fertility, contraception, and the counter-cultural notion of saving sex for marriage, along with the dangers of the pornography industry and the emotional toll of casual sex. Finally, the unit educates students about coercive control, victim-blaming, and societal attitudes toward misogyny and sexual violence.

Lent 1	Diversity & Living in the Wider World	Lent 2	Staying Healthy
Description	Students are encouraged to think critically about societal norms, gender expectations, and issues of equality and justice. They explore masculinity, femininity, and the experiences of different groups through historical and contemporary examples, linking to themes of social justice and protected characteristics. Pupils also engage with contemporary issues such as the risks of paid online platforms. Alongside this, they develop practical financial skills by learning to understand payslips, plan budgets, and reflect on influences on spending, gambling risks, and how to seek advice—equipping them for informed and responsible adult life.	Description	Pupils develop vital knowledge of breast and testicular cancer, including signs, symptoms, self-examination, screening, and treatment, alongside learning about the importance of organ and blood donation. This unit aims to equip pupils with the awareness and confidence to take proactive steps in safeguarding their health and supporting others.
Pentecost 1	GCSE Revision/Immersion	Pentecost 2	GCSE Exams
Description	/	Description	/