Space Studio West London
an Aspirations Academy

Personal Development - Curriculum Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 curriculum overview	Relationships, Respect & Modern Challenges Unit (Personal Safety & Digital Awareness)	Risk, Relationships & Sex Education Unit (Relationships and Sex Education)	Healthy Minds, Safe Choices Unit (Healthy Bodies & Emotional Wellbeing)	Religion Unit (Philosophy & Ethics)	Healthy Bodies, Healthy Futures Unit (Healthy Bodies & Emotional Wellbeing)	Violence, Crimes & Seeking Safety Unit (Modern Dangers: Online & Offline)
Key knowledge outcomes (students should know)	Students should know what sextortion is and the steps they can take to protect themselves against it. Students should know what virginity testing and hymenoplasty are, alongside their social, health, and ethical implications. Students should know the legal definitions of marriage and civil partnerships in the UK, including key legal rights and benefits.	Students should know what Female Genital Mutilation (FGM) is, that it is illegal in the UK, and where they can access help and support. Students should know the legal, emotional, and social consequences of sending sexts, nude images, and unsolicited "D pics". Students should know what is legal and	Students should know the legal definitions surrounding child sexual abuse and the critical importance of speaking out against it. Students should know what masculinity and misogyny mean, including the real-world dangers associated with Andrew Tate's views. Students should	Students should know the religious and philosophical concepts that theists use to explain the existence of evil and suffering. Students should know Plato's allegory of the cave, including how the men inside perceived reality. Students should know the creation stories, beliefs about the afterlife, and definitions of the soul	Students should know the roles of GPs and community pharmacists, as well as how and when to access different services in the local NHS healthcare system. Students should know what antimicrobial resistance is and understand its wider impacts on medicine and health.	Students should know the definitions and UK statistics associated with forced marriage, breast ironing, and honour-based violence. Students should know how online gaming can lead to gambling or skin betting, and the importance of adhering to age-appropriate

	Students should know the distinct differences between financial abuse and economic abuse in relationships	illegal regarding online pornography, and how porn can negatively influence behaviors and perceptions in society. Students should know the laws surrounding rape and sexual assault, and how power imbalances drive unhealthy relationship behaviors	know how to perform basic, life-saving first aid, including CPR and how to use a defibrillator. Students should know that self-harm is a coping behavior rather than an illness, and recognize the warning signs of suicidal thoughts	within Christian and Muslim traditions. Students should know why different religions, including Sikhism, Buddhism, and Hinduism, believe in reincarnation	Students should know the anatomical labels of female genitalia and the biological processes of the menstrual cycle. Students should know the main stages of pregnancy, how to stay healthy during each stage, and the health risks tied to unhealthy weight gain or loss	game classifications. Students should know what modern-day slavery and human trafficking look like in the UK, and how to secure personal data against online fraud. Students should know the underlying causes of rising knife crime in the UK and the strategies used to prevent young people from carrying weapons.
Key skills (students should be able to)						

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Year 11 curriculum overview	Sexual Health Unit (Relationships and Sex Education)	Staying Safe Unit (Modern Dangers: Online & Offline)	Adult Health and Looking After Yourself Unit (Healthy Bodies & Emotional Wellbeing)	Stay Safe, Stay Smart Unit (Personal Safety & Digital Awareness)	[redacted]
Key knowledge outcomes (students should know)	Students should know the circumstances when peer pressure becomes peer abuse. Students should know what makes women and men fertile and ways to improve fertility. Students should know the risks associated with alcohol abuse and drink spiking. Students should know the advantages and disadvantages of different contraceptive methods.	Students should know the benefits and risks associated with virtual reality and live streaming. Students should know how to complete an online audit of themselves and why it is important. Students should know the risks and harm associated with vaping. Students should know how to stay safe at a festival or a party.	Students should know the law surrounding organ donation and the impact of organ and blood donation. Students should know what to do if they or a friend is pregnant and understand the available options Students should know how to perform testicular and breast self-examinations. Students should know the different types of abuse that	Students should know how technology and smartphones can negatively impact mental health. Students should know how misinformation is spread and how to use critical thinking to stop it. Students should know how targeted advertisements work and the role of the Advertising Standards Authority (ASA). Students should know what to do and where to find sources of help if they are a	

			exist and identify where to go for help.	victim or witness of upskirting.	[redacted]
Key skills (students should be able to)	Students should be able to describe what love is and what love is not. Students should be able to evaluate the circumstances when peer pressure becomes peer abuse. Students should be able to evaluate the risks and influences surrounding alcohol abuse and drink spiking. Students should be able to explore and weigh the advantages and disadvantages of different contraceptive methods	Students should be able to complete an online audit of themselves to manage their digital footprint. Students should be able to analyse the effects of bullying in group chats and explain how to get help. Students should be able to give advice to others regarding the harms and risks of vaping. Students should be able to evaluate risks to protect themselves from dangerous substances and stay safe at festivals or parties	Students should be able to perform testicular and breast self-examinations. Students should be able to identify where to go for help and support when dealing with relationship abuse. Students should be able to evaluate the impacts of teenage parenthood, organ donation, and blood donation. Students should be able to determine the correct actions and choices to make if they or a friend faces a teenage pregnancy.	Students should be able to use critical thinking to spot and stop the spread of online misinformation. Students should be able to identify coping strategies to handle the negative impacts of social media and influencers. Students should be able to evaluate how technology, smartphones, and targeted advertisements affect their mental health and data. Students should be able to start a conversation and take action if they	

				witness or experience cyber flashing, upskirting, or peer abuse		
Year 12 curriculum overview						
Key knowledge outcomes (students should know)						
Key skills (students should be able to)						
Year 13 curriculum overview						
Key knowledge outcomes (students should know)						
Key skills (students should be able to)						

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