

DAGENHAM PARK SUBJECT CURRICULUM

Subject	Personal Development Education
Year Group	Year 11
Overview	Pupils in Year 11 complete their five-year PDE spiral curriculum. Units are sequenced under the following titles Living in the Wider World, Health and Well Being and Relationships. The quality of education in PDE is based on the fundamental vision that we are equipping our pupils with the knowledge, skills and understanding to keep safe and healthy, and preparing then for life and work in modern Britain.
Term by Term	
Autumn Half term 1	<p>Living in the Wider World To understand the next steps in planning for life after GCSE. Using Kudos Cascaid to search for careers, courses, apprenticeships, update CV and personal statement. How do I plan for my future? Where do I look for a job? How do I apply for a job? How do I update my CV? How do I prepare for an interview? Recap pathways – what am I doing in September 2022? Apprenticeship? College? Sixth form? A.Smith to visit each group and deliver DP6 entry requirements and provision. Book IT suites and all pupils apply to DP6, sixth form, college, apprenticeship.</p>
Autumn Half term 2	<p>Health and Well Being To learn how to access healthy ways to cope with exams in year 11. How do I stay mentally healthy around exam time? How do I prepare for exams? How do cope with exam stress in a healthy way? How can I use study skills, revision techniques to manage my time and exam stress better? How do I manage change and transition? How do I stay focused and organised? What is mindfulness and how can it help? What support is available?</p>
Spring Half term 1	<p>Health and Well Being To understand how to keep safe and healthy in a sexual relationship. What do I want from a relationship? What is sexual bullying in a relationship? What is consent (recap)? What are the options when you have an unwanted pregnancy? What does it mean to be a parent? What is sexuality? What does a healthy relationship look like (recap)? What support is available?</p>
Spring	Living in the Wider World

Half term 2	To explore some different methods of studying effectively. How do I study? What are study skills? How can mind mapping be effective? How does scanning and skim reading work? How do I boost my memory skills? How do I take care of my health during exam time?
Summer Half term 1	Exams
Summer Half term 2	Exams
Useful Resources	www.childline.org.uk www.ceop.police.uk www.thinkuknow.co.uk www.bullying.co.uk?cyberbullying www.stonewall.org.uk www.fpa.org.uk www.talktofrank.com www.nhs.uk/apps-library/chathealth/ www.kudos.cascaid.co.uk/#/ www.brook.org.uk