Personal Development at The Lionheart Educational Trust

At Lionheart Educational Trust, we invest in our learners so they have more than exam results when they leave our institution. In order to succeed in future life, young people must be educated in all areas surrounding academia. We make it our mission within The Lionheart Educational Trust to focus on our young people's development. Our holistic work is underpinned by the 4R's, a key part of our ethos and culture. These are resourcefulness, resilience, reciprocity, and reflectiveness.

We believe that the 4R's are crucial for our young people to become integral parts of society. Our curriculum also provides students with a voice, so they can share opinions and views in a respectful but confident manner. Our young people experience this rich and diverse learning experience through our carefully curated Personal Development Curriculum (PDC). PDC covers all areas of personal development, including PSHE, RSE, CEIAG, citizenship, SMSC, with key themes such as character development and the fundamental British values embedded throughout.

This curriculum allows our pupils time to explore varied schemes of work, from dealing with financial issues through to understanding how social media can influence relationships. We have a huge focus on diversity. We recognise the vast number of communities that our trust schools contain, and therefore we highlight to students how to interact with and respect everyone. For example, we routinely teach students about the protected characteristics, and how they link to reducing discrimination.

Our pedagogical methods to deliver our curriculum are steeped in evidence and research. Pupils discuss aspects of life that are critical to the future of our society, and explore their feelings in a safe and protective learning environment. In addition, our ethos and culture are key threads that are visible throughout PDC, which helps us to develop resourceful, resilient, reciprocal, and reflective learners. PDC is delivered by our excellent tutor teams who are pupil-centred and positive, ensuring our learners become the best version of themselves.

The Personal Development Curriculum is designed to have width and breadth, to ensure students are ready for their next steps in life. Our learning is split into three distinct blocks, interleaving topics as to maximise learning. Key learning strategies such as retrieval practice and elaboration are also woven through the curriculum, enabling knowledge to remain 'sticky'. We shape our pupils to excel at all aspects of life, including significant focus on literacy and oracy.

Throughout a child's journey in our schools, they revisit previously taught material in an age-appropriate manner, discovering how similar concepts can be applied to unique circumstances. This also is a huge factor in building a pupil's knowledge to retain information for longer. By building in regular assessment points to our curriculum, we identify where progress has been achieved, and where further progress could be made. Within lessons, students will cover topic areas that spark debate, topic areas that are sensitive and topic areas they will require as soon as they leave school. We actively encourage students to participate in their learning, and to make morally just decisions. To facilitate this, all learning begins with creating a safe and respectful learning environment, by setting clear but concise ground rules. Learning ends with signposting, so learners know where to receive further support, even with the most challenging issues.

Whilst having a common curriculum across our network of schools secures student understanding, no matter which school they attend, our curriculum is ever-changing to respond to the demands and needs of our local communities and wider society. Our schools are incredibly diverse, with different communities within and between our network of academies. We are committed to providing students with the best education possible, and therefore must prepare them for the society they will enter. Learners receive impartial advice and guidance on key issues that are affecting the wider world, and are given time to reflect on the bigger picture. Whether this is through our Global Issues programme, tackling the largest issues humankind faces today, or addressing local safeguarding threats, PDC provides pupils with the most up-to-date knowledge and information to thrive in their future.

Our PDC programme is tailored to meet the needs of our diverse cohort of learners. It goes beyond the statutory requirements placed on us, giving students vital information around careers, as well as the first fifteen things they will need after leaving college, whilst also giving a boost into life after academia. We provide opportunities for all learners to be resourceful, resilient, reciprocal, and reflective, whilst also having the tools to be successful within and beyond school life.

Lesson	Week Beginning	Year 7	Year 8	Year 9	Year 10	Year 11
1	05 September 2022	Establishing and Managing Friendships	Energy Drinks and their Dangers	Healthy and Unhealthy Friendships	Adolescence: Managing Emotions	Perseverance and Procrastination
2	12 September 2022	HM Queen Elizabeth II's Passing				
3	19 September 2022	Bank Holiday				
4	26 September 2022	Identifying and Managing Emotions	Habit and Dependence	Drugs and Alcohol	Signs of Emotional and Mental Ill-Health	The Importance of Sleep
5	03 October 2022	Independent Travelling Safety	Risks of Alcohol and Smoking	Gang Culture	Promoting Mental and Emotional Wellbeing	Exam Stress Management
6	10 October 2022	Personal Safety and Basic First Aid	Medicinal and Recreational Drugs	Knife Crime	Mental Health and the Media	Creating Online Content
HT	17 October 2022	Half Term				
7	24 October 2022	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback
8	31 October 2022	Essential Skills	Work/Life Balance and Equality	Skills and Qualities	Budgeting, Saving and Debt	Using Constructive Feedback
9	07 November 2022	What is CEIAG?	Challenging Stereotypes: Pay Gap	How to Demonstrate Strengths	Collection of Data and Targeted Advertising	Writing CVs and Personal Statements
10	14 November 2022	Skills and Qualities	Types of employment	Managing Emotions in the Workplace	Gambling and Debt	Interview Technique
11	21 November 2022	Identifying future careers aspirations	Goal Setting	P16 Options	Legal and Illegal Finacial Activities	Maximising Employabilitiy Including Online
12	28 November 2022	Challenging Stereotypes: Careers	Options For Year 9	Year 10 Options	Risk and Finacial Activities	Rights and Responsibilties: Part Time
13	05 December 2022	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback
14	12 December 2022	Identity and Rights	Influences on Beliefs and Decisions	Types of Families	Relationship Values and The Role of Pleasure	Core Values and Emotions
HT	19 December 2022	Half Term				
HT	26 December 2022					
15	02 January 2023	Living in a Diverse Society	Self Worth and Self Confidence	Types of Parenting	Misconceptions in Relationships	Gender Identity and Sexual Orientation
16	09 January 2023	Challenging Stereotypes: Diversity	Gender Identity	Positive Family Relationships	Risks and Benefits of Online Relationships	Communication in Relationships
17	16 January 2023	Bullying and Cyberbullying	Equality Act and Protected Characteristics	Types of Conflict	Media Impact on Sexual Expectations	Handling Unwanted Attention
18	23 January 2023	Being an Upstander (Response)	Challenging Discrimination: Gender	Conflict Resolution Strategies	Consent: Manipulation and Co-Ercion	Challenging Harassment
19	30 January 2023	Supporting Others	Challenging Discrimination: Racism	Managing Family Changes	Challenging Victim Blaming	Relationships and Abuse
20	06 February 2023	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Unhealthy and Exploitative Relationships
21	13 February 2023	The Importance of Sleep	Challenging Stereotypes: Mental Health	Links Between Physical and Mental Health	Role Models and Their Influence	Personal Safety in Independent Situations
HT	20 February 2023	Half Term				
22	27 February 2023	Having a Healthy Diet	Daily Wellbeing	Work Life Balance	Media Portrayal of Gang Culture	Emergency and Non-Emergency Situations
23	06 March 2023	Personal Hygiene	Developing Resilience: In Person	Healthy Eating	Impact of Drugs and Alcohol on Others	Lifestyle Links to Cancer
24	13 March 2023	Dental and Physical Health	Developing Resilience: Digital	Influences on Body Image	Managing Peer Influence	Screening and Self Examination
25	20 March 2023	FGM	Healthy and Unhealthy Coping Strategies	Taking Responsibility for Your Health	Exit Strategies for Pressured Situations	Consmetic and Aesthetic Body Alterations
26	27 March 2023	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback
HT	03 April 2023	Half Term				
HT	10 April 2023					
27	17 April 2023	Developing Self Worth	Forming Positive Relationships	Sexual Choices	Inclusion and Belonging Within Communities	Changing Family Structures
28	24 April 2023	Types of Positive Relationships	Healthy Relationships	Consent: Misconceptions, Capacity and Rights	Equality Act and Protected Characteristics	Fertility
29	01 May 2023	Relationships and Gender	Gender vs Sex	STDs and Safer Sex	Social Media: Influences on Beliefs and Opinions	Ready for Parenthood
30	08 May 2023	Challenging Stereotypes: Media	Consent: The Law	Consequences of Unprotected Sex	Managing Conflicting Views	Unplanned Pregnancy
31	15 May 2023	Expectations in Romantic Relationships	Sexting	Relationships in the Media	Challenging Discrimination	Loss and Grief
32	22 May 2023	Consent: Seeking and Communicating	Contraception	Sexual Risks of Social Media	Recognising and Responding to Radicalisation	Forced Marriage
HT	29 May 2023	Half Term				
33	05 June 2023	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	
34	12 June 2023	Making Safe Financial Choices	Social Media	Employment Rights and Responsibilities	Evaluating Strengths and Weaknesses	
35	19 June 2023	Ethics and Business	Online Grooming	Skills for Enterprise	Oppourtunities in Learning and Work	
36	26 June 2023	Borrowing Money	Protecting Finacial Security	Giving and Receiving Constructive Feedback	Responsibilities in the Workplace	
37	03 July 2023	Managing Risk Taking Behaviour	Risk-Taking Behaviour (Gambling)	Strategies for Progress	Building on and Learning from Work Experience	
38	10 July 2023	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	Assessment and Feedback	