

All Hallows RC High School

Believe. Belong. Achieve.



# PERSONAL DEVELOPMENT CURRICULUM OVERVIEW

September 2026



## Mission Statement

**Believe. Belong. Achieve.**

At All Hallows RC High School, we are a Christ-centred community committed to living out the Gospel values in every aspect of our school life. Our school mission is to inspire, support and challenge every member of our school. We **believe** that every person is created in the image of God and that they grow in faith guided by the teachings of Christ. We strive to foster an environment where love, peace, courage, justice and kindness guide our actions so we develop into compassionate, resilient individuals who contribute positively to the world around them.

We are a community built on love, demonstrating unconditional respect and kindness for all. By fostering strong relationships, we ensure that every individual feels that they **belong**, are valued, supported and accepted as part of our family. We celebrate our differences and each person's uniqueness. We encourage forgiveness and understanding to create an environment where every pupil can flourish in their own way.

Through these values, All Hallows RC High School nurtures the whole person spiritually, academically and socially so they can **achieve**. We are a school where the Gospel values are not just ideals but the foundation of everything we do. With Christ at the centre, we enrich the lives of our pupils and guide them on the path of faith, purpose and integrity.



## Curriculum Intent

### Department Mission Statement

The Personal Development (PD) Curriculum has been developed by considering the needs of our students and guided by the Gospel values we hold so dear here at All Hallows. We aim to provide practical advice and experiences that enable pupils to become happy and successful individuals who can make a positive contribution to society.

### Department Intent

The PSHE or Personal Development (PD) Curriculum has been developed by considering the needs of our students and guided by the Gospel values we hold so dear here at All Hallows. The course provides practical advice and experiences that enable pupils to become happy and successful individuals who can make a positive contribution to society. By focusing on the three key areas of 'Health and Well-Being', 'Living in the Wider world' and 'Relationships', we equip our pupils with the skills and knowledge they will need to meet the challenges of our ever evolving, diverse and complex world.

Our PD offer is built into our Students time tables with one 50 minute lesson per week dedicated to the subject, emphasising the importance of the skills and knowledge our students gain from the curriculum. From September 2020 PD and RSE (Relationship and Sex Education) has been made mandatory in all schools by the Government. In order to provide our students with an RSE program guided by our Faith we have joined with Ten:Ten Resources. Ten Ten's RSE program, **Life to the Full**, will teach Relationship, Sex and Health Education within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church. It has been fully endorsed by both The Catholic Church and Ofsted and ratified by the Government to deliver a balanced and suitable RSE offer to High School children.

## Order of Teaching for Key Themes

| Year    | Living in the wider world                                                                                                                                                                                                                                                                                                                                                                                                                      | Health and Wellbeing                                                                                                                                                                                                       | Relationships and Sex Education                                                                                                                                                                                                             |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 7  | <b>Careers</b> - Aspirations for the future<br><b>Community Cohesion</b> - Anti Bullying , Racism<br>Free speech v hate speech<br>Equality, diversity and stereotypes<br>Foreign aid, Ableism and disability (protected characteristics)<br><b>Personal Safety</b> - Online safety                                                                                                                                                             | <b>Physical Health</b> - Personal hygiene<br><b>Intro to mental health</b> - gratitude, Happiness & positivity, Resilience<br><b>First Aid</b> - allergies, asthma, diabetes, epilepsy                                     | <b>Relationships</b> - Kindness and empathy, Building good friendships, Puberty, LGBT<br>Families<br>Recognising healthy relationships                                                                                                      |
| Year 8  | <b>Community Cohesion</b> - hate crimes, protected characteristics, gender equality, respect, anti social behaviour, sexism in society, tolerance & respect, homelessness, prejudice & discrimination, Protected Characteristics<br><b>Community Cohesion</b> - Politics. How is government made up, who are the parties<br><b>Careers</b> - Budgeting, Savings & investments, STEM, Ambitious aspirations, Apprenticeships, Personal branding | <b>Mental health</b> - anxiety, anger management, social media stress, body image, masculinity<br><b>First Aid</b> - bleeding (practical lesson), choking                                                                  | <b>Relationships</b> - Peer pressure, domestic abuse, recognising grooming online, feelings, tough relationships, conception                                                                                                                |
| Year 9  | <b>Community Cohesion</b> - Crime and punishment (knife crime), gangs, county lines, age of responsibility, prejudice, cultural appropriation, ideology & extremism, Radicalisation, human trafficking<br><b>Careers</b> - Volunteering, teamwork, communication (practical lessons), responsible, GCSE option choices, finance, LMI                                                                                                           | <b>Mental health</b> - Coping with stress, body shame<br><b>Physical Health</b> - importance of sleep<br>First Aid - head injuries, recovery position and CPR (practical lessons)                                          | <b>Relationships</b> - objectification, desire, lust. Marriage (families), consent, recognising unhealthy relationships, sexual harassment, fertility and conception                                                                        |
| Year 10 | <b>Careers</b> - rise of AI in employment, employability skills, rights and responsibilities in the workplace, understanding the economy<br><b>Community Cohesion</b> - Deep fakes, LGBT rights, personal safety, carbon footprint                                                                                                                                                                                                             | <b>Physical Health</b> - Pregnancy & Abortion, use of nitrous oxide, cancer and self examination, tattoos & piercings<br><b>Mental health</b> - body image and social media, grief<br>First Aid - Chest pain and recap CPR | <b>Relationships</b> - freedom of choice, values, parenthood, Abuse, Forced marriage, honor violence, misogyny and women's rights, gaslighting and coercive relationships, Conflict management<br>Grooming, sexting, CSE, readiness for sex |
| Year 11 | <b>Careers</b> - Plans beyond school, personal statement and college application support, managing money, cost of living, savings and loans, financial exploitation, online gambling<br><b>Personal Safety</b> - Independent travel, Independent living, chatbots & misinformation                                                                                                                                                             | <b>Mental health</b> - self worth, stress and exams<br><b>Physical Health</b> - addiction, eating disorders, responsible public health choices                                                                             | <b>Relationships</b> - pornography, coercive control, sexualisation in the media, Birth control, STI's                                                                                                                                      |



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