King's Academy Ringmer - Personal Development Curriculum

'To develop well-rounded, confident individuals who are world ready'

		CHARACTER						Wellbeing & Community										CULTURAL CAPITAL							CAREERS	EQUALITY AND DIVERSITY
Term	**Week Beginning**	Personal Development Time (PDT) theme	Assembly Theme	Lead	Behaviour Curriculum	Oracy/ SPEAK focus	Student leadership	PSHE & RSE- Year 7	PSHE & RSE - Year 8	PSHE & RSE - Year 9	PSHE & RSE - Year 10	PHSE & RSE - Year 11	RE Curriculum	Computing Curriculum	Safeguarding	Charity & outreach	Eco and Sustainability	Special Days/ workshops	Rewards and achievement	Trips & Events	British Values	SMSC	Extra - Curricular, Super Curriculum & House System	International Dimension	Careers	EQUALITY AND DIVERSITY
Autumn 1	**2/9/2024**	**Year 7 PD Pillar - Character** Transition 1. What is character? 2. How can I manage my emotions? 3. How will I make new friends? 4. How do I study? 5. How can I improve? 6. How can I stay safe? 7. Review Lesson **Year 8 PD Pillar - Equality and Diversity** 1. What are my values? 2. What is discrimination and prejudice? 3. What is a positive bystander? 4. How can I challenge gender stereotypes? 5. How can I prevent discrimination?	**Key themes to consider for Autumn 1:** **CHA - Welcome Back - Ready, Respectful, Safe** Thursday and Friday - MMA Safeguarding assemblies (Year 10 and 11 & Year 7/8/9)	CHA	**Key things for Autumn Term** - Reinforce Behaviour Curriculum (RRS) – - Playbook Routines and expectations - PDT - Students trained in line ups/entry and exit routines - Playground and lunchtime routines and expected behaviours - Introduce weekly behaviour scrutiny that focus on KAR behaviours.	Years 7-9 Bi-weekly 'Up for debate' SOW	Prefect Meeting/House captains meeting Student voice on behaviour	1. Ground rules 2. Mental health 2 - transition 3. Mental health 3 - support networks 4. Mental health 4 -how to cope with bullying/how NOT to be a bully OASIS 5. Mental health 5 - the bystander effect 6. Mental health 6 - healthy sleep 7. Assessment	1. Ground rules reminder 2. What is mental health? 3. Mental health 3 - promoting emotional wellbeing 4. Mental health 4 - promoting emotional wellbeing/digital resilience 5. Mental health 5 - unhealthy coping strategies 6. Mental health 6 - healthy coping strategies 7. Assessment	1. Ground rules reminder 2. First aid recap - CPR and the recovery position 3. NSPCC - It's not OK Becky - relationships 4. NSPCC - It's not OK Mikey - coping with emotions 5. NSPCC - It's not OK Lee-Ann - e-safety 6. NSPCC - It's not OK Harry - sexting 7. Assessment	1. Ground rules reminder Transitions and new challenges 2. Mental health – reframing negative thinking 3. Work experience - what is it and why should you do it? 4. Mental health – recognising mental health and when to get help 5. Mental health – promoting emotional well-being/ coping strategies 6. Your online presence and getting a job 7. Learning British Sign language	1. Ground rules reminder 2. Get inspired 3. Where can you study? 4. Lesson 4 application guideYour online presence and getting a jobWriting a personal statement 5. Applying to College using eprospectus -. 6. Applying to College using eprospectus 7. Exam stress What career do you want?	**Year 7** A1.World religions Year 8 A1- Hinduism- life after death Year 9 A1- Ethics - Theology/ Philosophy	1 - Google Classroom 2 Malware and security 7 Staying safe online Year 8 1 Safe and confident use of IT systems Year 9 - 1 Validity and Bias (fake news)	**Mental Health Training** **Fire Safety y 2-6** **Road Safety Y4My environment my space** (types of abuse, parenting. contextual safeguarding including Prevent, FGM)	Equality	Eco club - every week in PDT TBC: Meetings/Themed weeks/Super Curriculum link	Culture Day 1 International Literacy Day (8 September) October - Black history month • International Day of Democracy (15 September) • Jeans for Genes (begins 16 September) • The Prophet Muhammad's birthday (16 September) • International Day of Peace (21 September) • European Day of Languages (26 September) • Black History Month (begins 1 October) • Yom Kippur (begins at sunset on 1 October and ends at nightfall on 2 October) • Mahatma Gandhi's birthday (2 October) • Rosh Hashanah (begins at sundown on 2 October and ends at nightfall on 4 October) • World Space Week (begins 4 October) • World Teachers' Day (5 October) • World Mental Health Day (10 October) •National Braille Week (begins 14 October) •Sukkot (begins at sunset on 16 October) •World Food Day (16 October) •International Day for the Eradication of Poverty (17 October) •Anti-Slavery Day (18 October)	Attendance Postcards for >96% and most improved PROUD - every Friday all year groups End of HT - Character badges awarded Principal's Doughnuts for no behvaiour points	**Year 7** Sussex Safer Road Partnership -	**Respect & Tolerance** - covered in 'One body against racism' tutorial theme.	leadership roles. Culture Day Peer mentoring Oasis Antib bullying ambassadors debating, drama, or other interactive activities to explore ethical or moral issues and encourage critical thinking.	House events & running super curriculum schedule	TBC	Y9, 10, 11, Sixth Form Careers Google Classrooms set up to disseminate virtual work experience, online events. Post 16 Options & Pathways Evening Personal statement writing workshop High Achievers Event	Month of October: Protected characteristic for Race. Celebrating **Black History Month.** Inspirational speeches to be played in the foyer from 8.15-8.30am, Break time, lunchtime and from 3.15 - 3.30pm; Menu in canteen will support the celebration; Information to include history of caribbean food in bulletin. Documentary club each Friday of Ocober "We are Black and British"
	9/9/2024	6. Review Lesson **Year 9 PD Pillar - Wellbeing and Community** 1. What is peer pressure? 2. Does peer pressure exist online? 3. How does peer pressure and groupthink affect decision making?	Value/House? Behaviour/Safeguarding - MMA	PBU			Form Captain / School Council Nominations Prefect Meeting																			
	16/9/2024		**British Value - Democracy (International Day of Democracy)** (15 September)	MMA			Prefect Meeting																			
	23/9/2024	4. What is the best way to communicate to resist negative influences? 5. How are people Influenced into crime? 6. Why do some people carry knives?	**European Day of Languages** (26 September) Value -	GWE			Form Captain Meeting Prefect Meeting																			
	30/9/2024	7. Review Lesson **Year 10 PD Pillar - Wellbeing and Community (Healthy Lifestyles)**	**Resilience: Black History month**	ANO			School Council Meeting Prefect Meeting																			
	7/10/2024	Introduction to character curriculum and KAR CARE principles What does being healthy mean?	**World Mental Health Day** (10 October)	CHA			Student Survey Prefect Meeting																			
	14/10/2024	Health self assessment Being active Body Health Part 1Body Heallth Part 2 Nutrition **Year 11 PD Pillar - Character** **(Study Skills)** How can we start the year well? What is revision and how can we revise effectively? How do we learn? How do we learn (Part 2 - Forgetting) How can I use flashcards? How can I create a revision timetable?	Courage: Movember (Men's Mental health Awareness Month)	PBU			Prefect Meeting																			
		Half Term																								
Autumn 2	**4/11/2024**	**Year 7 - Equality and Diversity** What is diversity? What are stereotypes and prejudice? Why should we challenge discrimination? What is bullying how can we challenge it? Responsive Lesson **Year 8 - Equality and Diversity** What are my values? What is discrimination and prejudice? What is a positive bystander? How can I challenge gender stereotypes? How can I prevent discrimination?	**Key themes to consider for Autumn 2:** **CHA - Welcome back** (launch Odd sock day for 13th) Special Remembrance Day Assembly	CHA	**Key things for Autumn Term** - Revisit learning behaviours and expectations – Weekly Focus Announce termly House Point winners	Ringmer Speaks' - Social & Emotional	Prefect Meeting	1. Physical health - railway safety 2. Physical health - road safety 3. First Aid 1 Introduction to the International Red Cross 4. First Aid 2 the primary survey and the recovery position 5. First Aid 3 - head injuries and stroke 6. First Aid 4 CPR 7. Periods	1. Confident Me appearance ideals 2. Confident Me media messages 3. Confident Me banish bodytalk 4. First Aid recap 5. CPR recap 6. Periods recap 7. Coping with puberty	1. Periods recap Why should everyone care? 2. Periods - products recap 3. Periods and the environment 4. Periods - Taking action 5. Gambling 1 6. Gambling 2 7. Understanding credit	1. RSE 1 – body image 2. RSE 2 – gender identity 3. RSE 3 – healthy relationships 4. RSE 4 – the effect of pornography on relationships 5. RSE 5 - contraception/condom skills 6. RSE 6 – when contraception fails	1. RSE 1 – breast and testicle examination 2. RSE 2 – managing unhealthy behaviour 3. RSE 3 – is this sexual harassment 1 4. RSE 4 –is this sexual harassment 2 5. RSE 5– when contraception fails 6. RSE 6– teenage pregnancy	Year 7 A2- World religions Year 8 A2- Buddhism - Teachings Year 9 A2- Non religious worldviews/ data analysis		**Anti – bullying week whole school.** **Safe touch** **Y1Kindness is the key (**to include child on child abuse, relationships, bullying).	MUFTY DAY		• Guy Fawkes Day (5 November) • Marie Curie's birthday (7 November) • World Science Day (10 November) • Armistice/Remembrance Day (11 November) • Anti-Bullying Week (begins 11 November) • Disability History Month (begins 14 November) • World Diabetes Day (14 November) • BBC Children in Need (15 November) • Birthday of Guru Nanak (15 November) • Road Safet**y Week (begins 17 November)** • World Children's Day (20 November) • Mary Seacole's birthday (23 November) • St Andrew's Day (30 November) • World AIDS Day (1 December) • Advent begins (1 December) • International Day for the Abolition of Slavery (2 December) • International Day of Persons with Disabilities (3 December) • Human Rights Day (10 December) • Jane Austen's birthday (16 December) UK	Attendance Certificates for >96% and most improved - Principal's Awards for excellence evening PROUD - every Friday all year groups	**Year 9 -** PSHE Theatre in Education **Year 10** - Careers -Open Doors visit- creative industries at Eastbourne Studio Pottery **Year 11** Art and photography trip - Uckfield Community College exposure to KS5 taster lesson - YES positive Destination workshops for our risk of NEETS - Drop Down Day ASK year 11 assembly/ CV/ application and mock interview workshops All - Carol Singing at Ringmer Village Hall	**Respect & Tolerance** - Consideration - selflessness Consideration for others - Anti-bullying , Consideration - Helping the needs of others **The rule of law & individual liberty -** Consideration for our country - Remembrance day **Responsibility** - Consideration - Everyone has a part to play (One body)				1-2-1 Interviews for Year 11 commence	Month of November: Protected characteristic for **Disability.** Also the celebration of **Diwali** and **Fireworks**. Menu in canteen will support Diwali and Fireworks; Information to include history of Diwali and Guy Folks as well as "The day in the life of dyslexia" Lunchtime club - Film "Hanumann" Indian theology
	11/11/2024	Responsive Lesson **Year 9 - Careers** What are my skills? What comes after secondary school? Which option subjects should I choose? How do I manage my earnings? What is the labour market? Responsive lesson **Year 10 PD Pillar - Careers** Apprenticeships Standing out from the crowd Interviews Interpersonal skills Effective communication Choices **Year 11 PD Pillar - Careers** Future Planning Job Interview and Techniques Being an independent: life as a young adult	**Anti-Bullying Week** KAR CARE - Kindness	MMA			Prefect Meeting																		Y7 PSHCE - Develoing Skills and future aspirations	
	18/11/2024		KAR CARE - Ambition	PBU			Prefect Meeting																		Y8 PSHCE - Community and Careers	
	25/11/2024		KAR CARE - Resilience	MMA			School Council Meeting Prefect Meeting																		Y9 PSHCE Setting Goals and Employability	
	2/12/2023		KAR Care - Integrity (launch Christmas jumper day for 8th Dec)	GWE			Prefect Meeting																		Visit to Careers Fair	
	9/12/2023		KAR Care - Gratitude	ANO			Student Survey																		Sixth Form Open Evening	
	16/12/2023		Year Group Celebration Assemblies	SLT/K SPL's			Prefect Meeting																			
							Prefect Meeting																			
		Christmas Holidays																								
Spring 1	**6/1/2024**	**Year 7 - Careers** Who am I? What is my career ambition? What is an entrepreneur? What is a work-life balance? What careers will there be in the future? Responsive lesson - PD Pillar - Wellbeing and Community	**Key themes to consider for Spring 1** CHA - Welcome back World Religion Day, Children's mental health week	CHA	**Key things for Spring Term** Revisit learning behaviours and expectations - Weekly focus	cognitive	Prefect Meeting	1. British values - what are these? 2. British values How is the UK run/Parliament 3. British values Democracy and debating 4. British values - Positive discrimination - the Great Loo Mystery 5. British values - how would you change things? 6. ASSESSMENT Survival guide to the UK	1. British Values - crime and punishment - should Leanne go to jail? 2. British Values - alternatives to prison 3. British Values - knife crime 4. British Values - pressure groups - are you fluffy or spiky? 5. British Values - pressure groups 6. British Values - the Bristol Bus Boycott	1. British Values - Fake news 1 2. British Values - Fake news 2 3. British Values - the media and migrants 4. British Values - democracy - why should you vote and who should you vote for? 6. British Values Citizens- whose country? BLM			Year 7 S1- Stewardship Year 8 A2- Christianity- Jesus - Incarnation Year 9 S1- Life after death		**Safer Internet Day** **The world of online –** (to include internet safety, social media, phones).	Cake sale baked by KS3 in Food Technology. Date TBC		• New Year's Day (1 January) • Hanukkah (ends at nightfall on 2 January) • Epiphany (6 January) • Stephen Hawking's birthday (8 January) • World Religion Day (19 January) • Dr. Martin Luther King Jr Day (20 January) • Burns Night (25 January) • Holocaust Memorial Day (27 January) • Isra and Mi'raj (27 January) • Lunar New Year (29 January) • LGBT+ History Month (begins 1 February) • Candlemas (2 February) • Children's Mental Health Week (begins 3 February) • World Cancer Day (4	Weekly attendance award for 100% attendance Weekly getting it right (0 negatives) Weekly 100% punctuality PROUD - every Friday all year groups	**Year 9** - Women in STEM careers Q& A lessons at NO 10 Downing Street **Year 10** Careers -Open Doors visit to Glyndebourne Ski trip	**Responsibility** - My Personal development My Mental Health revision & homelearning Online safety				Y9 Access to KUDOS Careers platform	Diversity Club - Activities around Braiile
	13/1/2024		British Value: Tolerance: World Religion Day (19 January)	PBU			Form Captain Meeting Prefect Meeting																		Y9 Careers Seminars commence and run for the next term	
	20/1/2024		KAR CARE	MMA			School Council Meeting Prefect Meeting																		Drop in careers clinics commence lunctimes for Y9-11	
	27/1/2024		Holocaust Memorial Day (27th January)	GWE			Student Survey Prefect Meeting																		Y10 Visit	**Religion, belief and culture.** **Chinese New Year:** Menu in canteen to support **Chinese New Year and Pancake Day.** Bulletin to
	3/2/2024		LGBTQ+ month	ANO			Prefect Meeting																			

	10/2/2024		KAR - Kindness	CHA														February) • Rosa Parks' birthday (4 February) • International Day of Zero Tolerance for Female Genital Mutilation (6 February) • Charles Dickens' birthday (7 February) •Safer Internet Day (11 February)									
	Half Term																										
Spring 2	**24/2/2024**	PD pillar - Equality and Diversity	**Key themes to consider for Spring 2** Welcome Back - CHA - Women's History Month Empathy - Holi, Neurodiversity week, World Book Day, Ramadan, Easter	CHA	Revisit learning behaviours and expectations – Weekly Sprints Announce termly House Point winners	Physical	Prefect Meeting	1. RSE 1 - puberty - what happens to your body? 2. RSE 2 – puberty - where can you find answers to embarrassing questions? 3. RSE 3 - sexuality and gender - what do the words mean? 4. RSE 4 - female genital mutilation and getting help for ANY problem 5. RSE 3 – bullying 6. RSE 6 – cyberbullying	1. RSE 1 - HPV - what is the vaccine? 2. RSE 2 - romantic relationships - what are they? 3. RSE 3 - marriage 4. RSE 4 – gender stereotyping 5. RSE 5 - sexting 6. RSE 6 – peer support	1. RSE 1 – Should you have sex? 2. RSE 2 – Has consent been given? 3. RSE 3 – what types of contraception are there? 4. RSE 4 - what types of contraception are there? 5. RSE 5 – how to use condoms correctly 6. RSE 6 – how to get help			Year 7 S2- Christianity Year 8 S2- Christianity- Jesus - radical figure Year 9 S2 - Sikhism- Teachings in practice		**First Aid Training** **Road Safety Day – whole school** **Y6 Crucial CrewThe place to be –** (to include attendance, right choices, CCE)	MUFTY DAY - Date TBC		• St David's Day (1 March) • Ramadan begins at sunset (1 March) • Women's History Month (begins 1 March) • Shrove Tuesday (4 March) • Ash Wednesday (Lent begins) (5 March) • World Book Day (6 March) - **Non-uniform day** • International Women's Day (8 March) • Purim (13 March) • Pi Day (14 March) • Holi (14 March) • St Patrick's Day (17 March) • National Child Exploitation Awareness Day (18 March) • International Day for the Elimination of Racial Discrimination (21 March) • World Down Syndrome Day (21 March) • World Poetry Day (21 March) • World Water Day (22 March) • Ramadan ends at sunset (30 March) • Mother's Day (30 March) Eid ul-Fitr (31 March) • April Fool's Day (1 April) • World Autism Awareness Day (2 April) • World Health Day (7 April)	Weekly attendance award for 100% attendance Weekly getting it right (0 negatives) Weekly 100% punctuality - Principal's Awards for excellence - Celebration breakfast for top 25 students in each year group PROUD - every Friday all year groups	Year 9 Duke of Edinburgh bronze award Year 10 Duke of Edinburgh bronze award	**Respect & Tolerance** Respect for others - inappropriate sexualised behaviour Respect each other's learning & my own learning - off task behaviour Respect for women Respect for the Poor and Vulnerable Respect for reconciliation - restorative Respect for each other - Child on child abuse				Y9 Careers Seminars continue	**Gender Equality**; Women's international Day - Diversity film club showing of "Hidden Figures". Bulletin to include history of suffraget movement.
	3/3/2024		English Department – World Book Day	ANO			Prefect Meeting																				
	10/3/2024		KAR CARE	PBU			School Council Meeting Prefect Meeting																			Y9 Options Information Evening	
	17/3/2024		KAR CARE	MMA			Prefect Meeting																				
	24/3/2024		House assemblies	GWE			Student Survey Prefect Meeting																			1-2-1 Careers Interviews for Foundation students commence	**Gender Reassignment.** Information in bulletin to include organisations and how to support friends/students. Details of activities TBC
	31/3/2024		Celebration Assemblies	ANO			Prefect Meeting																				
	Easter Holiday																										
Summer 1	**21/4/2024**		**Key themes to consider for Summer 1** **Welcome Back** Ramadan & Eid-al-fitr, World Environment Day, VE Day Why does the world need Maths	CHA	**Key things for Summer Term** Revisit learning behaviours and expectations - Weekly Sprints	Types of Talk	Prefect Meeting	1. DATE 1 - what do you know about drugs? CAFFEINE 2. DATE 2a - tobacco risks 3. DATE 2b - tobacco influences 4. DATE 3 - tobacco - resisting influences 5. DATE 4 - glues, gases and aerosols 6. DATE 5 - alcohol.	1. DATE 1 - Assessing knowledge 2. DATE 2 - Units and guidelines 3. DATE 3a - physical effects of alcohol 4. DATE 3b - social consequences of alcohol 5. DATE 4a - alcohol and the law 6. DATE 4b - alcohol and the law case studies	1. Preparation for the Big Futures Show 2. DATE 1 - Exploring attitudes 3. DATE 2 - The Law 4. DATE 3 - Alcohol 5. DATE 4 – Cannabis 6. DATE 5 - Managing influence 1			Year 7 SU1- Prophets in 3 religions Year 8 SU1- Islam - Life as a teenager Year 9 SU1- Judaism - Life as a teenager		**Staying Safe in the Community: Playing out Staying Safe Conception and birth with school nursing team – Y6My mind it matters –** (to include mental health)	Cake sale baked by KS3 in Food Technology. Date TBC		• Earth Day (22 April) • Stephen Lawrence Day (22 April) • St George's Day (23 April) • Shakespeare's birthday (23 April) • Yom HaShoah (25 April) • World Asthma Day (6 May) • Bike & Roll to School Day (7 May) • VE Day (8 May) • Florence Nightingale's birthday (12 May) • International Day Against Homophobia, Transphobia, and Biphobia (17 May) • International Museum Day (18 May) •Gypsy, Roma and Traveller History Month (begins 1 June)	Weekly attendance award for 100% attendance Weekly getting it right (0 negatives) Weekly 100% punctuality PROUD - every Friday all year groups	Year 9 Careers fair	**Respect & Tolerance** - Loyalty to the Truth				Post 18 Options Information evening for Y12	**Culture Day -** Collaboration amongst departments to tailore SOW's to a particular country for that day. Students and staff welcomed in the morning and at the end of the school day with steel drums. Canteen menu to support the clebration. Students aloowed to bring in flags.
	28/4/2024		KAR CARE	PBU			Prefect Meeting																				
	5/5/2024		British Values - VE Day	MMA			Form Captain Meeting Prefect Meeting																			Y12 Workshop - how do you know where to apply to?	
	12/5/2024		KAR CARE	GWE			School Council Meeting Prefect Meeting																				
	20/5/2024		Year Group Leadership Assemblies?	ANO			Student Survey Prefect Meeting																			Y12 Workshop - Financing further studies	
			KAR CARE	CHA			Prefect Meeting														End of Term celebration assembly - Movie and treats in the hall for students with 100% Attendance and 0 negatives PROUD - every Friday all year groups						
	Half Term																										
Summer 2	**2/6/2024**		**Key themes to consider for Summer 2** CHA Welcome Back	PBU	Revisit learning behaviours and expectations - Weekly Sprints Teach routines and expectations explicitly as part of transition activities Announce termly House Point winners	Types of Talk	Prefect Meeting	1. My Health My School 2. Changes and influences 3. What are you like? Skills and influences 4. This is me Task I 5. I could jobs file research CHROMEBOOKS 6. Target setting	1. DATE 7 Vaping 2. My Health My School 3. Beliefs and motivation 4. Stereotypes 5. I could jobs research CHROMEBOOKS 6. Budgeting	1. DATE 6 - Vaping 2. My Health My School 3. Employability Skills 4. Applying for a job 5. Future jobs and Higher Education 6. Work experience.			Year 7 SU2- Evil and Suffering- Philosophy/ Ethics Year 8 SU2 - Happiness- Philosophy/ Ethics Year 9 SU2- Spirited Arts- Religious and Non-religious views- Spirited Arts competition		**Transition programme**	Non uniform Day - Date TBC		• World Environment Day (5 June) • Anniversary of D-Day (6 June) • Eid al-Adha (7 June) • World Oceans Day (8 June) • Pentecost (8 June) •Father's Day (15 June) •World Refugee Day (20 June) •Make Music Day (21 June) •Windrush Day (22 June) •Alan Turing's birthday (23 June) Year 10 Work Experience, Matilda Production, Summer Music Festival, Sports Day	Weekly attendance award for 100% attendance Weekly getting it right (0 negatives) Weekly 100% punctuality - Principal's Awards for excellence PROUD - every Friday all year groups	#ERROR!	British Values - **Democracy - mock election** British Values - **Respect & Tolerance** - dealing with conflict British Values - **Individual Liberty**	Sports Day Chinese School Visit cultural exchage programme Community projects			YR10 Work Experience	**Sexual Orientation.** Pride Month. Art competition to run throughout the month. Further details TBC. **Windrush Day -** Calypso to be played in foyer to welcome students in
	9/6/2024		National School Sports Week	MMA			Prefect Meeting																				
	16/6/2024		Windrush	GWE			School Council Meeting Prefect Meeting																				
	23/6/2024		Diversity	ANO			Prefect Meeting																				
	30/6/2024		Careers Highlights Week	CHA			Prefect Meeting																				**Age** - Activity around buddy program. History of **Nelson Mandella** to be included in Bulletin
	8/7/2024		Character Spotlight: Courage (DofE)	PBU			Student Survey Prefect Meeting																				
	15/7/2024		AP Celebration Assemblies				Prefect Meeting																				
	End of Year																										