



The Cornerstone Academy

PD Curriculum

PSHE/SRE



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The Cornerstone Academy Personal Development Curriculum for Years 7-11

The Cornerstone Academy PD Curriculum is studied by all students at Cornerstone in Key stage 3.

At Key Stage 4 students study PSHE and SRE through a series of collapsed timetable days or within their RE lessons.

1. Intent of the curriculum

The Cornerstone Academy Curriculum for PD is based on the curriculum guidance from the PSHE association. It ensures that students at The Cornerstone Academy cover the SRE statutory guidance during their time at The Academy. The PD curriculum develops the students' knowledge and skills to keep themselves healthy, safe and prepared for life and work. The Cornerstone Academy PD Curriculum has a focus on identity and equality which supports the Equality Act of 2010 and it also covers many safeguarding issues such as online safety, child sexual exploitation, extremism and FGM which supports the 'Keeping Children Safe in Education'.

The Cornerstone Academy Curriculum for PD will cover:

- Health
- Sex and Relationships
- Careers and Finance

2. Implementation of the Personal Development Curriculum

Year 7 and 8 PD teaching takes 1 x 50 minute lesson per week. Year 9, 10 and 11 Personal Development lessons are taught through collapsed timetable days throughout the school year or within RE lesson time.

The PD curriculum at The Cornerstone Academy is implemented according to the teaching and learning policy of the school. Rosenshine and 'Teach Like A Champion' techniques are the basis of the schools teaching and learning practice. Staff will follow dedicated schemes of work to ensure that all students follow the Cornerstone Academy PD curriculum.

All lessons at each key stage should use quizzing to promote recall, retention, application and mastery of content. This low-stakes assessment for learning will be used by staff to inform their planning and class interventions.

Modelling should be used frequently with the aid of visualisers to guide student practice and improve the quality of student response.

Assessment of Personal Development takes place throughout the lessons as young people need regular opportunities to reflect on and identify what they have learnt. Teachers will gauge student progress through regular questioning in lessons and assessing pieces of extended written work.

3. Impact of the Personal Development Curriculum

The impact of the Personal Development Curriculum can be seen across the wider whole school culture. Throughout PD lessons students are developing their own SMSC and this leads to students being part of a 'healthy school' culture.

Students are taught a number of 'soft skills' throughout the PD programme such as problem solving, team working and enquiry and this can then be transferred to the wider school curriculum and life beyond the school.

By the end of the PD curriculum students at The Cornerstone Academy should be able to navigate an increasingly complex world. Students will be taught how to stay safe and healthy and how to manage their academic, personal and social lives in a positive way. The SRE lessons at The Cornerstone Academy will cover all of the statutory requirements and students will be able to draw links with other curriculum subjects such as Science.



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Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
7 1 x 50 min lesson a week New scheme for 2024/25	Valuing myself and others Different viewpoints Extreme viewpoints Diverse communities Risk taking	Responsibilities and Values Personal strengths, skills and values Healthy choices Vaccinations Roles within a family Boundaries Finances	Amplifying voices Mental Health Social media and self image Portrayal in the media When things go wrong online Ethics of the finance industry	Making safe choices Images portrayed online Consent and law Personal safety First aid Privacy and boundaries	Growing and Thriving FGM Peer influence and consent Triggers of unhealthy coping behaviours Puberty Gender and sexuality Bullying and its impact	Healthy Futures Responsibility for physical health A balance diet Positive and negative use of drugs Misuse of Drugs Act 1971 Different types of employment
8 1 x 50 min lesson a week	Responding to risk Gang involvement, knife crime, criminal exploitation, unsafe relationships, grooming, gambling, distinguishing general friendships with exploitative relationships	Changing Bodies Physical, cognitive and emotional changes that affect bodies during adolescence, puberty, the role of hormones in the body, managing sleep, lifestyle choices such as screen time and hygiene practices.	Everyday Safety Practical strategies to gain independence when travelling – focus on road safety and e-bikes/scooters, Peer influence and pack mentality, techniques to resist unsafe pressure, conflict de-escalation, responding to risk around dogs and fireworks.	Water Safety Essential life saving information and practical skills for responding to water related emergencies, first aid, key local and national water safety organisations.	Intimate Relationships Importance of stable and long term relationships for family life, consent, delaying sex, legal and moral implications of sex, risks of unprotected sex.	Building Perspectives Discuss and debate topical issues respectfully Impact of stereotyping, prejudice and discrimination Developing resilience Goal setting, feedback and deadlines

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
9 Collapsed Days			Sex and Relationships (In RE lessons – Respected) Sex and Relationship Education – Intimacy, consent and safe sex, stereotypes of male and females in relationships, Pornography and how it being normalised can encourage risky behaviour, AI generated images/deep fake images, contraception and safe sex practices, STI awareness.	Careers Careers Fair and Options Being a lifelong learner Skills and attributes employers are looking for Enterprise Managing emotions around employment Options post 16	Risks and Opportunities Risk taking – Digital and Social Influences which can affect well being and safety, Impact of screen time, online gambling and social media, risk and use of substance abuse, Basic first aid in situations around intoxication and exploitation online.	Drugs Education Making good decisions – How alcohol can affect mood and increase in dependence, alcohol being used to self medicate, risks and legal consequences of drug taking, vapes and the dangers.
Year 10 Embedded within RE lessons (excluding careers)		Careers Education Work Experience Focus CV Writing Preparing for the workplace	Sex and Relationship Education LGBTQ+ Coercion and controlling behaviour Child on child abuse			Drugs Education and Well being The Law on Drugs (supply/future career/travel)

		Health and Safety in the work place (Term 6 prior to work experienced)	Consent Victim Blaming Sexual Harassment Honour based violence Forced Marriage			Risks of alcohol consumption Addiction and Dependency Gambling Financial Debt
Year 11 Collapsed lessons Some Health elements taught in Science lessons	Drugs Education managing risks in social settings, and support friends without escalating danger. How alcohol and drugs can impair judgement and increase vulnerability, and why victim-blaming attitudes are harmful	Sex and Relationship Education Delivered by RespectEd charity Consent Pornography Love				

