

## Personal Social Development

	Autumn	Spring	Summer
<b>Year 10</b>	<p><b>Healthy Living</b></p> <ul style="list-style-type: none"> <li>Understanding the importance of a healthy lifestyle identifying activities that contribute to a healthy lifestyle</li> </ul> <p><b>Healthy Eating</b></p> <ul style="list-style-type: none"> <li>Understanding the importance of a balanced and healthy diet</li> <li>Recognising the dietary needs of different groups of people</li> </ul> <p><b>Making the Most of Leisure Time</b></p> <ul style="list-style-type: none"> <li>Understanding options available to use leisure time well</li> </ul>	<p><b>Food Safety</b></p> <ul style="list-style-type: none"> <li>Exploring the importance of handling food safely</li> <li>Potential health risks when handling and storing food</li> </ul> <p><b>Environmental Awareness</b></p> <ul style="list-style-type: none"> <li>Understanding the impact that human activity can have on the environment</li> <li>Encouragement of taking responsibility for the environment</li> </ul>	<p><b>Identity and Cultural Diversity</b></p> <ul style="list-style-type: none"> <li>Raising awareness of issues to do with equality and diversity</li> <li>Exploring ways to show respect for different cultures</li> </ul> <p><b>Individual Rights and Responsibilities</b></p> <ul style="list-style-type: none"> <li>Exploring the importance of individual rights within society</li> </ul>
<b>Year 11</b>	<p><b>Managing Own Money</b></p> <ul style="list-style-type: none"> <li>Introducing basic elements of managing personal finances</li> <li>Understanding of financial terms and basic principles of financial services</li> </ul>	<p><b>Preparation for Work</b></p> <ul style="list-style-type: none"> <li>Understanding what skills and qualities are needed in the workplace and matching their own against specific job roles</li> <li>Being able to prepare the information required to apply for a job</li> </ul>	<p><b>Parenting Awareness</b></p> <ul style="list-style-type: none"> <li>Introduction to issues facing new parents</li> <li>Identifying sources of help and support</li> <li>Understanding what needs to be done/avoided to ensure the health and safety of a baby/young child</li> </ul>