

Progress Expectations

Personal Development

This document provides an outline of the flavour of knowledge and opportunities a student at St Cuthbert's should have by the end of each year group across the curriculum as well as in discrete lessons. It is difficult to pinpoint all aspects as the PD curriculum is incredibly vast.

	PSHE/RSE/Mental WB/SMSC*	Citizenship/British Values/SMSC*/Debate	CEIAG/Extra Curricular/ Growth Mindset	Equality and Diversity/Racism/SMSC*
Year 7 (Basic)	<ul style="list-style-type: none"> A basic knowledge of how to stay safe online A basic knowledge of what a healthy lifestyle is and why it is important. A basic understanding of healthy relationships. A basic understanding of how to manage feelings. A basic understanding of how to deal with physical and emotional health. A basic understanding of PSHE topics covered across the curriculum. An understanding of the effects of Covid-19. A basic knowledge of what SMSC means. A basic awareness of risky behaviour and how to avoid this – related to smoking. An understanding of road safety. 	<ul style="list-style-type: none"> A basic understanding of money management An understanding of how Parliament works. The difference between civil and criminal law. A basic knowledge of citizenship topics taught across the curriculum. Opportunity to attend a trip to Parliament. A basic knowledge of what British Values are. A basic knowledge and confidence on how to contribute to debate and discussion. 	<ul style="list-style-type: none"> A basic understanding of what CEIAG is. The importance of being aspirational Beginning to plan for the future A basic knowledge of what growth mindset is. An awareness of the extra-curricular activities on offer and a feeling of encouragement to attend (particularly PP/disad. students) Opportunities to attend trips and events. Access to Careers Connect drop in and targeted group appointments. A basic knowledge of links to careers across subjects. A basic understanding of what character traits are and how strength of character can help in many aspects of life. 	<ul style="list-style-type: none"> A basic knowledge of what the Equality Act (2010) is. A basic knowledge of any current issues which have been topical e.g. the BLM movement. A basic knowledge of how to respect different cultures and why this is important. An experience of links in the curriculum to Culture Capital. An awareness of how equality and diversity is promoted at St Cuthbert's and the process for reporting incidents. A basic understanding of how to look after one another and live out our mission statement and golden rule.
Year 8 (Increased)	<ul style="list-style-type: none"> An increased knowledge of how to stay safe online An increased knowledge of what a healthy lifestyle is and why it is important. An increased understanding of healthy relationships and contraception An increased understanding of how to manage feelings. An increased understanding of how to deal with physical and emotional health. An increased understanding of PSHE topics covered across the curriculum. An understanding of the effects of Covid-19. An increased knowledge of what SMSC means. An increased awareness of risky behaviour and how to avoid this – related to drugs, alcohol, RSE and domestic violence. An understanding of sex in the media. An understanding of the importance of hygiene. 	<ul style="list-style-type: none"> An increased understanding of money management relating to online safety. An increased knowledge of citizenship topics taught across the curriculum. Opportunity to attend a trip to Parliament. An increased knowledge of what British Values are. An increased knowledge and confidence on how to contribute to debate and discussion. 	<ul style="list-style-type: none"> An increased understanding of what CEIAG is. An awareness of the transition process to KS5 and options available. An increased awareness of the importance of being aspirational Beginning to plan for the future An increased knowledge of what growth mindset is. An awareness of the extra-curricular activities on offer and a feeling of encouragement to attend (particularly PP/disad. students) Opportunities to attend trips and events. Access to Careers Connect drop in and targeted group appointments. An increased knowledge of links to careers across subjects. An understanding of what character traits are and how strength of character can help in many aspects of life. 	<ul style="list-style-type: none"> A basic knowledge of what the Equality Act (2010) is. A basic knowledge of any current issues which have been topical e.g. the BLM movement. A basic knowledge of how to respect different cultures and why this is important. An experience of links in the curriculum to Culture Capital. An awareness of how equality and diversity is promoted at St Cuthbert's and beyond, and the process for reporting incidents. An increased understanding of how to look after one another and live out our mission statement and golden rule. An understanding of hate crime and its effects and consequences.

*Including Culture Capital

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Year 9 (Developed)	<ul style="list-style-type: none"> • A developed knowledge of how to stay safe online • A developed knowledge of what a healthy lifestyle is and why it is important. • A developed understanding of healthy relationships and STIs • A basic understanding of parenting and fertility treatment. • A developed understanding of how to manage feelings. • A developed understanding of how to deal with physical and emotional health – including body image and eating disorders. • A developed understanding of PSHE topics covered across the curriculum. • An understanding of the effects of Covid-19. • A developed knowledge of what SMSC means. • A developed awareness of risky behaviour and how to avoid this – related to drugs, alcohol, gambling and RSE. • An understanding of managing unwanted attention • An understanding of what pornography is. 	<ul style="list-style-type: none"> • A developed understanding of money management relating to wages taxes, credit and debt. • An advanced knowledge of citizenship topics taught across the curriculum. • Opportunity to attend a trip to Parliament. • An advanced knowledge of what British Values are and how to apply them to real life scenarios • An advanced knowledge and confidence on how to contribute to debate and discussion with stable arguments. 	<ul style="list-style-type: none"> • An advanced understanding of what CEIAG is and how it links to their future. • An awareness of the transition process to KS5 and options available. • An advanced awareness of the importance of being aspirational • More focus on plans for the future and pathways • An advanced knowledge of what growth mindset is. • A clear knowledge of the extra-curricular activities on offer and a feeling of encouragement to attend (particularly PP/disad. students) • Opportunities to attend trips and events. • Access to Careers Connect drop in and targeted group appointments. • A developed knowledge of links to careers across subjects. • A developed understanding of what character traits are and how strength of character can help in many aspects of life. • An understanding of goal setting and the benefits. 	<ul style="list-style-type: none"> • A developed knowledge of any current issues which have been topical e.g. the BLM movement. • A developed knowledge of how to respect different cultures and why this is important. • An experience of links in the curriculum to Culture Capital. • A clear awareness of how equality and diversity is promoted at St Cuthbert's, and beyond, and the process for reporting incidents. • A presence and expectation to look out for peers and younger students and protect them from such incidents. • A developed understanding of how to look after one another and live out our mission statement and golden rule.

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Year 10 (Advanced)	<ul style="list-style-type: none"> An advanced knowledge of how to stay safe online An advanced knowledge of what a healthy lifestyle is and why it is important. An advanced understanding of healthy relationships. A developed understanding of parenting and fertility treatment. An advanced understanding of how to manage feelings. An advanced understanding of how to deal with physical and emotional health – including body image and eating disorders. An advanced understanding of PSHE topics covered across the curriculum. An understanding of the effects of Covid-19. An advanced knowledge of what SMSC means. An advanced awareness of risky behaviour and how to avoid this – related to parenting, Prevent and a basic knowledge of FGM. An understanding of cancer prevention. An awareness of the dangers of fighting and effects of 'One Punch'. 	<ul style="list-style-type: none"> An advanced understanding of money management relating to wages, taxes, credit and debt. An advanced knowledge of citizenship topics taught across the curriculum. Opportunity to attend a trip to Parliament. An advanced knowledge of what British Values are and how to apply them to real life scenarios An advanced knowledge and confidence on how to contribute to debate and discussion with stable arguments. 	<ul style="list-style-type: none"> An advanced understanding of what CEIAG is and how it links to their future. A clear awareness of the transition process to KS5 and options available. An advanced awareness of the importance of being aspirational More focus on plans for the future and pathways An advanced knowledge of what growth mindset is. A clear knowledge of the extra-curricular activities on offer and a feeling of encouragement to attend (particularly PP/disad. students) Opportunities to attend trips and events. Access to Careers Connect drop in and targeted individual appointments. An advanced knowledge of links to careers across subjects. An advanced understanding of what character traits are and how strength of character can help in many aspects of life. An experience of mock interviews. 	<ul style="list-style-type: none"> An advanced knowledge of any current issues which have been topical e.g. the BLM movement. An advanced knowledge of how to respect different cultures and why this is important. An experience of links in the curriculum to Culture Capital. A clear awareness of how equality and diversity is promoted at St Cuthbert's and beyond, and the process for reporting incidents. A presence and expectation to look out for peers and younger students and protect them from such incidents. An advanced understanding of how to look after one another and live out our mission statement and golden rule.

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Personal Development

These are the objectives a student at St Cuthbert's should be hitting by the end of each year group:

	PSHE/RSE/Mental WB/SMSC*	Citizenship/British Values/SMSC*/Debate	CEIAG/Extra Curricular/ Growth Mindset	Equality and Diversity/Racism/SMSC*
Year 11 (More complex)	<ul style="list-style-type: none"> • A more complex knowledge of how to stay safe online • A more complex knowledge of what a healthy lifestyle is and why it is important. • A more complex understanding of healthy relationships. • A more complex understanding of how to manage feelings. • A more complex understanding of how to deal with physical and emotional health. • A more complex understanding of PSHE topics covered across the curriculum. • An understanding of the effects of Covid-19. • A more complex knowledge of what SMSC means. • A more complex awareness of risky behaviour and how to avoid this. 	<ul style="list-style-type: none"> • An advanced knowledge of citizenship topics taught across the curriculum. • An advanced knowledge of what British Values are and how to apply them to real life scenarios • A more complex knowledge and confidence on how to contribute to debate and discussion with stable arguments. 	<ul style="list-style-type: none"> • A more complex understanding of what CEIAG is and how it links to their future. • A clear awareness of the transition process to KS5 and options available. • A more complex awareness of the importance of being aspirational • A clear focus on plans for the future and pathways post-16. • A more complex knowledge of what growth mindset is and how to apply it. • A clear knowledge of the extra-curricular activities on offer and a feeling of encouragement to attend (particularly PP/disad. students) • Opportunities to attend trips and events. • Access to Careers Connect drop in and individual appointments. • A more complex knowledge of links to careers across subjects. • A more complex understanding of what character traits are and how strength of character can help in many aspects of life. • Further experience of mock interviews. 	<ul style="list-style-type: none"> • A more complex knowledge of any current issues which have been topical e.g. the BLM movement. • A more complex knowledge of how to respect different cultures and why this is important. • A more complex knowledge of links in the curriculum to Culture Capital. • A clear awareness of how equality and diversity is promoted at St Cuthbert's and beyond, and the process for reporting incidents. • A presence and expectation to look out for peers and younger students and protect them from such incidents. • A more complex understanding of how to look after one another and live out our mission statement and golden rule and how to continue this as they progress in life.

*Including Culture Capital