Rivers Academy Age Related Expectations - (Personal Development)

	End of KS2	Year 7	Year 8	Year 9	Year 10	Year 11
Living in the wider world		To be able to identify skills needed for effective study To set realistic yet ambitious targets and goals. To identify values and attitudes relating to finance including debt To understand how to manage emotions to money To identify the features of the internet can amplify risk and opportunities To identify ways of keeping safe online and strategies of reducing risks	To recognise important skills that need developing for learning such as organisation, research and presentation skills. To set realistic yet ambitious targets and goals. To recognise the benefits of setting ambitious goals and being open to opportunities in all aspects of life To recognise different types and patterns of work, including employment, self-employment and voluntary work; that everyone has a different pathway through life, education and work	To review their strengths, interests, skills, qualities and values and how to develop them. To assess the importance and benefits of being a lifelong learner. To understand the options available to them at the end of KS3, source of information, advice and support, and the skills to manage this decision making process To recognise there are different work roles and career pathways, including clarifying their own early aspirations	To evaluate further and develop their study To evaluate their own personal strengths and areas for development and use this to inform goal setting To understand the need to challenge stereotypes about particular career pathways, maintain high aspirations for their future and embrace new opportunities To understand about employment sectors and types, and changing patterns of employment To develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment	To evaluate further and develop their employability skills To evaluate how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability To understand a range of opportunities available to them for career progression, including in education, training and employment To know about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities The understand the labour market opportunities on a local, national and international scale

Rivers Academy Age Related Expectations - (Personal Development)

		To understand how the way people present themselves online can have positive and negative impacts on them To understand basic financial transactions To understand different types of work opportunities To understand that online presence can impact on future career opportunities	To understand young people employments rights and responsibilities To manage emotions in relation to future employment To assess and manage risk in relation to financial decisions that young people might make To recognise and establish personal values and clear boundaries around aspects of life that they want to remain private, strategies to safely manage personal information and images online, including on social media To recognise the importance of seeking a variety of perspectives on issues and ways of assessing the evidence which supports those views	To evaluate social and moral dilemmas about the use of money, including the influence of advertising and peers on financial decisions To evaluate the benefits and limitations of social media, including how it can offer opportunities to engage with a wide variety of views on different issues To respond appropriately when things go wrong online including confidently accessing support, regarding to authorities.	opportunities To understand the changing patterns in employment To develop their career identity, including values in relation to work, how to maximise their chance when applying for education or employment opportunities To understand how to effectively budget and the benefits of savings To know how to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks To recognise and manage the range of influences on their financial decisions To understand that there are positive adn safe ways to create and share content online and the	To evaluate benefits and challenges of cultivating career opportunities online To build and develop their online presence and its impact on career opportunities To research, secure and take full advantage of any opportunities for work experience that are available To evaluate benefits and challenge of cultivating career opportunities online To develop strategies to manage their online presence and its impact on career opportunities To access support for financial decisions making and for concerns relating to money, gambling and consumer rights To evaluate the financial advantages

					opportunities this offers To develop strategies for protecting and enhancing their personal and professional reputation online To understand that social media may disproportionality feature feature exaggerate or inaccurate information about situation, or extreme viewpoints, to recognise why and how this may influence opinion and perceptions of people and events To understand how data may be used with the aim of influencing decisions, including targeted advertising	and risks of different models of contractual terms To understand how personal data is generate, collected and shared, including by individuals and the consequences of this To develop strategies to critically assess bias, reliability and accuracy in digital content
Relationship Sex Education		To understand the different types of relationships, including those within families,	To recognise the different types of relationships, including intimate	To demonstrate how the media portrays relationships and the potential impact of	To identify characteristics and benefits strong, positive relationships,	To understand legal rights, responsibilities and protections provided by the

		friendships, and the factors that affect them	relationship and the factors that affect them	this on people's expectations of relationships	including mutual support, trust, respect and equality	equality act 2010
		To identify indicators of positive, healthy relationships and unhealthy relationships, including online	To recognise the warning signs of unhealthy relationships and where to access support and services	To demonstrate that the portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex	To be able to respond appropriately to indicators of unhealthy relationships, including where to get help	To recognise and challenge values and understand how their values influence their decisions, goals and behaviours
		To understand about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation	To recognise that Britain is a diverse country which is tolerant of all differences and this is protected by law	To be able to name laws which protect characteristics and freedom to express gender identity and sexuality	To understand the importance of stable, committed relationships in all types of families	To evaluate the legal and ethical responsibilities people have in relation to online aspects of relationships
		To understand the difference between biological sex, gender identity and sexual orientation	To understand that gender identity is a spectrum and is a protected characteristics	To evaluate expectations about gender and gender roles and intimacy within romantic relationships	To be able to understand that there is diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them.	To assess their readiness for sex, including sexual activity onlines, as an individual and within a couple
		To recognise that sexual attraction and sexuality are diverse	To understand that sexual attraction and sexuality are protected though laws		To understand how faith and culture practices concerning relationship and sexual activity and to respect those roles these might play in relationship values	To evaluate different motivations and context in which sexual images are shared and the possible legal, emotional and social consequences
		To understand that marriage is a legal, social and emotional commitment that should be entered into freely,	To recognise that some people may be at risk of being forced, threatened or coerced into marriage and where to seek		To develop strategies to manage the strong	To know. about the current legal position on abortion and the range of beliefs and Opinions

Rivers Academy Age Related Expectations -

		To identity positive values found in healthy friendships, family relationships and romantic relationships	appropriate support from if at risk To recognise values found in positive relationships including, sexual relationships and the importance of trust and consent	To manage the influence of drugs and alcohol on decision making within relationships and social situations	emotions society with different stage of relationships To safely manage change in personal relationships including the end of relationship To manage grief about changing relationships and impact of separations, divorce and bereavement	To understand the law relating to 'honour'-based violence and forced marriage; the consequences for individuals and wider society and ways to access support
		To understand what consent is	To recognise that everyone has the choice to delay sex and or to enjoy intimacy without sex and what the law says about consent	To understand that intimate relationships should be pleasurable, to know how to seek, give, not give and withdraw consent and how to access services to support healthy and manage unhealthy relationships and how to access them	The opportunities and potential risks of establishing and consisting online relationships and strategies to manage the risks	To demonstrate. strategies to challenge all forms of prejudice and discrimination To evaluate ways in which their behaviours may influence their peers, positively and negatively, including online, and in situations involving weapons or gangs
		To identify qualities and behaviors they should expect and exhibit in a wide variety of relationships and situations such as team work, communication	To develop and rehearse the skills of teamwork, communication, active listening, negotiation and compromise		To recognise unwanted attention, know how to respond and to seek help To be able to access information and support for relationship including those experiencing difficulty	To demonstrate skills to support younger peers when in positions of influence
		To understand the risks of online relationship	To recognise situations online which may be unsafe and how to limit risks when using online platforms	To demonstrate strategies to identify and reduce risk from people online and that they do not know, when and how to	To understand how to maintain consent in	To recognise situations where they are being adversely influenced, or are at risk, due to being part of a particular group or gang; strategies to

Rivers Academy Age Related Expectations - (Personal Development)

					access help	maturing relationships	access appropriate help
		To understand the feelings which relationships can cause	To recognise and manage the strong feelings that relationship can cause such as sexual attraction or conflict management	To demonstrate conflict management skills and strategies to reconcile after disagreements	To understand the impact of attitudes towards sexual assault and to challenge victim blaming	
		To identify the role and responsibilities of parents, carers and children in families and understand the nature and importance of stable, long term relationships for family life and bringing up children	To recognise that communication and negotiation skills are necessary for healthy relationships, the risks related to unprotected sex	The demonstrate an understanding the consequences of unintended pregnancy, sources of support and the option available	To recognise the impact of drugs and alcohol on choices and sexual behaviour	
					To understand how to choose and access appropriate contraception	
		To identify the characteristics of abusive behaviours	To recognise risks associated with abusive behaviour such as Grooming, Sexual harassment, sexual and emotional abuse, violence and exploitation, to recognise warning signed, including online and how to report abusive behaviour or access support for themselves or others.	To understand how to recognise abusive behaviours, how to recognise warning signs and how to report abuse and access support for themselves or others	To recognise the physical and emotional responses people may have to unintended pregnancy; the different options available; whom to talk to for accurate, impartial advice and support Tounderstand . the importance of parenting skills and qualities for family life, the implications R26. the reasons why people choose to adopt/foster children	

Rivers Academy Age Related Expectations - (Personal Development)

		To understand what bullying is in all its forms	To recognise the impact that bullying in all its forms can have on others and the short and long term impact	To understand what the law says about bullying in all forms including online.	To recognise when others are using manipulation, persuasion or coercion and how to respond	
		To understand the impact of stereotyping, prejudice and discriminate on individual relationships	To recognise the need to promote inclusion and challenge discrimination, and how to do so safely, including online	To understand what the law says about discrimination and prejudice	To understand the law relating to abuse in relationships, including coercive control and online harassment	
		To understand the unacceptability of prejudice based language and behavior online and offline			To recognise when a relationship is abusive and strategies to manage this	
		To understand peer influence and to develop strategies for managing it, including online	To recognise the need for peer approval can generate feelings of pressure and lead to increased risk - taking	To demonstrate an understanding about the motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon	To demonstrate he skills and strategies to respond to exploitation, bullying, harassment and control in relationships	
		To understand the roles peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support	To recognise the factors that contribute to young people joining gangs, the social, legal and physical consequences for gang behaviours		To recognise the challenges associated with getting help in domestic abuse situations of all kinds; the importance of doing so; sources of appropriate advice and support, and how to access them	

Rivers Academy Age Related Expectations - (Personal Development)

Health and Wellbeing						
		To understand that we are all unique	To recognise we are all unique the ways we are all unique and demonstrate personal strengths	To demonstrate how we are all unique and how we can build on our personal strengths such as self confidence, self esteem and good health and wellbeing	To evaluate how confidence, self esteem and mental health are affected positively and negatively by internal and external influences and ways of managing this.	To assess their areas of strengths and development and where to act appropriately on feedback
		To understand what resilience is and understand how we can build our resilience	To recognise what can affect our wellbeing and resilience and how we can build our resilience	To demonstrate an understanding that life changes, relationships and achievements can affect our wellbeing and resilience and how we can build our resilience	To evaluate strategies to develop assertiveness and build resilience to peers and others who influences and affect how they think about themselves and their health and wellbeing	To assess their own resilience to peers and others who influence and affect how they think about themselves and their health and wellbeing
		To understand that social media can have positive and negative effects on our health and Wellbeing	To recognise the impact that media and social media can have on how people think about themselves	To demonstrate an understanding of the impact that social media has on the way people think about themselves and express themselves in regards to body image, physical and mental health	To evaluate how different media portray idealized and artificially body shapes, and how this can influence body image	To assess media content and critically appraise what they see in relation to body image and manage their feelings about this
		To understand how to identify a range of emotions and begin to develop ways of managing our emotions	To recognise our emotions and build strategies to develop understand and build resilience and how to respond to	To demonstrate an understanding of a range of emotions, and strategies to build resilience and challenge stigma	To evaluate a broad range of strategies - cognitive and practical - for promoting their own emotional wellbeing, for avoiding	To recognise the needs for emotional supporting during life changes and how to recognise when they or others need help

			disappointments and set back	associated with mental health	negative thinking and for ways of managing mental health concerns	with their mental health and wellbeing, to explore and analyze ethical issues when peers need help, strategies to provide basic support and identify and access the most appropriate source of help
		To identify a range of positive coping strategies to help manage emotions and build resilience.	To recognise the difference between healthy and unhealthy coping strategies which promote good physical and mental wellbeing	The demonstrate our understanding of the causes and triggers for unhealthy coping strategies, such as self harm and eating disorders and the need to seek help for themselves or others	To develop empathy and understanding about how daily actions can affect people's mental health.	
		To identify when they can not manage their emotions and who they can ask for help to draw on support systems in and out of school	To recognise when they or others may need help with mental health and wellbeing	To demonstrate an understanding of the sources of help and support/strategies for accessing what they need.	To recognise the warning signs of common mental and emotional health concerns and what might trigger them and what help or treatment is available	
		To identify the benefits of physical activity and exercise and identify healthy choices including what makes a balanced diet, oral hygiene and sun safety.	To recognise the importance, and strategies for, maintaining a balance between school, work , leisure, exercise and online activities.	To demonstrate the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy choices such as unhealthy food.	To evaluate lifestyle choices regarding sleep, diet and exercise.	To assess the health services which are available to people, strategies to become a confident user of the NHS and other health services, to overcome potential concerns or barriers to seeking help
			To manage what influences their choices about physical health. To begin to recognise where to	To demonstrate why sleep is important and build strategies to maintain good quality sleep.	To identify, evaluate and independently across reliable sources of information, advice and support for all	

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			access health services when appropriate.		aspects of physical and mental health	
				To recognise the importance of taking responsibility for their own physical health including oral hygiene, sun safety and self-examination.	To understands how to take increased personal responsibility for maintaining and monitoring health, including cancer prevention, screening and self-examination	To evaluate the ways in which industries and advertising can influence health and harmful behaviours such as cosmetic and aesthetic procedures
		To understand what FGM is and identify the risks and myths associated with FGM.	To understand that FGM hold the status of criminal act and recognise stratagies to safely access support for themselves or others who may be at risk	To demonstrate an understanding of the stigma associated with FGM, who may be at risk and why, to understand the consequences of FGM for the victim and for the,person committing the act and how to access support for themselves or others who are at risk of FGM or who have already been subject to FGM		
		To understand the positive and negative uses in drugs in society including safe use of prescribed and over the counter medicines.	To recognise the myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use.	To evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use.	To assess the consequences of substance use and misuse for mental and physical health and wellbeing of individuals and their families and the wider consequences for	To evaluate the wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyles
		To understand some	To recognise the legal	To demonstrate an		

		ways we might manage a range of influences on drug, alcohol and tobacco use, including the short and long term risks.	and illegal status of alcohol, nicotine, and other drugs.	understanding of the personal and social risks and consequences of substance misuse including occasional use.	communities	
			To recognise laws relating to the supply, use and misuse of legal and illegal substances	To demonstrate understanding of the concepts of dependence, and addiction including awareness of help to overcome addiction		
		To understand a variety of risks to our personal safety and manage these risks in increasingly independent situations, including online	To recognise a variety of risks to our personal safety and manage these risks in independent situations, including online and assess how to reduce these risks in relation to health, wellbeing and personal safety	To understand and recognise a variety of risks to our personal safety in independent situations and risks associated with Gambling and chance-based transactions.	To identify risks and manage personal safety in new social settings, work places and environments, including online and know where to seek help and advice	To assess risky and emergency situations, including online, where to get appropriate help and including where there may be legal consequences
		To understand how to get help in an emergency	To recognise situations where they may need to use emergency services and understand how to perform basic First Aid	To recognise situations where they may need to use emergency services and understand how to perform basic First Aid, CPR and use of defibrillators.	To develop an increased confidence in performing emergency first aid and life saving skills, including cardio-pulminary resuscitation and use of defibrillators.	

		To understand physical and emotional changes during Puberty that are a typical part of growing up including menstrual wellbeing	To recognise physical and emotional changes in their own body and identify new feelings that they may encounter as a result and how this may affect their mental and physical health.	To recognise the purpose and importance of different forms of contraception, how and where to access contraception advice.	To identify the different types of intimacy, including online and their potential emotional and physical consequences (positive and negative) To understand about specific STI's and their treatments and how to reduce the risk of transmission To know how to respond or seek services if someone has or may have an STI To understand that fertility can vary in all people and can be affected by lifestyle factors	To know about healthy pregnancy and how lifestyle choice affect developing a fetus To assess how to overcome barriers, including embarrassment, myths and misconceptions, about sexual health and use of sexual health services To understand that their is a possibility of miscarriage and support available to people who are not able to conscience of maintain a pregnancy and the choices and support available in the event of an unplanned pregnancy and how to access appropriate help and advice
Citizenship		To be able to explain different types of	To be able to explain the law is and its	To be able to explain what social issues are	To be able to explain that different countries	To be able explain the relationships between

		power and distinguish between Local, National and Global Power. To understand basic components of a political party and how the voting system works To be able to explain basic functions and uses of money	benefits to society To explain the functions of different parts of the criminal justice system To understand what is meant by the age of criminal responsibility. To be able to explain the importance and practice of budgeting.	and how citizens can create social change by carrying out a citizenship social action. To be able to explain fundamental British Values. To be able to demonstrate an understanding of healthy money management and managing financial risk.	have different political systems. To be able to explain there are different types of law. To explain how public money is raised and spent	UK and Europe, Commonwealth, UN and Wider world. To demonstrate that there are different ways in which a citizen can contribute to the improvement of their community
Religious Education		To be able to to explain that there are different world religions and some basic principles and fundamental values of world religions	To be able to explain the effect of the principles and fundamental values of world religions on people and societies	To be able to express their own opinions about religion, religious beliefs with respect. To be able to understand how religious beliefs affect some social issues such as conflict, justice and relationships.	To be able to express their own opinions about religion, religious beliefs with respect. To be able to understand how religious beliefs affect some social issues such as conflict, justice and relationships. To be able to explain what philosophy is and some fundamental philosophical concepts arguments, and theorists.	

Rivers Academy Age Related Expectations - <mark>(Personal Development)</mark>