

Hope House School- PERSONAL DEVELOPMENT CURRICULUM – OVERVIEW/LONG TERM PLAN:

**The PSHE Education Planning Framework for pupils with SEND is organised into the following six sections. These link to the PfA Outcomes below.

1. SELF-AWARENESS (Me, who I am, my likes, my dislikes, strengths and interests)
2. SELF-CARE, SUPPORT AND SAFETY (Looking after myself and keeping safe, aspects of Relationships and Sex Education)
3. MANAGING FEELINGS (Understanding feelings and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education)
4. CHANGING AND GROWING (How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education)
5. HEALTHY LIFESTYLES (Being and keeping healthy, physically and mentally)
6. THE WORLD I LIVE IN (Living confidently in the wider world)

PfA Outcomes: **Early Years – 0-4 year olds/age appropriate**

EMPLOYMENT	Autumn Term 2021/22	Autumn Term 2022/23	Autumn Term 2023/4
<ul style="list-style-type: none"> • Following instructions – consider any specifics around sensory impairment. • Adapting to new environments • Playing with other children • Real world play (builder / nurse / doctor) 	<p><u>Self-awareness/self-care and support</u> Autumn 1: Following instructions and playing with other children. Getting on with others. Kind and unkind behaviours Autumn 2: Dressing dolls/Getting dressed</p>	<p><u>The world I live in/self-awareness</u> Autumn 1: Real world play - jobs people do Learning to recognise and use money Autumn 2: Things we are good at</p>	<p><u>Self-care, support and safety</u> Autumn 1: Keeping safe online. Adapting to new environments <u>Self-awareness</u> Autumn 2: Real world play - jobs people do</p>
INDEPENDENT LIVING and HEALTH	Spring Term 2021/22	Spring Term 2022/23	Spring Term 2023/4
<ul style="list-style-type: none"> • Feeding and drinking and • Diet and food variety • Toileting • Real world play (kitchens, DIY, cleaning) • Getting dressed • Making choices • Immunisations (support from school nurse) 	<p><u>Changing and growing/self-awareness</u> Spring 1: Baby to adult and different types of relationships. People special to us <u>Healthy Lifestyles</u> Spring 2: Healthy eating/staying well and healthy Taking care of physical health</p>	<p><u>The world I live in</u> Spring 1: Real world play - jobs people do <u>Managing Feelings</u> Spring 2: Identifying and expressing feelings/managing strong feelings</p>	<p><u>Self-care, support and safety</u> Spring 1: Public and private. Dealing with touch. Spring 2: Changes as we grow. Looking after ourselves</p>
COMMUNITY INCLUSION	Summer Term 2021/22	Summer Term 2022/23	Summer Term 2023/4
<ul style="list-style-type: none"> • Making friends • Social interaction • Visits / day trips 	<p><u>Self-awareness</u> Summer 1: Things we are good at. People who are special to us. Playing and working together/getting on with others. <u>The world I live in</u> Summer 2: Belonging to a community – offsite visits</p>	<p><u>The world I live in</u> Summer 1: Belonging to a community - jobs people do Summer 2: Rule and laws. Taking care of the environment</p>	<p><u>The world I live in</u> Summer 1: Respecting differences between people. Rules and Laws Summer 2: Social interaction and making friends. Offsite visits</p>

Hope House School - PERSONAL DEVELOPMENT CURRICULUM – OVERVIEW/LONG TERM PLAN:

PfA Outcomes: **Primary KS1 5-7 year olds/age appropriate**

EMPLOYMENT	Autumn Term 2021/22	Autumn Term 2022/23	Autumn Term 2023/24
<ul style="list-style-type: none"> Numeracy Real world visits (farms/fire stations etc.) “What do you want to be when you grow up?” Meeting role models 	<p><u>The world I live in/self-awareness</u></p> <p>Autumn 1: What do I want to be? Jobs in the real world.</p> <p>Autumn 2: Recognising and using money -learning through play</p>	<p><u>The world I live in/self-awareness</u></p> <p>Autumn 1: Places of work/jobs people do. Virtual visits/meeting role models</p> <p>Autumn 2: Things we are good at</p>	<p><u>Self-care, support and safety</u></p> <p>Autumn 1: Keeping safe online. Adapting to new environments</p> <p><u>Self-awareness</u></p> <p>Autumn 2: Real world - jobs people do</p>
INDEPENDENT LIVING	Spring Term 2021/22	Spring Term 2022/23	Spring Term 2023/24
<ul style="list-style-type: none"> Washing/brushing teeth Telling the time Paying in shops (play/supervised) 	<p><u>Changing and growing/self-awareness</u></p> <p>Spring 1: Baby to adult and different types of relationships. People special to us</p> <p>Spring 2: Learning to tell the time. Paying in shops- roleplay/offsite visit</p>	<p><u>Managing Feelings</u></p> <p>Spring 1: Identifying and expressing feelings/managing strong feelings</p> <p><u>Self-care, support and safety</u></p> <p>Spring 2: Taking care of ourselves – care routines/keeping safe</p>	<p><u>Self-care, support and safety</u></p> <p>Spring 1: Public and private. Dealing with touch. Different kinds of relationships. Keeping safe online</p> <p><u>Changing and growing</u></p> <p>Spring 2: Changes as we grow</p>
COMMUNITY INCLUSION	Summer Term 2021/22	Summer Term 2022/23	Summer Term 2023/24
<ul style="list-style-type: none"> Team playing After school clubs** Weekend activities** Developing friendships/friendship groups 	<p><u>Self-awareness</u></p> <p>Summer 1: Things we are good at. Playing and working together; getting on with others; kind and unkind behaviours; friendships</p>	<p><u>The world I live in</u></p> <p>Summer 1: Belonging to a community - jobs people do</p> <p>Summer 2: Rule and laws. Taking care of the environment</p>	<p><u>The world I live in</u></p> <p>Summer 1: Respecting differences between people. Rules and Laws</p> <p>Summer 2: Social interaction and making friends. Offsite visits</p>
HEALTH	Summer Term 2021/22	Summer Term 2022/23	Summer Term 2023/24
<ul style="list-style-type: none"> Child obesity checks Diet- making choices Dentist – school visit Immunisations Physical exercise (Support from school nurse) 	<p><u>Healthy lifestyles</u></p> <p>Summer 1: Healthy eating/staying well and healthy</p> <p>Summer 2: What happens at the dentist? Taking care of our teeth</p>	<p><u>Healthy lifestyles</u></p> <p>Summer 1: Taking care of physical health</p> <p>Summer 2: What happens at the Doctors? What can make us feel unwell?</p>	<p><u>Healthy Lifestyles</u></p> <p>Summer 1: Keeping well: physically and mentally. What makes us feel good?</p> <p>Summer 2: Choices about healthy meals and exercise</p>

** Will aim to liaise with parents/carers to try and support these aspects

Hope House School - PERSONAL DEVELOPMENT CURRICULUM – OVERVIEW/LONG TERM PLAN:

PfA Outcomes: **Primary KS2 8-11 year olds/age appropriate**

EMPLOYMENT	Autumn Term 2021/22	Autumn Term 2022/23	Autumn Term 2023/24
<ul style="list-style-type: none"> • Talk about different careers and education options • Access to career related role models • Start to build a personal profile of interests and ambitions (My Future Life Workbook) • School sessions from visitors on their careers 	<p><u>The world I live in/self-awareness</u></p> <p>Autumn 1: Personal interests/skills. Investigating different careers/jobs in the real world.</p> <p>Autumn 2: My Future Life Workbook activities. What am I good at? Visitor – to talk about their job</p>	<p><u>The world I live in/self-awareness</u></p> <p>Autumn 1: Career options. Places of work/jobs people do. Virtual visits/meeting role models</p> <p>Autumn 2: My Future Workbook. Recognising money and its uses</p>	<p><u>Self-care, support and safety</u></p> <p>Autumn 1: Adapting to new environments in life</p> <p><u>Self-awareness/the world I live in</u></p> <p>Autumn 2: Exploring Employability skills. Rule and laws. Taking care of the environment</p>
INDEPENDENT LIVING	Spring Term 2021/22	Spring Term 2022/23	Spring Term 2023/24
<ul style="list-style-type: none"> • Sleep overs and residential trips** • Cooking at school and home** • Understanding money – paying for snacks (in school) • Shopping • Moving around school independently • Travel training • Transport and road signs 	<p><u>Self-care/healthy life styles/the world I live in</u></p> <p>Spring 1: Meal planning and preparation/shopping (offsite visits)</p> <p>Spring 2: Learning the benefits of Travel Training/ travel awareness.</p>	<p><u>Managing Feelings</u></p> <p>Spring 1: Identifying and expressing feelings/managing strong feelings</p> <p><u>Self-care, support and safety</u></p> <p>Spring 2: Travel training/keeping safe</p>	<p><u>Self-care, support and safety</u></p> <p>Spring 1: Public and private. Dealing with touch. Different kinds of relationships.</p> <p><u>Changing and growing</u></p> <p>Spring 2: Changes as we grow</p>
COMMUNITY INCLUSION	Summer Term 2021/22	Summer Term 2022/23	Summer Term 2023/24
<ul style="list-style-type: none"> • Youth and after school clubs** • Learning to be safe on and offline • Knowing the local area** • Walking short distances alone • Friendships • Understanding bullying • Managing change 	<p><u>Self-awareness/self-care, support and safety</u></p> <p>Summer 1: Getting on with others; bullying; friendships. Keeping safe online.</p>	<p><u>The world I live in</u></p> <p>Summer 1: Belonging to a community. Learning about the local area</p> <p>Summer 2: Managing change. Identifying and expressing feelings</p>	<p><u>The world I live in</u></p> <p>Summer 1: Respecting differences between people. Rules and Laws</p> <p>Summer 2: Social interaction and making friends. Offsite visits</p>
HEALTH	Summer Term 2021/22	Summer Term 2022/23	Summer Term 2023/24
<ul style="list-style-type: none"> • Managing minor health needs e.g. asthma • Starting puberty immunisation BCG • Obesity check • Articulating pain/health problems • Starting puberty (support from school nurse) 	<p><u>Healthy lifestyles/changing and growing</u></p> <p>Summer 2: Managing own health- mental and physical. Building resilience. Starting puberty.</p>	<p><u>Healthy lifestyles</u></p> <p>Summer 1: Taking care of physical health</p> <p>Summer 2: What happens at the Doctors? What can make us feel unwell?</p>	<p><u>Healthy Lifestyles</u></p> <p>Summer 1: Keeping well: physically and mentally. What makes us feel good?</p> <p>Summer 2: Choices about healthy meals and exercise</p>

** Will aim to liaise with parents/carers to try and support these aspects

Hope House School - PERSONAL DEVELOPMENT CURRICULUM – OVERVIEW/LONG TERM PLAN:

PfA Outcomes: **Secondary KS3/4 11-16 year olds/age appropriate**

EMPLOYMENT	Autumn Term 2021/22	Autumn Term 2022/23	Autumn Term 2023/24
<ul style="list-style-type: none"> • Subject option choices: thinking about future study and career goals and understanding requirements for these goals • Exploring different careers • Structured careers advisory sessions • Planning for employment: what are the options/qualifications/study programmes and work experience options? • Work experience – tasters leading to extended time in the workplace, with support as needed • GCSE's/NVQ's/ EL Quals/Traineeships/Supported Internships/vocational options etc. • Continue to build vocational profile (My Future Life Workbook) • After school/Saturday/part-time jobs/volunteering • Understanding supported employment options e.g. Access to Work • Transition to new settings • Starting micro-enterprises 	<p><u>The world I live in/self-awareness</u></p> <p>Autumn 1: Personal interests/skills/strengths. Skills for learning. What am I good at? Future aspirations/goals/careers. Investigating WEX opportunities with possible tasters</p> <p>Autumn 2: My Future Life Workbook activities. What am I good at? Visitor/s – to talk about their job</p>	<p><u>The world I live in/self-awareness</u></p> <p>Autumn 1: Career options. Places of work/jobs people do. Virtual visits/meeting role models</p> <p>Autumn 2: My Future Workbook. Money and its uses. Prejudice and discrimination. Education and employment options Micro-enterprise/part time jobs</p>	<p><u>Self-care, support and safety</u></p> <p>Autumn 1: Adapting to new environments in life. Managing pressures. Rights and responsibilities</p> <p><u>Self-awareness/the world I live in</u></p> <p>Autumn 2: Exploring Employability skills. Employment support (Access to Work) Rule and laws. Preparing for adulthood. Managing finances</p>
INDEPENDENT LIVING	Spring Term 2021/22	Spring Term 2022/23	Spring Term 2023/24
<ul style="list-style-type: none"> • Travel training • Making decisions about what to spend money on • Making own food • Socialising unsupervised in town/local community • Independent living skills 	<p><u>Self-care/healthy life styles/the world I live in</u></p> <p>Spring 1: Meal planning and preparation/shopping (offsite visits) Independent living skills</p> <p>Spring 2: Travel Training/ travel awareness. Managing money. Offsite visits</p>	<p><u>Managing Feelings</u></p> <p>Spring 1: Socialising - identifying and expressing feelings/managing strong feelings</p> <p><u>Self-care, support and safety</u></p> <p>Spring 2: Travel training/keeping safe. Emergency situations. Offsite visits</p>	<p><u>Self-care, support and safety</u></p> <p>Spring 1: Public and private. Dealing with touch. Different kinds of relationships. Long term relationships/parenthood.</p> <p><u>Changing and growing</u></p> <p>Spring 2: Changes as we grow and become more independent.</p>

			Developing independence knowledge and skills
COMMUNITY INCLUSION	Summer Term 2021/22	Summer Term 2022/23	Summer Term 2023/24
<ul style="list-style-type: none"> • Making decisions about how to spend free time • Managing social media and other technology • Online gaming and staying safe • Belonging to different groups • Friendships and relationships • Understanding the bigger picture and building resilience 	<p><u>Self-awareness/self-care, support and safety</u></p> <p>Summer 1: Getting on with others/peer groups; bullying; friendships. Managing social media/technology/gambling and keeping safe online.</p>	<p><u>The world I live in</u></p> <p>Summer 1: Belonging to a community. Learning about the local area</p> <p>Summer 2: Managing change. Identifying and expressing feelings. Building resilience</p>	<p><u>The world I live in</u></p> <p>Summer 1: Respecting differences between people. Rules and Laws. Rights and responsibilities. Taking care of the environment</p> <p>Summer 2: Social interaction and making friends. Human diversity. Offsite visits</p>
HEALTH	Summer Term 2021/22	Summer Term 2022/23	Summer Term 2023/24
<ul style="list-style-type: none"> • Sex education • Immunisation - tetanus • Managing more complex health needs • Understanding what the GP can help you with • Annual health check with GP if registered Learning Disability • Mental health and wellbeing • Switching screens off and getting a good night's sleep (support from school nurse) 	<p><u>Healthy lifestyles/changing and growing/self-care, support and safety</u></p> <p>Summer 2: Managing own health- mental and physical. Building resilience/coping skills. Feeling frightened/worried. Starting puberty/body image.</p>	<p><u>Healthy lifestyles/managing feelings</u></p> <p>Summer 1: Taking care of physical health. Self-esteem. Romantic feelings/sexual attraction.</p> <p>Summer 2: What can make us feel unwell? The importance of good routines such as sleep. Drugs/alcohol and tobacco</p>	<p><u>Healthy Lifestyles/changing and growing</u></p> <p>Summer 1: Keeping well: physically and mentally. What makes us feel good? Positive/unhealthy relationships.</p> <p>Summer 2: Elements of healthy lifestyles/mental wellbeing/physical activity</p>

Hope House School - PERSONAL DEVELOPMENT CURRICULUM – OVERVIEW/LONG TERM PLAN:

PfA Outcomes: **Post-16: 16-19 year olds/age appropriate**

EMPLOYMENT	Autumn Term 2021/22	Autumn Term 2022/23	Autumn Term 2023/24
<ul style="list-style-type: none"> • Build on strengths and interests highlighted in vocational profile (My Future Life Workbook) • Research apprenticeships/traineeships/Supported Internships • Further work on academic and vocational qualifications • Research further education/higher education • Review of EHCP in terms of future goals • CV writing • Skills in applying for jobs/FE/HE/Vocational qualifications etc. • Interviewing • Understanding support from the LA e.g. do they have a supported employment service? 	<p><u>The world I live in/self-awareness</u></p> <p>Autumn 1: Build on personal interests/skills/strengths/future aspirations/goals/careers.</p> <p>Autumn 2: My Future Life Workbook activities. CV writing/interview skills</p>	<p><u>The world I live in/self-awareness</u></p> <p>Autumn 1: Career options. Research future options/routes for education and employment</p> <p>Autumn 2: Review EHCP against future goals. Micro-enterprise/part time jobs Visitor/s – to talk about their job</p>	<p><u>Self-care, support and safety</u></p> <p>Autumn 1: Managing pressures. Rights and responsibilities</p> <p><u>Self-awareness/the world I live in</u></p> <p>Autumn 2: Employment support (Access to Work) Rule and laws. Preparing for adulthood. Managing finances</p>
INDEPENDENT LIVING	Spring Term 2021/22	Spring Term 2022/23	Spring Term 2023/24
<ul style="list-style-type: none"> • Managing bills e.g. mobile phone • Managing potential income including PIP • Residential and local learning options • Mental capacity – decision making • Understanding consent and best interest • Life skills and managing your time • Transition into adult care • Being safe in your home • Understanding different types of living arrangements – what arrangements are positive and possible? • Actively planning for future living arrangements with family, LA etc. 	<p><u>Self-care/healthy life styles/the world I live in</u></p> <p>Spring 1: Independent living skills. Running a home. Life skills – managing your time.</p> <p>Spring 2: Managing bills and potential income Travel Training/ travel awareness. Offsite visits</p>	<p><u>Managing Feelings</u></p> <p>Spring 1: Managing expectations and the future in terms of work/family/living and relationships. Managing negative situations and feelings.</p> <p><u>Self-care, support and safety</u></p> <p>Spring 2: Travel training/keeping safe. Transition into adult care. Emergency situations/being safe in your home. Offsite visits</p>	<p><u>Self-care, support and safety/changes and growing</u></p> <p>Spring 1: Understanding different family set ups and living arrangements</p> <p><u>Changing and growing</u></p> <p>Spring 2: Changes as we grow and become more independent. Planning for the future. Developing independence knowledge and skills</p>

<p>COMMUNITY INCLUSION</p> <ul style="list-style-type: none"> • Developing new friendships • Personal budgets -how could they be spent post 16 to further PfA aspirations? • Being safe on the streets • Understanding alcohol and drugs • Volunteering • Understanding the criminal justice system • Knowing where to go for help and how to use the emergency services 	<p>Summer Term 2021/22</p> <p><u>Self-awareness/self-care, support and safety</u></p> <p>Summer 1: Building friendships in different settings. Understanding drugs/alcohol and tobacco.</p>	<p>Summer Term 2022/23</p> <p><u>The world I live in</u></p> <p>Summer 1: Being safe on the streets. Knowing who and how to ask for help and how to use the emergency services.</p> <p>Summer 2: Understanding the criminal justice system. Travel training- offsite visits</p>	<p>Summer Term 2023/24</p> <p><u>The world I live in</u></p> <p>Summer 1: Respecting differences between people. Rules and Laws. Rights and responsibilities. Taking care of the environment</p> <p>Summer 2: Managing online information. Volunteering.</p>
<p>HEALTH</p> <ul style="list-style-type: none"> • Taking responsibility for dental and optical appointments • Managing own health • Transition to adult health services • Knowing when you need to see the GP • Staying physically active and healthy • Mental health and wellbeing • Understanding relationships, including sexual relationships – choices, safety and good health (support from school nurse) 	<p>Summer Term 2021/22</p> <p><u>Healthy lifestyles/changing and growing/self-care, support and safety</u></p> <p>Summer 2: Managing own health- mental and physical. Building resilience/coping skills. Feeling frightened/worried. Making good and safe choices in relationships, including intimate/sexual relationships.</p>	<p>Summer Term 2022/23</p> <p><u>Healthy lifestyles/managing feelings</u></p> <p>Summer 1: Taking care of physical health. Self-esteem. Romantic feelings/sexual attraction.</p> <p>Summer 2: What can make us feel unwell? The importance of good routines such as sleep and when to visit the dentist and Dr.</p>	<p>Summer Term 2023/24</p> <p><u>Healthy Lifestyles/changing and growing</u></p> <p>Summer 1: Keeping well: physically and mentally. What makes us feel good? Positive/unhealthy relationships.</p> <p>Summer 2: Elements of healthy lifestyles/mental wellbeing/physical activity</p>