

**Personal Development (This includes Personal, Social and Health Education (PSHE), Social, Moral, Cultural, Spiritual Education (SMCS) and Citizenship Studies.**

What will I learn?

You will explore your own beliefs and values through Philosophy and Ethics lessons. You will have the opportunity to study a wide range of religious views and develop your knowledge of important concepts such as Forgiveness, Faith and Morality. You will learn how to know and understand the Rights of the Child and Human Rights both in theory and practise through studying a range of key contemporary issues. You will also study key British Values such as Democracy, the Rule of Law, Individual Liberty, Tolerance, Respect and Responsibility.

In PSHE the focus will be on learning about how to keep yourself safe both physically and emotionally with particular reference to practical advice focused on taking responsibility for your own actions, developing the skills of empathy and healthy lifestyles. This course will also help you to understand your social, emotional and physical development. Topics studied will include:

- Bullying
- E-Safety
- Knowing and understanding your body
- Emotional Maturity
- Healthy Living

You will be taught in year groups with each year group having 2 sessions on the topics relevant to your age group. Lessons will be delivered to 4 cohorts of same age students during extended tutorial weeks.