



KS3 Personal Development Curriculum

Detailed Curriculum Document



CURRICULUM INTENT

Personal development is central to re-engagement, confidence and preparation for adulthood. Many learners in alternative provision arrive with gaps in social development, emotional literacy, independence and wellbeing, often alongside disrupted education, SEND needs or anxiety. Our KS3 Personal Development curriculum is ambitious, practical and responsive, ensuring every learner develops the knowledge, habits and confidence needed to stay safe, build healthy relationships and move successfully towards the next stage.



CURRICULUM DESIGN PRINCIPLES

- ✓ ambitious for all learners
- ✓ inclusive, adaptive and trauma-informed
- ✓ statutory RSHE and safeguarding coverage
- ✓ explicit teaching of independence and life skills
- ✓ practical learning through cooking and real-life tasks
- ✓ resilience-building through sport and enrichment
- ✓ preparation for adulthood and next steps
- ✓ assessment-led planning and review
- ✓ strong links to attendance, wellbeing and behaviour



CORE CURRICULUM STRANDS



Self, Identity and Emotional Wellbeing

self-awareness, resilience, coping strategies



Healthy Relationships and RSE

respect, boundaries, consent, safety



Physical Health and Healthy Lifestyles

nutrition, hygiene, sleep, exercise



Safety in the Real and Online World

online safety, exploitation awareness, risk



Independence and Life Skills

cooking, budgeting, routines, travel



Citizenship and Social Responsibility

rights, equality, community, British values



Futures and Employability

aspirations, communication, teamwork, careers



Resilience, Enrichment and Physical Development

sport, boxing, challenge, confidence



WEEKLY ENTITLEMENT

- ✓ timetabled personal development sessions each week
- ✓ weekly cooking and independence lesson
- ✓ regular sport and physical activity
- ✓ specialist boxing sessions delivered by a qualified coach
- ✓ discussion, reflection and practical application
- ✓ meaningful links to safeguarding and next steps



WHOLE-PROVISION IMPACT

The curriculum is designed to strengthen confidence, self-regulation, independence, safety awareness and readiness for learning. It contributes to improved behaviour, attendance, personal responsibility and successful preparation for reintegration, KS4 and adulthood.



KS3 Personal Development Curriculum

One-Year Rolling Sequence

1



AUTUMN 1: KNOWING MYSELF AND BUILDING CONFIDENCE

- ✓ identity and strengths
- ✓ self-awareness and emotional literacy
- ✓ routines and readiness to learn
- ✓ self-esteem and goal-setting
- ✓ respectful participation and group expectations
- ✓ practical outcome: learner strengths profile and personal targets

2



AUTUMN 2: HEALTHY RELATIONSHIPS AND RESPECT

- ✓ friendships and family relationships
- ✓ respect, boundaries and consent
- ✓ protected characteristics and equality
- ✓ recognising unhealthy relationships
- ✓ bullying, conflict and seeking help
- ✓ practical outcome: scenarios, discussion and reflection

3



SPRING 1: HEALTHY BODIES, HEALTHY MINDS

- ✓ nutrition, sleep and hygiene
- ✓ puberty and body changes
- ✓ mental wellbeing and stress management
- ✓ physical health and healthy choices
- ✓ substance misuse awareness
- ✓ first aid basics
- ✓ practical outcome: cooking, self-care and healthy routines

4



SPRING 2: STAYING SAFE IN A CHANGING WORLD

- ✓ online safety and social media
- ✓ gaming, harmful content and misinformation
- ✓ grooming, exploitation and risk
- ✓ personal safety in the community
- ✓ travel safety and emergency decisions
- ✓ practical outcome: safer choices online and offline



TEACHING FEATURES ACROSS THE YEAR

- ✓ discussion-based learning
- ✓ practical application
- ✓ adapted resources and SEND support
- ✓ safeguarding links and signposting
- ✓ reflection and personal target review



KS3 Personal Development Curriculum

Practical Entitlement and Summer Sequence

1



SUMMER 1: INDEPENDENT LIVING AND LIFE SKILLS

- ✓ budgeting and money choices
- ✓ shopping and value for money
- ✓ meal planning and food safety
- ✓ household routines and organisation
- ✓ travel training and time management
- ✓ communication and practical problem-solving

2



SUMMER 2: COMMUNITY, FUTURES AND POSITIVE NEXT STEPS

- ✓ rights and responsibilities
- ✓ citizenship and British values
- ✓ careers awareness and aspirations
- ✓ teamwork and employability
- ✓ enterprise and contribution
- ✓ transition and next-step planning

3



WEEKLY COOKING AND INDEPENDENCE

- ✓ weekly cooking lesson
- ✓ kitchen safety and hygiene
- ✓ reading recipes and following instructions
- ✓ measuring, weighing and timing
- ✓ nutrition and healthy choices
- ✓ planning and preparing low-cost meals
- ✓ teamwork and cleaning routines

4



RESILIENCE, ENRICHMENT AND PHYSICAL DEVELOPMENT

- ✓ regular sport and physical activity
- ✓ boxing delivered by a specialist coach
- ✓ discipline, self-control and resilience
- ✓ teamwork, challenge and confidence
- ✓ healthy ways to manage stress
- ✓ positive participation and personal fitness goals



WHY THIS MATTERS

- ✓ practical learning strengthens independence and life skills.
- ✓ it builds confidence, self-regulation and positive mental wellbeing.
- ✓ engaging experiences promote teamwork, responsibility and resilience.
- ✓ it prepares every learner with the skills, habits and mindset needed for adulthood.



KS3 Personal Development Curriculum

Assessment, Statutory Coverage and Implementation

1 ASSESSMENT AND REVIEW CYCLE



1

Baseline assessment on entry

learner voice, wellbeing, confidence, social development, independence and prior information.



2

Ongoing formative assessment

participation, discussion, practical tasks, reflection and staff observation.



3

Half-termly review

progress in confidence, safety awareness, independence, engagement and readiness.



4

Reporting and next steps

summary for school and family, strengths, barriers, progress and targets.

2 STATUTORY RSHE COVERAGE



- ✓ healthy relationships
- ✓ consent and boundaries
- ✓ online safety
- ✓ puberty and sexual health
- ✓ mental wellbeing
- ✓ physical health
- ✓ safety and exploitation awareness

3 ALIGNMENT TO THE OFSTED FRAMEWORK



- ✓ supports personal development
- ✓ strengthens behaviour and attitudes
- ✓ contributes to safeguarding culture
- ✓ promotes attendance and engagement
- ✓ prepares learners for next steps
- ✓ offers meaningful enrichment and inclusion

4 EVIDENCE OF PROGRESS



- ✓ improved self-regulation
- ✓ stronger independence
- ✓ safer decision-making
- ✓ better participation
- ✓ resilience through sport and challenge
- ✓ progress towards SEND or EHCP outcomes where relevant

5 INTENDED END POINTS



- ✓ confident, safe and respectful young people
- ✓ increasing independence and practical life skills
- ✓ healthier choices and stronger wellbeing
- ✓ readiness for reintegration, KS4 and adulthood



CURRICULUM IMPACT

Our KS3 Personal Development curriculum empowers learners to build confidence, resilience and independence while staying safe and healthy. Through inclusive teaching and meaningful experiences, learners develop essential life skills, strengthen relationships and prepare for successful next steps in education and adulthood.