



Subject Intent Statement
Personal Development
<p>Personal Development is an important part of the curriculum as it prepares pupils for life in modern Britain; helping them to develop their understanding of the different parts of society which make up Great Britain – learning to show empathy for and understanding of others.</p> <p>This part of the curriculum helps pupils to understand the core British values and how they apply to life in modern Britain. Personal Development helps pupils to understand politics and teaches them that they have a voice and that there are channels through which they can make their opinions heard and understood. It helps to shape the characters of our pupils and supports them in becoming active members of their local communities.</p> <p>PSHE sessions are delivered through a program called Jigsaw. Not only does Jigsaw meet all statutory RSHE (Relationships, Sex and Health Education) requirements, but it also uses mindfulness philosophy and practice to empower young people to understand their minds, to self-regulate, and to build positive relationships with themselves and those around them. It is designed as a whole-school approach, and provides consistency and progression that gives teachers confidence to deliver high quality, age-appropriate PSHE lessons equipping young people to be cope well in the modern world, be healthy, happy, discerning and learn well. Jigsaw PSHE makes a significant contribution to personal development, SMSC, British Values, the Equality Duty, Safeguarding and to Ofsted outcomes, it mirrors the Sunrise Academy approach in that it keeps young people at its very heart.</p>