

Table 7: Northern Ireland Curriculum - Personal Development

| Key Stage | Key Stage 2 | Key Stage 3 | Key Stage 4 |
|------------------|---|---|---|
| Area of Learning | Personal Development and Mutual Understanding | Learning for Life and Work | |
| Strand | Health, Growth and Change | Personal Development | Personal Development |
| | <p>Key Concept - Pupils should be enabled to develop knowledge, understanding and skills in developing how to sustain their health, growth and wellbeing</p> <p>Understand the benefits of a healthy lifestyle, including physical activity, healthy eating, rest and hygiene</p> <p>Recognise what shapes positive mental health</p> <p>Understand that bacteria and viruses affect health and that risks can decrease when basic routines are followed</p> <p>Know how the body grows and develops</p> <p>Be aware of the physical and emotional changes that take place during puberty</p> <p>Recognise how responsibilities change as they become older and more independent</p> | <p>Key Concept - Personal Health - provides opportunities to understand the importance of recognising and managing factors that may influence physical and emotional/mental health throughout life</p> <p>Explore the concept of health as the development of a whole person</p> <p>Investigate the influences on physical and emotional/mental personal health e.g. regular physical activity, diet, stress, life/work balance</p> <p>Develop understanding about, and strategies to manage the effects of change on body, mind and behaviour e.g. puberty, mood swings, body image</p> | <p>Key Concept - Self Awareness - provides opportunities to consider the importance of self-confidence and self-esteem to physical and emotional/mental health throughout life</p> <p>Explore and express a sense of self e.g. temperament, feelings and emotions, personal responsibility, personal needs, aspirations</p> <p>Investigate the influences on a young person e.g. peer pressure, media, social and cultural trends, fears anxieties and motivations</p> <p>Explore the different ways to develop self-esteem e.g. enhanced self-awareness, setting achievable targets and developing resilience</p> <p>Develop skills and strategies to improve own learning e.g. self-management, time management, attitudes and motivation towards learning</p> |