

Personal Development cross-curricular links

Personal Development education is a vital part of the Aylesbury Vale Academy curriculum and is effectively integrated into our subjects.

Personal Development outlines three core themes:

Health and Wellbeing

Relationships

Living in the Wider World

Below is an overview of how PSHE can be embedded into different subjects using these themes:

Health and Wellbeing

Science	Teaching about the human body, puberty, reproduction, and mental health (e.g., stress and brain function).
PE	Links to physical health, fitness, and the impact of lifestyle choices on well-being.
Hospitality and Catering	Healthy eating, nutrition, and diet-related diseases.
Media Studies	Representation of body image in the media and its impact on mental health.

Relationships

English & Drama	Exploring relationships, consent, identity, and conflict through literature and plays (e.g., <i>Romeo and Juliet</i>)
History	How societal attitudes towards relationships, marriage, and gender roles have evolved over time.
Religious Studies (RS)	Ethical and moral discussions about relationships, marriage, and family structures.
ICT/Computing	Online safety, cyberbullying, and the impact of social media on relationships.

Living in the Wider World

Maths	Financial literacy (e.g., budgeting, interest rates, financial decision-making).
Business Studies	Workplace rights, entrepreneurship, and career planning.
Geography	Sustainability, global citizenship, and ethical consumption.
Media Studies	The impact of advertising, digital literacy, and fake news on public perceptions.

PSHE education across the Aylesbury Vale Academy Curriculum.

Subject	Health and wellbeing	Relationships	Living in the wider world
English	Exploring mental health through literature e.g., <i>Of Mice and Men</i> Developing emotional literacy through creative writing and poetry.	Analysing relationships, conflict, and power dynamics in texts (<i>Macbeth</i> , <i>An Inspector Calls</i>). Debating themes of consent, respect, and identity in literature.	Media literacy and fake news in nonfiction texts. Public speaking and debating skills linked to active citizenship.
Maths	Understanding data on health statistics (e.g., obesity rates, mental health trends). Probability in risk assessment (e.g., lifestyle choices and long-term health).		Financial literacy (budgeting, taxes, loans, mortgages). Understanding economic inequality through numerical reasoning.
Science	Puberty, reproduction, contraception, and menstrual health.	Genetics and diversity – how biological factors influence identity.	Sustainability and climate change – ethical and environmental responsibility.

	<p>The science of drugs, alcohol, and addiction.</p> <p>The role of sleep, nutrition, and exercise in well-being.</p>	<p>Consent and reproduction – the role of science in relationships.</p>	<p>The impact of biotechnology and medical ethics.</p>
PE	<p>The impact of exercise on mental health and stress management</p> <p>Understanding nutrition, body image, and eating disorders.</p> <p>Substance misuse prevention – effects of drugs on athletic performance.</p>	<p>Teamwork, leadership, and fair play in sports.</p> <p>Addressing bullying and inclusivity in sports settings.</p>	<p>Careers in sport and the wider fitness industry.</p> <p>Health inequalities – access to sports facilities and participation.</p>
History		<p>The evolution of gender roles, marriage, and LGBTQ+ rights.</p> <p>Historical perspectives on race, colonialism, and migration</p>	<p>Political movements and activism (e.g., suffragettes, civil rights).</p> <p>The impact of propaganda and media influence on society.</p>
Geography	<p>Impact of climate change on mental health and global inequalities.</p>		<p>Ethical issues around fast fashion, consumerism, and sustainability.</p> <p>Globalisation and economic disparity.</p>
Religious Education	<p>Ethical debates on euthanasia, abortion, and medical ethics.</p>	<p>Different perspectives on relationships, marriage, and family.</p>	<p>Moral reasoning and ethical dilemmas in personal choices.</p>

Media Studies	<p>Body image and mental health in advertising.</p> <p>Representation of disabilities, gender, and ethnicity in the media.</p>	<p>Interpersonal communication in digital spaces.</p> <p>The role of media in shaping societal attitudes toward relationships.</p>	<p>Fake news, misinformation, and media bias.</p> <p>Ethical debates on freedom of speech vs. censorship.</p>
Computing		<p>Exploring the dangers of online grooming and exploitation.</p> <p>The role of social media in shaping identity and self-esteem.</p>	<p>Online safety, cyberbullying, and digital footprints.</p> <p>The impact of AI, algorithms, and digital literacy on society.</p>
Business Studies		<p>Ethical leadership and corporate social responsibility.</p>	<p>Financial responsibility, credit, and investment.</p> <p>Understanding workers' rights, minimum wage, and ethical business.</p>