

PERSONAL AND SOCIAL DEVELOPMENT FORM 1 2009-2010

FIRST TERM

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| 1. | Personal Management | School routines and relationship
Listening; homework; study; |
| 2 | Social Awareness (1) | Gossiping and being dared
Teasing and bullying
Labelling : feelings in common |

SECOND TERM

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| 3. | Health and Safety: | A healthy diet and food choices
Teeth and dental care
Exercise, Rest and Personal Hygiene
Self protection; recognising danger and saying no |
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THIRD TERM

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| 4. | Personal Relationships: | family needs and responsibilities
Growing Up
Friendship – difficulties in friendship |
| 5. | Personal Management: | Activity patterns and type of leisure |

Evaluation/Assessment:

PSD is a life-skills training programme with no formal examination.