Requirements mapping
England

Introduction

BecomingX Education helps schools deliver transformational personal development programmes that help their students build the skills, knowledge, attitudes and relationships needed to succeed in life. Its design is based on one driver above all else, the evidence of what it actually takes to succeed. We base this on insights from deep subject experts, extensive research and the latest pedagogy and neuroscience. This has resulted in our 'X-model', which identifies the personal attributes of high performers and can be used to help schools structure their programmes, if they don't already have a framework in place.

We are always driven by evidence, but we also know that educators have requirements to meet and face expectations of what they should teach. This is why we review national requirements to ensure we are providing content and tools that deliver the absolute best outcomes for schools and students. We also map all of our content against national curriculums, so educators can clearly demonstrate how they are going

above and beyond what is expected. We don't aim to cover everything, rather we aim to provide content that we know will actually help young people succeed and where we genuinely believe we can create higher quality content than anyone else. This is why we leave some topics to others.

This document highlights the areas that we focus on. In the following pages you will find:

‣ **PSHE themes:** A summary of themes from Ofsted's guidance, the Department for Education and the PSHE Association

‣ **The Department for Education's "Relationships Education, Relationships and Sex Education (RSE) and Health Education" curriculum** 🔗

‣ **Ofsted's grade descriptors for personal development**, from Ofsted's school inspection handbook 🔗

Coverage of PSHE themes

These key themes were taken from the PSHE Association's curriculum, Ofsted's requirements and the Relationships Education, Relationships and Sex Education (RSE) and Health Education (2020) curriculum

Theme	BecomingX
Active listening	☑
Basic first aid	☑
Boundaries	☑
Citizenship - being responsible and active	☑
Considering risk and making difficult decisions	☑
Cooperation and teamwork	☑
Developing self-awareness and positive identities	☑
Effective communication	☑
Equality	☑
Friendships	☑

☑ Yes   ✎ In development   ☒ No

Theme	BecomingX
Goal setting and planning	☑
Healthy eating	☑
Leadership	☑
Life-long learning and learning strategies	☑
Loneliness	☑
Long-term commitments	☑
Mental health and emotional wellbeing	☑
Negotiation	☑
Networking	☑
Overcoming challenges and coping skills, resilience	☑
Physical fitness and active lifestyles	☑
Problem solving	☑
Public speaking	☑
Reflecting on decisions and actions	☑
Respect	☑
Self-efficacy, self-belief and intrinsic motivation	☑

☑ Yes ✎ In development ☒ No

4

Theme	BecomingX
Setting ambitious career goals	☑
Sleep	☑
Social influences	☑
Support to take part in extra-curricular activities	☑
Taking part in difficult conversations, debates and discussions	☑
Values such as kindness, integrity, tolerance, gratitude	☑
Careers, including experience and employer contacts	✎
Financial choices	✎
Online safety, mobile technology and social media	✎
Racism	✎
Drugs, alcohol and tobacco	☒
Personal hygiene and decisions: e.g., germs, dental health, self-examination, immunisation, donations	☒
Relationship and criminal abuse, violence	☒
Sex education, puberty	☒
Families, marriage, types of relationships and parenting	☒

☑ Yes   ✎ In development   ☒ No

Source	Link
PSHE Association Curriculum	🔗
Ofsted School Inspection Handbook	🔗
Relationships Education, Relationships and Sex Education (RSE) and Health Education (2020)	🔗

✅ Yes ✏️ In development ☒ No

Relationships Education, Relationships and Sex Education (RSE) and Health Education (2020)

Department for Education

Physical health and mental wellbeing

Department for Education wording	Keywords	BecomingX
Mental wellbeing		
How to talk about their emotions accurately and sensitively, using appropriate vocabulary	Articulating emotions	☑
That happiness is linked to being connected to others	Connected happiness	☑
How to recognise the early signs of mental wellbeing concerns	Wellbeing concerns	☑
Common types of mental ill-health (e.g., anxiety and depression)	Mental ill-health	☑
How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health	Mental health impact	☑
The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness	Wellbeing activities	☑

☑ Yes ✏ In development ☒ No

7

Department for Education wording	Keywords	BecomingX
Internet safety and harms		
The similarities and differences between the online world and the physical world, including the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships (including social media), the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online	Online judgements	✎
How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours	Online safety	✎
Physical health and fitness		
The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress	Active wellbeing	✓
The characteristics and evidence of what constitutes a healthy lifestyle	Healthy lifestyles	✓
Maintaining a healthy weight and the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health	Healthy weight	✎
Healthy eating		
How to maintain healthy eating	Healthy eating	✓
The links between a poor diet and health risks including tooth decay and cancer	Dietary risks	✎

✓ Yes   ✎ In development   ✗ No

Department for Education wording	Keywords	BecomingX
Health and prevention		
The importance of sufficiently good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn	Sleep	☑
Basic first aid		
Basic treatment for common injuries	Common injuries	☑
Life-saving skills, including how to administer CPR	Life-saving and CPR	✎
The purpose of defibrillators and when one might be needed	Defibrillators	✎

☑ Yes　✎ In development　☒ No

Relationships and sex education

Department for Education wording	Keywords	BecomingX
Respectful relationships, including friendships		
The characteristics of positive and healthy friendships (in all contexts, including online) including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent	Friendship characteristics	☑
Privacy and consent	Privacy and consent	✎
The management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship	Overcoming conflict	☑
Practical steps they can take in a range of different contexts to improve or support respectful relationships	Establishing respect	☑
How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g., how they might normalise non-consensual behaviour or encourage prejudice)	Stereotypes	☑
That in school and in wider society they can expect to be treated with respect by others, and that in turn, they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs	Respect expectations	☑
About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	Types of bullying	✎
The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal	Equality laws	✎

Department for Education wording	Keywords	BecomingX
Online and media		
Their rights, responsibilities, and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	Online rights	✎
About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	Online risks	✎
Not to provide material to others that they would not want to be shared further and not to share personal material which is sent to them	Online privacy	✎
What to do and where to get support to report material or manage issues online*	Online support	✎
The impact of viewing harmful content	Online safety	✎
How information and data is generated, collected, shared, and used online	Data sharing	✎

***This shows all of the line items from the curriculum which BecomingX Education covers.
As per the overview page, BecomingX does not cover certain topics such as drugs, alcohol and sex education.

☑ Yes ✎ In development ☒ No

Ofsted's grade descriptors for personal development

Ofsted theme	Ofsted's wording	BecomingX	Sample of BecomingX support
Outstanding (1)			
Meets ‹Good› requirements	The school meets all the criteria for good in personal development securely and consistently.	☑	*Detailed in the 'Good' section below.*
Exceptional	Personal development is exceptional.	☑	- High-quality programme created by world leaders in their fields.
Extensive range and quality	The school consistently promotes the extensive personal development of pupils. The school goes beyond the expected, so that pupils have access to a wide, rich set of experiences. Opportunities for pupils to develop their talents and interests are of exceptional quality.	☑	- Heavily researched and evidence-based content, drawing on 300+ studies. - A cinema filled with insights from the world's most inspirational people. - Inspirational lessons, assemblies and discussions. - Clips and activities which can be used in lessons beyond PSHE. - Access to a wide range of experiences from leading providers across the world (virtually, in the classroom and internationally). - Tips from leaders in their fields on how to run personal development programmes.

☑ Yes ✎ In development ☒ No

Ofsted theme	Ofsted's wording	BecomingX	Sample of BecomingX support
Outstanding (1)			
Strong take up	There is strong take-up by pupils of the opportunities provided by the school. The most disadvantaged pupils consistently benefit from this excellent work.	☑	- Content designed by neuroscientists to appeal to adolescents. - Designed to be easily differentiated to appeal to a range of attainment levels. - Includes inspirational stories from people from a wide range of backgrounds.
Have a plan	The school provides these rich experiences in a coherently planned way, in the curriculum and through extra-curricular activities, and they considerably strengthen the school's offer.	☑	- Comprehensive catalogue outlining what content is available. - Content is mapped to the curriculum. - Guidance documents to help staff adpot and roll out the programme. - Digital survey to diagnose strengths and weaknesses, inform planning and monitor impact.
Exemplary	The way the school goes about developing pupils' character is exemplary and is worthy of being shared with others.	☑	- Unrivalled content designed to the highest standard. - Contact us for the opportunity to share your school's personal development story with others.

☑ Yes ✎ In development ☒ No

13

Ofsted theme	Ofsted's wording	BecomingX	Sample of BecomingX support
Good (2)			
In order to judge whether a school is good or requires improvement, inspectors will use a 'best fit' approach, relying on the professional judgement of the inspection team			
Demonstrate intent	The curriculum extends beyond the academic, vocational or technical and provides for pupils' broader development. The school's work to enhance pupils' spiritual, moral, social and cultural development is of a high quality.	☑	- Over 100 lessons, assemblies, discussions and activities which develop the attitudes, relationships, knowledge amd skills that students need to succeed. - All content is heavily-researched and professionally made by neuroscientists, educationalists and graphic designers, and feature insights from the world's most inspiring and iconic people.
Confidence and resilience	The curriculum and the school's effective wider work support pupils to be confident, resilient and independent, and to develop strength of character.	☑	- Resources focus on a range of skills including confidence, resilience, values, independence, decision-making, character and respect. - Guidance documents and supporting films from experts to support teachers to run personal development programmes across the school.
Pastoral support	The school provides a wide range of opportunities to nurture, develop and stretch pupils' talents and interests. Pupils appreciate these and make good use of them.	☑	- Resources focus on diet, physical health, being active and disciplined, mental health, healthy relationships and building supportive networks.
Opportunities to grow	The school provides a wide range of opportunities to nurture, develop and stretch pupils' talents and interests. Pupils appreciate these and make good use of them.	☑	- Access to a wide range of experiences from leading providers across the world (virtually, in the classroom and internationally). - Engaging lessons designed to be differentiated. - Content designed to make students consider their talents and interests and raise aspirations - Thought-provoking discussion questions to test and expand thinking. - Digital survey to monitor impact.

☑ Yes   ✎ In development   ☒ No

14

Ofsted theme	Ofsted's wording	BecomingX	Sample of BecomingX support
Good (2)			
British values	The school prepares pupils for life in modern Britain effectively, developing their understanding of the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.	☑	- 'British values' are not directly referenced, but the positive values associated with them are taught, for example the lessons 'Kindness is key' and 'Giving and earning respect'.
Equality and diversity	The school promotes equality of opportunity and diversity effectively. As a result, pupils understand, appreciate and respect difference in the world and its people, celebrating the things we share in common across cultural, religious, ethnic and socio-economic communities.	☑	- Specific lessons, including 'Inclusive teams', 'Finding your tribe', 'Building your emotional intelligence' and 'Empathy for others'.
Inclusivity	Pupils engage with views, beliefs and opinions that are different from their own in considered ways. They show respect for the different protected characteristics as defined in law and no forms of discrimination are tolerated.	☑	- Specific assemblies, including 'Managing conflict' and 'Challenging orthodoxy' and lessons, including 'Inclusive teams' and 'Having difficult conversations'.
Responsible and active citizens	The school provides pupils with meaningful opportunities to understand how to be responsible, respectful, active citizens who contribute positively to society. Pupils know how to discuss and debate issues and ideas in a considered way.	☑	- Specific lessons, including 'Ideas to change the world', 'Kindness is key', 'Taking an untravelled path' and 'Having difficult conversations'.

☑ Yes   ✎ In development   ☒ No

Ofsted theme	Ofsted's wording	BecomingX	Sample of BecomingX support
Good (2)			
Prepared for the future	Secondary schools prepare pupils for future success in education, employment or training. They use the Gatsby Benchmarks, a framework that defines the best careers provision in schools and colleges, to develop and improve their careers provision and enable a range of education and training providers to speak to pupils in Years 8 to 13. All pupils receive unbiased information about potential next steps and high-quality careers guidance; the school meets the requirements of the Baker Clause. The school provides good quality, meaningful opportunities for pupils to encounter the world of work.	✎	Coming soon.

☑ Yes   ✎ In development   ☒ No