



Personal, Social, Health and Economic Education

Personal, Social, Health and Economic Education (PSHE) at Blue Coat is delivered through the Personal Development curriculum.

In year 7, this is split into three delivery methods:

- 1) A weekly Personal Development lesson, looking in depth at a variety of PSHE topics.
- 2) Personal Development Days – four days every year, when normal lessons are suspended, and pupils follow a programme of PSHE based activities for the day, including the statutory topics of Health, Relationships and Sex (as appropriate to their age), plus topics such as careers, finance and personal safety.
- 3) Form time ‘wider world’ activities, covering elements of citizenship, culture and community.

This year, pupils in year 7 will study the following topics:

In weekly Personal Development lessons:

Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Zones of Regulation		Respecting me, you, us.	Curious about Conflict.	Physical Wellbeing	Mental Wellbeing

On Personal Development Days:

Day 1	Day 2	Day 3	Day 4
The skills I need for learning.	Understanding mental and emotional wellbeing.	Drugs, alcohol and tobacco.	Healthy lifestyles: The importance of sleep.
Self concept: Health, wellbeing and resilience.	Culture: Safer online behaviour.	Maintaining a balanced lifestyle for health and wellbeing.	Family roles and responsibilities.
Social influences: How to manage peer pressure and influence.	Different types of relationships including between parents, siblings and friends.	Puberty: Managing the physical and mental changes that happen as we grow up.	Personal: forming and maintaining respectful relationships - risks online.
Managing positive relationships - including online.	Kindness at different ages and stages.	Forming and maintaining respectful relationships: online safety and support.	Working together as part of a team.
LORICK: Leadership. Developing skills that employers value.	LORICK: Initiative. Developing skills that employers value.	Exploring career pathways and roles in employment/work.	Employment rights and responsibilities: Managing emotions regarding future employment.
Bullying, abuse and discrimination: What do these terms mean?	Managing risk and personal safety: The risk and dangers of socialising online.	Digital resilience: personal safety when online and sharing information.	Family, parenthood and the importance of stable relationships.

In form time ‘Wider World’ sessions:

Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Remembering Queen Elizabeth II	Mental Health	Equality		Relationships	Stereotypes