



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 –five 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.

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		Healthy eating and drinking	Economic Wellbeing	Relationships – respecting you, me and us	Citizenship – Being British

On Personal Development Days:

Day 1	Day 2	Day 3	Day 4	Day 5
The skills I need for learning.	Careers Exposure.	Mental and emotional wellbeing.	Drugs, alcohol and tobacco.	Healthy lifestyles: Sleep
Self concept: Health, wellbeing and resilience.	Talent Foundry Workshop.	Safer online behaviour.	Benefits of exercise and balanced lifestyle.	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.	Risks of online relationships.
Managing positive relationships - including online.	Unifrog 101.	Kindness at different ages and stages.	Privacy and Risk online	Working together as part of a team – practical session (wear PE kit).
Leadership. Developing skills that employers value.	Teamwork and communication.	Initiative. Developing skills that employers value.	Bullying and discrimination – what do these terms mean?	Citizenship: Precious liberties of UK citizens.
PREVENT Part 1 – what makes people vulnerable.	Rights, roles and responsibilities in Employment.	Royal Navy STEM session.	Digital resilience: personal safety when online and sharing information.	Family, parenthood and stable relationships.

In form time ‘Wider World’ sessions:

The Wider World form time session is a responsive programme, picking up on current affairs, news, local issues and anything arising from student voice.

Students may cover issues such as mental health, equality, stereotypes, relationships and respecting others, as well as celebrating national events such as Black History Month, sporting events and religious occasions.