



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.

Building upon what they have learned at Primary School, 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	GROWING UP	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
INDEPENDENCE AND PERSONAL SAFETY	MENTAL HEALTH INTRODUCTION	KINDNESS AND EMPATHY	HEALTHY LIFESTYLES: SLEEP	TARGET + GOAL SETTING
WHO AM I?	PERSONAL AND ORAL HYGIENE	BENEFITS OF EXERCISE	VAPING AND SMOKING CESSATION	EARLY CAREERS EXPOSURE
FRIENDSHIPS AND FALLOUTS	DIFFERENT TYPES OF RELATIONSHIPS	TRUST	ANTI BULLYING FOCUS	TEAMWORK + COMMUNICATION
OUR DIFFERENCES	COMMUNICATION ONLINE AND ON SOCIAL MEDIA	BULLYING, ABUSE AND DISCRIMINATION	STABLE FAMILIES AND COMMITMENT	UNIFROG
ONLINE SAFETY	GENERATIVE AI -	VALUES AND ATTITUDES TOWARDS MONEY	TEAM BUILDING SESSION	ROLES, RIGHTS, RESPONSIBILITIES IN THE WORKPLACE
BEING A LIFELONG LEARNER	ONLINE GROOMING	PREVENT	PRECIOUS LIBERTIES OF UK CITIZENS	STEREOTYPES/PEER PRESSURE IN WORK/CHOOSING OPTIONS

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.