



The Blue Coat School

# Personal Development

Outline PoS 2025/2026

Theme:
<b>PSHE (Personal, Social, Health and Economic)</b>
<b>RSHE (Relationship, Sex and Health Education)</b>
<b>CEIAG (Careers Education, Information, Advice and Guidance)</b>
<b>Citizenship</b>

Students have one hour of Personal Development/fortnight in years 7-12, and two hours per fortnight in year 13

The eight Gatsby benchmarks of Good Career Guidance are:

1. A stable careers programme
2. Learning from career and labour market information
3. Addressing the needs of each pupil
4. Linking curriculum learning to careers
5. Encounters with employers and employees
6. Experiences of workplaces
7. Encounters with further and higher education
8. Personal guidance

## Year 7

		Lesson title	Description
Autumn - CEIAG	Lesson 1	Welcome to PD	Setting up rules and establishing personal values and goals.
	Lesson 2	Careers library treasure hunt	What factors do I need to consider when choosing a career? Navigating the Unifrog careers library.
	Lesson 3	What are skills?	Difference between hard and soft skills. Recording skills effectively using the CAR method.
	Lesson 4	Recording activities	Linking activities to transferable skills. Recording activities effectively using the CAR method.
	Lesson 5	Interests profile	Identifying interests and personality type using the John Holland codes. Matching personality type to potential careers; LMI.
	Lesson 6	What is your dream job?	Factors to consider when selecting a 'dream job'. Unifrog careers library.
	Lesson 7	Assessment	End of topic assessment.
Spring – PSHE and RSHE	Lesson 1	Understanding compassion	Compassion, empathy, and a growth mindset.
	Lesson 2	Building positive relationships	Types of bullying. Taking an active bystander approach. Protected characteristics.
	Lesson 3	Puberty and emotional changes	Physical and mental changes experienced during puberty and strategies to manage these.
	Lesson 4	Menstrual wellbeing	Why we menstruate, the different products available and how to tackle a range of issues associated with menstruation.
	Lesson 5	Healthy relationships and consent	Challenging gender stereotypes. Characteristics of healthy relationships and how to manage conflict.
	Lesson 6	Assessment	Understanding the importance of consent. End of topic assessment.
Summer - Citizenship	Lesson 1	Fundamental British Values	What are stereotypes and prejudice, why are they problematic and how can they be stopped? Protected characteristics. What are the school values? Analysing the Fundamental British Values, their history and how they link to school life.
	Lesson 2	Parliament and government	Students learn the difference between parliament and government and identify issues they feel the local council should tackle.
	Lesson 3	What are laws?	What is the difference between criminal and civil law? What happens if I break the law? Careers in law.
	Lesson 4	Elections and voting	Students learn the history of the vote in the UK and consider if the rules should be changed, e.g. lowering the voting age.
	Lesson 5	Manifestos and political parties	In groups students create their own political parties, presenting their ideas to the class before a mock election. End of topic assessment.
	Lesson 6	Assessment	In groups students create their own political parties, presenting their ideas to the class before a mock election. End of topic assessment.

## Year 8

		Lesson title	Description
Autumn - CEIAG	Lesson 1	What are my interests?	Students complete the Unifrog personality profile to identify potential careers which match their character.
	Lesson 2	Post-16 and -18 options	Students explore the range of options available post-16 and post-18.
	Lesson 3	Apprenticeships and university	What is an apprenticeship? What are the benefits? What is university? Why go to university?
	Lesson 4	Labour market information	Using Unifrog to browse careers and education pathways (inc. LMI) and record skills.
	Lesson 5	What to study at KS4	Students consider which factors are important when making choices about what to study at GCSE.
	Lesson 6	What does success look like?	Students define what success means to them and acknowledge that success can be measured in different ways.
Spring – PSHE	Lesson 1	Managing time and pressure	How can I deal with stress? How can I manage my time and pressure in the future?
	Lesson 2	MVP session 1	Mentors in Violence Prevention. Series of five lessons delivered by year ten students. <a href="https://educationmvp.co.uk/">https://educationmvp.co.uk/</a>
	Lesson 3	MVP session 2	
	Lesson 4	MVP session 3	
	Lesson 5	MVP session 4	
	Lesson 6	MVP session 5	
Summer – PSHE/RSHE	Lesson 1	Relationship values and expectations	Students identify their personal relationship values. Healthy and unhealthy relationships Sharing nude images.
	Lesson 2	Sexual orientation and gender identity	The difference between sexual orientation and gender identity, and how to show respect. Protected characteristics.
	Lesson 3	Consent, grooming and CSE	Re-cap of consent from y7. Signs of grooming and CSE and where/how to seek support.
	Lesson 4	Sexual bullying and nude images	Types of bullying including cyber and sexual, including digital footprint and sexual harassment. Sexual messaging, sharing nude images.
	Lesson 5	Plagiarism and AI	Definition of plagiarism and AI. How to use AI effectively and safely in school.
	Lesson 6	Alcohol and vaping	What are the consequences of underage drinking? What does the law say? Students learn about different influences and consequences that might affect decisions relating to vaping.

## Year 9

		Lesson title	Description
Autumn - CEIAG	Lesson 1	Career terminology	Define and understand the importance of using career terminology.
	Lesson 2	What does success mean to you	Identify what motivates you and use this to support research into potential future careers.
	Lesson 3	Your superhero CV	Students analyse a mock CV before drafting their own.
	Lesson 4	What makes a great communicator	Identify characteristics of great communicators. Students effectively record examples of where they have demonstrated/developed communication skills.
	Lesson 5	What makes a great leader	Identifying traits of great leaders and personal leadership experiences.
	Lesson 6	Logging skills and activities	Summarising skills and activities which have prepared students for the workplace. Assessment.
Spring - PSHE/citizenship	Lesson 1	Valuing diversity	Fundamental British Values re-cap. How can we support diversity and tolerance? Protected characteristics.
	Lesson 2	Understanding and preventing extremism	Students distinguish between extremism and legitimate protest. Students act out a role play and reflect on the issues raised. Analysis of hate crime and hate incidents.
	Lesson 3	Hate crime	Protected characteristics.
	Lesson 4	What is debt?	Describe what debt is and why someone might find themselves in debt. Examine the impact of personal and sovereign debt.
	Lesson 5	What is tax?	Describe what taxes are and identify and evaluate different methods of collecting and allocating taxes. Analyse how councils make local spending decisions.
	Lesson 6	The government and the economy	Explain key economic terms including taxation, welfare benefits, public spending and The Budget. Assess the impact of changes to taxation and welfare benefits on people with different personal circumstances.
Summer - RSHE	Lesson 1	Let's start with you	Students reflect on who they are and how this may impact upon relationships.
	Lesson 2	Challenging expectations	MVP gender box activity. Transphobic bullying; protected characteristics.
	Lesson 3	Healthy relationships	What does an unhealthy relationship look like? How can you look after yourself and others?
	Lesson 4	Communication, consent and sex	What is consent and why should sexual activity stop in its absence? Sexual bullying.
	Lesson 5	Safer sex	Contraception and the prevention of STIs. Accessing help and support.
	Lesson 6	Marriage and family life	Different types of marriage including civil partnerships, arranged marriages...

## Year 10

	Autumn	Lesson title	Description
Autumn - PSHE	Lesson 1	Diversity	Cultural diversity. Disability (MVP resources). Recap of protected characteristics and MBV.
	Lesson 2	Gender stereotyping	What are gender stereotypes and why can they be problematic? Gender pay gap. Protected characteristics.
	Lesson 3	Mental health	Build on themes covered in the mental health lesson in y8.
	Lesson 4	Alcohol, smoking, vaping, drugs	What does the law say? What should you do if something goes wrong?
	Lesson 5	Physical health	Healthy lifestyles. First aid. Organ donation.
	Lesson 6	Vaccinations and self-examination	Vaccinations (including HPV). Testicular health. How do I self-examine? Why is cervical screening important?
Spring - CEIAG	Lesson 1	Developing learning skills	Identify skills required at KS4 and apply strategies to support success.
	Lesson 2	Reflecting on my career journey	Students create a career journey timeline and consider how certain careers could support or conflict with values.
	Lesson 3	Wellbeing in the workplace	How to ensure a positive work-life balance. Rights in the workplace including health and safety and the Equality Act.
	Lesson 4	Ways of working	Students reflect on the pros and cons of remote, in-person and hybrid working.
	Lesson 5	Is AI a threat to our jobs?	Evaluate predictions about AI, and arguments on each side of the debate 'Is AI a threat to our jobs?'
	Lesson 6	Digital wellness and safety	Explain the different ways to keep accounts and devices safe, and demonstrate the skills needed to do so.
Summer - RSHE	Lesson 1	Intimacy and the impact of pornography	Enthusiastic consent. Understanding the impact and laws surrounding pornography.
	Lesson 2	Pressure, persuasion and coercion	What is CSE? Guidance and signposting to support. Recap of consent and sexual harassment.
	Lesson 3	Managing relationship conflict and break ups	Students identify problematic behaviours within relationships and develop strategies to effectively manage conflict and navigate break ups.
	Lesson 4	Addressing relationship abuse	Students analyse a fictional relationship scenario, identifying red flags and suggesting options for support.
	Lesson 5	Fertility and pregnancy choices	Factors influencing fertility.
	Lesson 6		Pregnancy options, including abortion and miscarriage.

## Year 11

		Lesson title	Description
Autumn - CEIAG	Lesson 1	Employability skills	Students reflect on their own skills and achievements and how best to record them.
	Lesson 2	CV writing and interview skills	Discuss what a good CV looks like and complete a draft. Submit via assignment on Teams.
	Lesson 3	Post-16 options	Compare pros and cons of full-time education, employment, and apprenticeships
	Lesson 4	Choosing your post-16 pathway	Reflect on the post-16 decisions they need to make and come up with at least two action points.
	Lesson 5	Apprenticeships vs. higher education	Identify pros and cons of apprenticeships and higher education. Compare median annual salaries and debate the importance of future salary for making decisions about career pathways.
	Lesson 6	Volunteering and paid work	Students consider the pros and cons of volunteering and paid work, and the employment laws surrounding both.
Spring – PSHE/RSHE	Lesson 0	First lesson of the term falls during mock week – students are in exams/lesson is supervised study.	
	Lesson 1	Plagiarism and AI	Definition of plagiarism and AI. How to use AI effectively and safely in school.
	Lesson 2	RSE	Consent recap.
	Lesson 3		Pornography and sexual messaging. Conflict resolution and committed relationships. Marriage and civil partnerships.
	Lesson 4	Body modifications	Students learn how to make informed choices regarding body modifications such as tattoos and piercings.
	Lesson 5	Managing time and pressure	Develop practical methods of coping with pressure and a demanding schedule. Consider pros and cons of different revision techniques. What happens on results day?
Summer	Lesson 1	Revision/CEIAG	Teacher can decide whether this time is best used for independent revision, going through study skills or offering bespoke CIAG.
	Lesson 2	Revision/CEIAG	

## Year 12 – Spring lesson 4 onwards will be in ICT rooms.

Autumn	Lesson title	Description
Lesson 1	Post-18: choices, choices!	Identify pros and cons of post-18 pathways and explain their preferred post-18 pathway at this point in their career journey.
Lesson 2	Mental health	Students discuss how they can look after their mental health. Students consider the importance of sleep and how sleep can be improved. Suicide (using resources from Papyrus).
Lesson 3	Wellbeing: balancing life, learning and work	Identify employment rights as a young worker in the UK. Explain why work-life balance is important.
Lesson 4	Knife crime, alcohol, and spiking	Students consider the implications of carrying a knife. Students calculate the units in different drinks, discuss the laws surrounding alcohol including drink driving. Factual information about spiking.
Lesson 5	Smoking, vaping, and drugs	Implications of vaping and smoking; students are signposted towards support and guidance. Using resources from FRANK and the NHS, students discuss why people use drugs and why it's a bad idea.
Lesson 6	Money confidence	Inflation, asset allocation and diversification.
Lesson 7	Credit cards and gambling	Students discuss what needs to be considered before borrowing money and weigh up pros and cons of different types of credit. What is gambling and what should I do if I'm addicted?
Spring	Lesson title	Description
Lesson 1	Intro to post-18 options	Students are introduced to the range of post-18 options available to them. Self-reflection task.
Lesson 2	Part time jobs, work experience and volunteering	The benefits of part time jobs, work experience and volunteering. How to gain work experience (Springpod). Protected characteristics.
Lesson 3	University 1	Introduction to university – pros of going, what it involves, different courses and institutions available.
Lesson 4	University 2	Students browse UCAS, Unifrog, and Springpod to identify courses they may be interested in, entry requirements etc.
Lesson 5	Apprenticeships and higher technical qualifications	Pros of doing an apprenticeship. Students use UCAS, Unifrog and Springpod to browse potential courses.
Lesson 6	Writing competitive applications	Students are provided with detailed guidance on how to write a high-quality personal statement and they begin their first draft.
Lesson 7	Personal statement writing	All students sign up for the UCAS hub and begin write a PS, including those not planning on attending university as similar statements are required for apprenticeships, jobs etc. PS deadline TBC.

Summer	Lesson title	Description
Lesson 1	Moving forward	<p>Check all students are signed up to the UCAS hub.  Those who are unsure on their next steps should take the UCAS careers quiz – <a href="https://www.ucas.com/explore/career-compass">https://www.ucas.com/explore/career-compass</a>  Those clear on their next steps should work on their personal statements.  Students who have submitted draft 1 (regardless of next steps) should:</p> <ul style="list-style-type: none"> <li>Engage with super-curricular content to support their application</li> <li>Browse apprenticeships.</li> </ul>
Lesson 2	Admissions tests	<p>Check student progress – all students should have submitted the first draft of their PD by <b>TBC</b>.  Lesson content may not be relevant to all students. Those not applying to medicine, Oxbridge etc. should continue to...</p> <ul style="list-style-type: none"> <li>Work on PS</li> <li>Browse apprenticeships</li> <li>Engage with super-curricular content or online work experience.</li> </ul>
Lesson 3	Interviews and assessment centres	<p>What do interviews and assessment centres involve?  How can I perform well at interview?</p>
Lesson 4	Study abroad	Information about studying abroad, including universities in the USA.
Lesson 5	One-to-one support and independent work/research	Student progress is checked each lesson and spreadsheet updated.
Lesson 6		Teacher offers one-to-one CEIAG and support with personal statements.
Lesson 7		<p>The rest of the class should...</p> <ul style="list-style-type: none"> <li>Work on PS</li> <li>Browse apprenticeships</li> <li>Engage with super-curricular content or online work experience.</li> </ul>

## Year 13 Personal Development (Autumn & Spring 1-3 in ICT rooms)

Autumn	Lesson title	Description
Lesson 1	Post-18 options and preparation	<ul style="list-style-type: none"> <li>• Re-cap of post-18 options.</li> <li>• Explain how CEIAG will work for this term.</li> <li>• Reminder of deadlines.</li> </ul>
Lessons 2-16	Independent CEIAG	<ul style="list-style-type: none"> <li>• Check of where each student is up to.</li> <li>• Provide one-to-one support with applications.</li> <li>• Students must record their chosen activity in their workbook.</li> </ul>
Spring	Lesson title	Description
Lesson 1	Assessment week/revision	
Lesson 2	Personal branding: your CV and online profile	Students use the Unifrog CV tool to update their CV.
Lesson 3	Apprenticeships, student finance, accommodation	Factual information and guidance about apprenticeships, student finance and student accommodation. Time for independent research.
Lesson 4	Interviews	Explain the purpose of an interview. Provide examples of ways they can prepare for an interview.
Lesson 5	Confidently managing transitions	Describe some of the challenges they might experience with their upcoming post-18 transition and identify strategies to tackle these.
Lesson 6	Preparing for an employer assessment day	Complete a group activity similar to an assessment centre. Consider why employers value these tasks to learn about candidates, and reflect on their own performance.
Lesson 7	RSHE including pornography	Contraception, fertility, miscarriage, pregnancy options including abortion. Students consider the myths and realities of porn and discuss the issue of revenge porn. Sharing nude images.
Lesson 8	Domestic abuse	What constitutes physical and mental abuse? Signposting support and guidance.
Lesson 9	Committed relationships	Forced and arrange marriage. Honour-based violence
Lesson 10	Sexual harassment 1	What is sexual harassment and sexual bullying? Students watch a video and consider what sexual harassment looks like in practice.
Lesson 11	Sexual harassment 2	How can sexual harassment be stopped? Link to protected characteristics.
Lesson 12	Safety and physical health post-18	Recognising symptoms of illnesses which impact young adults, such as meningitis.
Lesson 13	Mental health post-18	What are the causes and signs of deteriorating mental health? Who can I turn to?
Lesson 14	Results day and clearing	What happens on results day? How does clearing work?
Summer	Lesson title	Description
		Supervised study/one-to-one CEIAG.