

Personal Development Curriculum 2026 - 2027



Curriculum Overview

At BCHS, Personal Development enables students to become healthy, safe, respectful and responsible members of society. Through a carefully sequenced curriculum built around our core values of Aspiration, Knowledge and Kindness, students develop the knowledge, skills and character needed to thrive both now and in the future.

Our curriculum is organised around three key themes:

KNOWLEDGE | Understanding Myself

Knowledge begins with understanding ourselves. Through learning about wellbeing, healthy choices and physical development, students develop the understanding needed to make informed decisions about their health, relationships and future lives.

- Wellbeing
- Healthy Choices
- My Body and Me

KINDNESS | Understanding Myself With Others

Kindness is demonstrated through the way we treat others. Students learn to build positive relationships, show empathy and respect, and develop an understanding of healthy friendships and intimate relationships.

- Healthy Relationships
- Healthy Intimate Relationships

ASPIRATION | Understanding Myself Within The World

Aspiration encourages students to look beyond themselves and understand their place in society. Through exploring identity, digital citizenship and financial awareness, students develop the confidence and ambition to make positive contributions to their communities and future pathways.

- Identity and Community
- Digital Lives
- Aspiration and Money

By developing Knowledge, Kindness and Aspiration, BCHS students are empowered to become confident, respectful and successful young people who are ready for life beyond school.

Understanding Myself	Wellbeing Healthy Choices My Body and Me
Understanding Myself With Others	Healthy Relationships Healthy Intimate Relationships
Understanding Myself Within The World	Identity and Community Digital Lives Aspiration and Money

Year 7 Curriculum Overview

Term	Lesson	Topic
Term 1 Sep-Dec 6 Lessons	1	Behaviour Curriculum 1 (CBU)
	2	What are my emotions telling me?
	3	How can we make healthy choices for our mental health?
	4	How can we build a positive relationship with ourselves?
	5	How do exercise and sleep impact our physical health?
	6	How do I keep my body and teeth clean?
	7	What support might females need during their period?
Term 2 Jan-April 4 lessons	1	Behaviour Curriculum 2 (CBU)
	2	How do our bodies change during puberty?
	3	How can we perform first aid?
	4	What rights do we have to privacy and our bodies?
	5	What do we need from a healthy relationship?
Term 3 May-July 5 lessons	1	Behaviour Curriculum 3 (CBU)
	2	How can we keep our friendships healthy?
	3	What is sexual harassment and how can we stop it?
	4	How can we reduce harmful stereotypes?
	5	How can we create a world free from sexism?
	6	How does money affect the online world?

PEAK Themes

KNOWLEDGE	Understanding Myself
KINDNESS	Understanding Myself and Others
ASPIRATION	Understanding Myself Within The World
THE BIRCHWOOD WAY	Behaviour Curriculum

Year 8 Curriculum Overview

Term	Lesson	Topic
Term 1 Sep-Dec 6 Lessons	1	Behaviour Curriculum 1 (CBU)
	2	How can we develop a positive mindset?
	3	How does our diet affect our physical health?
	4	What are the facts about alcohol?
	5	The importance of genitals (including FGM)
	6	How can families have healthy relationships?
	7	How do power dynamics affect us?
Term 2 Jan-April 4 lessons	1	Behaviour Curriculum 2 (CBU)
	2	How can we manage conflicts with friends?
	3	What are the links between sexism, harassment and harm?
	4	How can someone respond to controlling behaviour?
	5	How can we support people to love who they love?
Term 3 May-July 5 lessons	1	Behaviour Curriculum 3 (CBU)
	2	How can we create a world where disabled people thrive?
	3	How can we create a world free from racism?
	4	How can the internet impact our wellbeing?
	5	What can be the impact of sharing intimate content?
	6	How do we avoid losing our money?

PEAK Themes

KNOWLEDGE	Understanding Myself
KINDNESS	Understanding Myself and Others
ASPIRATION	Understanding Myself Within The World
THE BIRCHWOOD WAY	Behaviour Curriculum

Year 9 Curriculum Overview

Term	Lesson	Topic
Term 1 Sep-Dec 6 Lessons	1	Behaviour Curriculum 1 (CBU)
	2	Self-regulation techniques
	3	Why can it be hard to talk about our feelings?
	4	How can we check our own health?
	5	How can blood, organ and stem cell donation save lives?
	6	How can we avoid pressuring other people?
	7	How can we manage feelings around change?
Term 2 Jan-April 4 lessons	1	Behaviour Curriculum 2 (CBU)
	2	How do online cultures affect our connection to each other?
	3	What are the warning signs of unhealthy sexual behaviour?
	4	How are stereotypes used to spread hate and make money?
	5	How do we build a feeling of belonging?
Term 3 May-July 5 lessons	1	Behaviour Curriculum 3 (CBU)
	2	What is the impact of sexism?
	3	How can we talk about gender with respect?
	4	What impact can our online choices have?
	5	What can be the impact of deepfakes?
	6	How can we respond to online influence?

PEAK Themes

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ASPIRATION	Understanding Myself Within The World
THE BIRCHWOOD WAY	Behaviour Curriculum

Year 10 Curriculum Overview

Term	Lesson	Topic
Term 1 Sep-Dec 6 Lessons	1	Behaviour Curriculum 1 (CBU)
	2	Techniques for improving mental health and reducing low mood
	3	How can we overcome barriers to a healthy lifestyle?
	4	How can someone stop smoking or vaping?
	5	Pregnancy and healthy foetal development
	6	What are the effects of illegal drugs on the body and mind?
	7	What life saving and first aid skills do I need?
Term 2 Jan-April 4 lessons	1	Behaviour Curriculum 2 (CBU)
	2	How can we ensure that our own behaviour is healthy and never controlling?
	3	How can we manage conflict healthily?
	4	Why do some people have civil partnerships or marriages?
	5	How can someone communicate choices about sex and intimacy?
Term 3 May-July 5 lessons	1	Behaviour Curriculum 3 (CBU)
	2	How do gender stereotypes influence sexual violence?
	3	How do gender norms influence the way we behave?
	4	What would our world be like if there was more tolerance?
	5	What is it like to live in Britain?
	6	What is the social model of disability?

PEAK Themes

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Year 11 Curriculum Overview

Term	Lesson	Topic
Term 1 Sep-Dec 6 Lessons	1	Behaviour Curriculum 1 (CBU)
	2	Fertility, infertility and miscarriage
	3	The choice to continue or end a pregnancy
	4	What does it mean to become a parent?
	5	What health issues can affect people with female bodies?
	6	How does addiction impact mental health?
	7	How can we avoid putting romantic and sexual pressure on other people?
Term 2 Jan-April 4 lessons	1	Behaviour Curriculum 2 (CBU)
	2	How do online cultures and content affect sexual relationships?
	3	How can we make healthy choices around gambling?
	4	How is data used to make money and influence us?
	5	How can we promote equality and respect online?

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Year 7-11 Collective Meetings Curriculum 2026-27

Half Term	Meeting	Topic
HT1 Sep-Oct 7 Sessions	1	Goals for the New Academic Year
	2	World Suicide Prevention Day
	3	World First Aid Day
	4	World Teacher Day
	5	Anaphylaxis Awareness
	6	Black History Month
	7	ADHD Awareness Month
HT2 Nov-Dec 7 Sessions	1	
	2	
	3	
	4	
	5	
	6	
	7	
Term 3 May-July 5 lessons	1	
	2	
	3	
	4	
	5	
	6	
HT4 Feb-March 5 Sessions	1	
	2	
	3	
	4	
	5	
HT5 Apr-May 7 Sessions	1	
	2	
	3	
	4	
	5	
	6	
	7	
HT6 Jun-Jul 6 Sessions	1	
	2	
	3	
	4	
	5	
	6	

Assembly Mapper 2026-27				
Term	Week	Value	Assembly Theme	Lead
Autumn 1 7 weeks	1	ASPIRATION	Culture and behaviour	CBU
	2		Welcome back – HOY free topic	HOY
	3		PEAK Curriculum Updates	JRI/HPI
	4		T&L 1	PCO
	5		European day of languages	MFL
	6		World mental health day	HOY
	7		Values icon assembly - Aspiration	SLT
Autumn 2 7 weeks	8		Anti bullying week (linked to British Values)	JBU
	9		Remembrance Day	PCO
	10		Careers 1	DSU
	11		Christmas kindness	JJE
	12		Year group celebrations	HOYs
	13		House rewards	House Captains
	14		Whole school assembly	SLT
Spring 1 6 weeks	15	KNOWLEDGE	Culture and behaviour	CBU
	16		HOY free topic	HOY
	17		Safeguarding - Extremism and Radicalisation	MTA
	18		Safer internet day/AI	HOY?
	19		Children's mental health week	HOY?
	20		Values icon assembly - Knowledge	SLT
Spring 2 5 weeks	21		Careers 2 (VOPP) / Y9 Futures Everyday HOFS	DSU / DHE (Y9)
	22		Equality Act and Protected Characteristics	JRI/HPI
	23		House rewards	House Captains
	24		T&L 2	PCO
	25		Year group celebrations	HOYs
Summer 1 7 weeks	26	KINDNESS	Whole school assembly	SLT
	27		Culture and behaviour	CBU
	28		HOY free topic	HOY
	29		Autism awareness month	SRW
	30		Values icon assembly - Kindness	SLT
	31		Knife crime awareness week	JBU/Police
	32		Vaccinations and Healthcare	Nurse
Summer 2 7 weeks	33		Culture and behaviour	CBU
	34		Inclusivity (Pride month)	HOY
	35		Staying Safe	HOY
	36		House rewards	House Captains
	37		T&L 3	PCO
	38		Year group celebrations	HOYs
	39		Whole school assembly	SLT