

Personal Development and Wellbeing

Mrs Jackson-PDW Coordinator



Aims of the session

To provide an overview of **P**ersonal **D**evelopment and **W**ellbeing.

PDW covers 3 key components;

- Health and Wellbeing
- Living in the wider world
- Relationships and Sex Education - **RSE is now compulsory.** RSE

I have all the components highlighted in the above colours on all documents relating to PDW.

Stretch and Challenge

PDW Moornings

Vertical Tutoring

Tutor Time

5) Sex Education and Family

4) Independence

3) Communication in relationships

2) Next Steps

1) Building for the future

5) Extremism and Radicalisation

6) Work Experience

7) End of Year 10 Evaluation Sheet

Year 11

Year 10

1) Mental Health

2) Financial decision making

3) Healthy Relationships

4) Exploring Influence

7) End of Year 9 Evaluation Sheet

6) Employability Skills

5) Intimate Relationships

4) Healthy Lifestyles

3) Respectful relationships

2) Setting Goals

7) End of Year 8 PDW Evaluation sheet

1) Peer Influence and substance misuse

Year 9

4) Emotional wellbeing

5) Identity and Relationships

6) Digital Literacy

3) Discrimination

2) Community and Careers

1) Drugs and Alcohol

Year 8

8) End of Year 7 PDW Evaluation sheet

7) Financial Decision making

6) Building relationships

4) Diversity in society

5) Health and puberty

Year 7



Welcome to Chessington School



Summer School Transition

1) Transition and Study skills.

2) Keeping safe

3) Developing Skills and Aspirations

Transition

Key Components

Each component is covered twice an academic year. In a series of PDW events, these take place during Period 1 and Period 2 on specific days.

14/10/20-Health and Wellbeing
09/12/20-Living in the Wider World
09/02/21-Relationship and Sex Education
26/03/21-Health and Wellbeing
10/05/21-Relationships and Sex Education
28/06/21-Living in the Wider World

The curriculum is created by the PSHE Association. All sessions are age appropriate and students will complete these in their bubbles.

PDW Events

During the morning event a student will cover 2 subjects under that component title. For example

The Year 7's on the 14/10/20 will be learning about;

P1-Stress Management

P2-Bullying and Healthy Friendships

Highlighted in yellow as these come under Health and Wellbeing

Summary

The aim of the PDW curriculum is to make sure that all students can benefit from an education that keeps them safe, healthy and prepared for the realities of modern life.

You will be able to view all subjects that our students will be studying on the school website this will be in document called-PDW Tier 3