

Thomas Whitehead CE Academy



'Let your light shine'

Personal Development Curriculum
2024-2025

Our Aim

Our vision is to ensure that everything we do is underpinned by our core values of **Hope, Perseverance** and **Respect**.

Our aims as a school are to...

- Develop personal strength.
- Encourage perseverance, resilience and ambition to achieve our goals.
- Be happy, safe and feel part of a caring school family.
- Work collaboratively in creating a nurturing, caring and inclusive environment for all to flourish, within our school and the wider community.
- Value, care for and respect each other and the environment God has created

We believe it is our responsibility to show children that at there is a world of possibility awaiting them, outside of the school gates. We also strive to encourage a love of learning, and a metacognitive understanding of how we can best learn and self-regulate, that will continue into secondary school and beyond.

Personal Development & Valued Behaviour Whole School Teaching

Aspect of Enhanced Personal Development	Integrated in our wider school curriculum	Discrete personal development programme
Healthy and Safe Behaviours	Core Values Expected behaviours and school rules Therapeutic thinking approach PSHE / RSE curriculum PE curriculum Alternative sports day/sports day School Games partnership RE Curriculum Computing Curriculum – online safety strand DT – Food and Nutrition Whole-school mental health approach Outdoor Play and Learning Collective Worship Individual, ongoing subject contribution to SMSC School experiences and enrichment, including external, residential and virtual visits SMSC Themed week - safety	Zones of Regulation curriculum Anti-bullying week – November Safer Internet Day – February NSPCC Pants NSPCC Speak Out Stay Safe RISE Mental Health Awareness Project Bikeability Training (Y5 and Y6) NHS Tooth brushing scheme (EYFS) VAWG Workshop (Year 5 and 6) Fire Safety (Year 2) Road Safety Daily BBC Newsround Worship programme
Citizenship Development / Development of Character	Therapeutic thinking Expected behaviours and school rules Achievement PSHE / RSE curriculum School leaders Extra-curricular clubs programme linked to curriculum with outcomes Enrichment across the curriculum Career links across the curriculum Online safety – self identity SMSC Newsround – local and global events Picture news Eco week - June Picture news – newsround global citizenship Performances (see Music overview) Church Publishing opportunities	School Readers Zones of Regulation curriculum Anti-bullying week – November Safer Internet Day – February Black history month – October British values –parliament week Residential Trip (Y6) Charity opportunities e.g. Comic Relief, Children In Need Economic development through enterprise (Year 6) Music - performances Career links – visits, speakers, virtual immersion Enterprise week Worship Workshops/trips/topic days Inter house competitions Local community links – Houghton hall, library. Town hall Music – learning an instrument (see Music overview) Young writers

Mental Health and Wellbeing		
Zones of Regulation curriculum World Mental Health Day PSHE MHST Drawing and Talking Therapy Multiagency approach – children's centre Speak out stay safe Blue mile track Mindfulness	Zones of Regulation curriculum World Mental Health Day PSHE MHST Drawing and Talking Therapy Multiagency approach – children's centre Blue mile track Mindfulness Children's Mental Health Week –meaningful connections	Zones of Regulation curriculum World Mental Health Day PSHE MHST Drawing and Talking Therapy Multiagency approach – children's centre VAWG workshop Blue mile track Mindfulness
Clubs		
Sports clubs lunch and afterschool - Games - Basketball - Football - Multiskills - Dodgeball - Netball Young voices Creative writing Science Club	Sports clubs lunch and afterschool - Games - Basketball - Football - Multiskills - Dodgeball - Netball Book Club Games Club Drawing club	Sports clubs lunch and afterschool - Games - Basketball - Football - Multiskills - Dodgeball - Netball Jigsaw club Coding Gardening club
Pupil Leadership		
School Council election School Council meetings Light Leaders House captains – inter house comp Class Reward Voting Outdoor Learning Suggestions Class Greeter	School Council meetings Light Leaders House captains – inter house comp Class Reward Voting Outdoor Learning Suggestions Class Greeter Pupil Voice	School Council meetings Light Leaders House captains – inter house comp Class Reward Voting Outdoor Learning Suggestions Class Greeter Pupil Voice

Music

Nursery	Me and My Community Songs About Me and Taking Care of Myself	Christmas Nativity Preparing for Christmas with songs and Percussion Roslyn House Visit and Performance	Rhythms, Songs and Percussion	Easter and Spring Easter Performance Roslyn House Visit and Performance	African Percussion Rhythm and Song	Summer Songs! Music Festival Performance Roslyn House Visit and Performance
Reception	Me and My Community Taking Care of Myself Singing and Percussion Harvest Festival Autumn Songs	Christmas Nativity Learning songs and Percussion Parts Roslyn House Visit and Performance Establish links with Thorn Springs Nursing Home with a view to Termly visits to school and performances. (Whole school...Ongoing)	Numbers, Positional Language and Action Songs! Playing Rhythms	Spring and Easter ! Songs and Percussion. Easter Performance. (with pre-school and Nursery) Roslyn House Visit and Performance	Singing and Rhythm Games Singing in French!	Summer Sea and Holidays Singing and Percussion Music Festival Roslyn House Visit and Performance
Year 1	Words, Rhythms and Percussion. Weekly Choir Rehearsals Harvest Festival.	I Can Read and Play Note Values. Rehearsals for KS1 Christmas Production Weekly Choir Rehearsals KS1 Christmas Production (To be decided) Establish links with Thorn Springs Nursing Home with a view to Termly visits to school and performances. (Whole school...Ongoing)	Musical Stories and Instruments of the Orchestra. “Peter and The Wolf” Weekly Choir Rehearsals	Note Values and Glockenspiels! Weekly Choir Rehearsals. Easter Songs. Performance KS1 and KS2 “Noah: His Story” (TBA)	I Can Play the Glockenspiel! Weekly Choir Rehearsals	I Am A Performer! Weekly Choir Rehearsals Music Festival.

Year 2	Learning to Read Music in the Treble Clef Weekly Choir Rehearsals Harvest Festival	I Can Play pitched melody on The Glockenspiel. Rehearsals for KS1 Christmas Production Weekly Choir Rehearsals, KS1 Christmas Nativity Production (A Midwife Crisis?) Establish links with Thorn Springs Nursing Home with a view to Termly visits to school and performances. (Whole school...Ongoing)	Solo's and Duets! Weekly Choir Rehearsals Class Performances	Playing in Parts! Weekly Choir Rehearsals Easter Songs Performance with KS2 "Noah:His Story" (TBA)	Time Signatures! Weekly Choir Rehearsals	I Can Make My Own Glockenspiel Tunes! Weekly Choir Rehearsals Music Festival
Year 3	Introducing the Recorder! Glockenspiel playing Weekly Choir Rehearsals. Harvest Festival.	Glockenspiels and Recorders! 2 Part Playing. Weekly Choir Rehearsals Christmas Concert Establish links with Thorn Springs Nursing Home with a view to Termly visits to school and performances. (Whole school...Ongoing)	3 Part Playing! Weekly Choir Rehearsals.	Solo's and Duets! Weekly Choir Rehearsals. Performance with KS1: "Noah: His Story" (TBA) Visit to Hadrian Academy TBA	Sharps and Flats! Weekly Choir Rehearsals.	Recorder and Glockenspiel Performers! Weekly Choir Rehearsals. Music Festival. Joint performance with Hadrian Academy (TBA)
Year 4	Learning to play the Ukelele. Weekly Choir Rehearsals. Harvest Festival.	2 Part Ukelele Playing. Weekly Choir Rehearsals. Christmas Concert Establish links with Thorn Springs Nursing Home with a view to Termly visits to school and performances. (Whole school...Ongoing)	Chord Structures and How to Play Them. Weekly Choir Rehearsals.	Ukelele Playing Using Major and Minor Chords. Weekly Choir Rehearsals. Performance with KS1: "Noah: His Story" (TBA) Visit to Hadrian Academy (TBA)	Rests and Frets! Weekly Choir Rehearsals.	Ukelele Performing! Weekly Choir Rehearsals. Music Festival. Joint performance with Hadrian Academy (TBA) KS2 Production: "Oh What A Knight!"

Year 5	Introducing the Keyboard. Weekly Choir Rehearsals. Harvest Festival.	Christmas Melodies on the Keyboard. Weekly Choir Rehearsals. Nine Lessons and Carols.	Two Part Playing in C & G (Keyboard) Weekly Choir Rehearsals	Sharps and Flats Solo's and Duets for Easter Weekly Choir Rehearsals Joint Performance with KS1: "Noah: His Story" (TBA) Choir visit to Hadrian Academy (TBA)	Octaves, Triads and Chords. Classroom Performances Weekly Choir Rehearsals	'We Are Performers' Weekly Choir Rehearsals. Music Festival. Performances/ Links within the Community KS2 Production: "OH! What a Knight" Joint performance with Hadrian Academy (TBA)
---------------	--	--	--	--	---	--

Year 6	Playing the Keyboard with 2 Hands Learning to Read Music in The Bass Clef. Weekly Choir Rehearsals. Harvest Festival.	Christmas Melodies on the Keyboard. Weekly Choir Rehearsals. Nine Lessons and Carols. Christmas Concert Establish links with Thorn Springs Nursing Home with a view to Termly visits to school and performances. (Whole school...Ongoing)	Scales and Chords! Sharps and Flats! Weekly Choir Rehearsals	Solo's and Duets for Easter Weekly Choir Rehearsals Performance with KS1: "Noah: His Story" (TBA) Choir visit to Hadrian Academy (TBA)	Learning to Compose Our Own Music for the Keyboard. Weekly Choir Rehearsals	We are Composers and Performers! Weekly Choir Rehearsals. Music Festival! KS2 Production: "OH! What a Knight" Joint performance with Hadrian Academy (TBA).
---------------	--	--	--	---	--	--

PTA		
Whole School Disco Christmas Fair - Raffle - Stalls - Craft - Games - Santa - Choir	Whole school movie and PJ evening - Movie - hot chocolate - Snacks	Whole school Summer Fair -raffle -stalls -games -activities -bouncy castle

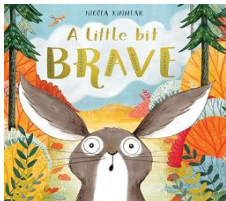
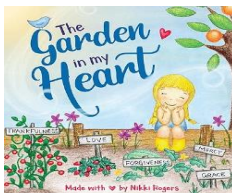
Thomas Whitehead Academy

Physical Education and Sport Curriculum Map 2024-2026

			Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
		EFYS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aut 1	Future Games	Ball Skills	Tennis (participate in individual and team games)	Tennis (participate in individual and team games)	Tennis (play competitive games)	Tennis (play competitive games)	Tennis (play competitive games)	Tennis (play competitive games)
	Teacher	Fundamentals Intro to PE	Fielding Games (participate in team games, developing simple tactics for attacking and defending)	Fielding Games (participate in team games, developing simple tactics for attacking and defending)	Dodgeball (play competitive games and apply basic principles suitable for attacking and defending)	Dodgeball (play competitive games and apply basic principles suitable for attacking and defending)	Tag Rugby (play competitive games and apply basic principles suitable for attacking and defending)	Tag Rugby (play competitive games and apply basic principles suitable for attacking and defending)
Aut 2	Future Games	Gymnastics	Hockey (participate in team games, developing simple tactics for attacking and defending)	Hockey (participate in team games, developing simple tactics for attacking and defending)	Hockey (play competitive games and apply basic principles suitable for attacking and defending)	Hockey (play competitive games and apply basic principles suitable for attacking and defending)	Hockey (play competitive games and apply basic principles suitable for attacking and defending)	Hockey (play competitive games and apply basic principles suitable for attacking and defending)
	Teacher	Fundamentals Multi-Skills	Story Time Dance (perform dances using simple movement patterns)	Ugly Bug Ball Dance (perform dances using simple movement patterns)	African Dance (perform dances using a range of movement patterns)	Line Dancing (perform dances using a range of movement patterns)	Bollywood Dancing (perform dances using a range of movement patterns)	Street Dance (perform dances using a range of movement patterns)
Spr 1	Future Games	Dance	Football (participate in team games, developing simple tactics for attacking and defending)	Football (participate in team games, developing simple tactics for attacking and defending)	Football (play competitive games and apply basic principles suitable for attacking and defending)	Football (play competitive games and apply basic principles suitable for attacking and defending)	Football (play competitive games and apply basic principles suitable for attacking and defending)	Football (play competitive games and apply basic principles suitable for attacking and defending)
	Teacher		Groovy Gymnastics (developing balance, agility and co-ordination)	Groovy Gymnastics (developing balance, agility and co-ordination)	Groovy Gymnastics (develop flexibility, strength, technique, control and balance)	Gym Sequences (develop flexibility, strength, technique, control and balance)	Gym Sequences (develop flexibility, strength, technique, control and balance)	Gym Sequences (develop flexibility, strength, technique, control and balance)
Spr 2	Future Games	Ball Skills	Basketball/Net ball (participate in team games, developing simple tactics for attacking and defending)	Basketball/Net ball (participate in team games, developing simple tactics for attacking and defending)	Basketball/Net ball (play competitive games and apply basic principles suitable for attacking and defending)	Basketball/Net ball (play competitive games and apply basic principles suitable for attacking and defending)	Basketball/Net ball (play competitive games and apply basic principles suitable for attacking and defending)	Basketball/Net ball (play competitive games and apply basic principles suitable for attacking and defending)

	Teacher	Fundamentals Gymnastics	Skip to the Beat (develop balance, agility and co-ordination)	Skip to the Beat (develop flexibility, strength, technique, control and balance)	Boxercise (develop flexibility, strength, technique, control and balance)	Boxercise (develop flexibility, strength, technique, control and balance)	Boot Camp (develop flexibility, strength, technique, control and balance)	Fitness Frenzy (develop flexibility, strength, technique, control and balance)
Sum 1	Future Games	Striking, net and wall games	Cricket (participate in team games, developing simple tactics for attacking and defending)	Cricket (participate in team games, developing simple tactics for attacking and defending)	Cricket (play competitive games and apply basic principles suitable for attacking and defending)	Cricket (play competitive games and apply basic principles suitable for attacking and defending)	Cricket (play competitive games and apply basic principles suitable for attacking and defending)	Cricket (play competitive games and apply basic principles suitable for attacking and defending)
	Teacher		Active Athletics (master basic movements including running, throwing and catching)	Active Athletics (master basic movements including running, throwing and catching)	Active Athletics (master basic movements including running, throwing and catching)	OAA (take part in outdoor and adventurous activity challenges both individually and within a team)	Swimming (swim competently, confidently and proficiently using a range of strokes over a distance of at least 25 metres and perform safe self-rescue in different water-based situations)	OAA (take part in outdoor and adventurous activity challenges both individually and within a team)
Sum 2	Future Games	Athletics	Athletics (master basic movements including running, throwing and catching)	Athletics (master basic movements including running, throwing and catching)	Athletics (use running, jumping and throwing in isolation and compare their performances and demonstrate improvement to achieve their best)	Athletics (use running, jumping and throwing in isolation and compare their performances and demonstrate improvement to achieve their best)	Athletics (use running, jumping and throwing in isolation and compare their performances and demonstrate improvement to achieve their best)	Athletics (use running, jumping and throwing in isolation and compare their performances and demonstrate improvement to achieve their best)
	Teacher		Rounders (play competitive games and apply basic tactics)	Rounders (play competitive games and apply basic tactics)	Rounders (play competitive games and apply basic tactics)	OAA (take part in outdoor and adventurous activity challenges both individually and within a team)	OAA (take part in outdoor and adventurous activity challenges both individually and within a team)	Swimming (swim competently, confidently and proficiently using a range of strokes over a distance of at least 25 metres and perform safe self-rescue in different water-based situations)

Personal Development Curriculum Overview: Early Years

	Autumn	Spring	Summer
Value	Perseverance	Respect	Hope
Whole School Shared Text			
Prime Areas of Development			
Personal, Social and Emotional Development	<u>Self-regulation</u> Children know and respond to rules and expectations of school Children remember and use the names of key adults in their setting. <u>Managing Self</u> Start to show resilience and perseverance in the face of challenge. Revisit oral hygiene. Learn to put on and take off outdoor clothes independently. <u>Building Relationships</u> Develop their sense of responsibility and membership of a community. Play with one or more other children, extending and elaborating play ideas. Resolving conflict with others.	<u>Self-regulation</u> Show resilience when met with challenge Identify and moderate their own feelings socially and emotionally. <u>Managing Self</u> Show resilience and perseverance in the face of challenge. See themselves as a valuable individual. <u>Building Relationships</u> Continue to build constructive and respectful relationships. Help to find solutions to conflicts. Express their feelings and consider the feelings of others.	<u>Self-regulation</u> Use strategies developed through 'Zones of Regulation' to regulate feelings Set and work towards simple goals. Show an understanding of their own feelings and those of others. Give focused attention to what the teacher says. <u>Managing Self</u> Explain the reasons for rules, know right from wrong and behave accordingly. Managing own basic hygiene and personal needs. Continuing to make healthy food choices when met with options. Celebrate achievements across the school year and thinking about oneself in a positive manner. <u>Building Relationships</u> Developing close personal friendships with a number of peers. Work and play cooperatively and take turns with others. Show sensitivity to their own and others' needs.

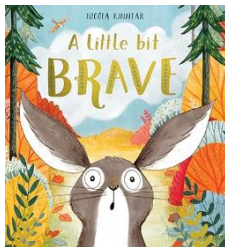
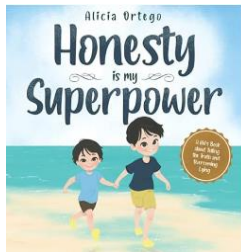
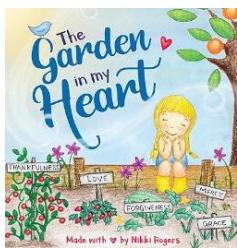
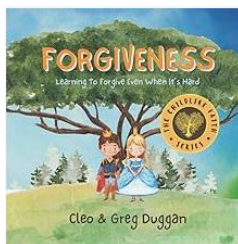
Communication and Language	<u>Listening, attention and understanding</u> Understand how to listen carefully and why listening is important. Engage in story times. Listen carefully to rhymes and songs. Engage in non-fiction books. <u>Speaking</u> Develop social phrases. Learn new vocabulary. Connect one idea to another using a range of connectives.	<u>Listening, attention and understanding</u> Learn a range of rhymes, poems and songs. Retell stories once they have built a deep familiarity with the text. Listen to and talk about selected non-fiction books. <u>Speaking</u> Use new vocabulary throughout the day. Articulate thoughts and ideas in well-formed sentences. Ask questions to find out more.	<u>Listening, attention and understanding</u> Hold a conversation when engaged in back and forth exchanges with their teacher and peers. Make comments about what they have heard and ask questions. Listen attentively and respond to what they hear with relevant comments and actions. <u>Speaking</u> Offer explanations for why things happen, make use of recently introduced vocabulary. Express their ideas and feelings about their experiences using full sentences.
Physical Development	<u>Health and safety</u> Develop the skills they need so they can manage the school day successfully. (lining up, meal times, personal hygiene) <u>Gross motor skills</u> Develop strength, balance and agility through gymnastics. Further develop and refine a range of ball skills during PE and outdoor play. <u>Fine motor skills</u>	<u>Health and safety</u> Know and talk about different factors that support health and wellbeing through Jigsaw programme and topic. <u>Gross motor skills</u> Progress towards a more fluent style of moving through dance. Confidently and safely use a range of large and small apparatus outside. <u>Fine motor skills</u> Use scissors to cut accurately around a shape.	<u>Health and safety</u> Know and talk about different factors that support health and wellbeing through PE and topic. <u>Gross motor skills</u> Taking part in school sports day- combine different movements. Revise and refine the fundamental movement skills they have already acquired. Develop core muscle strength through using the monkey bars.

	Using cutlery to feed themselves. Use a comfortable grip of the pencil and have good control – writing new phonemes and learning to write their name. Paint pictures of themselves and their family and friends.	Use a range of small tools including knife and fork for cutting food and eating. Use of garden tools. To draw and write with increasing control in their play.	<u>Fine motor skills</u> Hold a pencil and use to write phonemes and words through phonics and T4W. Accurate drawing of mini beasts, keeping a growing diary. Write a postcard. Use of tools and the woodwork bench.
--	---	---	---

Characteristics of Effective Learning		
Playing and exploring – bring their own interests and fascinations into early years settings. Make independent choices. Active learning – keep on trying when things are difficult. Take part in simple pretend play. Creating and thinking critically – take part in simple pretend play. Concentrate on achieving something that's important to them.	Playing and exploring – respond to new experiences that you bring to their attention. Active learning – show goal directed behaviour. Creating and thinking critically – know more so feel confident with coming up with their own ideas. Make more links between those ideas.	Playing and Exploring – plan and think ahead about how they will explore of play with objects. Active learning – use a range of strategies to reach a goal they have set themselves. Creating and thinking critically – review their progress as they try to achieve a goal. Check how well they are doing. Use pretend play to think beyond the “here and now” and to understand another perspective.
Outdoor Learning		
Playing group games and learning rules and turn taking. Role play fire fighters, police and paramedics. Friendship recipe in the mud kitchen. Making a house using crates and large construction.	Exploring winter and ice. Planting seeds and preparing the raised beds. Growing bean seeds – T4W. Puppets – exploring shadows on a sunny day. Retelling stories outside.	Maps and directional work. Road Safety. Bug hunting and habitats. Care of plants in the growing garden. Beach role play.

Art with Autumn finds – transitional art. Exploring the school grounds on an Autumn Walk. Learn about weather – kites on a windy day.	Use of crates to make a puppet theatre.	Explore our environment in comparison to another country. PE – Sports Practise on the field. Large water play.
JIGSAW - PSHE		
<u>Being Me In My World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and Responsibilities <u>Celebrating Difference</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself.	<u>Dreams and Goals</u> Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals <u>Health Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	<u>Relationships</u> Family life Friendships Breaking Friendships Falling out Dealing with bullying Being a god friend <u>Changing Me</u> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations

Personal Development Curriculum Overview: Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Value	Courage	Honesty	Thankfulness	Forgiveness	Nurture	Compassion
Whole School Shared Text						
PSHE Jigsaw	Being me in my World Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter Celebrating Difference Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone Internet Safety and Harms – Purple Mash Use technology safely and respectfully, keeping personal information private. Understand how to report content that makes us feel uncomfortable. Think u Know - Ceop		Dreams and Goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement Tackling new challenges Identifying and overcoming obstacles Feelings of success Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine and household safety Road safety Health and happiness		Relationships Belonging to a family Making friends/ being a good friend Physical contact preference People help us Qualities as a friend and person Self – acknowledgement Being a good friend to myself Celebrating special relationships Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies Linking growing and learning Coping with change Transition	

Citizenship

Our Wellbeing

Being me PSHE
Zones of regulation
Healthy eating – Summer DT topic

Our World

Children to make pinecone bird feeders
Creating windsocks to hang in the trees
– seasonal changes topic
Learning about the UK – Geography

Our Future

Children will take part in a dinosaur workshop. They will learn about Mary Anning and what a palaeontologist does.
Careers day – Whole School

Our Contribution

The children will donate a toy they no longer play with to give to a food/clothes bank or refugee charity. They will write a tag to accompany the toy with a message of hope for the new owner.
Partake in whole school fundraising.

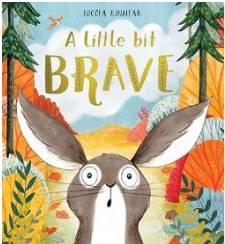
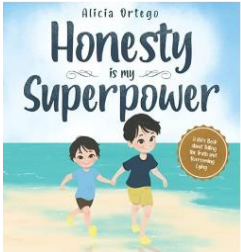
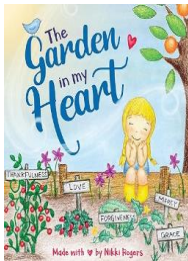
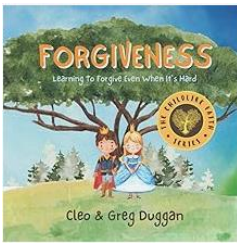
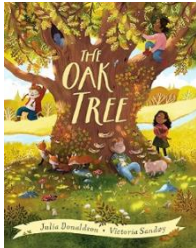
Our Cultures

Children learn about different cultures during PSHE – Celebrating difference.
Children partake in Black History Month - October

Our Community

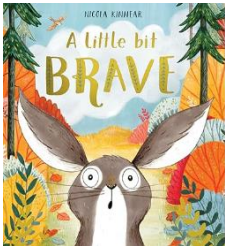
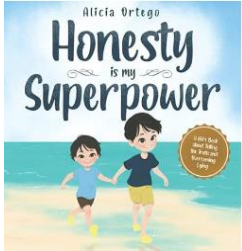
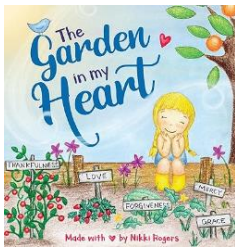
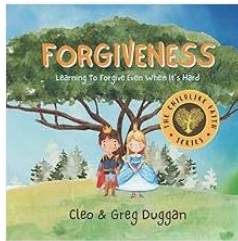
The children will volunteer to tidy and garden in the church grounds. They will plant a tree for future generations to appreciate.
Children to meet the Mayor and visit Houghton Hall during local study-Summer

Personal Development Curriculum Overview: Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Value	Courage	Honesty	Thankfulness	Forgiveness	Nurture	Compassion
Whole School Shared Text						
PSHE Jigsaw	Being me in my world Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Celebrating difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends Internet Safety and Harms – Purple Mash Use technology safely and respectfully, keeping personal information private. Understand how to report content that makes us feel uncomfortable. Inappropriate searches Think u Know - Ceop		Dreams and Goals Achieving realistic goals Perseverance Learning strengths Learning others Group co-operation Contributing to and sharing success Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food		Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Changing Me Life cycle in nature Growing from young to old Increasing independence Differences in female and male bodies Assertiveness Preparing for transition	

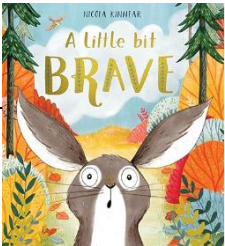
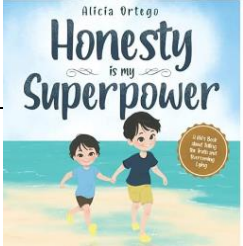
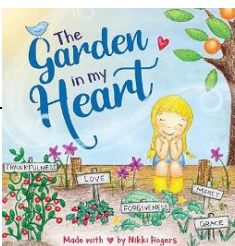
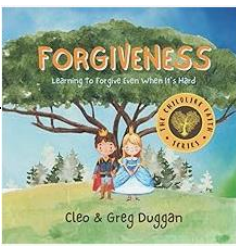
Citizenship				
Our Wellbeing Mindfulness sessions brain breaks Our World Children make a small habitat Partake in ECO Week Partake in Black History Month Sing sea shanties to the school during class assembly		Our Future Children will take part in a NASA at home Neil Armstrong Virtual tour. They will learn about different explorers based on their topic. Our Contribution The children will donate a toy they no longer play with to give to a food/clothes bank or refugee charity. They will write a tag to accompany the toy with a message of hope for the new owner.		Our Cultures The children will learn about different food from around the world and take part in creating a diverse and healthy menu Our Community The children will volunteer to tidy the reflection garden in the school grounds. They will plant vegetables in the garden and tend to the pond. = Science links Fire safety – fire brigade safety workshop

Personal Development Curriculum Overview: Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Value	Courage	Honesty	Thankfulness	Forgiveness	Nurture	Compassion
Whole School Shared Text						
PSHE - Jigsaw	Being me in my world Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives Celebrating difference Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Internet Safety and Harms –Use technology safety and responsibly, recognise acceptable and unacceptable behaviour online and how to report. CEOP – Think u know		Dreams and Goals Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and Enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing Feelings Simple budgeting Healthy Me Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it is important online and offline scenarios Respect for myself and other Healthy and safe choices		Relationships Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends Changing Me How babies grow Understanding a baby's needs	

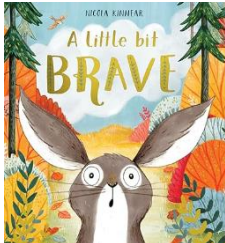
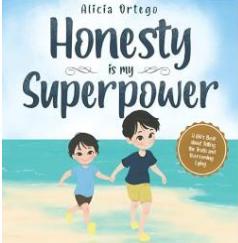
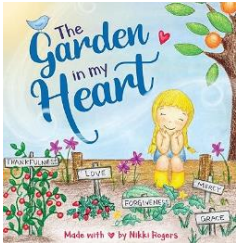
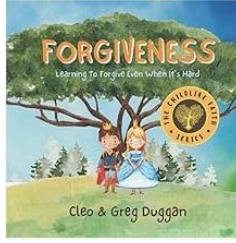
Citizenship		
Our Future Year 3 will be inviting parents into the classroom to learn about their dreams and goals. Partake in careers day Our Contribution Year 3 will be decorating and handing out Christmas cards to people in hope to spread community cheer	Our Culture Children will have a Spanish day to celebrate their learning Our Community Children will visit the Baptist Church and have a creative morning.	Our Wellbeing Year 3 to lead mindfulness activities to Year 2 PSHE – Healthy me Our World Children to plant a tree near our prayer garden for future generations to enjoy Children partake in Eco week

Personal Development Curriculum Overview: Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Value	Courage	Honesty	Thankfulness	Forgiveness	Nurture	Compassion
Whole School Shared Text						
PSHE - Jigsaw	Being me in my world Being part of a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Group decision-making Having a voice What motivates behaviour Celebrating Difference Challenging assumptions Judging by appearance Accepting self and others Understanding influencers Understanding bullying Problem-Solving Identifying how special and unique everyone is First impressions Internet Safety and Harms - Use technology safety and responsibly, recognise acceptable and unacceptable behaviour online and how to report Think u Know - Ceop		Dreams and Goals Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Healthy Me Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength		Relationships Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals Changing me Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change	

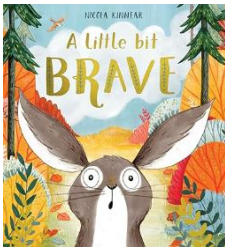
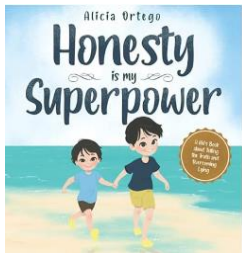
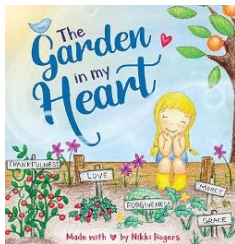
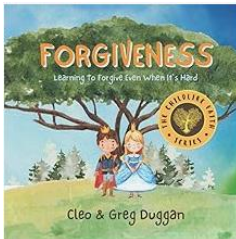
Citizenship		
Our Community Children to donate a toy in the lead up to Christmas	Our World Children to make a healthy snack as part of their DT unit and ask parents to come and taste them. Parents to make a donation to charity for a healthy snack	Our Contribution Visit to the zoo- Children to visit the zoo and create a video / leaflet to raise awareness for endangered animals
Our Cultures Children to experience a range of winter religious festivals to show respect and tolerance for them.	Our Well-Being Children to prioritise their wellbeing through an Easter themed afternoon in comfy clothes decorating eggs with an Easter movie.	Our Future Careers day – children to dress in or bring a representation of their desired career. They will then take part in a range of activities around careers

Personal Development Curriculum Overview: Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Value	Courage	Honesty	Thankfulness	Forgiveness	Nurture	Compassion
Whole School Shared Text						
PSHE - Jigsaw	Being me in my world Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating Celebrating Difference Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures Internet Safety and Harms - Use technology safely and responsibly, recognise acceptable and unacceptable behaviour online and how to report. Explore personal privacy and wellbeing Think u Know - Ceop		Dreams and Goals Future dreams The importance of money Jobs and careers Dream jobs and how to get there Goals in different cultures Supporting others (charity) Motivation Healthy Me Smoking Alcohol Anti-social behaviour Emergency aid Body image Relationship with food Healthy choices Motivation and behaviour		Relationships Self-recognition and self-worth Building self esteem Internet Safety and Harms Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules Changing Me Self and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition	

Citizenship		
Our Community Children to create signs around Houghton Regis to support the local community with positive messages – let your light shine	Our World Children to make soup as part of their DT unit and ask parents to come and taste it. Parents will be asked to make a donation to charity in return for a cup of soup.	Our Contribution Animal Shelter – Children to visit an animal shelter and create a video about them to raise awareness in collaboration with the shelter. Children to do some persuasive writing
Our Cultures Children to experience a range of winter religious festivals to show respect and tolerance for them. Diwali celebration. Black History Month	Our Well-Being Children to prioritise their wellbeing through an Easter themed afternoon in comfy clothes decorating eggs with an Easter movie.	Our Future Children to dress in or bring a representation of their desired career. Through role-play, they will explore the job further with small groups.

Personal Development Curriculum Overview: Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Value	Courage	Honesty	Thankfulness	Forgiveness	Nurture	Compassion
Whole School Shared Text						
PSHE-Jigsaw	Being me in my world Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-Social behaviour Role modelling Celebrating difference Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict Difference as celebration Empathy		Internet Safety and Harms - Use technology safely and responsibly, recognise acceptable and unacceptable behaviour online and how to report. Explore personal privacy and wellbeing Think u Know - Ceop Dreams and Goals Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments Healthy Me Taking personal responsibility How substances affect the body Exploitation including county lines And gang culture Emotional and mental health Managing stress		Relationships Mental health identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use Changing Me Self image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition	

Citizenship		
Our World Children to find out about WW1 and raise money during remembrance lead service for school and parents Our Cultures Children to experience a range of cultures living in a inter religious community to show respect, tolerance and compassion	Our Community Children to join the young voices community and sing songs from different cultures and countries Our Well-Being Children to prioritise their wellbeing through an Easter themed afternoon in comfy clothes decorating eggs with an Easter movie.	Our Contribution Refugee week – Collect unwanted toys and gifts to donate during refugee week Our Future Children to dress in or bring a representation of their desired career. Through role-play, they will explore the job further with small groups. Career work