

Personal Development Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Difference	Relationships	Dreams and Goals	Healthy Me	Changing Me
REC	Continuous Provision and Focus Group activities					
Y1	<ul style="list-style-type: none"> Special and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences Owning our Learning Charter 	<ul style="list-style-type: none"> The same as... Different from... What is 'bullying'? What do I do about bullying? Making new friends Celebrating Difference; Celebrating Me 	<ul style="list-style-type: none"> Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating my special relationships 	<ul style="list-style-type: none"> My Treasure Chest of Success Steps to Goals Achieving Together Stretchy Learning Overcoming Obstacles Celebrating my success . 	<ul style="list-style-type: none"> Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me 	<ul style="list-style-type: none"> Life cycles Changing me My changing body Boys and girls' bodies Learning and growing Coping with changes
Y2	<ul style="list-style-type: none"> Hope and Fears for the year Rights and Responsibilities Rewards and Feeling Proud (2 sessions) Our Learning Charter Owning our Learning Charter 	<ul style="list-style-type: none"> Boys and Girls (2 sessions) Why does bullying happen? Standing up for myself and others Making a new friend Celebrating difference and still being friends 	<ul style="list-style-type: none"> Families Keeping Safe – exploring physical contact Friends and Conflict Secrets Trust and Appreciation Celebrating my special relationships 	<ul style="list-style-type: none"> Goals to Success My Learning Strengths Learning with Others A group challenge Continuing Group challenge Celebrating our achievement . 	<ul style="list-style-type: none"> Being healthy Being relaxed Medicine safety Healthy eating (2 sessions) The healthy me café 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old The changing me Boys and girls' bodies Assertiveness Looking ahead
Y3	<ul style="list-style-type: none"> Getting to know each other Our Nightmare School Our Dream School Rewards and Consequences Our Learning Charter Owning our Learning Charter 	<ul style="list-style-type: none"> Families Family conflict Witness and feelings Witness and solution Words that harm Celebrating Difference: compliments 	<ul style="list-style-type: none"> Family Roles and Responsibilities Friendship Keeping Myself Safe Being a Global Citizen 1 Being a Global Citizen 2 Celebrating my web of relationships 	<ul style="list-style-type: none"> Dreams and Goals My Dreams and Ambitions A New Challenge Our New Challenge Our New Challenge – Overcoming Obstacles Celebrating My Learning. 	<ul style="list-style-type: none"> Being fit and healthy (2 sessions) What do I know about drugs? Being safe Being safe at home My amazing body 	<ul style="list-style-type: none"> How babies grow Babies and growing up Outside body changes Inside body changes Family stereotypes Looking ahead
Y4	<ul style="list-style-type: none"> Becoming a Class 'Team' 	<ul style="list-style-type: none"> Judging by appearances 	<ul style="list-style-type: none"> Relationship Web Love and Loss Memories 	<ul style="list-style-type: none"> Hopes and dreams Broken dreams 	<ul style="list-style-type: none"> My friends and me 	<ul style="list-style-type: none"> Unique me Having a baby

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	<ul style="list-style-type: none"> • Being a School Citizen • Rights, Responsibilities and Democracy • Rewards and Consequences • Our Learning Charter • Owning our Learning Charter 	<ul style="list-style-type: none"> • Understanding Influences • Understanding Bullying • Problem - Solving • Special Me • Celebrating Difference: how we look 	<ul style="list-style-type: none"> • Are animals special? • Special pets • Celebrating my relationships with People and Animals 	<ul style="list-style-type: none"> • Overcoming Disappointment • Creating New Dreams • Achieving Goals • We Did It! 	<ul style="list-style-type: none"> • Group dynamics • Smoking • Alcohol • Healthy friendships • Celebrating my inner strength and assertiveness 	<ul style="list-style-type: none"> • Girls and puberty (menstruation) – to be taught in single sex groups • Circles of change • Accepting change • Looking ahead
Y5	<ul style="list-style-type: none"> • My Year Ahead • Being Me in Britain • Year 5 Responsibilities • Rewards and Consequences • Our Learning Charter • Owning our Learning Charter 	<ul style="list-style-type: none"> • Different Cultures • Racism • Rumours and name-calling • Types of bullying • Does money matter? • Celebrating Difference: across the world 	<ul style="list-style-type: none"> • Recognising Me • Getting On and Falling Out • Girlfriends and Boyfriends (2 sessions) • Relationships and Technology (2 sessions) 	<ul style="list-style-type: none"> • When I Grow Up (My Dream Lifestyle) • Investigate Jobs and Careers • My Dream Job, Why I want it and the steps to get there. • Dreams and Goals of Young People in Other Cultures • How Can We Support Each Other? • Rallying Support 	<ul style="list-style-type: none"> • Smoking • Alcohol • Emergency aid • Body image • My relationship with food • Healthy me 	<ul style="list-style-type: none"> • Self and body image • Puberty for girls (single sex groups) • Puberty for boys (single sex groups) • Conception (single sex groups) • Looking ahead • Looking ahead to year 6
Y6	<ul style="list-style-type: none"> • My Year Ahead • Being a Global Citizen 1 • Being a Global Citizen 2 • The Learning Charter • Our Learning Charter • Owning our Learning Charter 	<ul style="list-style-type: none"> • Am I normal? • Understanding disability • Power struggles • Why bully? • Celebrating Difference (2 sessions) 	<ul style="list-style-type: none"> • My Relationship Web • Love and Loss 1 • Love and Loss 2 • Power and Control • Being safe with technology 1 • Being safe with technology 2 	<ul style="list-style-type: none"> • Personal Learning Goals • Steps to Success • My Dream For The World • Helping to Make a Difference (2 sessions) • Recognising Our Achievements 	<ul style="list-style-type: none"> • Food • Drugs • Alcohol • Emergency aid • Emotional and mental health • Managing stress 	<ul style="list-style-type: none"> • My self image • Puberty • Girl talk/boy talk (single sex groups) • Babies – conception to birth • Attraction • Transition to secondary school

All strands taken from the Jigsaw overview, for each unit in each half term. Jigsaw strands taken from PSHE (national framework DfEE 2000)