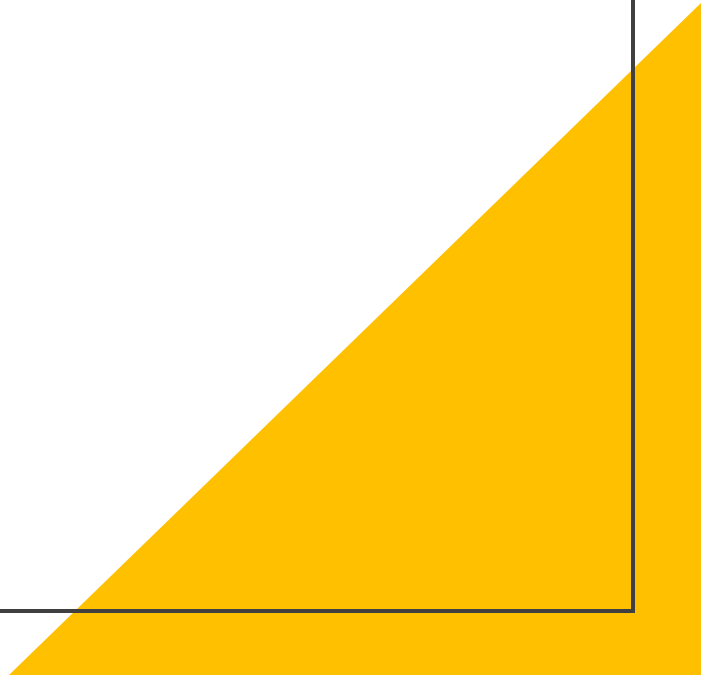


Personal Development Curriculum



Personal Development Curriculum Overview

Term		Autumn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Theme		Three Rs	RRR	Perseverance	RRR	Aiming High	RRR	Enquiry	RRR	Teamwork	RRR	Reflection
Pear Tree Pride Project		Trip/Event	Leadership		Personal Challenge		Arts and Culture		Sports		Community Action	
PSHE Matters Theme (includes statutory content for RHE)		Exploring Emotions Relationships	Bullying Matters Being Safe		Being Me Being Responsible		Difference & Diversity Money Matters		Being Healthy Drug Education		Growing Up Changes	
Equality and diversity	British Values	Mutual Respect	Individual Liberty		Individual Liberty		Tolerance		Democracy/ rule of law		Mutual Respect	
	Key events	Black History Month	Remembrance Day Children in Need Christmas Jumper Day		Holocaust Remembrance		World Book Day Sports Relief Comic Relief		International Roma Day		World Environment Day	
	Significant Others											
Well-Being Focus		Mindfulness	Gratitude: Being Thankful		Zones of regulation: Helping ourselves		Self - Care		Healthy Inside and Out		Learning New Skills	

PTJ Superhero Theme		Three R's		Autumn 1		PTJ Superhero Theme		Mindfulness	
	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6			
Year 3	<p>Wellbeing How can mindfulness help us?</p> <p>Relationships Getting to know each other. What makes me special?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships What types of different relationships are there?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships What do relationships need to grow?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Exploring Emotions What different emotions might we feel?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Exploring Emotions Who can I go to if I am feeling worried?</p>	<p>Wellbeing What mindfulness strategies have you learnt about this term?</p> <p>Exploring Emotions Circle of control</p>			
Year 4	<p>Wellbeing How can mindfulness help us?</p> <p>Relationships What makes us special?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships How can I make and maintain friends?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships How can my actions affect myself and others?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships What sort of physical contact is acceptable/unacceptable?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Exploring Emotions How can I help myself?</p>	<p>Wellbeing Re-cap of strategies</p> <p>Exploring Emotions Circle of control</p>			
Year 5	<p>Wellbeing How can mindfulness help us?</p> <p>Relationships How can operate as a successful team?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships What qualities does a good friend have?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships How can I resolve conflicts?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships What is the difference between a healthy and unhealthy relationship?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Exploring Emotions How can our brain impact our behaviour? Fight/fly/freeze</p>	<p>Wellbeing Re-cap of strategies</p> <p>Exploring Emotions How can I help myself? Circle of control</p>			
Year 6	<p>Wellbeing How can mindfulness help us?</p> <p>Relationships How can we work collaboratively and cooperatively?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships What makes us similar and different? Why is everyone still 'equal.'</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships What is a stereotype? How can I challenge stereotypes?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Relationships What different relationships may I have in the future? What is a healthy relationship?</p>	<p>Wellbeing Mindfulness strategies</p> <p>Exploring Emotions How can our brain impact our behaviour? Fight/fly/freeze</p>	<p>Wellbeing Re-cap of strategies</p> <p>How can I help myself? Circle of control</p>			

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Year 3	<p>Wellbeing How can taking some time to be grateful help us?</p> <p>Bullying matters What does the acronym STOP stand for at PTJS?</p>	<p>Wellbeing What are you thankful for?</p> <p>Bullying matters Scenarios- is this bullying?</p>	<p>Wellbeing Being thankful: Who helps us?</p> <p>Bullying matters What can we do to help if someone we know is being bullied?</p>	<p>Wellbeing What do you enjoy about being in class....?</p> <p>Being Safe How can we keep ourselves safe?</p>	<p>Wellbeing What do you like about living in Pear Tree?</p> <p>Being Safe The Green Cross Code</p>	<p>Wellbeing What have you enjoyed about this term?</p> <p>Being Safe What rules in school keep us safe?</p>
Year 4	<p>Wellbeing How can taking some time to be grateful help us?</p> <p>Bullying matters What does STOP stand for at PTJS?</p>	<p>Wellbeing What are you thankful for?</p> <p>Bullying matters Scenarios- is this bullying?</p>	<p>Wellbeing Being thankful: Who helps us?</p> <p>Bullying matters How can we help someone who is experiencing cyber bullying?</p>	<p>Wellbeing What do you enjoy about being in class....?</p> <p>Being Safe What hazards exist outside of school?</p>	<p>Wellbeing What do you like about living in Pear Tree?</p> <p>Being Safe Safety scenarios</p>	<p>Wellbeing What have you enjoyed about this term?</p> <p>Being Safe What is privacy? How can it keep us safe?</p>
Year 5	<p>Wellbeing How can taking some time to be grateful help us?</p> <p>Bullying matters What does STOP stand for at PTJS?</p>	<p>Wellbeing What are you thankful for?</p> <p>Bullying matters Scenarios- is this bullying?</p>	<p>Wellbeing Being thankful: Who helps us?</p> <p>Bullying matters What does discrimination mean?</p>	<p>Wellbeing What do you enjoy about being in class....?</p> <p>Being Safe How can we keep ourselves safe in the community?</p>	<p>Wellbeing What do you like about living in Pear Tree?</p> <p>Being Safe Safety scenarios</p>	<p>Wellbeing What have you enjoyed about this term?</p> <p>Being Safe How can we keep safe online?</p>
Year 6	<p>Wellbeing How can taking some time to be grateful help us?</p> <p>Bullying matters What does STOP stand for at PTJS?</p>	<p>Wellbeing What are you thankful for?</p> <p>Bullying matters Scenarios- is this bullying?</p>	<p>Wellbeing Being thankful: Who helps us?</p> <p>Bullying matters What different types of bullying or abuse might people face?</p>	<p>Wellbeing What do you enjoy about being in class....?</p> <p>Being Safe How can we keep ourselves safe in the community?</p>	<p>Wellbeing What do you like about living in Pear Tree?</p> <p>Being Safe Safety scenarios</p>	<p>Wellbeing What have you enjoyed about this term?</p> <p>Being Safe What is emotional and physical safety?</p>

Spring 1

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Year 3	<p>Wellbeing (Zones of regulation) How might you feel if you are in the green zone?</p> <p>Being Me What makes me, me? Exploring identity.</p>	<p>Wellbeing How can you keep yourself in the green zone?</p> <p>Being Me What differences can we celebrate in our class? Exploring Identity</p>	<p>Wellbeing How might you feel if you are in the red zone?</p> <p>Being Responsible What responsibilities do I have in school and in the community?</p>	<p>Wellbeing How can you help yourself out of the red zone?</p> <p>Being Responsible How can I help the environment?</p>	<p>Wellbeing Yellow Zone feelings</p> <p>Being Responsible What is the difference between a right or responsibility?</p>	<p>Wellbeing Blue Zones Feelings</p> <p>Being Responsible What do we need to live successfully in a community?</p>
Year 4	<p>Wellbeing How might you feel if you are in the green zone?</p> <p>Being Me What makes you, you? Exploring identity.</p>	<p>Wellbeing How can you keep yourself in the green zone?</p> <p>Being Me What makes us all unique? Exploring Identity</p>	<p>Wellbeing How might you feel if you are in the red zone?</p> <p>Being Me Belonging? Which groups/teams do we belong to?</p>	<p>Wellbeing How can you help yourself out of the red zone?</p> <p>Being Responsible What rights and responsibilities do you have as a child?</p>	<p>Wellbeing Yellow Zone Feelings</p> <p>Being Responsible What does the word parliament mean? What does Parliament do?</p>	<p>Wellbeing Blue Zones Feelings</p> <p>Being Responsible What responsibility do we have for the environment?</p>
Year 5	<p>Wellbeing How might you feel if you are in the green zone?</p> <p>Being Me What makes you, you? - Personality - Attitudes - Interests - Culture/Beliefs</p>	<p>Wellbeing How can you keep yourself in the green zone?</p> <p>Being Me What makes a school? What makes you proud of your school?</p>	<p>Wellbeing How might you feel if you are in the red zone?</p> <p>Being Me What does the word community mean? What makes you proud of your community?</p>	<p>Wellbeing How can you help yourself out of the red zone?</p> <p>Being Responsible What rights and responsibilities do you have as a child?</p>	<p>Wellbeing Yellow Zone Feelings</p> <p>Being Responsible What is a community? What might be needed to set up a new community?</p>	<p>Wellbeing Blue Zones Feelings</p> <p>Being Responsible What are rules and why are rules important?</p>
Year 6	<p>Wellbeing How might you feel if you are in the green zone?</p> <p>Being Me What makes you, you? - Personality - Attitudes - Interests - Culture/Beliefs</p>	<p>Wellbeing How can you keep yourself in the green zone?</p> <p>Being Me Celebrating similarities and differences (race, gender, interests, style, beliefs, personality, aspirations) (Similar but different)</p>	<p>Wellbeing How might you feel if you are in the red zone?</p> <p>Being Me What does the word community mean? What makes you proud of your community?</p>	<p>Wellbeing How can you help yourself out of the red zone?</p> <p>Being Responsible What rights and responsibilities do you have as a child?</p>	<p>Wellbeing Yellow Zone Feelings</p> <p>Being Responsible What is a community? What might be needed to set up a new community?</p>	<p>Wellbeing Yellow Zone Feelings</p> <p>Being Responsible What are decisions and what decisions are you responsible for?</p>

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Year 3	<p>Wellbeing How do you take care of yourself?</p> <p>Difference and Diversity What does the word family mean? Create a family portrait.</p>	<p>Wellbeing How can you take care of yourself even better?</p> <p>Difference and Diversity What makes us all similar? What makes us different?</p>	<p>Wellbeing How can mindfulness help you?</p> <p>Difference and Diversity What does it mean to be treated equally? Present scenarios</p>	<p>Wellbeing Practice Mindfulness strategies</p> <p>Money Matters Where does money come from? How do people get money?</p>	<p>Wellbeing Practice Mindfulness strategies</p> <p>Money Matters What is the difference between a want and a need?</p>	<p>Wellbeing Why is self care important?</p> <p>Money Matters What could you do with £10?</p>
Year 4	<p>Wellbeing How do you take care of yourself?</p> <p>Difference and Diversity What does the word family mean? Create a family portrait.</p>	<p>Wellbeing How can you take care of yourself even better?</p> <p>Difference and Diversity What does it mean to be treated equally? Present scenarios</p>	<p>Wellbeing How can mindfulness help you?</p> <p>Difference and Diversity What different types of discrimination are there? What do these words mean?</p>	<p>Wellbeing Re-cap mindfulness techniques.</p> <p>Money Matters Where does money come from? How do people get money?</p>	<p>Wellbeing Re-cap mindfulness techniques.</p> <p>Money Matters What do these money related words mean?</p>	<p>Wellbeing Why is self care important?</p> <p>Money Matters What could you do with £50?</p>
Year 5	<p>Wellbeing How do you take care of yourself?</p> <p>Difference and Diversity What groups do you belong to?</p>	<p>Wellbeing How can you take care of yourself even better?</p> <p>Difference and Diversity What makes up a person's identity?</p>	<p>Wellbeing How can mindfulness help you?</p> <p>Difference and Diversity What does gender stereotyping mean?</p>	<p>Wellbeing Re-cap Mindfulness strategies</p> <p>Money Matters What is the point of having a job? What opportunities are available to you in the future?</p>	<p>Wellbeing Re-cap mindfulness techniques.</p> <p>Money Matters Why is saving for the future important?</p>	<p>Wellbeing Why is self care important?</p> <p>Money Matters What could you do with £100?</p>
Year 6	<p>Wellbeing How do you take care of yourself?</p> <p>Difference and Diversity What groups do you belong to?</p>	<p>Wellbeing How can you take care of yourself even better?</p> <p>Difference and Diversity What makes up a person's identity?</p>	<p>Wellbeing How can mindfulness help you?</p> <p>Difference and Diversity Language of discrimination</p>	<p>Wellbeing</p> <p>Money Matters What is the point of having a job? What opportunities are available to you in the future?</p>	<p>Wellbeing Re-cap mindfulness techniques.</p> <p>Money Matters Why is saving for the future important?</p>	<p>Wellbeing Why is self care important?</p> <p>Money Matters What could you do with £1000?</p>

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Year 3	<p>Wellbeing What does being healthy mean?</p> <p>Being Healthy What is the purpose of food?</p>	<p>Wellbeing What do you need to stay physically healthy?</p> <p>Being Healthy Why is a balanced diet important?</p>	<p>Wellbeing How can you help yourself to stay mentally healthy?</p> <p>Being Healthy What is mental health?</p>	<p>Wellbeing Why is good sleep hygiene important?</p> <p>Drug Education What symptoms might you feel if you are feeling unwell? How can medicines help you?</p>	<p>Wellbeing How can exercise help you?</p> <p>Drug Education Why can we use medicines safely?</p>	<p>Wellbeing What habits do you need to practice to stay healthy?</p> <p>Drug Education Drug safety scenarios</p>
Year 4	<p>Wellbeing What does being healthy mean?</p> <p>Being Healthy What is the purpose of food? Why is a balanced diet important?</p>	<p>Wellbeing What do you need to stay physically healthy?</p> <p>Being Healthy What is mental health?</p>	<p>Wellbeing How can you help yourself to stay mentally healthy?</p> <p>Being Healthy What are the 5 ways to Wellbeing?</p>	<p>Wellbeing Why is good sleep hygiene important?</p> <p>Drug Education Harmful substances(p26) How can these substances cause harm?</p>	<p>Wellbeing How can exercise help you?</p> <p>Drug Education How can we use medicines safely?</p>	<p>Wellbeing What habits do you need to practice to stay healthy?</p> <p>Drug Education Drug safety scenarios</p>
Year 5	<p>Wellbeing What does being healthy mean?</p> <p>Being Healthy How can you keep healthy?</p>	<p>Wellbeing What do you need to stay physically healthy?</p> <p>Being Healthy What would a healthy school look like?</p>	<p>Wellbeing How can you help yourself to stay mentally healthy?</p> <p>Being Healthy How can you be healthier with your food choices?</p>	<p>Wellbeing Why is good sleep hygiene important?</p> <p>Being Healthy What are the pros and cons of using technology?</p>	<p>Wellbeing How can exercise help you?</p> <p>Drug Education What are the differences between medicines and drugs and what risks do they come with?</p>	<p>Wellbeing What habits do you need to practice to stay healthy?</p> <p>Drug Education Drug safety scenarios</p>
Year 6	<p>Wellbeing What does being healthy mean?</p> <p>Being Healthy How do you keep healthy?</p>	<p>Wellbeing What do you need to stay physically healthy?</p> <p>Being Healthy What are the benefits of eating healthy?</p>	<p>Wellbeing How can you help yourself to stay mentally healthy?</p> <p>Being Healthy How can you be healthier with your food choices?</p>	<p>Wellbeing Why is good sleep hygiene important?</p> <p>Being Healthy What are the pros and cons of using technology?</p>	<p>Wellbeing How can exercise help you?</p> <p>Drug Education What are the differences between medicines and drugs and what risks do they come with?</p>	<p>Wellbeing What habits do you need to practice to stay healthy?</p> <p>Drug Education Drug safety scenarios</p>

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Year 3	<p>Wellbeing Re-cap the Five Ways to Wellbeing.</p> <p>Growing Up What does the acronym PANTS stand for?</p>	<p>Wellbeing What new skills have you learnt this year?</p> <p>Growing Up What is the difference between a secret and a surprise?</p>	<p>Wellbeing What new skills would you like to learn in the future?</p> <p>Growing Up What new skills have you learnt in your life so far? Timeline of significant events.</p>	<p>Wellbeing What has made you happy this year?</p> <p>Changes What changes might we experience during our time at PTJS?</p>	<p>Wellbeing How have you taken care of your wellbeing this year?</p> <p>Changes What different emotions might we experiences when things change?</p>	<p>Wellbeing What strategies will you continue to use and what new strategies could you try next year?</p> <p>Changes How can we support others with their feelings?</p>
Year 4	<p>Wellbeing Re-cap the Five Ways to Wellbeing.</p> <p>Growing Up What is a healthy relationship/friendship?</p>	<p>Wellbeing What new skills have you learnt this year?</p> <p>Growing Up How can we take care of ourselves as we are growing up?</p>	<p>Wellbeing What new skills have you learnt this year?</p> <p>Growing Up What makes a person attractive?</p>	<p>Wellbeing What has made you happy this year?</p> <p>Changes What changes might we experience during our time at PTJS?</p>	<p>Wellbeing How have you kept healthy this year?</p> <p>Changes What different emotions might we experiences when things change?</p>	<p>Wellbeing What strategies will you continue to use and what new strategies could you try next year?</p> <p>Changes Scenarios that involve loss</p>
Year 5	<p>Wellbeing Re-cap the Five Ways to Wellbeing.</p> <p>Growing Up What does puberty mean? What physical and emotional changes might you go through as you get older?</p>	<p>Wellbeing How can learning new skills help your wellbeing?</p> <p>Growing Up How can we take care of ourselves as we are goring up?</p>	<p>Wellbeing What new skills have you learnt this year?</p> <p>Growing Up Why do magazines and adverts use airbrushing techniques? What are filters?</p>	<p>Wellbeing What new skills would you like to learn in the future?</p> <p>Changes What different emotions might we experiences when things change?</p>	<p>Wellbeing How have you taken care of your wellbeing this year?</p> <p>Changes How can we regulate our emotions?</p>	<p>Wellbeing What strategies will you continue to use and what new strategies could you try next year?#</p> <p>Changes Changes scenarios</p>
Year 6	<p>Wellbeing Re-cap the Five Ways to Wellbeing.</p> <p>Growing Up What does puberty mean? What physical and emotional changes might you go through as you get older?</p>	<p>Wellbeing How can learning new skills help your wellbeing?</p> <p>Growing Up How can we take care of ourselves as we are goring up?</p>	<p>Wellbeing What new skills have you learnt this year?</p> <p>Growing Up Why do magazines and adverts use airbrushing techniques? What are filters?</p>	<p>Wellbeing What new skills would you like to learn in the future?</p> <p>Changes What would you like to remember about your time at Primary School?</p>	<p>Wellbeing How have you taken care of your wellbeing this year?</p> <p>Changes What thoughts do you have about starting secondary school?</p>	<p>Wellbeing What strategies will you continue to use and what new strategies could you try next year?</p> <p>Changes Problem solving activity at secondary school</p>