



Personal Development Curriculum



Personal Development at Sir Alexander Fleming Nursery and Primary School is a combination of PSHE, RSHE, RE, History, British Values, SMSC and the Protected characteristics.

Aims

- To support the wider growth of pupils and to develop their characters
 - Become responsible citizens
- Become responsible, respectful, thoughtful and active citizens who know how to engage in society.
 - Know the difference between right and wrong.
- Have the knowledge and respect for different faiths, feelings and values.
 - Enhance the pupils' spiritual, moral, social and cultural development.
- Create an environment where children feel safe and where bullying, harassment, discrimination etc is not tolerated.
 - Know how to keep themselves safe online and offline.
- Understand protected characteristics, promoting equality and diversity.
 - Be prepared for their adult lives and next steps in learning.

	Being me in my world	Celebrating Difference (incl bullying)	Dreams and Goals	Healthy Me	Relationships	Changing Me (including sex education)	Computers & Online Safety	Our World
Nursery	<p>Jigsaw covers: Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p> <p>Role Play: Dentists Dentist visit to school</p> <p>Supervised toothbrushing</p>  <p>Mental Health</p>	<p>Jigsaw covers: Identifying talents Being special Families Where we live Making friends Standing up for yourself</p> <p>Role Play: Hairdressers Hairdresser visit to school</p> <p>Small World: A variety of people/ characters showing all the protected characteristics.</p> <p>Literature showing a variety of people, cultures and ways of living; home corner and emotions tent.</p>  	<p>Jigsaw covers: Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p> <p>Role Play: Police Station PCSOs visit to school</p>	<p>Jigsaw covers: Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p> <p>Squiggle while you wiggle!</p> <p>Shared snack time</p>	<p>Jigsaw covers: Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p> 	<p>Jigsaw covers: Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p> <p>Role Play: Doctors</p> <p>Celebrations: Mother's Day, Father's Day, Christmas, Easter, Eid, Diwali</p>	<p>Grown-ups must know when I am using a computer or tablet in order to keep me safe.</p> <p>ESafety –EVOLVE® Smartie the penguin puppet.</p> <p>ESafety –EVOLVE® Smartie the penguin puppet.</p>	<p>Resources in Nursery allow subtle immersion into the world of protected characteristics e.g. big button phones, remote controls, dolls with hearing aids, downs syndrome dolls, black afro wigs, braille signs, black and brown dolls.</p>  <p>Weekly Outdoor Learning – Forest School</p>  <p>Caring for pets project; visit from the RSPCA Visit to the farm; sustainability.</p> <p>Charitable Events</p>

Jigsaw covers:
 Feeling special and safe
 Being part of a class
 Rights and responsibilities
 Rewards and feeling proud
 Consequences
 Owing the Learning Charter

Jigsaw covers:
 Similarities and differences
 Understanding bullying and knowing how to deal with it
 Making new friends
 Celebrating the differences in everyone

Jigsaw covers:
 Setting goals
 Identifying successes and achievements
 Learning styles
 Working well and celebrating achievement with a partner
 Tackling new challenges
 Identifying and overcoming obstacles
 Feelings of success

Jigsaw covers:
 Keeping myself healthy
 Healthier lifestyle choices
 Keeping clean
 Being safe
 Medicine
 safety/safety with household items
 Road safety
 Linking health and happiness

Jigsaw covers:
 Belonging to a family
 Making friends/being a good friend
 Physical contact preferences
 People who help us
 Qualities as a friend and person
 Self-acknowledgement
 Being a good friend to myself
 Celebrating special relationships

Jigsaw covers:
 Life cycles – animal and human
 Changes in me
 Changes since being a baby
 Differences between female and male bodies (correct terminology)
 Linking growing and learning
 Coping with change
 Transition

I know that technology must be used safely. I know that a grown-up must know if I am using technology. I know I can communicate using technology.

ESafety - EVOLVE[®]

In open door there is access to resources in Nursery allow subtle immersion into the world of protected characteristics e.g. big button phones, dolls with hearing aids, downs syndrome dolls, black afro wigs, braille signs, black and brown dolls.

Role Play: Dentists

Dentist visit to school

***Brush teeth everyday in class**



Mental Health

Role Play: Hairdressers

Hairdresser visit to school



Role Play: Police Station

PCSOs visit to school



Celebrations:
 Mother's Day,
 Father's Day,
 Christmas, Easter,
 Eid, Diwali

Online Safety Day – February 2024



Weekly Outdoor Learning – Forest School



Charitable Events

Jigsaw covers:
 Hopes and fears for the year
 Rights and responsibilities
 Rewards and consequences
 Safe and fair learning environment
 Valuing contributions
 Choices
 Recognising feelings

Mental Health



Jigsaw covers:
 Assumptions and stereotypes about gender
 Understanding bullying
 Standing up for self and others
 Making new friends
 Gender diversity
 Celebrating difference and remaining friends



Celebrations:
 Mother's Day,
 Father's Day,
 Christmas, Easter,
 Eid, Diwali

Jigsaw covers:
 Achieving realistic goals
 Perseverance
 Learning strengths
 Learning with others
 Group co-operation
 Contributing to and sharing success

elections and voting



Jigsaw covers:
 Motivation
 Healthier choices
 Relaxation
 Healthy eating and nutrition
 Healthier snacks and sharing food

Eatwell Project



Jigsaw covers:
 Different types of family
 Physical contact boundaries
 Friendship and conflict
 Secrets
 Trust and appreciation
 Expressing appreciation for special relationships



Celebrations:
 Mother's Day,
 Father's Day,
 Christmas, Easter,
 Eid, Diwali

Jigsaw covers:
 Life cycles in nature
 Growing from young to old
 Increasing independence
 Differences in female and male bodies (correct terminology)
 Assertiveness
 Preparing for transition

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Privacy and security
 Online reputation
 Online relationships
 Online bullying
 Managing online info
 Health well-being and lifestyle
 Copyright and ownership
 Self-image and identity

Online Safety Day – February 2024

ECadet Assemblies – half termly

Assemblies – Themed Days to cover National and International events link to British Values / Protected Characteristics

Reading Assembly – Equality and Diversity through texts

British Values / Protected Characteristics
 (see assembly plan)



Weekly Outdoor Learning – Forest School



Charitable Events

Jigsaw covers:
 Setting personal goals
 Self-identity and worth
 Positivity in challenges
 Rules, rights and responsibilities
 Rewards and consequences
 Responsible choices
 Seeing things from others' perspectives



Jigsaw covers:
 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 compliment



Jigsaw covers:
 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



Jigsaw covers:
 Exercise Fitness challenges
 Food labelling and healthy swaps
 Attitudes towards drugs
 Keeping safe and why it's important online and off line scenarios
 Respect for myself and others
 Healthy and safe choices



Jigsaw covers:
 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



Celebrations:
 Mother's Day,
 Father's Day,
 Christmas, Easter,
 Eid, Diwali

Jigsaw covers:
 How babies grow
 Understanding a baby's needs
 Outside body changes
 Inside body changes
 Family stereotypes
 Challenging my ideas
 Preparing for transition

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 (see assembly plan)



Weekly Outdoor Learning – Forest School



Charitable Events

Jigsaw covers:
 Setting personal goals
 Self-identity and worth
 Positivity in challenges
 Rules, rights and responsibilities
 Rewards and consequences
 Responsible choices
 Seeing things from others' perspectives

Mental Health



Jigsaw covers:
 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



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 Managing feelings
 Simple budgeting

elections and voting



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 Exercise
 Fitness challenges
 Food labelling and healthy swaps
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 Inside body changes
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 Challenging my ideas
 Preparing for transition

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 (see assembly plan)



Fortnightly Outdoor Learning – Forest School



Charitable Events

Jigsaw covers:
 Being part of a class team
 Being a school citizen
 Rights, responsibilities and democracy (school council)
 Rewards and consequences
 Group decision-making
 Having a voice
 What motivates behaviour

Mental Health



Jigsaw covers:
 Challenging assumptions
 Judging by appearance
 Accepting self and others
 Understanding influences
 Understanding bullying
 Problem-solving
 Identifying how special and unique everyone is
 First impressions



Jigsaw covers:
 Hopes and dreams
 Overcoming disappointment
 Creating new, realistic dreams
 Achieving goals
 Working in a group
 Celebrating contributions
 Resilience
 Positive attitudes

elections and voting



Jigsaw covers:
 Healthier friendships
 Group dynamics
 Smoking
 Alcohol
 Assertiveness
 Peer pressure
 Celebrating inner strength

Let's Dine Let's Dine eatwell
Eatwell Project

Jigsaw covers:
 Jealousy
 Love and loss
 Memories of loved ones
 Getting on and Falling Out
 Girlfriends and boyfriends
 Showing appreciation to people and animals



Celebrations:
 Mother's Day,
 Father's Day,
 Christmas, Easter,
 Eid, Diwali

Jigsaw covers:
 Being unique
 Having a baby
 Girls and puberty
 Confidence in change
 Accepting change
 Preparing for transition
 Environmental change

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Online Safety Day – February 2024

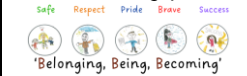
ECadet Assemblies – half termly

Quality texts within class:
The boy at the back of the class / visit to Wolverhampton Grand Theatre

Assemblies – Themed Days to cover National and International events link to British Values / Protected Characteristics

Reading Assembly – Equality and Diversity
 pink texts
British Values / Protected Characteristics

(see assembly plan)



Fortnightly Outdoor Learning – Forest School



Charitable Events

Jigsaw covers:
 Planning the forthcoming year
 Being a citizen
 Rights and responsibilities
 Rewards and consequences
 How behaviour affects groups
 Democracy, having a voice, participating



Mental Health

Jigsaw covers:
 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



Celebrations:
 Mother's Day,
 Father's Day,
 Christmas, Easter,
 Eid, Diwali

Jigsaw covers:
 Future dreams
 The importance of money
 Jobs and careers
 Dream job and how to get there
 Goals in different cultures
 Supporting others (charity)
 Motivation



elections and voting



elections and voting

Jigsaw covers:
 Smoking, including vaping
 Alcohol
 Alcohol and anti-social behaviour
 Emergency aid
 Body image
 Relationships with food
 Healthy choices
 Motivation and behaviour



Jigsaw covers:
 Self-recognition and self-worth
 Building self-esteem
 Safer online communities
 Rights and responsibilities online
 Online gaming and gambling
 Reducing screen time
 Dangers of online grooming
 SMART internet safety rules



Loudmouth workshop addresses healthy relationships (from grooming and county lines to domestic abuse)



Jigsaw covers:
 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

CRUCIAL CREW - provides a rich, real-life scenarios

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Online Safety Day – February 2024

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Reading Assembly – Equality and Diversity through texts

British Values / Protected Characteristics
 (see assembly plan)



Fortnightly Outdoor Learning – Forest School



Charitable Events

Jigsaw covers:
 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



Mental Health

Jigsaw covers:
 Perceptions of normality
 Understanding disability
 Power struggles
 Understanding bullying
 Inclusion/exclusion
 Differences as conflict, difference as celebration
 Empathy



Celebrations:
 Mother’s Day,
 Father’s Day,
 Christmas, Easter,
 Eid, Diwali

Jigsaw covers:
 Personal learning goals, in and out of school
 Success criteria
 Emotions in success
 Making a difference in the world
 Motivation
 Recognising achievements
 Compliments



elections and voting



elections and voting

Jigsaw covers:
 Taking personal responsibility
 How substances affect the body
 Exploitation, including ‘county lines’ and gang culture
 Emotional and mental health
 Managing stress



Eatwell Project

STAR PROJECT - PCSO Jolly

Jigsaw covers:
 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



Loudmouth workshop addresses healthy relationships (from grooming and county lines to domestic abuse)



Jigsaw covers:
 Self-image
 Body image
 Puberty and feelings
 Conception to birth
 Reflections about change
 Physical attraction
 Respect and consent
 Boyfriends/girlfriends
 Sexting
 Transition

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Charitable Events