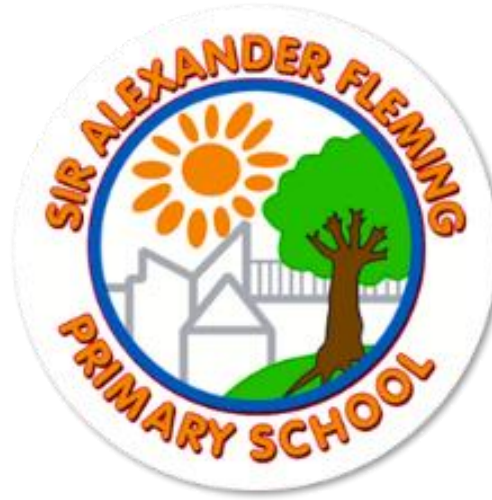


Personal Development Curriculum



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.

	Self-regulation: My feelings	Building relationships : special relationships	Managing self: Taking on challenges	Self-regulation: Listening and following instructions	Building relationships: My family and friends	Managing Self: My wellbeing	Computers & Online Safety	Our World
Nursery	<p>Role Play: Dentists Dentist visit to school</p> <p>Supervised toothbrushing</p>  <p>Mental Health</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>Role Play: Police Station PCSOs visit to school</p>	<p>Squiggle while you wiggle!</p> <p>Shared snack time</p>		<p>Role Play: Doctors</p> <p>Celebrations: Mother's Day, Father's Day, Christmas, Easter, Eid, Diwali</p>	<p>ESafety –EVOLVE® Smartie the penguin puppet.</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>Safe Respect Pride Brave Success "Belonging, Being, Becoming"</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> <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>

Kapow covers:
To explore and understand their feelings, identify when they may be feeling something, and begin learning how to communicate and cope with their feelings and emotions.

**Role Play:
Dentists**

Dentist visit to school

***Brush teeth everyday in class**



Mental Health

Kapow covers:
to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.

**Role Play:
Hairdressers**

Hairdresser visit to school



Kapow covers:
understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and to learn new skills that will help them show resilience and perseverance in the face of challenge.

Role Play: Police Station

PCSOs visit to school

Kapow covers:
Learn why it is important to be an honest, thoughtful and resilient active listener who can respond to instructions and how they can become one.

Kapow covers:
learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one another.



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

Kapow covers:
learn how to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.

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[®]

**Online Safety Day
– February 2024**










In open door there is access to 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.



Weekly Outdoor Learning – Forest School



Charitable Events

	Family and Relationships	Health and Wellbeing	Safety and the changing body	Citizenship	Economic wellbeing	Computers & Online Safety	Our World
Year 1	<p>Kapow covers: How families can be different, the characteristics and impact of positive friendships; learning that issues can be overcome, people show feelings differently and that stereotyping is unfair</p>  <p>Celebrations: Mother's Day, Father's Day, Christmas, Easter, Eid, Diwali</p>	<p>Kapow covers: Exploring personal qualities, strategies to manage feelings, the impact of sleep and relaxation on wellbeing, the importance of hand washing and sun protection, identifying and dealing with allergic reactions, people in the community who keep us healthy</p>  <p>Mental Health</p>    <p>Eatwell Project</p>	<p>Kapow covers: to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe</p> <p>Personal Development Assemblies</p>	<p>Kapow covers: the importance of rules and consequences of not following them; caring for the needs of babies, young children and animals; exploring our similarities and differences and an introduction to democracy</p> <p>elections and voting</p>  <p>Pupil Committees represented: School council Safeguarding Board Digital Leaders Science Technicians Reading Ambassadors Maths Ambassadors RE panel Writing Club</p>	<p>Kapow covers: about a range of money and bank functions including cash safety, spending, saving and jobs.</p> <p>Fundraising Activities</p>	<p>PROJECT EVOLVE[®] Search and Access Resources ▶ Year Group ProjectEVOLVE</p>  <p>Privacy and security Online reputation Online relationships Online bullying Managing online info Health well-being and lifestyle Copyright and ownership Self-image and identity</p> <p>Online Safety Day – February 2024</p> <p>ECadet Assemblies – half termly</p>	<p>Assemblies – Themed Days to cover National and International events link to British Values / Protected Characteristics</p> <p>Reading Assembly – Equality and Diversity through texts British Values / Protected Characteristics (see assembly plan)</p>  <p>'Belonging, Being, Becoming'</p> <p>Weekly Outdoor Learning – Forest School</p>  <p>Charitable Events</p>

Kapow covers:
families are composed of different people who offer each other care and support. Learning how other people show their feelings and how to respond to them. Looking at conventions of manners and developing an understanding of self-respect.



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

Kapow covers:
about the benefits of exercise and relaxation on physical health and wellbeing; strategies to manage different emotions, setting goals and developing a growth mindset and understanding dental hygiene



Eatwell Project



Kapow covers:
Developing understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.

Personal Development Assemblies

Kapow covers:
learning about rules outside school; caring for the school and local environment; exploring the roles people have within the local community; learning how school council works; giving an opinion.

elections and voting



Pupil Committees represented:
School council
Safeguarding Board
Digital Leaders
Science Technicians
Reading Ambassadors
Maths Ambassadors
RE panel
Writing Club

Kapow covers:
Learning about financial literacy including how adults get money, wants and needs, using skills and talents and inclusive environments.

Fundraising Activities

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

PROJECT EVOLVE^{SEARCH} and Access Resources
[▶ Year Group | ProjectEVOLVE](#)



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

Kapow covers:
how to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist

Kapow covers:
Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.

Kapow covers:
cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence

Kapow covers:
Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy

Kapow covers:
Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything.

Kapow covers:
How babies grow
Understanding a baby's needs
Outside body changes
Inside body changes
Family stereotypes
Challenging my ideas
Preparing for transition
PROJECT **EVOLVE** Search and Access Resources
[▶ Year Group | ProjectEVOLVE](#)



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)



Fortnightly Outdoor Learning – Forest School



Charitable Events

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



Eatwell Project

Personal development Assemblies

Online Safety lessons

elections and voting



Pupil Committees represented:
School council
Safeguarding Board
Digital Leaders
Science Technicians
Reading Ambassadors
Maths Ambassadors
RE panel
Writing Club

Kapow covers:
families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement

Kapow covers:
Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene

Kapow covers:
Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma

Kapow covers:
Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government

Kapow covers:
Exploring choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.

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

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EVOLVE®[Search and Access Resources](#)
[▶ Year Group | ProjectEVOLVE](#)













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

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 through texts British Values / Protected Characteristics
(see assembly plan)

	<p>Celebrations: Mother's Day, Father's Day, Christmas, Easter, Eid, Diwali</p> 	   	<p>Personal Development Assemblies</p>	 <p>Pupil Committees represented: School council Safeguarding Board Digital Leaders Science Technicians Reading Ambassadors Maths Ambassadors RE panel Writing Club</p>	<p>Fundraising Activities</p>	<p>Online Safety Day – February 2024</p> <p>ECadet Assemblies – half termly</p>	  <p>Fortnightly Outdoor Learning – Forest School</p>  <p>Charitable Events</p>
<p>Year 5</p>	<p>Kapow covers: Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.</p>	<p>Kapow covers: Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation</p>	<p>Kapow covers: Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.</p>	<p>Kapow covers: An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community</p>	<p>Kapow covers: Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.</p>	<p>Kapow 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</p> <p>PROJECT EVOLVE[®] Search and Access Resources ▶ Year Group ProjectEVOLVE</p>  <p>Privacy and security Online reputation Online relationships Online bullying Managing online info Health well-being and lifestyle Copyright and ownership Self-image and identity</p>	<p>Assemblies – Themed Days to cover National and International events link to British Values / Protected Characteristics</p> <p>Reading Assembly – Equality and Diversity through texts British Values / Protected Characteristics (see assembly plan)</p>

	 <p>Celebrations: Mother's Day, Father's Day, Christmas, Easter, Eid, Diwali</p>	    <p>Eatwell Project</p> 	 <p>Loudmouth workshop addresses healthy relationships (from grooming and county lines to domestic abuse)</p> <p>Personal Development Assemblies</p>	 <p>elections and voting</p>  <p>elections and voting</p> <p>Pupil Committees represented: School council Safeguarding Board Digital Leaders Science Technicians Reading Ambassadors Maths Ambassadors RE panel Writing Club</p>		<p>Online Safety Day – February 2024</p> <p>ECadet Assemblies – half termly</p>	 <p>'Belonging, Being, Becoming'</p> <p>Fortnightly Outdoor Learning – Forest School</p>  <p>Charitable Events</p>
<p>Year 6</p>	<p>Kapow covers: Learning: to resolve conflict, through negotiation and compromise; about respect, understanding that everyone deserves to be respected and about grief</p>	<p>Kapow covers: Learning about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals</p>	<p>Kapow covers: Learning about: the reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.</p>	<p>Kapow covers: Learning about: human rights, food choices and the environment, caring for others, recognising discrimination, valuing diversity and national democracy</p>	<p>Kapow covers: Explore choices related to navigating feelings about money, keeping money safe, managing finances in secondary school, understanding the risks of gambling, considering careers in various workplaces, and identifying the paths to pursue different careers.</p>	<p>PROJECT EVOLVE^{Search} and Access Resources ▶ Year Group ProjectEVOLVE</p>  <p>Privacy and security Online reputation Online relationships Online bullying Managing online info Health well-being and lifestyle Copyright and ownership Self-image and identity</p>	<p>Assemblies – Themed Days to cover National and International events link to British Values / Protected Characteristics</p> <p>Reading Assembly – Equality and Diversity through texts British Values / Protected Characteristics (see assembly plan)</p> <p>Fortnightly Outdoor Learning – Forest School</p>



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



Eatwell Project

STAR PROJECT -
PCSO Jolly

CRUCIAL CREW -
provides rich, real-
life scenarios



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

Personal
Development
Assemblies



elections and voting



elections and voting

Pupil Committees
represented:
School council
Safeguarding Board
Digital Leaders
Science Technicians
Reading
Ambassadors
Maths Ambassadors
RE panel
Writing Club

Online Safety Day –
February 2024

ECadet Assemblies –
half termly



Fortnightly Outdoor
 Learning – Forest
 School



Charitable Events