

Personal Development Curriculum

Whole school events

Books linked to PSHE weeks

CV – Upton Core Values Links

BV – British Values Links

E-Safety Focus – work to be completed in PSHE books

Term 1:

Focus Text My Changing Emotions (Twinkl text which I have as a ppt – managing emotions and self regulating [Term 1](#)

[Focus Text - My changing emotions.pptx](#)

Term 1 E-Safety Focus - Self Image and Identity – activity to be completed during this week.

RE Week: Judaism

Philosophy Question for circle time: Is it worse to fail at something or never attempt it in the first place?

Year Group	First Day Focus:	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3 By the end of the week – produce a canvas that reflections a core value or one childhood one chance	Class bonding – games and opportunities for oracy - Making friends and new starts One Childhood One Chance” – what this means how do we demonstrate this. Introduce the core values to Year 3 Introduce the 5 British Values	Introduce “My Changing Emotions” IALT: understand what affects my mental health introduce zones of regulation Link emotional regulation to Upton Value Resilience	IALT: reflect and celebrate achievements and set goals Link to and introduce Upton Value of Aspiration	IALT: understand good and bad feelings Link to and introduce Upton Value of Respect – self-respect and children reflecting on their feelings
4 By the end of the week – produce a canvas that reflections a core value or one childhood one chance	IALT: understand change (transition to Year 4 focus) Explore “One Childhood One Chance” – what this means how do we demonstrate this. Link to and introduce Upton Value of Aspiration – what	Introduce “My Changing Emotions” IALT: understand that we have conflicting emotions Re-introduce zones of regulation Link emotional regulation to	IALT: overcome conflicting emotions Link to and introduce Upton Value of Respect – self-respect and children reflecting on their feelings and building on this by respecting those around them – take part	IALT: understand that people can feel loss, separation in families Link to Upton Value of Friendship – supporting those going through these situations

	<p>goals do they have for Year 4?</p> <p>Introduce the 5 British Values</p>	<p>Upton Value Resilience</p>	<p>in games to involve speaking and listening/patience and respect</p>	
<p>5</p> <p>By the end of the week – produce a canvas that reflections a core value or one childhood one chance</p>	<p>Explore “One Childhood One Chance” – what this means how do we demonstrate this.</p> <p>Discuss and get the children to identify examples of Upton Values in practice: what does it mean to show Friendship, Aspiration, Resilience and Respect?</p> <p>Introduce the 5 British Values</p>	<p>Introduce “My Changing Emotions”</p> <p>IALT: develop strategies to help me when I get anxious</p> <p>Re-introduce the zones of regulation</p>	<p>IALT: know that pressure to behave in a bad way can come from a variety of sources</p>	<p>IALT: understand how to resist pressure to make wrong choices</p>
<p>6</p> <p>By the end of the week – produce a canvas that reflections a core value or one childhood one chance</p>	<p>Explore “One Childhood One Chance” – what this means how do we demonstrate this.</p> <p>You are Year 6 role models – how can we demonstrate/teach Year 3-5 about Friendship, Aspiration, Resilience and Respect at Upton?</p> <p>Introduce the 5 British Values</p>	<p>Introduce “My Changing Emotions”</p> <p>Art Linked to text</p>	<p>IALT: understand healthy body image</p> <p>Link to Respect – having self-respect towards your body image</p>	

October – Hello Yellow Mental Health

Term 2

Diversity and Equality in Relationships-

Starting Philosophy Question for circle time: Is it easier to love or be loved?

There will not be a focus text for this week. We will introduce the learning by sharing Protected Characteristics - This will shape our PSHE learning this term.

BV Focus: Individual Liberty

Term 2 E-safety Focus: Online Reputation (5/6) and Anti-Bullying (3/4)

RE Week: Hinduism

Year Group	PD Day Activities	Week 1 Session 1 (PD Day afternoon)	Week 1 Session 2	Week 1 Session 3
3 Links to BV – mutual respect and individual liberty Links to respect and friendship	<p>Introduce the 9 characteristics but choose activities (one art-based) that focus on:</p> <ul style="list-style-type: none"> • pregnancy and maternity • race • religion or belief <p>Each class to focus on a different element for the art outcome so there is diversity.</p>	IALT: recognize different types of relationships (friends, family, relatives etc)	IALT: understand civil partnerships and marriages	Poetry/writing based on equality and diversity
4 Links to BV – mutual respect and individual liberty Links to respect and friendship	<p>Introduce the 9 characteristics but choose activities (one art-based) that focus on:</p> <ul style="list-style-type: none"> • age • race • religion and belief <p>Each class to focus on a different element for the art outcome so there is diversity.</p>	IALT: understand marriage and that this decision should be freely chosen	IALT: listen and respect others and know it is ok to disagree	IALT: work collaboratively towards shared goals
5 Links to BV – mutual respect and individual liberty Links to respect and friendship	<p>Introduce the 9 characteristics but choose activities (one art-based) that focus on:</p> <ul style="list-style-type: none"> • age • disability 	IALT: understand similarities and differences can come from many areas (discussed on P Day)	IALT: understand the consequences of discrimination in bullying IALT: understand how to respond and ask for help	IALT: recognize and challenge stereotypes

	<ul style="list-style-type: none"> • religion and belief <p>Each class to focus on a different element for the art outcome so there is diversity.</p>			
6 Links to BV – mutual respect and individual liberty Links to respect and friendship	<p>Introduce the 9 characteristics but choose activities (one art-based) that focus on:</p> <ul style="list-style-type: none"> • disability • sexual orientation • religion and belief <p>Each class to focus on a different element for the art outcome so there is diversity.</p>	IALT: understand different terms of gender identity	IALT: understand different loving relationships	IALT: understand marriage and acceptance

Anti-Bullying Week – 13th – 17th November

Term 3

RE Week: Buddhism

BV Focus: Mutual Respect – links to self-respect and respecting others (kindness)

Healthy and Unhealthy Relationships - **Focus Text: Poem: “A Simple Act of Kindness” by David Harris**

A Simple Act Of Kindness

By David Harris

A simple act of kindness

can stop a million tears.

A little hug

can give so much joy.

A letter now and then to someone

can save so many wasted years.

We should hold every moment precious

and help as many as we can

with a simple act of kindness

every now and then.

The world would be a better place

if we all cared a little more.

Imagine how many smiling faces

would greet us at the door

if we extended that helping hand

with a simple act of kindness

that could spread across many lands.

Safer Internet Day 6th February 2024

Term 3 E-Safety Focus – Online Relationships – 2 activities per year group

Philosophy Question for circle time: Is it more important to be liked or respected?

Year Group	PD Day Activities	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3 Link to Respect – specifically one’s self respect and confidence	Introduce text and complete own activities surrounding it	IALT: recognize and respond appropriately to the feelings of others.	IALT: recognize what a healthy relationship is	IALT: recognize an unhealthy relationship and how to ask for help
4 Link to Respect – specifically one’s self respect and confidence	Introduce text and complete own activities surrounding it	IALT: understand that our actions can affect others	IALT: understand acceptable physical contact	IALT: the concept of keeping a secret and why it is ok to break this promise
5 Link to Respect – specifically one’s self respect and confidence	Introduce text and complete own activities surrounding it	IALT: understand how to resolve conflicts	IALT: compromise and support others during disputes	IALT: to recognize and manage “dares”
6 Link to Respect – specifically one’s self respect and confidence	Introduce text and complete own activities surrounding it	IALT: recognize different forms of bullying IALT: explore prejudice and how to respond to it	IALT: understand personal boundaries	IALT: understanding their right to being healthy and safe (NSPCC) Link to self-respect

Term 4:

Health and Safety -

Focus Text:

Year 3 – Eat More Colours (rhyming book about veganism) by Breon Williams

Year 4 – Keeping Safe: Healthy Me by Katie Woolley

Year 5 – The Bad Seed by Jory John

Year 6 – Goldilocks a Hashtag Cautionary Tale by Jeanne Williams

Term 4 E-Safety Focus – Privacy and Security/Copyright and Plagiarism: activities to be completed during this week

RE Week: Christianity

BV Focus: Rule of Law (links with safety – rules are there to keep you safe)

Philosophy Question for circle time: What makes you, YOU?

Year Group	PD Day Activities	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3	E-safety IALT: understand that the media might not reflect reality Physical Safety: Bites and Stings Link to Resilience and respect for the community – we learn this so we know what to do to help ourselves and others	IALT: understand the concept of a balanced lifestyle Link to Aspiration – to maintain physical health	IALT: understand the benefits of a balanced diet and the influences of it Link to self-respect and knowing what’s best for you and your wellbeing	Writing activity linked to the text – involving health and safety Suggestion – “You are what you eat” – is this true? Children to write a response to this.
4	Physical safety: Asthma Flood alerts	IALT: differentiate between a “risk”, “danger” and “hazard”	IALT: recognize , predict and react to risks in situations (road safety)	IALT: understand how independence means a higher responsibility to be safe
5	Safety lesson on bleeding IALT: understand health and safety rules – emergency procedures and how to get help	IALT: what is meant by the term habit and why they are hard to change	IALT: learn how habits can damage health and wellbeing	Writing activity linked to habits
6	Water Safety – canal and river safety Safety from Choking Link to Resilience and respect for	E-Safety IALT: understand the importance of protecting personal information	IALT: understand responsible use of phones	IALT: understand appropriate communication online IALT: understand how self-esteem

	the community – we learn this so we know what to do to help ourselves and others			can be affected by the media Link to resilience and confidence in yourself and what you stand for.
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Term 5:

Social and Economic Wellbeing - Enterprise Week is Week 1 and will link with PD week

Term 5 E-safety Focus: Managing Online Information – 1 activity per year group

PD Day - exploring why money does matter – lessons teaching children about key concepts and valuable life skills about money and it's impact locally and globally

https://childrens-binary.files.bbci.co.uk/childrens-binarystore/stay-safe/OwnIt_TeacherNotes_HWL_TimeOnPhone_1V6.pdf

RE Week: – Islam

BV Links: Democracy

Philosophy Question for circle time: If you could change one thing about the world, what would it be?

Year Group	PD Day Activities	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3 Link to aspiration (CV) and rule of law (BV)	IAL: about where money comes from IAL: about ways to pay IAL: about reasons to borrow money	IALT: understand the importance of money and saving	IALT: understand how rules and laws protect a society	IALT: understand universal rights
4 Business behind charities – pick a local charity – how to they divide/share their budget/ workers' wages Link to aspiration (CV) and rule of law (BV)	IAL: about spending decisions IAL: advertisements IAL: about spending	IALT: respect peoples' point of views in how they live in a community	IALT: explore charities that support local communities	IALT: explore charities that support national communities
5	IALT: explore how money plays a role in their lives	IALT: explore how money plays a role in others'	IAL: about value for money and ethical spending	IAL: about budgeting

Link to aspiration (CV) and rule of law (BV)	IALT: understand the terms "interest" "loan" and "debt"	lives and the term "critical consumer"		
6 Link to aspiration (CV) and rule of law (BV)	IALT: explore the term enterprise and how you develop enterprise skills	IAL: about spending decisions IAL: the impact of ethical spending	IALT: understand economic sustainability and how this affects communities around the world	IALT: county lines and drugs problems linking to social inequality

Term 6

Living in a Diverse Community (links to 2024 Olympics)

RE Week: Sikhism

Term 6 E-Safety: Health, Wealth and Lifestyle: 2 activities per year group

Idea from SB – each child could make their own passport:

https://learning-corner.learning.europa.eu/learning-materials_en?f%5B0%5D=topics_topics%3A12

BV Links: Tolerance of other faiths

Philosophy Question for circle time: Should we care more about doing the right thing, or doing things right?

Year Group	PD day Activities Monday 3 rd June	Week 1 Session 1	Week 1 Session 2	Week 1 Session 3
3	Links to the Olympics: explore different communities and countries in class in the first session of the morning. During Session 2 (11-12.15) each class becomes an expert in a different country and children free-flow around the school exploring different cultures and have to learn a key fact from each room. Afternoon – children create a piece of work/art inspired by their learning from the morning.	IALT: research a topical issue (global-climate change/immigration) Upton Core Value of Respect BV of tolerance, mutual respect	IALT: debate a topical issue (link to Session 2)	IALT: understand human rights and children's specific rights (NSPCC) BV – Individual Liberty
4	Links to the Olympics: explore different communities and countries in class in the first session of the morning. During Session 2 (11-12.15) each class becomes an expert in a different country and children free-flow around the school exploring	IALT: understand that we have different duties and responsibilities in our different communities.	IALT: understand UK human rights and British Law BV - Rule of Law	IALT: understand how to respond to discrimination towards individuals

	different cultures and have to learn a key fact from each room. Afternoon – children create a piece of work/art inspired by their learning from the morning.			
5 Upton Core Value of Friendship Respect BV of tolerance, mutual respect	Links to the Olympics: explore different communities and countries in class in the first session of the morning. During Session 2 (11-12.15) each class becomes an expert in a different country and children free-flow around the school exploring different cultures and have to learn a key fact from each room. Afternoon – children create a piece of work/art inspired by their learning from the morning.	IALT: explore different voluntary and charitable organisations	IALT: explore and appreciate diverse religious and ethnic identities in the UK	IALT: consider the lives of people living with different values and customs.
6 Upton Core Value of Friendship Respect BV of tolerance, mutual respect	Links to the Olympics: explore different communities and countries in class in the first session of the morning. During Session 2 (11-12.15) each class becomes an expert in a different country and children free-flow around the school exploring different cultures and have to learn a key fact from each room. Afternoon – children create a piece of work/art inspired by their learning from the morning.	IALT: explore social media and how it can mislead or misrepresent communities	Additional activities as we have covered objectives: Explore an individual who fought for gender equality	Additional activities as we have covered objectives: Explore an individual who fought for racial equality