

Curriculum Breadth: Shaped by our curriculum drivers, curriculum breadth is the topic or area students will study with links to the National Curriculum. For example: rocks and fossils, Ancient Greece, cooking and nutrition, the water cycle, world continents and oceans etc.

Class 1- Personal Development- EYFS			
	Term 1	Term 2	Term 3
Session 1	<u>Being Me in My World</u> Who...Me?!- Feeling of belonging	<u>Dreams & Goals</u> Challenge- perseverance	<u>Relationships</u> My family and Me!- How I belong, jobs in my family
Session 2	How am I feeling today?- Recognising feelings	Never give up- Don't give up until you reach your goal	Make friends, make friends, never ever break friends! Part 1- Knowing how to make friends
Session 3	Being at School- School is a good place to be	Setting a goal- Set a goal and work towards it	Make friends, make friends, never ever break friends! Part 2- Solving problems and staying friends
Session 4	Gentle hands- It's good to be kind	Obstacles & support- Use kind words to encourage	Falling out and bullying Part 1- Understand the impact of unkind words
Session 5	Our Rights- Beginning to understand children's rights, we are all allowed to learn & play	Flight to the future- Link between what I learn now and what I might do in the future	Falling out and bullying Part 2- Using 'calm me' time to manage my feelings
Session 6	Our Responsibilities- Being responsible	Footprint awards- I feel proud of achieving my goals	Being the best friends we can be- Knowing how to be a good friend
Session 7	<u>Celebrating Difference</u> What I am good at- Things I am good at, everyone is good at different things	<u>Healthy Me</u> Everybody's body- I need exercise	<u>Changing Me</u> My body- I can name parts of the body
Session 8	I'm special, I'm me!- Being different makes us special	We like to move it, move it!- Moving & resting is good for my body	Respecting my body- Things I can do and foods to keep me healthy

Session 9	Families- We are the same, we are different in some ways	Food, glorious food- Making healthy eating choices	Growing up- We grow from babies to adults
Session 10	Houses & homes My home is special to me	Sweet dreams- Helping myself to sleep, sleep is good for me	Fun and fears Part 1- I can express how I feel
Session 11	Making friends- How to be a kind friend	Keeping clean- Washing my hands	Fun and fears Part 2- I can talk about my worries
Session 12	Standing up for yourself- I know which words to use/actions to take when someone is unkind	Stranger danger- What is a stranger & how can I stay safe	Celebration- I can share my memories

Class 1- Personal Development- Year 1			
	Term 1	Term 2	Term 3
Session 1	<u>Being Me in My World</u> Special and safe- I feel special and safe in my class	<u>Dreams & Goals</u> My treasure chest of success- I can set simple goals, I can tell you about a thing I do well	<u>Relationships</u> Families- Members of my family, different types of families, feeling of belonging, caring for people important to me
Session 2	My class- Rights and responsibilities as a member of my class, I feel I belong	Steps to goals- I can set a goal and work out how to achieve it, how I learn best	Making friends- Being a good friend, how to make a new friend
Session 3	Rights & Responsibilities- I understand the rights and responsibilities of being a member of my class, I know how to make my class a safe space for everyone to learn	Achieving together- Working well with a partner, celebrate achievement	Greetings- Appropriate body language, greeting my friends, acceptable and unacceptable, my feelings
Session 4	Rewards & feeling proud- I know my views, contributing to the class charter, how it feels to be proud of achievements	Stretchy learning- Tackling a new challenge & understanding this will stretch my learning, how I feel when faced with a new challenge	People who help us- Who helps me in my school community, asking for help and who to ask
Session 5	Consequences- I recognise the choices I make, I understand consequences, I recognise the feelings when faced with a consequence	Overcoming obstacles- Identifying obstacles which make it difficult to achieve my challenge, working out how to overcome them, how I feel when I overcome them	Being my own best friend- Recognising my qualities as a person and a friend, ways to praise myself
Session 6	Owing our Learning Charter- I understand my rights and responsibilities within the charter, I understand my choices in following the charter	Celebrating my success- How I felt when I succeeded in a new challenge, how I celebrated, how to store feelings of success in my internal treasure chest	Celebrating my special relationships- I appreciate people special to me, expressing how I feel about them
Session 7	<u>Celebrating Difference</u> The same as...	<u>Healthy Me</u> Being healthy-	<u>Changing Me</u> Life cycles-

	I identify similarities & differences in my class, I can say some ways I am the same as my friends	Being healthy/unhealthy, some ways to keep myself healthy, feeling good when I make healthy choices	Life cycles of humans and animals, changes happen as we/they grow and that's ok
Session 8	Different from... I can identify differences in my class, I can say some ways I am different from my friends	Healthy choices- Making healthy lifestyle choices, feeling good when I make healthy choices	Changing me- Things that have changed, things that have stayed the same, changes are OK
Session 9	What is bullying? I can say what bullying is, I understand how bullying might feel	Clean and Healthy- Keeping myself clean and healthy, understanding germs, household products and medicines can be harmful, I am special so I keep myself safe	My changing body- How my body has changed since I was a baby, growing up is natural, everybody grows at different rates
Session 10	What do I do about bullying? I know people I can talk to if I feel unhappy or I'm being bullied, I can be kind	Medicine safety- Medicines can help me, I know how to be safe, I know some ways to help myself when I feel poorly	Boys' and girls' bodies- Parts of the body that make girls and boys different, correct names, respecting my body, private parts of my body
Session 11	Making new friends- I know how to make new friends, I know how it feels to make a new friend	Road safety- Keeping safe when crossing the road, people who can help me stay safe, when I feel frightened, who to ask for help	Learning and growing- I learn and change, enjoying learning new things
Session 12	Celebrating difference- I can say some ways I am different from my friends, I understand differences make us special and unique	Happy, Healthy Me- My body is amazing, ways to keep myself healthy and safe, how I feel	Coping with changes- Changes that have happened in my life, ways to cope with changes

Class 2- Personal Development- Cycle A			
	Term 1	Term 2	Term 3
Session 1	<p><u>Being Me in My World</u> Hope and Fears for the year- My hopes and fears, when I feel worried and who to ask for help</p>	<p><u>Dreams & Goals</u> Goals to success- Realistic goals, how to achieve them, things I have achieved and how it makes me feel</p>	<p><u>Relationships</u> Families- Different members of my family, sharing and cooperating, everyone's family is different, valuing family</p>
Session 2	<p>Rights and responsibilities- Rights and responsibilities for being a member of my class, when I feel worried, who to ask for help</p>	<p>My learning strengths- Perseverance, I carry on when things get difficult, my strengths as a learner</p>	<p>Keeping safe- Physical contact, views and feelings</p>
Session 3	<p>Rewards & Consequences- Rights and responsibilities for being a member of my class, helping to make my class a safe and fair place</p>	<p>Learning with others- Who I work well with, working with others helps me learn</p>	<p>Friends and conflict- Causes of conflict with friends, using positive problem solving techniques to resolve problems</p>
Session 4	<p>Rewards & Consequences- Listening to others, contributing my ideas, helping to make my class a safe and fair place</p>	<p>A group challenge- Working in a group, working in a group to solve problems</p>	<p>Secrets- Sometimes it is not good to keep a secret, how it feels when asked to keep a secret and know who to talk to</p>
Session 5	<p>Our Learning Charter- Following the charter to help me and others learn, working cooperatively</p>	<p>Continuing our group challenge- Some ways I worked well in the group, how I felt working in my group</p>	<p>Trust and appreciation- Recognising and appreciating people who can help me in my family, my school and my community, how it feels to trust someone</p>
Session 6	<p>Owning our Learning Charter- Choices I make, consequences, choosing to follow the charter</p>	<p>Celebrating our achievement- sharing success with others, how being part of a successful group makes me feel, storing these feelings in my internal treasure chest</p>	<p>Celebrating my special relationships- expressing my appreciation, accepting appreciation from others</p>
Session 7	<p><u>Celebrating Difference</u> Boys and girls- Stereotypes, boys and girls are similar</p>	<p><u>Healthy Me</u> Being healthy- Keeping my body healthy, motivated to make healthy choices</p>	<p><u>Changing Me</u> Life cycles in nature- Cycles of life in nature, changes outside my control and how this feels</p>

Session 8	Boys and girls- Stereotypes, boys and girls are different, differences are ok	Being relaxed- Experiencing the feeling of being relaxed, some things that make me feel relaxed, weak and strong feelings	Growing from young to old- Natural process of growing from young to old, people I respect older than me
Session 9	Why does bullying happen? Bullying is sometimes about difference, how does it feel to be bullied, being kind	Medicine safety- How medicines work in my body, safety, feeling positive about my health	The changing me- How my body has changed since I was a baby, where I am on the timeline young to old, feeling proud about becoming more independent as I grow
Session 10	Standing up for myself and others- What is right and wrong, looking after myself, standing up for myself and others, how to get help if I'm bullied	Healthy eating- Food groups, everyday foods, foods I enjoy	Boys' and girls' bodies- Physical differences between girls and boys, using the correct names for body parts, how I feel
Session 11	Gender diversity- It is OK to be different from other people and we can be friends, judging people, how it feels to have a friend and be a friend	Healthy foods- Making healthy snacks, how it feels to share healthy foods with friends	Assertiveness- Confident to say what I like and don't like
Session 12	Celebrating differences and being friends- Ways I am different from my friends, differences make us special and unique	Happy, Healthy me! Foods to give me energy, healthy relationship with food, most nutritious foods	Looking ahead- What I am looking forward to, changes I might face

Class 2- Personal Development- Cycle B			
	Term 1	Term 2	Term 3
Session 1	<p><u>Being Me in My World</u> Getting to know each other- My worth, positive things about me and my achievements, setting personal goals, valuing myself and how to make someone else feel valued and welcomed</p>	<p><u>Dreams & Goals</u> Dreams & goals- facing challenges and achieving success-role models/inspirational people, overcoming obstacles</p>	<p><u>Relationships</u> Family roles and responsibilities- Roles and responsibilities of my family members, taking responsibility and how it makes me feel</p>
Session 2	<p>Our Nightmare school- Facing new challenges positively, making responsible choices, asking for help, how it feels to be happy, sad, scared, identifying feelings in others</p>	<p>My Dreams and ambitions- Identify a dream/ambition important to me, how I feel when I achieve my dream/ambition</p>	<p>Friendship- Skills of friendship, negotiating conflict, finding a win-win situation</p>
Session 3	<p>Our dream school- Why rules are needed, relating rules to rights and responsibilities, how to make others feel valued</p>	<p>A new challenge- Facing new learning challenges and working out the best ways for me to achieve them, breaking down a goal into a number of steps, how others can help</p>	<p>Keeping myself safe online- Strategies for keeping myself online, asking for help if I am worried or concerned about anything online</p>
Session 4	<p>Rewards and consequences- My actions affect me and others, caring about other's feelings, my behaviour brings rewards and consequences</p>	<p>Our new challenge- Motivation and enthusiasm about achieving our new challenge, being responsible for my own learning and using my strengths</p>	<p>Being a global citizen 1- Some actions and work of people around the world- how they help and influence my life, an awareness of how this could affect my choices</p>
Session 5	<p>Our Learning Charter- Responsible choices and taking action, working cooperatively in a group</p>	<p>Our new challenge- overcoming obstacles- Recognising obstacles, steps to overcome them, managing feelings of frustration</p>	<p>Being a global citizen 2- My needs and rights are shared by children around the world, how our lives may be different, empathising with children whose lives are different to mine</p>
Session 6	<p>Owning our learning charter- My actions affect others, seeing things from other's point of view, choosing to follow the charter</p>	<p>Celebrating my learning- Evaluating my learning process, identifying how it could have been better, sharing my</p>	<p>Celebrating My web of relationships- Expressing appreciation, being part of a family and friendship groups</p>

		success with others, storing my feelings in my internal treasure chest	
Session 7	<u>Celebrating Difference</u> Families- Families are different and all important, appreciate my family and people who care for me	<u>Healthy Me</u> Being fit and healthy- Exercise affects my body, my heart and lungs are important, setting myself a fitness challenge	<u>Changing Me</u> How babies grow- Changes in animals and humans, how I feel when I see babies and animals
Session 8	Family conflict- Differences and conflicts in families, how to calm myself down and 'solve it together'	Being fit and healthy- amount of calories, fat and sugar affects my health, how it feels to make healthy choices	Babies- How babies grow, what a baby needs to live and grow, how I might feel with a new baby in the family
Session 9	Witness and feelings- Being a witness to bullying, ways to help someone who is being bullied	What do I know about drugs? Knowledge and attitude- medicines and drugs, how I feel	Outside body changes- Boys' and girls' bodies change as they grow, how I feel about changes happening to me, how to cope with feelings
Session 10	Witness and solutions- People can make the situation better or worse by what they do, problem solving	Being safe- Things, people and places I need to keep safe from, strategies for keeping myself safe, who to go for help, express how I feel towards drugs	Inside body changes- Boys' and girls' bodies change as they grow, how I feel about changes happening to me, how to cope with feelings
Session 11	Words that harm- Some words are used in hurtful ways, how does that make you feel	Safe and unsafe- Feeling safe and unsafe, taking responsibility for keeping myself and others safe	Family stereotypes- Stereotypical ideas about parenting and family roles, how I feel when people's ideas are challenged
Session 12	Celebrating difference: compliments- My words affect people's feelings, consequences, giving and receiving compliments and feelings	My amazing body- My body is complex, importance of taking care of it, respecting my body and appreciating it	Looking ahead- What I'm looking forward to, changes I will make and how to do this

Class 3- Personal Development- Cycle A			
	Term 1	Term 2	Term 3
Session 1	<p><u>Being Me in My World</u> Becoming a class 'Team'- My attitudes and actions make a difference to the team, it feels good to be included in a group, how it feels to be excluded, how to make people feel welcome and valued</p>	<p><u>Dreams & Goals</u> Hopes and dreams- My hopes and dreams, how it feels to have hopes and dreams</p>	<p><u>Relationships</u> Jealousy- Jealousy in relationships, feeling jealous, strategies to problem solve</p>
Session 2	<p>Being a school citizen- My school community, their roles and my role, I can contribute</p>	<p>Broken dreams- Hopes and dreams do not always come true, disappointment</p>	<p>Love and loss- People I love, why they are special, feelings when you lose someone or something you love</p>
Session 3	<p>Rights, responsibilities and democracy- How democracy works, school council, contribution to the learning charter</p>	<p>Overcoming disappointment- Reflecting on positive, happy experiences can counteract disappointment</p>	<p>Memories- My memories, someone I miss, how we can remember</p>
Session 4	<p>Rewards and consequences- My actions affect myself and others, caring about other's feelings and empathising, rewards and consequences can be motivating</p>	<p>Creating new dreams- Making a new plan, setting new goals, resilience and a positive attitude</p>	<p>Getting on and falling out- Friendships change, making new friends, managing fall outs, standing up for myself, how to negotiate and compromise</p>
Session 5	<p>Our Learning Charter- Groups come together to make decisions, my role in a group, contribution to an outcome</p>	<p>Achieving goals- How to work out steps to achieve a goal, enjoying being part of a group</p>	<p>Getting on and falling out- Friendships change, making new friends, managing fall outs, standing up for myself, how to negotiate and compromise</p>
Session 6	<p>Owning our learning charter- Democracy and having a voice benefits the school community, benefits of a learning charter and how it can help</p>	<p>We did it! Contributions made by myself and others toward group achievements, sharing success and storing success in my internal treasure chest</p>	<p>Celebrating my relationships with people and animals- How to show love and appreciation to people and animals special to me, I can love and be loved</p>
Session 7	<p><u>Celebrating Difference</u> Judging by appearances- Assumptions about what people look like, accepting people for who they are</p>	<p><u>Healthy Me</u> My friends and me-</p>	<p><u>Changing Me</u> Unique me- My personality and characteristics, my parents, I am truly unique</p>

		Different friendship groups, my friendship groups, friends I value, my feelings about my friends	
Session 8	Understanding influences- Influences, assumptions, why I think what I do about other people	Group dynamics- Different roles- leaders, followers, different situations, my feelings	Having a baby- Male and female body parts
Session 9	Understanding bullying- Bullying can be hard to spot, what to do if I think it might be happening, how it feels to be a witness to bullying	Smoking- What is smoking, effects on health, peer pressure, negative feelings, how to be assertive and think for myself	Girls and puberty- A girl's body changes overtime, menstruation, coping with change- physical and emotional
Session 10	Problem solving- Why witnesses to bullying might not tell, doing the right thing, problem solving bullying situations	Alcohol- What is alcohol, effects on health, peer pressure, negative feelings, being assertive, thinking for myself	Circles of change- Changes that I have chosen, changes I want to make, confidence to make changes to benefit myself
Session 11	Special me- What is special about me, ways in which I am unique, like and respect features of my appearance	Healthy friendships- Under pressure, thinking for myself, peer pressure, my feelings	Accepting change- Changes outside of my control, accepting change, worries about changes, managing feelings positively
Session 12	Celebrating difference- First impressions may change, accepting people for who they are	Celebrating my inner strength and assertiveness- What I believe, right and wrong, tapping into my inner strength, thinking for myself	Looking ahead- What I am looking forward to, new year group, changes I would like to make, how I can make changes

Class 3- Personal Development- Cycle B			
	Term 1	Term 2	Term 3
Session 1	<p><u>Being Me in My World</u> My year ahead- New challenges, setting personal goals, what I value about my school, my hopes for this year</p>	<p><u>Dreams & Goals</u> When I grow up- My dream lifestyle, what I need to help me achieve my goals, what do I want my life to be like when I grow up</p>	<p><u>Relationships</u> Recognising me- Who I am, my personal qualities and strengths, building my own self esteem</p>
Session 2	<p>Being a citizen of my country- My rights and responsibilities as a citizen in my country, empathy for people whose lives are different from mine</p>	<p>Investigate jobs and careers- A range of jobs, contributions made by people in different jobs to society</p>	<p>Safety with online communities- Belonging to online communities- positive and negative consequences, feeling unsafe and uncomfortable</p>
Session 3	<p>Responsibilities- My rights and responsibilities as a citizen in my country and of my school, empathy for people whose lives are different from mine</p>	<p>My dream job- Why I want it, steps to get there, what motivates me, what do I need to do to achieve my goals, learning and education gives me opportunities, building my own future</p>	<p>Being in an online community- Rights and responsibilities, helpful or unhelpful</p>
Session 4	<p>Rewards and consequences- Choices about my own behaviour, how rewards and consequences make me feel, my actions affect me and others</p>	<p>Dreams and goals- Young people in other cultures, how I can relate to others</p>	<p>Online gaming- Rights and responsibilities, unhelpful, unsafe</p>
Session 5	<p>Our learning charter- An individual's behaviour can impact a group, contributing to a group, how we can function best as a whole</p>	<p>How can we support each other? We can learn from each other, we can support each other</p>	<p>My relationship with technology- Screen time, being healthy</p>
Session 6	<p>Owning our learning charter- Democracy, having a voice, how I can participate, benefits to my school and community</p>	<p>Rallying support- Supporting my peers, meeting our aspirations, ways we can support each other, motivated to make a positive contribution</p>	<p>Relationships and technology- How to stay safe online, thinking for myself, how to help myself when things are uncomfortable or unsafe</p>
Session 7	<p><u>Celebrating Difference</u> Different cultures-</p>	<p><u>Healthy Me</u> Smoking-</p>	<p><u>Changing Me</u> Self and body image-</p>

	Cultural differences, sometimes differences can cause conflict, awareness of my own culture	Health risks, making my own decisions, thinking for myself	My own self and body image, developing my own self esteem
Session 8	Racism- What is racism, my attitude towards people from different races	Alcohol- Health risks, anti-social behaviour, making my own decisions, thinking for myself	Puberty for girls and boys- How a girls and boys bodies change, looking after yourself, puberty is a natural process
Session 9	Rumours and name-calling- Rumour-spreading and name-calling, bullying behaviours, strategies to manage my feelings, problem solving and doing the right thing	Emergency aid- Basic emergency procedures, getting help for an emergency, keeping calm in an emergency, taking care of myself	Puberty for girls and boys- How a girls and boys bodies change, looking after yourself, puberty is a natural process
Session 10	Types of bullying- Direct and indirect bullying, ways to encourage the right choices, how to support each other, how to get help if I need it or my friend needs it	Body image- Media, social media, celebrities, body types, respecting who I am, feeling positive about myself	Conception- How babies are made, including IVF, human bodies are amazing
Session 11	Does money matter? My life, people in the developing world, does money make you happy, the value of happiness, what is true success	My relationship with food- Why we need food, respecting and valuing my body	Looking ahead 1- What I am looking forward to as a teenager, growing responsibilities, confidence in coping with changes
Session 12	Celebrating difference around the world- Different cultures, my culture, other's cultures	Healthy me- Healthy lifestyle, healthy eating, healthy. Happy choices, motivated to keep myself happy and healthy	Looking ahead 2- What I am looking forward to in my next year, changes to come in the next year

Class 3- Personal Development- Year 6

	Term 1	Term 2	Term 3
Session 1	<u>Being Me in My World</u> My year ahead- My goals this year, my worries, feeling welcome and valued	<u>Dreams & Goals</u> Personal learning goals- My learning strengths, challenging goals, stretching myself	<u>Relationships</u> What is mental health? Importance of taking care of my mental health, how to get help

Session 2	Being a global citizen 1- Universal rights, children in different communities	Steps to success- Learning steps I need to take, motivating myself to achieve, how will I know I have reached my goal	My mental health- How I can take care of my mental health, helping myself, helping others
Session 3	Being a global citizen 2- My actions affect other people in my school, community, locally and globally, children in different communities	My dream for the world- Problems in the world that concern me, talking about my feelings, people around the world	Love and loss- Different stages of grief, types of loss, what grief feels like, how to manage feelings
Session 4	The learning charter- Making choices about my behaviour, rewards and consequences and how I feel about them, rights and responsibilities, my actions affect myself and others, I care about other's feelings and have empathy with others	Helping to make a difference- Making the world a better place, what can I do, empathising with others	Power and control- Thinking for myself, standing up for myself and my friends, what to do when I need help
Session 5	Our learning charter- An individual's behaviour can impact a group, contributing to a group and how we can function as a whole	Helping to make a difference- Working with others to make the world a better place, being motivated to make a change	Being online- Real or fake? Safe or unsafe? How to help myself
Session 6	Owning our learning charter- Democracy, having a voice, benefiting the school community, helping myself and modelling to others	Recognising our achievements- What do I and others like, admire about me, accepting praise, giving praise and compliments	Using technology responsibly- Communicating positively and safely with friends and family, taking responsibility for my online safety and well-being, what to do if I need help
Session 7	<u>Celebrating Difference</u> Am I normal? Different perceptions of normal, empathising with others, differences we may have	<u>Healthy Me</u> Taking responsibility for my health and well-being- My health, my choices, benefiting my health and well-being, motivated to care for my physical and mental health	<u>Changing Me</u> My self image- My self image, my body image, developing my self esteem
Session 8	Understanding difference- Awareness of my attitude towards people who are different to me	Drugs- Types of drugs, effects on the body, ways of coping with situations	Puberty- How girls and boys bodies change, looking after yourself physically and emotionally, how I feel about changes for me

Session 9	Power struggles- One person or a group can have power over others, how it feels to be excluded or treated badly	Exploitation- What is exploitation, the law, my rights, how to help myself and others	Babies: conception to birth- How a baby develops, conception, pregnancy, reflecting on the development of a baby
Session 10	Why bully? Bullying behaviours and why people may have them, strategies for managing my feeling and getting help, problem solving to help myself and others	Gangs- What is a gang, thinking for myself, making positive choices for me	Boyfriends and girlfriends- What might it mean to have a boyfriend or girlfriend, respecting each other, my rights,
Session 11	Celebrating difference- People with disabilities- their difficulties and strengths, amazing lives, appreciating people for who they are	Emotional and mental health- Emotional health, how I can help myself feel emotionally healthy, how can I get help and recognise when I might need support	Real self and ideal self- Importance of self esteem, how I can develop my self esteem, how I feel about myself
Session 12	Celebrating difference- Difference can be a source of conflict and a cause for celebration, showing empathy	Managing stress and pressure- What is stress, what could the triggers be, strategies to manage stress, how to get help with my worries	The year ahead- What I'm looking forward to, my worries, my transition, preparing for changes, what can I do, what do I need help with, who can help me