

Personal Development Planned Curriculum: Year 3

	Relationships – Statutory Goodness and Mercy Planning	Health – Statutory Goodness and Mercy Planning	Sex – Statutory Goodness and Mercy Planning	Citizenship – Non- statutory PSHE / Citizenship Association lessons	Philosophy for Children stimuli to use
Autumn	<p>Making Good boundaries NSPCC PANTS KS1 recap 2 lessons</p> <p>Families – types of families 2 lessons</p> <p>Online Bullying 1 lessons</p>	<p>LESSON 1 Zones of Regulation Feelings trigger chart</p> <p>Managing Feelings, Talking about Mental Health: Everyday feelings, (2 lessons)</p> <p>Looking after your body: exercise and healthy eating: Healthy Eating 1 lesson (Science link)</p> <p>Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others Hand Hygiene 1 lessons (Science link)</p>	None		<p>5 x stimuli</p> <p>Lesson 1: who am I? My identity, gifts, privileges and <u>Christian Aid</u> Global Explorers Access to Food</p> <p>What is the meaning of European Day of Languages? (2022/23 plan)</p> <p>What is Black History Month and why is it so significant? Martin Luther King (22/23 plan)</p> <p>Unity and strength of others – The Crayon Box that talked. (22-23)</p> <p>Picture News stimuli from Autumn Term / P4C Book</p>
Spring	<p>Online Safety Smart rules and quiz Childnet</p> <p>Friendship what makes good friendship 2 lessons</p>	<p>LESSON 1 Zones of Regulation Feelings thermometer activity.</p> <p>Managing Feelings, Talking about Mental Health: Everyday feelings (3 lessons)</p> <p>Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others Looking after your Sun Safety 1 lessons</p> <p>Looking after your body: exercise and healthy eating: Exercise 1 lesson (PE link)</p>	None	<p>Blue Peter Badge application</p> <p>Barclays MONEY: Samirs Birthday Budget (30min)</p> <p>10 lessons</p>	<p>5 x stimuli</p> <p>Earth Images stimuli</p> <p>Reduce Reuse Recycle – Michael Rosen poem (22/23 and Pic news 19/9/22)</p> <p>Picture News: How do communities support each other in times of need. (27/3/23)</p> <p>Picture News: How do you learn best? 24/4/23</p> <p>Picture News stimuli from Summer Term / P4C Book</p>

Summer 3 lessons to respond to class needs	<p>Online Safety lesson BBC Staying safe on gaming platforms</p> <p>Online Safety lesson BBC 7 tips to beat Cyberbullying</p>	LESSON 1 Zones of Regulation Feeling volcano activity	None	<p>Barclays MONEY Gaming behaviours and spending money (45 min) 2 lessons</p> <p>Exploring Christian Aid lesson 1 and 2 (40 min)</p>	<p>5 x stimuli</p> <p>Picture News: Do we throw things away too easily? (16/1/23)</p> <p>Picture News: Should you always want to win? (10/07/23)</p> <p>Picture News: Can toys help us celebrate our differences? (5/9/22)</p> <p>Picture News: How much control do influencers have over our choices? (23/1/23)</p> <p>Picture News stimuli from Summer Term / P4C Book</p>
---	---	---	------	--	--

Personal Development Planned Curriculum: Year 4

	Relationships – Statutory Goodness and Mercy Planning	Health – Statutory Goodness and Mercy Planning	Sex – Statutory Goodness and Mercy Planning	Citizenship – Non- statutory PSHE / Citizenship Association lessons	Philosophy for Children stimuli to use
Autumn	Online Safety lesson– Childnet Reel Life (potential risks of social media)	LESSON 1 Zones of Regulation Feelings trigger chart revisit from Y3	None	None	
	Archbishops Young Leaders Award (10h Autumn delivered by Mrs Stanwix) 7.5h Autumn 2 2023 Go Well (2024 Miss Mason) Team Up (To understand what BDNF/ Cortisol/ Serotonin/ Oxytocin (etc) is, how it makes us feel and how we can produce it.)				
Spring	Online Safety lesson– Online Bullying video and PDS scenario. 1 lesson	LESSON 1 Zones of Regulation Feelings thermometer activity revisit from Y3 Managing Feelings, Talking about Mental Health: Change, loss and grief (3 lessons) Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others Looking after your Teeth 2 lessons (Science link) Friendship Coping with falling out 2 lessons Childline Mental Health First Aid Kit 1 lesson	None	Barclays MONEY: Banking and Budgeting Basics (30 min) 2 lessons	7 x stimuli LESSON 1: Revisit and edit My identity, gifts, privilege and bias <ul style="list-style-type: none"> • Christian Aid Global Explorers Water • Climate Justice (Christian Aid stimuli) link to Science water cycle • SAPERE – Can I be your friend video • Picture News: Should all the energy we use be renewable? (6/1/23) • What is Black History Month and why is it so significant? Nelson Mandela (22/23 plan) • SAPERE Video: New friends • Picture News: Countryside code (3/7/23)

Summer	Bullying Kindness Challenge 1 lessons Online Safety lesson – Childline Keeping your information secure 1 lesson Online Safety based on Safer Internet Day 2 lessons Making good boundaries – NSPCC 1 lesson	LESSON 1 Zones of Regulation Feeling volcano activity revisit from Y3 Managing Feelings, Talking about Mental Health: Managing feelings 2 lessons	None	Barclays MONEY: Making the most of money (30 min) 2 lessons	5 x stimuli <ul style="list-style-type: none"> • SAPERE video: The Lion, Witch and the Wardrobe • Picture news: What is the most important form of communication? (• Earth Images stimuli • Picture News: Can we help those in need who are far away? (26/9/22) • Picture news stimuli from Summer term / P4C Book
--------	---	--	------	---	--

Personal Development Planned Curriculum: Year 5

	Relationships – Statutory Goodness and Mercy Planning	Health – Statutory Goodness and Mercy Planning	Sex – Statutory Goodness and Mercy Planning	Citizenship – Non-statutory PSHE / Citizenship Association lessons	Philosophy for Children stimuli to use
Autumn	Online Safety 2 lessons – Digital Matters Copywrite Prejudice related Bullying 2 lessons	LESSON 1 Zones of Regulation Feelings trigger chart revisit from Y4 Managing Feelings, talking about Mental Health: Mental Health and Keeping Well (3 lessons) Looking after your body: exercise and healthy eating: Exercise 1 lesson (PE link) Looking after your body: Knowing facts and avoiding risks - alcohol, smoking and drugs: Smoking and the law (2 lesson)	None	None 10 lessons	5 x stimuli LESSON 1: My identity, gifts, privilege and bias <ul style="list-style-type: none"> • What is Black History Month and why is it so significant? Ruby Bridges (22/23 plan) • Picture News: Does the natural world have rights? (30/01/23) • <u>Royal British Legion</u> and Black History Month • Picture News: What makes art valuable? (17/7/23) • Picture News: Can you Prepare for Emergency Situations? (17/4/23)

Spring	<p>Online Safety 2 lessons- Digital Matters Sharing Online</p> <p>Marriage – rules, law, different faiths 4 lessons</p>	<p>LESSON 1 Zones of Regulation Feelings thermometer activity revisit from Y4</p> <p>Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others Volunteering 2 lesson (Careers link)</p>	None	<p>Barclays MONEY: Safe and Sensible spending (30 min) 2 lessons</p> <p>10 lessons</p>	<p>5 x stimuli</p> <ul style="list-style-type: none"> • Picture News: Should Roald Dahls books be changed to reflect modern times? (13/3/23) • Picture News: Should men and women's sports teams be paid the same? (6/1/23) • Picture News: Are some jobs more important than others? (28/11/22) • Dialogue works identity • Picture News Spring Term Stimuli / P4C Book
Summer	<p>Online Safety 2 lessons – Introduction to Balancing Screen Time</p> <p>Making good boundaries – it's not ok NSPCC 1 lesson</p>	<p>LESSON 1 Zones of Regulation Feeling volcano activity revisit from Y4</p> <p>Managing Feelings, Talking about Mental Health: Managing Challenges and Change (3 lessons)</p> <p>Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others Personal Hygiene 2 lessons (Science link)</p> <p>Looking after your body: Knowing facts and avoiding risks - alcohol, smoking and drugs: Alcohol (2 lessons)</p>	<p>Part of Science lesson time: Puberty in Science</p> <p>https://rshp.scot/second-level/#sex</p>	<p>None</p> <p>10 lessons</p>	<p>5 x stimuli</p> <ul style="list-style-type: none"> • Refugee week • Royal Legion: Women in work • Picture News: Will the world become cashless in the future? (27/2/23) • Picture News: How do you learn to manage under pressure? (9/1/23) • Picture news Summer Term stimuli / P4C Book

Personal Development Planned Curriculum: Year 6

	Relationships – Statutory Goodness and Mercy Planning	Health – Statutory Goodness and Mercy Planning	Sex – Statutory Goodness and Mercy Planning	Citizenship – Non- statutory PSHE / Citizenship Association lessons	Philosophy for Children stimuli to use
Autumn	Online Safety 2 lessons – Digital Matters – Self Image	LESSON 1 Zones of Regulation Feelings trigger chart revisit from Y5 Managing Feelings, Talking about Mental Health: Managing Loss and Bereavement (2 lessons) Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others Looking after your teeth -Careers lesson 2 lessons (Science link)	None		3 stimuli 5 x stimuli LESSON 1: My identity, gifts, privilege and bias <ul style="list-style-type: none"> What is Black History Month and why is it so significant? Rosa Parks (22/23 plan) Picture News: How important are guide dogs for those in need? (20/03/23) (Hearing dogs in 8/11/23) Picture News Autumn Term stimuli / P4C Book
	Autumn 2 2023 Go Well (2024 Miss Mason) Team Up (To understand what BDNF/ Cortisol/ Serotonin/ Oxytocin (etc) is, how it makes us feel and how we can produce it.)	None	None	None	None
Spring	Online Safety 2 lessons – Online Bullying Prejudice related Bullying 2 lessons	LESSON 1 Zones of Regulation Feelings thermometer activity revisit from Y5 Looking after your body: Knowing facts and avoiding risks - alcohol, smoking and drugs: Drugs (2 lessons) Looking after yourself: Sleep, rest, spiritual practices, personal hygiene and helping others Good sleep 1 lesson (Science link)	None	Barclays MONEY: Payments Past, present and future (60 min) 3 lessons	5 x stimuli <ul style="list-style-type: none"> SAPERE: Artificial beauty time lapse video Christian Aid: Can Christian Aid and Islamic Relief Change the World? Dialogue works Identity building on Y5 Spring SAPERE: The Hospital Window video Christian Aid Global Explorers Disasters
Summer	Online Safety 2 lessons – Digital Matters Protecting Personal Information	LESSON 1 Zones of Regulation Feeling volcano activity revisit from Y5 Managing Feelings, Talking about Mental Health: Feelings and Common Anxieties when Transitioning (3 lessons)	None	Barclays Money: Transition (60 min) 3 lessons Preparing for change HT 2 lessons.	5 x stimuli <ul style="list-style-type: none"> Pride Month Picture News: Have our lives become too complicated? (24/210/22) Picture News: Has being online changed things for the better (22/5/23) One day model United Nations. Picture News Summer Term stimuli / P4C Book