

Magdalen Gates Primary School

Personal Development

2022/2023



Relationships Education	Health Education	Non-Statutory Sex Education
--------------------------------	-------------------------	------------------------------------

	Autumn 1- Community	Autumn 2- Change and Progress Anti-bullying Week Road Safety Week	Spring 1- Exploration and Discovery LGBT+ month (Feb) Children's Mental Health Week	Spring 2- Technological advancement Internet Safety Day	Summer 1- Climate and sustainability Mental Health Awareness Week	Summer 2- Conflict and Power Diversity Week Refugee Week
EYFS	<p style="color: orange;">Mental Health and Well-Being</p> <p style="color: green;">Families and People Who Care for Me: Understanding that 'family' means different things to different people</p> <p style="color: green;">NSPCC PANTS Helping Hand (5 people in school who I can talk to)</p> <p>Introduce idea of community</p>	<p style="color: green;">Caring Friendships: Understanding that there are similarities and differences between everyone and these can be celebrated</p> <p style="color: orange;">Healthy Eating: What make a healthy diet. Introduce the eatwell plate and 5 a day.</p> <p>Introduce Oral Health</p>	<p>The Colour Monster – Anna LLenas</p> <p style="color: green;">Being Safe: Understanding the concept of privacy, including the right to keep things private and the importance of another person's right to privacy.</p> <p style="color: orange;">Well Being Wednesday</p> <p style="color: orange;">Children's Mental Health Week Consider how it feels if you don't</p>	<p style="color: green;">Online Relationships/Internet Safety and Harms: Understanding what being online may look like, the different feelings they can experience online and how to identify adults who can help Screen time limits.</p> <p style="color: orange;">Road Safety</p> <p style="color: red;">Working in small groups to create a vehicle that they can all sit in?</p> <p style="color: red;">Co-operative role play at the train</p>	<p style="color: green;">Respectful Relationships: Recognising what they like and dislike, feeling empowered to make respectful and informed choices</p> <p style="color: orange;">Mental Well-Being: Identifying a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings</p> <p style="color: orange;">Sun and Sea Safety</p>	<p style="color: orange;">Health and Prevention: Knowing the importance of basic personal hygiene and understand how hand washing helps to prevent the spread of germs, bacteria and viruses</p> <p>Oral Health revisit</p> <p style="color: orange;">Basic First Aid: Explaining what first aid is and why it is important</p> <p style="color: orange;">Recap Sun and Sea Safety</p>

<p>People in my class, people in my school. Name of school and location of classroom. Building a class community. Where places in school are. Jobs of adults that work in school</p> <p>Making friends with other children. Creating class photos of friendly behaviour. Looking at children's differences and preferences. Exploring feelings of loneliness</p> <p>World Mental Health Day</p>	<p>My Body: Positioning body parts correctly</p> <p>Comparing own family and family life to Anna's in Africa.</p> <p>Exploring the emotion of happiness.</p> <p>Empathizing with characters from the story.</p> <p>Have we ever been surprised?</p> <p>Surprised or scared? Do we like or dislike them?</p> <p>Anti-bullying Week</p>	<p>succeed at first or achieve your goal?</p> <p>What happens if children are faced with challenges they feel afraid?</p> <p>Discuss relationships with their own family members and special people</p> <p>What if there is a bear hiding in the cave?</p> <p>Empathy for the Bear at the end of the story.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p> <p>LGBT+ month</p>	<p>station. Taking it in turns with the roles</p> <p>Recall and act favourite part of the journey.</p> <p>Teacher narrates and whole class enacts the whole story.</p> <p>Create story maps in pairs.</p>	<p>Explore significant birthdays with the children. Remember presents and things they did on their birthday.</p> <p>Recall surprises in our own lives.</p> <p>Talk about things that we are afraid of.</p> <p>Mental Health Awareness Week</p>	<p>Diversity Week</p>
--	---	--	---	---	------------------------------

<p>Year 1</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Identifying the special people in their lives, what makes them special and how special people care for one another</p> <p>NSPCC PANTS Helping Hand</p> <p>World Mental Health Day</p>	<p>Caring Friendships: Understanding the importance of listening to other people and playing and working cooperatively, including simple strategies to resolve disagreements through negotiation</p> <p>Money and Me: Do the Right Thing</p> <p>Anti-bullying Week</p>	<p>Being Safe: Identifying the people who look after them and how to attract their attention if needed</p> <p>My Body: Naming the main parts of the body correctly, including external genitalia using scientific terms</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p> <p>LGBT+ month</p>	<p>Online Relationships /Internet Safety and Harms: Understanding that photos can be shared online, the importance of seeking permission before sharing a photo and how to identify and approach adults who can help</p> <p>Mental Well-Being: Communicating about feelings, recognising how others show feelings, and how to respond to support respectful relationships</p> <p>Physical Health and Fitness: Identifying an enjoyable form of physical activity, understanding why it is important to be physically active</p>	<p>Respectful Relationships: Identifying and respecting differences and similarities between people and can celebrate this</p> <p>Drugs, Alcohol and Tobacco: Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy</p> <p>Mental Health Awareness Week</p>	<p>Health and Prevention: Identifying different ways to protect teeth, maintaining good oral hygiene</p> <p>Basic First Aid: Understanding how to identify risks, keeping themselves and others safe in an emergency situation</p> <p>Money and Me: Finders Keepers</p> <p>Road, Sun and Sea Safety</p> <p>Diversity Week</p>
---------------------------------	---	---	--	--	---	--

<p>Year 2</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Identifying the ways in which people and families are unique, understanding there has never been and never will be another them.</p> <p>NSPCC PANTS Helping Hand</p> <p>World Mental Health Day</p>	<p>Caring Friendships: Knowing the difference between secrets and surprises and the importance of not keeping secrets that makes them feel uncomfortable, worried or afraid</p> <p>Inclusion, belonging and extremism: Recognising the similarities and differences they share with others.</p> <p>Money and Me: Charity Job Week *if time</p> <p>Anti-bullying Week</p>	<p>Being Safe: Judging what kind of physical contact is acceptable, comfortable or uncomfortable and how to respond</p> <p>My Body: Recognising how they grow and will change as they become older.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p> <p>LGBT+ month</p>	<p>Online Relationships /Internet Safety and Harms: Understanding that people online may try to manipulate others, how this can make someone feel and how to identify and approach adults who can help</p> <p>Mental Well-Being: Recognising different types of teasing and bullying and understand that these are wrong and unacceptable</p> <p>Healthy Eating: Knowing that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices</p>	<p>Respectful Relationships: Recognising and celebrating their strengths and achievements, setting simple but challenging goals</p> <p>Drugs, Alcohol and Tobacco: Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy</p> <p>Mental Health Awareness Week</p>	<p>Health and Prevention: Understanding that some bacteria are spread and that they have the right to be protected from illness and a responsibility to protect others</p> <p>Basic First Aid: Identifying an emergency situation where someone needs help quickly</p> <p>Money and Me: Hero or Zero</p> <p>Road, Sun and Sea Safety</p> <p>Diversity Week</p>
----------------------	---	--	--	---	--	---

<p>Year 3</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Recognising a wide range of relationships, including the attributes of positive, healthy relationships</p> <p>NSPCC PANTS Helping Hand</p> <p>World Mental Health Day</p>	<p>Caring Friendships: Distinguishing the different kinds of conflict; know when and where to get help</p> <p>Money and Me: I Want it</p> <p>Anti-bullying Week</p>	<p>Being Safe: Understanding the right to protect their body from unwanted touch, feeling unsafe or feeling bad</p> <p>Changing Adolescent Body: Knowing how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p> <p>LGBT+ month</p>	<p>Online Relationships /Internet Safety and Harms: Identifying the difference between secrets and surprises, knowing when it is right to break confidence and share a secret, including within an online context</p> <p>Mental Well-Being: Identifying their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness</p> <p>Physical Health and Fitness: Identifying an enjoyable form of physical activity, understanding why it is important to be physically active</p>	<p>Respectful Relationships: Challenging gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl</p> <p>Drugs, Alcohol and Tobacco: Understanding that perceptions around risk-taking behaviours, including drugs and alcohol can add pressure to do something they are uncomfortable to do</p> <p>Mental Health Awareness Week</p>	<p>Health and Prevention: Understand the danger of over-exposure to the sun</p> <p>Basic First Aid: Calling for help Head injuries Bites and Stings</p> <p>Money and Me: Costing the Earth</p> <p>Road, Sun and Sea Safety</p> <p>Diversity Week</p>
----------------------	---	--	--	---	--	---

<p>Year 4</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Knowing that marriage is a commitment freely entered into by both people and that no one should marry if they do not want to or are not making the decision freely for themselves</p> <p>NSPCC PANTS Helping Hand</p> <p>World Mental Health Day</p>	<p>Caring Friendships: Recognising when they may need help to manage a situation and have developed the skills to ask for help</p> <p>Money and Me: Do you Need It?*if time</p> <p>Inclusion, belonging and extremism: Recognising the different groups and communities to which pupils belong and the importance of people feeling they belong and included.</p> <p>Anti-bullying Week</p>	<p>Being Safe: Judging what kind of physical behaviours and contact are acceptable and unacceptable, including ways to respond</p> <p>Changing Adolescent Body: Reflecting on how their body has changed and Anticipate body changes, Understanding that some are related to puberty.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p> <p>LGBT+ month</p>	<p>Online Relationships /Internet Safety and Harms: Having the knowledge, skills and confidence to understand and navigate online risks linked to social media</p> <p>Mental Well-Being: Recognising and respond to a wide range of emotions in themselves and others, and ways to respond</p> <p>Healthy Eating: Knowing that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices</p>	<p>Respectful Relationships: Recognising differences and similarities between people arise from a number of factors, including family and personal identity</p> <p>Drugs, Alcohol and Tobacco: Understanding that perceptions around risk-taking behaviours, including drugs and alcohol can add pressure to do something they are uncomfortable to do</p> <p>Mental Health Awareness Week</p>	<p>Health and Prevention: Knowing how to care for their body</p> <p>Basic First Aid: Calling for help Head injuries Asthma</p> <p>Road, Sun and Sea Safety</p> <p>Diversity Week</p>
----------------------	--	---	--	--	---	--

<p>Year 5</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Family relationships. How families support each other.</p> <p>NSPCC PANTS Helping Hand</p> <p>World Mental Health Day</p>	<p>Caring Friendships: Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships</p> <p>Money and Me: Finders Keepers *if time</p> <p>Inclusion, belonging and extremism: How negative stereotypes can influence behaviours and attitudes towards different groups of people.</p> <p>Anti-bullying Week</p>	<p>Being Safe: Managing accidental exposure to explicit images and upsetting online content, including who to talk to about what they have seen</p> <p>Changing Adolescent Body: Anticipating how their body may change as they approach and move through puberty.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p> <p>LGBT+ month</p>	<p>Online Relationships /Internet Safety and Harms: Having strategies for keeping safe online, knowing that personal information, including images of themselves and others, can be shared without their permission</p> <p>Mental Well-Being: Anticipating how their emotions may change as they approach and move through puberty</p> <p>Physical Health and Fitness: Pupils understand how taking part in regular physical activity has lots of benefits to physical and mental health, well-being and their learning</p> <p>Healthy Eating: The principles of planning and preparing a range of healthy meals.</p>	<p>Respectful Relationships: Knowing the correct terms associated with gender Identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying. Understanding that this is unacceptable.</p> <p>Drugs, Alcohol and Tobacco: Knowing some key facts and risks associated with smoking, alcohol and drugs</p> <p>Mental Health Awareness Week</p>	<p>Health and Prevention: Knowing the importance of good sleep</p> <p>Basic First Aid: Identifying an emergency situation where someone needs help quickly</p> <p>*Careers lessons PSHE Association</p> <p>Road, Sun and Sea Safety</p> <p>Diversity Week</p>
----------------------	---	--	---	---	---	---

<p>Year 6</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Diverse families and how these are all equal and should be valued and celebrated.</p> <p>NSPCC PANTS Helping Hand</p> <p>World Mental Health Day</p>	<p>Caring Friendships: Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships</p> <p>FGM: Knowing some cultural practises are against British Law, including FGM</p> <p>Money and Me: A Fair Day's Pay* if time</p> <p>Inclusion, belonging and extremism: How attitudes and opinions can sometimes be influenced by being exposed to prejudiced or extremist views. How to resist and challenge viewpoints.</p> <p>Anti-bullying Week</p>	<p>Being Safe: Developing the confidence and skills to know when, who and how to ask for help independently or with support</p> <p>Changing Adolescent Body: Explaining what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.</p> <p>Well Being Wednesday</p> <p>Children's Mental Health Week</p> <p>LGBT+ month</p>	<p>Online Relationships /Internet Safety and Harms: Considering a range of information that is acceptable and unacceptable to share online, knowing how to get help if needed</p> <p>Mental Well-Being: Knowing how feelings and emotions are affected and can be managed at changing, challenging or difficult times</p> <p>Healthy Eating: Recognising the impact of diet in lifestyles</p>	<p>Respectful Relationships: Realising the nature and consequences of discrimination, including the use of prejudice-based language</p> <p>Drugs, Alcohol and Tobacco: Knowing some key facts and risks associated with smoking, alcohol and drugs</p> <p>Mental Health Awareness Week</p>	<p>Internet Safety and Harms: Recognising how images in the media, including online do not always reflect reality and can affect how people feel about themselves</p> <p>Basic First Aid: Knowing when it is safe to give first aid, call for help and what to do in an emergency</p> <p>*Careers lessons PSHE Association</p> <p>Road, Sun and Sea Safety</p> <p>Diversity Week</p>
----------------------	--	---	---	--	---	--

