

# Magdalen Gates Primary School

## Personal Development

2023/2024



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

<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><b>World Mental Health Day</b></p>	<p><b>My Body:</b> 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><b>Anti-bullying Week</b></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><b>Well Being Wednesday</b></p> <p><b>Children's Mental Health Week</b></p> <p><b>LGBT+ month</b></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><b>Mental Health Awareness Week</b></p>	<p><b>Diversity Week</b></p>
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<p><b>Year 1</b></p>	<p><b>Mental Health and Well-Being</b></p> <p><b>Families and People Who Care for Me:</b> Identifying the special people in their lives, what makes them special and how special people care for one another</p> <p><b>NSPCC PANTS Helping Hand</b></p> <p><b>World Mental Health Day</b></p>	<p><b>Caring Friendships:</b> Understanding the importance of listening to other people and playing and working cooperatively, including simple strategies to resolve disagreements through negotiation</p> <p><b>Money and Me:</b> Do the Right Thing</p> <p><b>Anti-bullying Week</b></p>	<p><b>Being Safe:</b> Identifying the people who look after them and how to attract their attention if needed</p> <p><b>My Body:</b> Naming the main parts of the body correctly, including external genitalia using scientific terms</p> <p><b>Well Being Wednesday</b></p> <p><b>Children's Mental Health Week</b></p> <p><b>LGBT+ month</b></p>	<p><b>Online Relationships /Internet Safety and Harms:</b> 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><b>Mental Well-Being:</b> Communicating about feelings, recognising how others show feelings, and how to respond to support respectful relationships</p> <p><b>Physical Health and Fitness:</b> Identifying an enjoyable form of physical activity, understanding why it is important to be physically active</p>	<p><b>Respectful Relationships:</b> Identifying and respecting differences and similarities between people and can celebrate this</p> <p><b>Drugs, Alcohol and Tobacco:</b> Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy</p> <p><b>Mental Health Awareness Week</b></p>	<p><b>Health and Prevention:</b> Identifying different ways to protect teeth, maintaining good oral hygiene</p> <p><b>Basic First Aid:</b> Understanding how to identify risks, keeping themselves and others safe in an emergency situation</p> <p><b>Money and Me:</b> Finders Keepers</p> <p><b>Road, Sun and Sea Safety</b></p> <p><b>Diversity Week</b></p>
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<p><b>Year 2</b></p>	<p><b>Mental Health and Well-Being</b></p> <p><b>Families and People Who Care for Me:</b> Identifying the ways in which people and families are unique, understanding there has never been and never will be another them.</p> <p><b>NSPCC PANTS Helping Hand</b></p> <p><b>World Mental Health Day</b></p>	<p><b>Caring Friendships:</b> Knowing the difference between secrets and surprises and the importance of not keeping secrets that makes them feel uncomfortable, worried or afraid</p> <p><b>Inclusion, belonging and extremism:</b> Recognising the similarities and differences they share with others.</p> <p><b>Money and Me:</b> Charity Job Week *if time</p> <p><b>Anti-bullying Week</b></p>	<p><b>Being Safe:</b> Judging what kind of physical contact is acceptable, comfortable or uncomfortable and how to respond</p> <p><b>My Body:</b> Recognising how they grow and will change as they become older.</p> <p><b>Well Being Wednesday</b></p> <p><b>Children's Mental Health Week</b></p> <p><b>LGBT+ month</b></p>	<p><b>Online Relationships /Internet Safety and Harms:</b> 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><b>Mental Well-Being:</b> Recognising different types of teasing and bullying and understand that these are wrong and unacceptable</p> <p><b>Healthy Eating:</b> 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><b>Respectful Relationships:</b> Recognising and celebrating their strengths and achievements, setting simple but challenging goals</p> <p><b>Drugs, Alcohol and Tobacco:</b> Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy</p> <p><b>Mental Health Awareness Week</b></p>	<p><b>Health and Prevention:</b> 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><b>Basic First Aid:</b> Identifying an emergency situation where someone needs help quickly</p> <p><b>Money and Me:</b> Hero or Zero</p> <p><b>Road, Sun and Sea Safety</b></p> <p><b>Diversity Week</b></p>
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<p><b>Year 3</b></p>	<p><b>Mental Health and Well-Being</b></p> <p><b>Families and People Who Care for Me:</b> Recognising a wide range of relationships, including the attributes of positive, healthy relationships</p> <p><b>NSPCC PANTS Helping Hand</b></p> <p><b>World Mental Health Day</b></p>	<p><b>Caring Friendships:</b> Distinguishing the different kinds of conflict; know when and where to get help</p> <p><b>Money and Me:</b> I Want it</p> <p><b>Anti-bullying Week</b></p>	<p><b>Being Safe:</b> Understanding the right to protect their body from unwanted touch, feeling unsafe or feeling bad</p> <p><b>Changing Adolescent Body:</b> Knowing how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.</p> <p><b>Well Being Wednesday</b></p> <p><b>Children's Mental Health Week</b></p> <p><b>LGBT+ month</b></p>	<p><b>Online Relationships /Internet Safety and Harms:</b> 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><b>Mental Well-Being:</b> Identifying their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness</p> <p><b>Physical Health and Fitness:</b> Identifying an enjoyable form of physical activity, understanding why it is important to be physically active</p>	<p><b>Respectful Relationships:</b> Challenging gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl</p> <p><b>Drugs, Alcohol and Tobacco:</b> Understanding that perceptions around risk-taking behaviours, including drugs and alcohol can add pressure to do something they are uncomfortable to do</p> <p><b>Mental Health Awareness Week</b></p>	<p><b>Health and Prevention:</b> Understand the danger of over-exposure to the sun</p> <p><b>Basic First Aid:</b> Calling for help Head injuries Bites and Stings</p> <p><b>Money and Me:</b> Costing the Earth</p> <p><b>Road, Sun and Sea Safety</b></p> <p><b>Diversity Week</b></p>
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<p><b>Year 4</b></p>	<p><b>Mental Health and Well-Being</b></p> <p><b>Families and People Who Care for Me:</b> 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><b>NSPCC PANTS Helping Hand</b></p> <p><b>World Mental Health Day</b></p>	<p><b>Caring Friendships:</b> Recognising when they may need help to manage a situation and have developed the skills to ask for help</p> <p><b>Money and Me:</b> Do you Need It?*if time</p> <p><b>Inclusion, belonging and extremism:</b> Recognising the different groups and communities to which pupils belong and the importance of people feeling they belong and included.</p> <p><b>Anti-bullying Week</b></p>	<p><b>Being Safe:</b> Judging what kind of physical behaviours and contact are acceptable and unacceptable, including ways to respond</p> <p><b>Changing Adolescent Body:</b> Reflecting on how their body has changed and Anticipate body changes, Understanding that some are related to puberty.</p> <p><b>Well Being Wednesday</b></p> <p><b>Children's Mental Health Week</b></p> <p><b>LGBT+ month</b></p>	<p><b>Online Relationships /Internet Safety and Harms:</b> Having the knowledge, skills and confidence to understand and navigate online risks linked to social media</p> <p><b>Mental Well-Being:</b> Recognising and respond to a wide range of emotions in themselves and others, and ways to respond</p> <p><b>Healthy Eating:</b> 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><b>Respectful Relationships:</b> Recognising differences and similarities between people arise from a number of factors, including family and personal identity</p> <p><b>Drugs, Alcohol and Tobacco:</b> Understanding that perceptions around risk-taking behaviours, including drugs and alcohol can add pressure to do something they are uncomfortable to do</p> <p><b>Mental Health Awareness Week</b></p>	<p><b>Health and Prevention:</b> Knowing how to care for their body</p> <p><b>Basic First Aid:</b> Calling for help Head injuries Asthma</p> <p><b>Road, Sun and Sea Safety</b></p> <p><b>Diversity Week</b></p>
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<p><b>Year 5</b></p>	<p><b>Mental Health and Well-Being</b></p> <p><b>Families and People Who Care for Me:</b> Family relationships. How families support each other.</p> <p><b>NSPCC PANTS Helping Hand</b></p> <p><b>World Mental Health Day</b></p>	<p><b>Caring Friendships:</b> Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships</p> <p><b>Money and Me:</b> Finders Keepers *if time</p> <p><b>Inclusion, belonging and extremism:</b> How negative stereotypes can influence behaviours and attitudes towards different groups of people.</p> <p><b>Anti-bullying Week</b></p>	<p><b>Being Safe:</b> Managing accidental exposure to explicit images and upsetting online content, including who to talk to about what they have seen</p> <p><b>Changing Adolescent Body:</b> Anticipating how their body may change as they approach and move through puberty.</p> <p><b>Well Being Wednesday</b></p> <p><b>Children's Mental Health Week</b></p> <p><b>LGBT+ month</b></p>	<p><b>Online Relationships /Internet Safety and Harms:</b> Having strategies for keeping safe online, knowing that personal information, including images of themselves and others, can be shared without their permission</p> <p><b>Mental Well-Being:</b> Anticipating how their emotions may change as they approach and move through puberty</p> <p><b>Physical Health and Fitness:</b> 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><b>Healthy Eating:</b> The principles of planning and preparing a range of healthy meals.</p>	<p><b>Respectful Relationships:</b> 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><b>Drugs, Alcohol and Tobacco:</b> Knowing some key facts and risks associated with smoking, alcohol and drugs</p> <p><b>Mental Health Awareness Week</b></p>	<p><b>Health and Prevention:</b> Knowing the importance of good sleep</p> <p><b>Basic First Aid:</b> Identifying an emergency situation where someone needs help quickly</p> <p>*Careers lessons PSHE Association</p> <p><b>Road, Sun and Sea Safety</b></p> <p><b>Diversity Week</b></p>
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<p><b>Year 6</b></p>	<p><b>Mental Health and Well-Being</b></p> <p><b>Families and People Who Care for Me:</b> Diverse families and how these are all equal and should be valued and celebrated.</p> <p><b>NSPCC PANTS Helping Hand</b></p> <p><b>World Mental Health Day</b></p>	<p><b>Caring Friendships:</b> Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships</p> <p><b>FGM:</b> Knowing some cultural practises are against British Law, including FGM</p> <p><b>Money and Me:</b> A Fair Day's Pay* if time</p> <p><b>Inclusion, belonging and extremism:</b> How attitudes and opinions can sometimes be influenced by being exposed to prejudiced or extremist views. How to resist and challenge viewpoints.</p> <p><b>Anti-bullying Week</b></p>	<p><b>Being Safe:</b> Developing the confidence and skills to know when, who and how to ask for help independently or with support</p> <p><b>Changing Adolescent Body:</b> Explaining what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.</p> <p><b>Well Being Wednesday</b></p> <p><b>Children's Mental Health Week</b></p> <p><b>LGBT+ month</b></p>	<p><b>Online Relationships /Internet Safety and Harms:</b> Considering a range of information that is acceptable and unacceptable to share online, knowing how to get help if needed</p> <p><b>Mental Well-Being:</b> Knowing how feelings and emotions are affected and can be managed at changing, challenging or difficult times</p> <p><b>Healthy Eating:</b> Recognising the impact of diet in lifestyles</p>	<p><b>Respectful Relationships:</b> Realising the nature and consequences of discrimination, including the use of prejudice-based language</p> <p><b>Drugs, Alcohol and Tobacco:</b> Knowing some key facts and risks associated with smoking, alcohol and drugs</p> <p><b>Mental Health Awareness Week</b></p>	<p><b>Internet Safety and Harms:</b> Recognising how images in the media, including online do not always reflect reality and can affect how people feel about themselves</p> <p><b>Basic First Aid:</b> 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><b>Road, Sun and Sea Safety</b></p> <p><b>Diversity Week</b></p>
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