

The Westgate Lower School -Personal Development Long Term Plan

	<h2 style="margin: 0;">Personal Development Curriculum</h2> <h3 style="margin: 0;">Long Term Plan</h3>								
EYFS Educational programme	<p>Personal, Social and Emotional Development Children’s personal, social, and emotional development (PSED) is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm, and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate, and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life</p>								
YEAR R	<p>Ongoing: Self-regulation, managing self and building relationships through high quality adult interactions and modelling. Use of stories, games, and puppets to support concepts. Environment set up to encourage independence and opportunities to play cooperatively and try new activities. Adults support children to understand the reason for rules and to know right from wrong.</p>								
	Autumn Theme - Relationships			Spring Theme - Living in the wider world			Summer Theme – Health and well being		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Subject content	Families and friendships	Build constructive and respectful relationships	See themselves as a valuable individual	Consider feelings of others Think about feelings and perspectives of others	Technological awareness	Talk about the lives of people around them and their role in society	Personal hygiene, oral health, healthy eating, sleep routine,	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge	Being a safe pedestrian Keeping safe in the home
Suggested resources	Memory boxes, Text driver – we are all welcome			School trip. Comparing communities			Changing for PE/Forest. Local walk. Visitors		
KS1 POS	<p>Pupils should be taught to:</p>								
YEAR 1	<p>Ongoing:</p>								
	Autumn			Spring			Summer		

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	Theme - Relationships			Theme - Living in the wider world			Theme – Health and well being		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Subject content	Roles of different people; families; feeling cared for	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment	Using the internet and digital devices; communicating online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online & medicines and household products
Suggested resources									
YEAR 2	Ongoing:								
	Autumn Theme - Relationships			Spring Theme - Living in the wider world			Summer Theme – Health and well being		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Subject content	Making friends; feeling lonely and getting help	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles and responsibilities; being the same and different in the community	The internet in everyday life; online content and information	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home & school (medicines & household products); emergencies
Suggested resources									
KS2 POS	Pupils should be taught to:								
	<ul style="list-style-type: none"> • 								
YEAR 3	Ongoing:								

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	Autumn Theme - Relationships			Spring Theme - Living in the wider world			Summer Theme – Health and well being		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Subject content	What makes a family; features of family life	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite	The value of rules and laws; rights, freedoms and responsibilities	How the internet is used; assessing information online	Different jobs and skills; job stereotypes; setting personal goals	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places. The importance of using medicines and household products safely.
Suggested resources									
YEAR 4	Ongoing:								
	Autumn Theme - Relationships			Spring Theme - Living in the wider world			Summer Theme – Health and well being		
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
Subject content	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality; recognising risks online	Respecting differences and similarities; discussing difference sensitively	What makes a community; shared responsibilities	How data is shared and used	Making decisions about money; using and keeping money safe	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
Suggested resources									
YEAR 5	Ongoing:								
	Autumn Theme - Relationships			Spring Theme - Living in the wider world			Summer Theme – Health and well being		
	Families and friendships	Safe relationships	Respecting ourselves and	Belonging to a community	Media literacy and digital	Money and work	Physical health and	Growing and changing	Keeping safe

