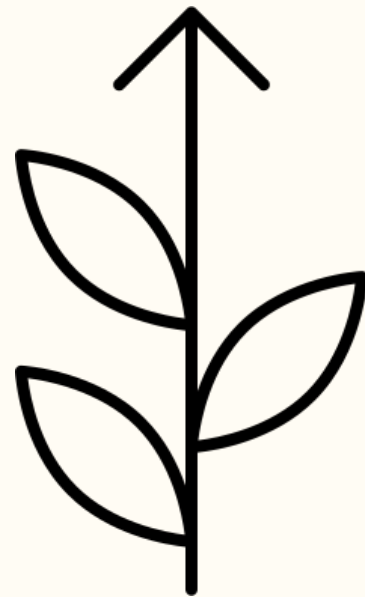




# Balshaw Lane Primary School



## Personal Development Pact

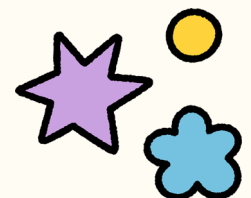
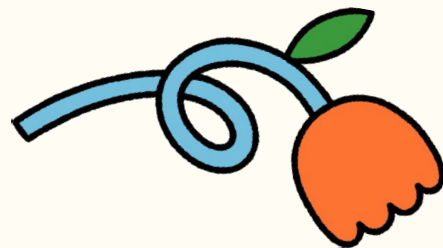
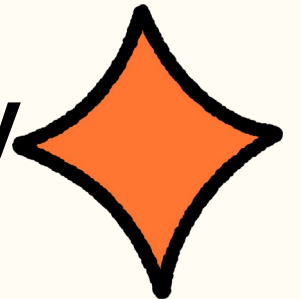


Delivering **OUTSTANDING** (Ofsted 2025) Personal Development

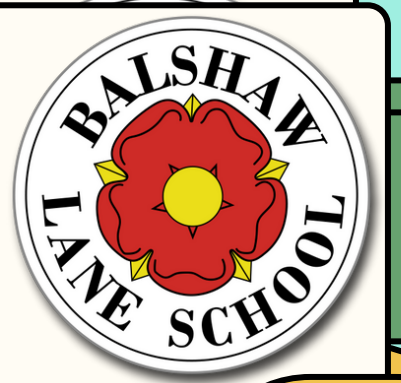
# What is our Personal Development Pact?



**At Balshaw Lane Primary School we believe developing a child's personal development is vitally important in order for them to become resilient, confident and happy children who are ready to learn and take the next steps on their educational journey.**



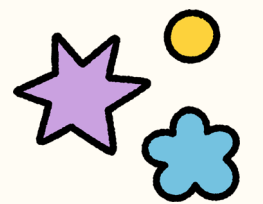
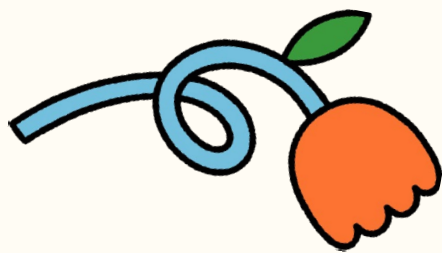
# What is our Personal Development Pact?



**Personal Development at Balshaw Lane is carefully planned throughout the 7 years and aims to develop happy, healthy, resilient and respectful individuals. Personal Development is also promoted through our rich, vibrant curriculum and opportunities.**



**Here is our Personal Development Pact:**





# Whole

# SCHOOL



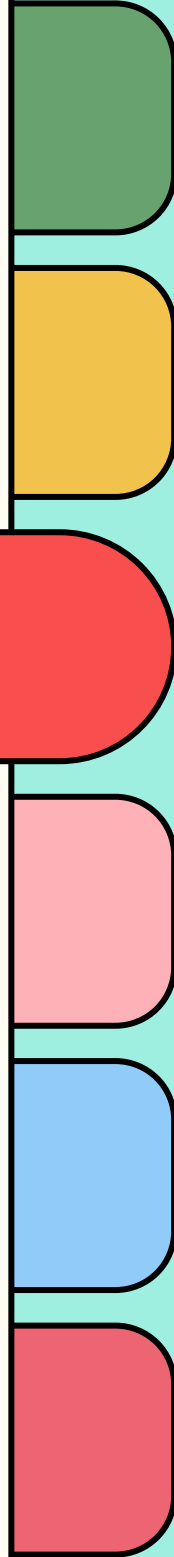
Each year we offer a **wide range of clubs and activities** to ensure each child is given many opportunities to participate. We aim to stimulate interest, allow children to try new activities, build confidence and further extend current skills and interests.

Our **clubs** this year are at least: Tae Kwon Do; Mad Science; mixed football; girls football; running; singing; athletics; dance; computing and robotics; judo; cricket; dodgeball; cheerleading; tag rugby; rounders; fencing; archery; drawing; djembe drumming; ocarina; ukulele.

Chance to represent school at a **wide range of competitions, festivals and** events including Lancashire Big Sing, Young Voices, Football League, Girls' Football League, Girls' Cricket, Mixed Cricket, Sportshall Athletics, Basketball, Ten Pin Bowling, Reception Balance Bikes, Dodgeball, Orienteering, Swimming, Rounders, Hockey, Boccia and Gymnastics.

An opportunity to be on the **School Council, Eco-Club and Sports Council**.

**Whole school curriculum events for 2025-2026**– Mental Health Week, Black History Awareness Day, National Sports Week, Anti-Bullying Week, Aspirations Week, Languages Day, Safer Internet Day, Science Week, World Book Day, Earth Day, Sports Day, Team Building Days and activities.



# RECEPTION



## **TRIPS:**

A trip to the aquarium for May/June

## **CONFIDENCE AND PERFORMING:**

Stay and play sessions 4X throughout the year, buddies with year 6, proud wall, Bella Bear and Eddy Teddy, sports day, Balshaw Lane's Got Talent

## **VISITORS:**

Faith visitors, emergency services, Chaplin's Panto,

## **CURRICULUM ENHANCEMENTS:**

Links to life cycles, Wellness Wednesday, Elmer day, stay and plays half termly, balance bikes, outdoor learning each Friday.

**PD Focus for Reception:** Managing feelings, independence, making friends, becoming familiar with new routines and expectations of work and play.



# RECEPTION



## Self-regulation: My feelings

The children learn to recognise and understand their feelings, identifying when emotions arise and how to manage them effectively.

## Building relationships: Special relationships

Examining why some people are special and valued, the children learn the importance of sharing and develop strategies to do so. They also consider themselves as valuable individuals and explore diversity by recognising people's similarities and differences.

## Managing self: Taking on challenges

The children consider why rules exist and learn the importance of persistence and perseverance when facing challenges.

## Building relationships: My family and friends

Exploring cultural festivals, the children reinforce the importance of sharing and turn-taking through role-play. They also consider the ingredients for a good friend and explore how kind words make others feel.

## Managing self: My wellbeing

Understanding why exercise is important for both physical and mental health, the children consider the effects of different types of exercise on the body. They also recognise how to travel safely as a pedestrian and how to make balanced food choices.

# YEAR 1



## **TRIPS:**

Fleetwood Museum (Holidays in the past)  
Local Walk around Euxton

## **CONFIDENCE AND PERFORMING:**

Class assembly  
Nativity Performance  
Balshaw Lane's Got Talent Show  
Show and tell sessions

## **VISITORS:**

Hindu Faith Visitor  
Artists and Dentists linked to the curriculum  
Author Visit

## **CURRICULUM ENHANCEMENTS:**

Continuous Provision linked to the National Curriculum;  
Wellness Wednesday  
Outdoor Learning

**PD Focus for Year 1:** To build on our Independence, becoming more confident in completing tasks on our own.

# YEAR

# 1



## Families and relationships

Investigating the characteristics of positive friendships, the children learn that issues can be overcome, that people show feelings differently and that stereotyping is unfair. They also recognise how families can be different.

## Health and wellbeing

Recognising emotions and ways to manage them, the children explore practical strategies for wellbeing. They also develop an understanding of the importance of good sleep, hand hygiene, sun safety, and how to respond to an allergic reaction.

## Safety and the changing body

Learning how to respond to adults in different situations, the children also begin to distinguish between appropriate and inappropriate physical contact. In addition, the children learn how to call the emergency services and identify potential hazards in the home.

## Citizenship

Exploring the importance of rules and the consequences of not following them, the children also explore the similarities and differences between themselves and others.

## Economic wellbeing

Identifying what money is and where it comes from, the children also begin to understand the difference between spending and saving.



# YEAR 2



## TRIPS:

Martin Mere (to support our English unit of Brilliant Birds, Living things and their habitats and animals including humans in Science)  
Geography Field Work around Euxton

## CONFIDENCE AND PERFORMING:

Great Fire of London class assembly  
Nativity  
Balshaw Lane's Got Talent

## VISITORS:

Great Fire of London visitor (history)  
Dentist (P..S.H.E)  
Fire Service (P.H.S.E)  
Faith visitors (RE)  
Author visitor (English)

## CURRICULUM ENHANCEMENTS:

Sports competitions  
Collage artist  
Visit Euxton Cricket Club (History - Learie Constantine)  
GFOL visitor scheduled for 13th September (History)

## PD FOCUS FOR YEAR 2:

Getting ready for Key Stage 2!

# YEAR 2

# 2



## Families and relationships

Learning that families are made up of different people who offer care and support, the children also explore the conventions of manners. In addition, they begin to develop an understanding of self-respect.

## Health and wellbeing

Identifying strategies to manage different emotions, the children also learn how to set goals and begin to develop a growth mindset. They also learn about the importance of dental hygiene.

## Safety and the changing body

Developing their understanding of safety, the children learn about road safety, online safety and the safe use of medicines. They also begin to distinguish between secrets and surprises, name body parts and explore the concept of privacy.

## Citizenship

Considering the rules that exist outside of school, the children also explore the different roles people have within the local community. In addition, they learn how to voice their opinions respectfully and confidently.

## Economic wellbeing

The children explore the difference between wants and needs when it comes to money.

# YEAR

# 3



## TRIPS:

Two day residential to Winmarleigh Hall  
Field trips in the local area  
Christmas Pantomime

## CONFIDENCE AND PERFORMING:

Year group assembly for parents to showcase learning and build confidence  
Spring Cafe  
Sports Day  
The chance to represent school at sporting events and performances  
Balshaw Lane's Got Talent

## VISITORS:

Faith visitors, based on our RE curriculum  
History Visitor (TBC)

## CURRICULUM ENHANCEMENTS:

3D printing  
Specialist teacher for French

**PD Focus for Year 3:** Resilience, teamwork and independence

# YEAR

# 3



## Families and relationships

Considering how some relationship problems could be resolved, the children develop effective listening skills and learn about non-verbal communication. They also explore the impact of bullying and what actions can be taken, consider trust and who to trust and recognise that stereotyping can exist.

## Health and wellbeing

The children recognise that a healthy lifestyle includes physical activity, a balanced diet, rest and relaxation. They also explore identity through the groups they belong to and how to solve problems by breaking them down.

## Safety and the changing body

Further developing their safety knowledge, the children learn how to call the emergency services and stay safe near roads. The children also explore being a responsible digital citizen by learning about cyberbullying and identifying unsafe digital content.

## Citizenship

Learning about local democracy, the children explore the importance of people's rights and the roles of local charities.

## Economic wellbeing

Learning how to create a budget, the children also consider the ethics of spending, potential jobs and careers and stereotyping in the workplace..



# YEAR 4



## TRIPS:

Cuerden Valley Park rivers fieldwork trip, Helmshore Mill TBC (history trip) Christmas Pantomime

## CONFIDENCE AND PERFORMING:

Year 4 Christmas Carol Service

Class Assembly

Young Voices

Balshaw Lane's Got Talent

Representing school at sporting events (e.g. athletics competition)

## VISITORS:

Faith Visitors

Roman visitor (TBC)

## CURRICULUM ENHANCEMENTS:

Swimming

Sporting competitions

Specialist French teacher

**PD Focus for Year 4:** To further develop resilience and independence ready for upper key stage 2.

# YEAR 4

4



## Families and relationships

The children develop an understanding of courtesy and manners, recognise emotional and physical boundaries in friendships and identify how behaviour can affect others. The children also explore the impact of bullying, varied family life and bereavement.

## Health and wellbeing

Discussing emotional maturity, the children develop their ability to identify and manage their emotions while also appreciating the feelings of others. In addition, they learn how to cultivate a growth mindset.

## Safety and the changing body

Building their understanding of online safety, the children examine the benefits and risks of sharing information online, age restrictions and the difference between private and public. They also learn the physical and emotional changes in puberty and the risks associated with tobacco.

## Citizenship

Learning about human rights, the children also explore the role of groups within the local community and appreciate its diversity.

## Economic wellbeing

Developing their knowledge of money, the children consider the choices associated with spending, what makes something good value and how to look after money.

# YEAR 5

**TRIPS:**

Museum of Lancashire WW2 experience (June), Christmas pantomime, Year 5 MAT sports day.

**CONFIDENCE AND PERFORMING:**

Christmas production, Year 5 class assembly, Young Voices, Balshaw Lane's Got Talent

**VISITORS:**

Anglo Saxon/Viking visitor (October), Matt Goodfellow author visit (May), local fashion photographer (Emma Wilson)

**CURRICULUM ENHANCEMENTS:**

Bikeability, PALS training, specialist teacher for French, faith visitors, sport competitions

**PD Focus for Year 5:**

Getting ready for Year 6. and being even more independent.

# YEAR

# 5



## Families and relationships

Developing their understanding of families and marriage, the children learn what to do if someone feels unsafe within their family. They also explore how to strengthen a friendship, the impact of bullying and what influences a bully's behavior and how to appreciate their personal attributes.

## Health and wellbeing

Developing greater responsibility for sleep, sun safety and healthy eating, the children also recognise how to manage and take responsibility for their feelings.

## Safety and the changing body

Exploring the emotional and physical changes of puberty, including menstruation, the children also develop their online safety and knowledge of first aid. In addition, they consider the influence of others, peer pressure and how to make independent decisions.

## Citizenship

The children gain an introduction to the justice system and how Parliament works.

## Economic wellbeing

Developing an understanding of the risks associated with money, particularly online.



# YEAR

# 6



## TRIPS:

Patterdale (3 day residential focussing on teamwork, developing confidence and independence)  
Field trip (linked to Science and Geography - habitats, sustainability). Theatre trip at Christmas.

## CONFIDENCE AND PERFORMING:

Year group assembly, Year 6 end of year performance, Young Voices, Balshaw Lane's Got Talent

## VISITORS:

Parent who works in healthcare (linked to Science work on the circulatory system), author visits, Faith visitors

## CURRICULUM ENHANCEMENTS:

Specialist teacher for French  
Year 6 Enterprise project (planning, budgeting, advertising, profit margins)  
Parliament trip – optional and limited numbers  
Sporting competitions

## PD Focus for Year 6:

Growing more independent ready for the move to high school.  
This includes the children being given many opportunities to take on extra roles and responsibilities, such as prefects and team captains. They are also paired up with buddies in Reception and have times throughout the year to interact with them, taking on a caring role.

# YEAR

# 6



## Families and relationships

Identifying ways to resolve conflict through negotiation and compromise, the children consider the importance of respect in the friendships and relationships. In addition, they begin to recognise the process and emotions relating to grief.

## Health and wellbeing

The children explore screen time and the effect on their physical and mental health. In addition, they consider strategies for being resilient in challenging situations, how to plan for long-term goals and the facts around immunisation.

## Safety and the changing body

The children learn about the changes experienced during puberty. Additionally, they examine the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.

## Citizenship

Developing their understanding of human rights, the children learn to identify discrimination as well as the importance of diversity and national democracy.

## Economic wellbeing

Exploring career paths and the variety of different jobs available.

## Identity

Learning about the children's personal identity and body image.



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