



## Personal Development Overview 2024-2025

Year Group	Term 1 PSHE: Being Me in My World Circle groups	Term 2 PSHE Celebrating Difference Circle groups	Term 3 PSHE: Dreams and Goals Circle Groups	Term 4 PSHE: Healthy Me Circle Groups	Term 5 PSHE: Relationships Circle Groups	Term 6 PSHE: Changing Me Circle Groups	WHOLE SCHOOL
<b>Reception</b>	<u>PSHE Being Me in my World:</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	<u>PSHE Celebrating Difference</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself	<u>PSHE: Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	<u>PSHE Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	<u>PSHE Relationships</u> Family life Friendships Breaking friendships Falling out with bullying Being a good friend Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	<u>PSHE Changing Me</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations	<u>Roles and Responsibilities</u> <ul style="list-style-type: none"> <li>● House and Vice Captains</li> <li>● Sports Leaders</li> <li>● Worship Council</li> </ul>
<b>Value for Britain</b>	<u>Democracy</u> How do I feel? Only one you.  <ul style="list-style-type: none"> <li>● I am developing an awareness of my own needs, views and feelings.</li> <li>● I can talk about how I feel with support.</li> <li>● I can make decisions.</li> </ul>		<u>Rule of Law</u> How do we live all live together? Living together and getting along.  <ul style="list-style-type: none"> <li>● I know what is right/wrong.</li> <li>● I can follow simple rules.</li> <li>● I know I am a member of my community.</li> <li>● I know who helps me in school and in the wider community</li> </ul>	<u>Individual Liberty</u> How do I feel? Only one you.  <ul style="list-style-type: none"> <li>● I am developing an awareness of my own needs, views and feelings.</li> <li>● I can talk about how I feel with support.</li> <li>● I can make decisions.</li> </ul>		<u>Mutual Respect and Tolerance</u> Everyone is special.  <ul style="list-style-type: none"> <li>● I know that there are similarities and differences between people.</li> <li>● I know that people have things in common but everyone is unique.</li> <li>● I can say why I am special.</li> </ul>	
<b>Enrichment, Trips, Visitors and Wider Opportunities</b>	Wellie Walks Ginger Bread Men Making On Stage – Nativity Performance Visitor- Destiny’s Choir		Welly Walks Educational Visit- Bristol Aquarium Visitors: Chicks Swimming		Summer Welly Walk Educational Visit: Seaside Church Visit: Leavers Service VE Day Celebrations		
<b>Year 1</b>	<u>PSHE Being Me in my World:</u> Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	<u>PSHE Celebrating Difference</u> Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	<u>PSHE: Dreams and Goals</u> Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	<u>PSHE Healthy Me</u> Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	<u>PSHE Relationships</u> Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	<u>PSHE Changing Me</u> Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition	<u>Community:</u>  <ul style="list-style-type: none"> <li>● Choir singing at Care Home</li> <li>● Choir singing a Leekes</li> <li>● Carols around the Tree to School</li> </ul>

							<ul style="list-style-type: none"> <li>Children In Need / Sport Relief/ Comic relief</li> </ul>
<b>Value for Britain</b>	<p><b>Democracy</b> How do we all live together? We all have a voice. Making it fair.</p> <ul style="list-style-type: none"> <li>I can express and begin to justify my opinion.</li> <li>I can listen and begin to understand others' point of view.</li> <li>I can work as a team and begin to understand the importance of teamwork.</li> <li>I can make choices and understand people may make different choices to me.</li> </ul>		<p><b>Rule of Law</b> How do we live all live together? Living together and getting along.</p> <ul style="list-style-type: none"> <li>I know what is right/ wrong and can make right choices.</li> <li>I can follow rules and begin to explain why we have rules.</li> <li>I can name different communities.</li> <li>I know who helps me in school and in the wider community.</li> </ul>	<p><b>Individual Liberty</b> How do I feel? Only one you.</p> <ul style="list-style-type: none"> <li>I am developing an awareness of my own needs, views and feelings.</li> <li>I can talk about how I feel.</li> <li>I am beginning to be sensitive to and respect the feelings of others.</li> <li>I can make decisions.</li> </ul>		<p><b>Mutual Respect and Tolerance</b> Everyone is special.</p> <ul style="list-style-type: none"> <li>I know that there are similarities and differences between people: likes, gender, appearance, abilities, families, cultural backgrounds.</li> <li>I know that people have things in common, but everyone is unique.</li> <li>I can identify and respect the similarities and differences between people.</li> </ul>	<ul style="list-style-type: none"> <li>Remembrance service wreath laying</li> <li>Santa Grotto</li> <li>Christmas Service</li> <li>Advent Reflections</li> <li>Easter Service</li> <li>Community VE celebrations</li> <li>Summer Fete</li> <li>Summer Transition Drop Ins</li> </ul>
<b>Enrichment</b>	<p>Welly Walks – Autumn Church Visit – Harvest and Easter Service On Stage: KS1 Production Nativity Visitor- Destiny's Choir</p>		<p>Welly Walks Winter Welly Walks Spring Educational Trip- Bristol Aquarium Church Visit: Easter Service Swimming</p>		<p>Summer Welly Walk VE Day Celebrations Year 1 Dance Festival</p>		<p><b>Clubs-Extended Schools Provision</b></p> <ul style="list-style-type: none"> <li>After school Club (Lego, Art, Computing, Reading)</li> <li>Homework club</li> <li>Breakfast Club</li> <li>Multi sports Club</li> </ul>
<b>Year 2</b>	<p><b>PSHE Being Me in my World:</b> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings</p>	<p><b>PSHE Celebrating Difference</b> Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends</p>	<p><b>PSHE: Dreams and Goals</b> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success</p>	<p><b>PSHE Healthy Me</b> Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food</p>	<p><b>PSHE Relationships</b> Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships</p>	<p><b>PSHE Changing Me</b> Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition</p>	
<b>Value for Britain</b>	<p><b>Democracy</b> How do we all live together? We all have a voice. Making it fair.</p> <ul style="list-style-type: none"> <li>I can express and justify my opinion.</li> <li>I know mine and others' views count.</li> <li>I can understand the importance of teamwork.</li> <li>I can make choices and begin to understand and respect the democratic process.</li> <li>I can ask and answer questions to help me form an opinion.</li> </ul>		<p><b>Rule of Law</b> How do we live all live together? Living together and getting along</p> <ul style="list-style-type: none"> <li>I know what is right/ wrong and can apply this in my life.</li> <li>I can follow rules.</li> <li>I understand the need for rules.</li> <li>I know everyone in a community has rights and responsibilities.</li> <li>I can say if a rule is fair.</li> </ul>	<p><b>Individual Liberty</b> How do I feel? Only one you.</p> <ul style="list-style-type: none"> <li>I am developing an awareness of my own needs, views and feelings.</li> <li>I can talk about how I feel.</li> <li>I can be sensitive to and respect the feelings of others.</li> <li>I can make decisions and begin to understand the repercussions of my choices.</li> <li>I understand I am responsible for my choices and behaviour.</li> </ul>		<p><b>Respect and Tolerance</b> Explore the meaning of equality.</p> <ul style="list-style-type: none"> <li>I know what mutual respect is.</li> <li>I know that there are similarities and differences between people: likes, gender, appearance, abilities, families, cultural backgrounds, etc.</li> <li>I know that people have things in common, but everyone is unique.</li> <li>I can identify and respect the similarities and differences between people.</li> </ul>	

						<ul style="list-style-type: none"> <li>I understand some cultural ways of life in Great Britain e.g. school age, celebrating birthdays</li> </ul>		
<b>Enrichment</b>	Visit to Melksham Library Church Visit- Harvest and Christmas Service Visitor- Destiny's Choir		Educational Visit- Natural History Museum Church Visit- Easter Service Library Visit		VE Day Celebrations Education Visit- Mosque Library Visit			
<b>Year 3</b>	<u><b>PSHE Being Me in my World:</b></u> Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	<u><b>PSHE Celebrating Difference</b></u> Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	<u><b>PSHE: Dreams and Goals</b></u> Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	<u><b>PSHE Healthy Me</b></u> Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	<u><b>PSHE Relationships</b></u> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	<u><b>PSHE Changing Me</b></u> How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition		
<b>Value for Britain</b>	<u><b>Democracy</b></u> Democracy for All  · I can start to understand the terms democracy and why it is important. · I can say what makes a good leader. · I can take part in a fair vote. · I can explore different ways to express my opinions. · I can take part in a Q & A to help me form an informed decision.		<u><b>Rule of Law</b></u> Games without rules  · I can follow and value rules. · I understand there are different rules in different places. · I can explore and make rules, learning their value and purpose. · I know everyone in a community has rights and responsibilities and understand the important of rules in different communities.		<u><b>Individual Liberty</b></u> Encouraging difference.  · Free to be me and express myself. · I know what freedom is. · I am aware if my own needs, views and feelings. · I can use encouragement when respecting everyone's differences. · I can explore ways I am free to be me. · I can choose words to describe my individual personality. · I can consider the hopes and dreams we all have.		<u><b>Mutual Respect and Tolerance</b></u> Welcoming new people. We are Britain.  · I can describe how to welcome people and practice being welcoming. · I can think about what different people in Britain are like. · I can recognise my own strengths. · I can show respect for other people's differences.	
<b>Enrichment</b>	Church Visit- Harvest and Christmas Service Educational Visit- Cinema Visitor- Destiny's Choir		Church Visit- Easter Service Educational Visit- Stone Henge, Silbury Hill and Long Barrow, Melksham Library		Educational Visit- Jurassic Coast VE Day Celebrations			
<b>Year 4</b>	<u><b>PSHE Being Me in my World:</b></u> Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	<u><b>PSHE Celebrating Difference</b></u> Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	<u><b>PSHE Hopes and dreams</b></u> Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	<u><b>PSHE Healthy Me</b></u> Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	<u><b>PSHE Relationships</b></u> Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	<u><b>PSHE Changing Me</b></u> Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition		
<b>Enrichment</b>	Church Visit- Harvest and Christmas Service Educational Visit- Cinema Visitor- Destiny's Choir Swimming		Educational Visit: Roman Baths, Melksham Library Church Visit- Easter Service Key Stage 2 Dance Festival		Educational Visit- Salisbury Cathedral VE Day Celebrations			

<b>Value for Britain</b>	<p align="center"><b><u>Democracy</u></b> Democracy for All</p> <ul style="list-style-type: none"> <li>I can start to understand the terms democracy and why it is important.</li> <li>I can say what makes a good leader.</li> <li>I can take part in a fair vote.</li> <li>I can explore different ways to express my opinions.</li> <li>I can take part in a Q &amp; A to help me form an informed decision.</li> </ul>		<p align="center"><b><u>Rule of Law</u></b> Games without rules</p> <ul style="list-style-type: none"> <li>I can follow and value rules.</li> <li>I understand there are different rules in different places.</li> <li>I can explore and make rules, learning their value and purpose.</li> <li>I know everyone in a community has rights and responsibilities and understand the important of rules in different communities.</li> </ul>	<p align="center"><b><u>Individual Liberty</u></b> Encouraging difference. Free to be me and express myself.</p> <ul style="list-style-type: none"> <li>I know what freedom is.</li> <li>I am aware if my own needs, views and feelings.</li> <li>I can use encouragement when respecting everyone's differences.</li> <li>I can explore ways I am free to be me.</li> <li>I can choose words to describe my individual personality.</li> <li>I can consider the hopes and dreams we all have.</li> </ul>		<p align="center"><b><u>Mutual Respect and Tolerance</u></b> Welcoming new people. We are Britain.</p> <ul style="list-style-type: none"> <li>I can describe how to welcome people and practice being welcoming.</li> <li>I can think about what different people in Britain are like.</li> <li>I can recognise my own strengths.</li> <li>I can show respect for other people's differences.</li> </ul>	
<b>Year 5</b>	<p><b><u>PSHE Being Me in my World:</u></b> Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p><b><u>PSHE Celebrating Difference</u></b> Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures</p>	<p><b><u>PSHE: Dreams and Goals</u></b> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p><b><u>PSHE Healthy Me</u></b> Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p><b><u>PSHE Relationships</u></b> Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules</p>	<p><b><u>PSHE Changing Me</u></b> Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition</p>	
<b>British values</b>	<p align="center"><b><u>Democracy</u></b> Democracy for All</p> <ul style="list-style-type: none"> <li>I know what democracy is and why it is important.</li> <li>I can take part in a fair vote.</li> <li>I can articulate ways our school community is a democracy.</li> <li>I can take part in a Q &amp; A and a debate, representing different character and delivering their desires powerfully through argument, persuasion, fact and opinion</li> </ul>		<p align="center"><b><u>Rule of Law</u></b> Rules and Laws</p> <ul style="list-style-type: none"> <li>I can explain what Rule of Law is.</li> <li>I can think about why we have the 'Rule of Law'.</li> <li>I can explore different rules, learning their value and purpose.</li> <li>I can say if there has been an injustice.</li> <li>I understand that living under the rule of law protects individuals.</li> </ul>	<p align="center"><b><u>Individual Liberty</u></b> Supporting other people's liberty and values.</p> <ul style="list-style-type: none"> <li>I can explore the right to live in freedom and individual liberty.</li> <li>I can explore the idea that we need to allow other people to have liberty. <ul style="list-style-type: none"> <li>I understand that individual liberty has to be within the rules.</li> </ul> </li> <li>I can explore my own individual liberty to be who I want to be (within the rules!).</li> <li>I understand that I have the right to make changes.</li> </ul>		<p align="center"><b><u>Mutual Respect and Tolerance</u></b> Explore the meaning of equality.</p> <ul style="list-style-type: none"> <li>To understand how all people are equal and different.</li> <li>I know what prejudicial or discriminatory behaviour is.</li> <li>I can discuss differences between people, such as differences of faith, ethnicity, disability, gender or sexuality and differences of family situations.</li> </ul>	
<b>Enrichment</b>	<p align="center">Church Visit- Harvest and easter Service Educational Visit- Cinema Visitor- Destiny's Choir Phunky Foods</p>		<p align="center">Educational Visit: Cardiff Theatre, Young Voices Concert Visitor: MP Church Visit- Easter Service Phunky Foods</p>		<p align="center">Residential- Home Farm Educational Visit- Tudor World Phunky Foods VE Day Celebrations</p>		

<b>Year 6</b>	<p><b><u>PSHE Being Me in my World:</u></b>  Identifying goals for the year  Global citizenship  Children’s universal rights  Feeling welcome and valued  Choices, consequences and rewards  Group dynamics  Democracy, having a voice  Anti-social behaviour  Role-modelling</p>	<p><b><u>PSHE Celebrating Difference</u></b>  Perceptions of normality  Understanding disability  Power struggles  Understanding bullying  Inclusion/exclusion  Differences as conflict, difference as celebration  Empathy</p>	<p><b><u>PSHE: Dreams and Goals</u></b>  Personal learning goals, in and out of school  Success criteria  Emotions in success  Making a difference in the world  Motivation  Recognising achievements  Compliments</p>	<p><b><u>PSHE Healthy Me</u></b>  Taking personal responsibility  How substances affect the body  Exploitation, including ‘county lines’ and gang culture  Emotional and mental health  Managing stress</p>	<p><b><u>PSHE Relationships</u></b>  Mental health  Identifying mental health worries and sources of support  Love and loss  Managing feelings  Power and control  Assertiveness  Technology safety  Take responsibility with technology use</p>	<p><b><u>PSHE Changing Me</u></b>  Self-image Body image  Puberty and feelings  Conception to birth  Reflections about change  Physical attraction  Respect and consent  Boyfriends/girlfriends Sexting  Transition</p>	
<b>Value for Britain</b>	<p><b><u>Democracy</u></b>  Democracy for All</p> <ul style="list-style-type: none"> <li>I know what democracy is and why it is important and why it matters.</li> <li>I can take part in a fair vote.</li> <li>I can articulate ways our school community is a democracy.</li> <li>I can take part in a Q &amp; A and a debate, representing different characters and delivering their desires powerfully through argument, persuasion, fact and opinion.</li> <li>I can explain how democracy has changed over time.</li> </ul>		<p><b><u>Rule of Law</u></b>  Rules and Laws</p> <ul style="list-style-type: none"> <li>I can explain what Rule of Law is.</li> <li>I can think about why we have the ‘Rule of Law’.</li> <li>I can explore different rules, learning their value and purpose.</li> <li>I can suggest new rules and explain how they will make our school community better. <ul style="list-style-type: none"> <li>I can explain why different places have different rules.</li> </ul> </li> <li>I can say if there has been an injustice and argue my point appropriately.</li> <li>I can understand and appreciate the role of the Police in a democratic society.</li> </ul>	<p><b><u>Individual Liberty</u></b>  Supporting other people’s liberty and values.</p> <ul style="list-style-type: none"> <li>I can explore the right to live in freedom and individual liberty.</li> <li>I can explore ways I can support other people’s right to live in freedom and individual liberty. <ul style="list-style-type: none"> <li>I understand that individual liberty has to be within the rules.</li> </ul> </li> <li>I can explore the UN Children’s Rights.</li> <li>I can explore my own individual liberty to be who I want to be (within the rules!).</li> <li>I understand that I have the right to make changes and can use my skills to implement change</li> </ul>		<p><b><u>Mutual Respect and Tolerance</u></b>  Explore the meaning of equality.</p> <ul style="list-style-type: none"> <li>I know what tolerance is and why it is important.</li> <li>To understand how all people are equal and different. <ul style="list-style-type: none"> <li>I can challenge prejudicial or discriminatory behaviour.</li> </ul> </li> <li>I can discuss in depth the differences between people, such as differences of faith, ethnicity, disability, gender or sexuality and differences of family situations.</li> </ul>	
<b>Enrichment</b>	<p>Educational Visit- Colehill (WWII)  Church Visit- Harvest and Christmas Services  Visitor- Destiny’s Choir</p>		<p>Educational Visit: Young Voice Concert, Houses of Parliament  Visitor: MP  Church Visit- Easter Service</p>		<p>Residential: Home Farm  Year 6/7 Transition Teacher Visit to School  Year 6/7 Transition Days  On Stage: End of Year Production  Church Visit: Leavers Service  Swimming  VE Day Celebrations</p>		
<b>Whole School</b>	<p>Pupil Leadership Elections:  <ul style="list-style-type: none"> <li>House and Vice Captains Elections (Whole School) <ul style="list-style-type: none"> <li>Sports Leaders (Class)</li> <li>Worship Council (Class) <ul style="list-style-type: none"> <li>Digital Leaders</li> </ul> </li> </ul> </li> </ul> Anti-Bullying Week  Black History Month</p>		<p>World Religion Day  Internet Safety Day  Black History Week  Red Nose Day  Anti-Bullying Week</p>		<p>Transition and Meet New Teachers</p>		