

Personal Development 2021-2022 – Primary AP

Personal Development Themes					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
- Spiritual, moral, social and cultural development	- Healthy living - British Values	- Equality and diversity	- Think positive - People who help us	- Citizenship	- Preparation for next stage

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Primary AP	<p>Safety First</p> <ul style="list-style-type: none"> Identify and discuss some school rules for staying safe and healthy. List some of the dangers we face when we are using roads, water or railways. Describe drugs, cigarettes and alcohol in basic terms. Identify some common injuries and know they can be treated with first aid. Recognise hazards and dangers in an emergency situation. State 999 as the number to call to seek help in an emergency. Appreciate what being responsible means and name some of their responsibilities. Give examples of a range of risky or dangerous situations. Appreciate that doing something risky may lead to danger. Describe where pressure to do things can come 	<p>Diverse Britain</p> <ul style="list-style-type: none"> Describe what it is like to live in Britain Talk about what democracy is; Talk about what rules and laws are; Talk about what liberty means; Describe a diverse society; Describe what being British means to them. Describe the benefits of living in a diverse and multicultural society; Understand why democracy is important; Identify how rules and laws help them; Identify the rights of the British people; Describe what being British means to others. Show empathy for situations where 	<p>One World</p> <ul style="list-style-type: none"> Respecting the differences and similarities between people and recognising what they have in common with others. What diversity means, the benefits of living in a diverse community, about valuing diversity within communities. About stereotypes, how they can negatively influence behaviours and attitudes towards others. Strategies for challenging stereotypes. How to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with. Recognise there are human rights, that 	<p>VIPS</p> <ul style="list-style-type: none"> With support, discuss how the impact of our attitudes affects us when trying to make new friendships With support, plan out how they will be an anonymous friend over the week Use a support sheet to discuss the dares within a story Use a support sheet to create a role play about positive resolution techniques Create a poster with ideas to help someone who is being bullied, with a support sheet of ideas. Discuss how our attitudes impact new friendships being made Create a plan for being an anonymous friend over the course of a week 	<p>Digital Well-being</p> <ul style="list-style-type: none"> Identify some positives and negatives of the Internet; Explain what to do if they experience or see bullying online; Explain ways to communicate safely online and identify ways to get support if they do not feel safe; Assess the reliability of online information; Explain what personal information includes; Know why we shouldn't share passwords and private information; Explain why we have rules and restrictions around the 	<p>Be Yourself</p> <ul style="list-style-type: none"> List some of their achievements and say why they are proud of them; Identify facial expressions associated with different feelings; Describe some strategies that they could use to help them cope with uncomfortable feelings; Suggest assertive solutions to scenarios; Explain that the messages they receive from the media about how they should look, think and behave are not always realistic; Suggest ways to make things right after a mistake has been made; Explain that mistakes help them to learn and grow.

Personal Development 2021-2022 – Primary AP

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>from; identify people who can help us in an emergency.</p> <ul style="list-style-type: none"> • Identify safety precautions that can be taken when using roads, water or railways. • Explain some of the ways in which drugs, cigarettes and alcohol affect the human body. • Explain some of the ways to treat common injuries. • Explain how to keep themselves and others safe in an emergency situation. • Identify what information will need to be shared with an emergency services operator. • Appreciate that their own decisions and behaviour can impact on their safety and the safety of others. • Appreciate the difference between good risks and dangerous risks. • Consider the impact of accepting a dare. • Appreciate that the most courageous thing is to say no. • Identify sources of pressure to behave in a certain way, other than peer pressure. • Advise others on how to stay safe around roads, water and railways. 	<p>people are not living in a democracy;</p> <ul style="list-style-type: none"> • Think in detail about what society would be like without rules and laws; • Explain in detail their own thoughts on human rights; • Discuss with confidence why showing respect and being tolerant of others is important; • Identify how respect of differing opinions and ideas to their own can be shown. 	<p>are there to protect everyone.</p> <ul style="list-style-type: none"> • The importance of having compassion towards others, shared responsibilities we all have for caring for other people and living things, how to show care and concern for others. • That people’s spending decisions can affect others and the environment. • About the relationship between rights and responsibilities. • Ways of carrying out shared responsibilities for protecting the environment in school and at home, how everyday choices can affect the environment. • To value the different contributions that people and groups make to the community. 	<ul style="list-style-type: none"> • Reflect on the different characters in the dares story and discuss the different outcomes for each character • Work together to create a role play about positive resolution techniques • Create a poster with ideas to help someone who is being bullied • Discuss the need to have a variety of friends with differing personalities • Discuss being supportive and loyal in a healthy friendship and what to do in an unhealthy friendship • Discuss how the dares story could be resolved • Discuss times when applying positive resolution techniques could be tricky and discuss how this could be overcome • Create a storyline to address why a bully might have started bullying. 	<p>technology we use.</p> <ul style="list-style-type: none"> • Recognise why it is important to balance time online and offline for wellbeing; • Empathise with a cyberbullying victim; • Respond appropriately to different online scenarios; • Recognise the role they play in sharing information responsibly online; • Understand the consequences of sharing certain information, images and videos online; • Explain the potential negative impact from sharing things online. • Write their own play script to show how to report concerns around cyberbullying; • Discuss why some people trust a person they have never met and 	<ul style="list-style-type: none"> • Identify their own strengths; • Explain that how they are feeling on the inside can affect their facial expressions and body language; • Identify and begin to implement strategies to help them cope with uncomfortable feelings; • Begin to demonstrate appropriately assertive behaviour; • Analyse messages given by the media about how they should look, think and behave; • Demonstrate how they are going to make things right after mistakes have been made; • Explain what they have learnt and how they have grown from mistakes they have made. • Discuss how they could use their strengths and achievements to set aspirational goals; • Support others with their internal feelings according

Personal Development 2021-2022 – Primary AP

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<ul style="list-style-type: none"> • Appreciate that some drugs are helpful, others are harmful and all drugs can be harmful if not taken correctly. • Advise others on how to give first aid. <p>Fire brigade in to discuss how to deal with an emergency. Possible trip to fire station – Covid dependent Knife skills in cooking Reward trip to park to discuss road safety.</p>	<p>Trip to a religious place of worship – covid dependent Visitor from a local mosque – covid dependent.</p>	<p>Trip to supermarket to discuss fair trade products Litter picking in the local area</p>	<p>Anti-bullying drama workshop?</p>	<p>how they can maintain their safety when they are communicating;</p> <ul style="list-style-type: none"> • Create their own manipulated and real messages for other children to assess for reliability and manipulation; • Discuss secure passwords and learn about ways of creating safe and secure passwords; • Create their own examples of when 'The Golden Rule' would be useful to apply, both online and offline. 	<p>to their facial expressions and body language;</p> <ul style="list-style-type: none"> • Suggest strategies to others to help them cope with any uncomfortable feelings they may be experiencing; • Identify if behaviour is aggressive, passive or assertive; • Discuss the impact on others of making amends after a mistake has been made.