



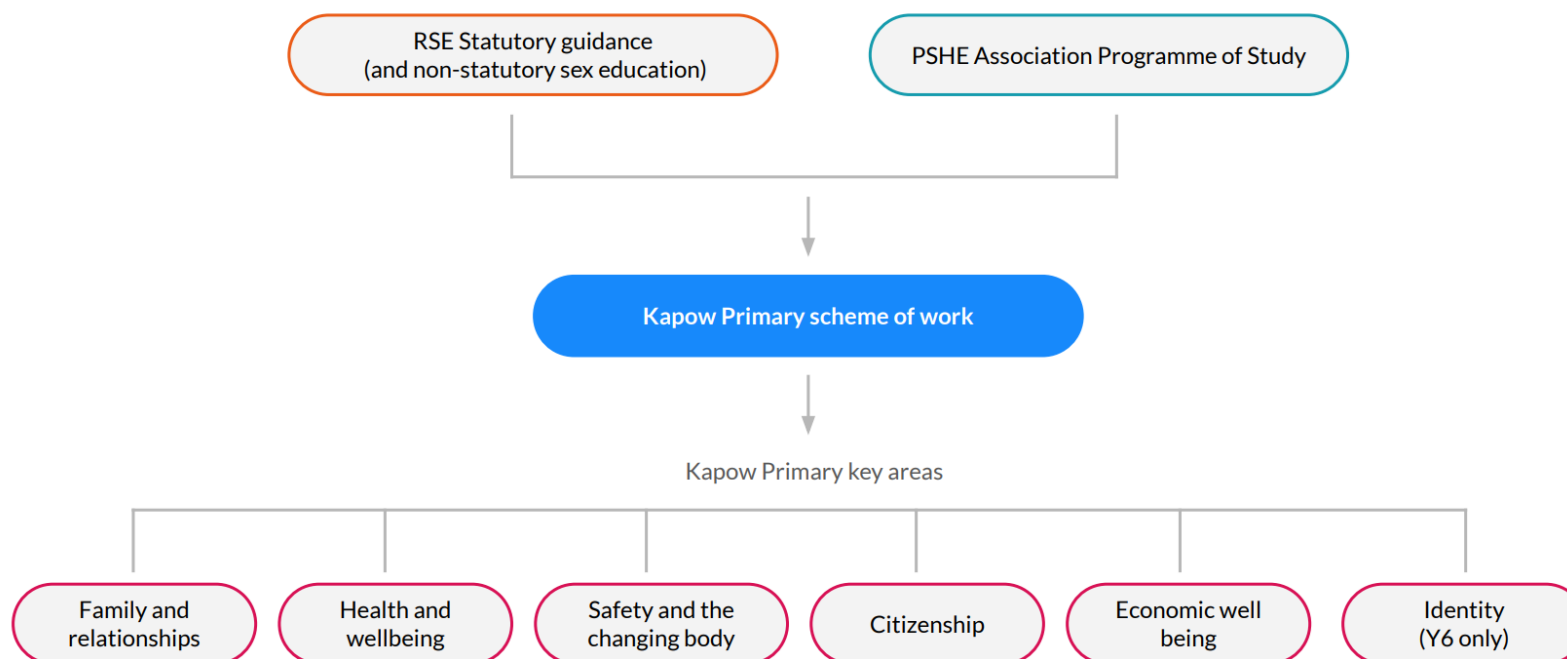
Leverstock Green CE (VC) Primary School

Striving for excellence; caring for the individual.

Subject	Personal Development
Subject Leader	Miss Mansbridge

The full document detailing progression of skills and knowledge is held by the PSHE lead due to copyright reasons. Please see the subject leader if more detail is required.

How the Kapow Primary RSE & Personal Development Scheme of Work is organised:





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Long term plan/Overview (EYFS)					
Reception	Self-regulation	Building relationships		Managing self	
	My feelings: L1 Identifying my feelings L3 Coping strategies L4 Emotional adjectives L5 Facial expressions	Special relationships: L2 Special people L3 Sharing L4 I am unique L6 Similarities and differences	My family and friends L1 Festivals L2 Sharing L3 What makes a good friend L4 Being a good friend	Taking on challenges: L1 Why do we have rules? L2 Building towers L5 Team races	My wellbeing L1 What is exercise? L4 Being a safe pedestrian L5 Eating healthily

Long Term Plan/Overview (Y1-6)								
	Introductory Lesson	Family and Friendships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic wellbeing	Transition	Identity
Year 1	Setting ground rules for PSHE & RSE lessons	L1 What is family? L2 What are friendships? L5 Friendship problems L6 Health Friendships L7 Gender stereotypes	L1 Understanding my emotions L3 Ready for bed L5 Handwashing & personal hygiene L6 Sun safety L7 Allergies	L1 Adults in school L2 Adults outside of school L4 Making an emergency phone call L5 Appropriate contact L6 Safety with substances	L1 Rules L4 Similar, yet different	L1 Introduction to money L4 Saving and Spending	L1 Strengths and transition	
Year 2		L2 Families are all different L4 Unhappy friendships	L1 Experiencing different emotions L5 Developing a growth mind-set L6 Healthy Diet	L2 Communicating online L3 Secrets and surprises	L1 Rules beyond school L5 Similar yet different- my local community	L3 Wants and Needs L4 Looking after money	L1 Looking forward, sharing worries	



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		<p>L5 Introduction to manners and courtesy</p> <p>L6 Change and loss</p> <p>L7 Gender stereotypes: Change and jobs</p>	<p>L7 Looking after our teeth</p>	<p>L4 Appropriate contact: My private parts are private+</p> <p>L8 Staying safe with medicine</p>	<p>L7 Giving my opinion</p>			
Year 3		<p>L1 Healthy Relationships</p> <p>L2 Friendship conflicts</p> <p>L3 Friendship: conflict vs bullying</p> <p>L5 Learning who to trust</p> <p>L6 Respecting differences in others</p> <p>L7 Stereotyping gender</p>	<p>L1 My healthy diary</p> <p>L3 Health and wellbeing</p> <p>L5 Resilience: breaking down barriers</p> <p>L6: Diet and dental health</p>	<p>L1 First Aid: emergencies and calling for help</p> <p>L4 Cyberbullying</p> <p>L7 Influences</p> <p>L8 Keeping safe our and about</p>	<p>L1 Rights of the child</p> <p>L5 Charity</p> <p>L6 Democracy</p>	<p>L1 Ways of paying</p> <p>L5 Jobs and careers</p>	<p>L1 Coping strategies</p>	
Year 4		<p>L1 Respect and manners</p> <p>L2 Healthy friendship</p> <p>L4 Bullying</p> <p>L6 Stereotypes: Disability</p> <p>L8 Change and loss</p>	<p>L1 Looking after our teeth</p> <p>L3 Celebrating mistakes</p> <p>L5 My happiness</p> <p>L6 Emotions</p> <p>L7 Mental Health</p>	<p>L1 Internet safety; age restrictions</p> <p>L2 Share aware</p> <p>L4 Privacy & security</p> <p>L7 Introducing puberty+</p> <p>L8 Tobacco</p>	<p>L1 What are human rights?</p> <p>L5 Diverse communities</p>	<p>L2 Keeping track of money</p> <p>L4 Influences on career choices</p>	<p>L1 Setting goals</p>	



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Year 5		L2 Friendship skills L3 Marriage L4 Respecting myself L5 Family Life L6 Bullying L8 Stereotypes: Race and religion	L2 The importance of rest L5 Taking responsibility for my feelings L6 Healthy Meals L7 Sun safety	L1 Online friendships L2 Staying safe online L3 Puberty + L4 Menstruation + L6 First Aid: Bleeding L7 Alcohol, drugs and tobacco: Making Decisions	L1 Breaking the law L6 Parliament	L3 Risks with money	L1 Roles and responsibilities	
Year 6		L1 Respect L2 Respectful relationships L4 Challenging stereotypes L5 Resolving conflict L6 Change and loss	L3 Taking responsibility for my health L4 The impact of technology on health L5 Resilience toolkit L6 Immunisation L8 Physical Health Concerns	L1 Alcohol L3 Social media L4 Physical and emotional changes in puberty + L5: Conception*+ L6: Pregnancy and Birth*+	L1 Human rights L4 Prejudice and discrimination L6 National democracy	L4 What jobs are available	L1 Dealing with change	L2 Identity and body image

*Parents have the option to opt out (all other content is compulsory as it is covered in Relationships or Health Education which are statutory requirements)

+ Due to the sensitive nature of this content, these units will always be delivered by class teachers

Key Stands				
Relationships	Sex Education	Health Education	Citizenship	E-Safety



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Curriculum Enrichment/Events					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Online safety assemblies	Black History Month Be Bright, Be Seen (Road safety) Anti-Bullying Week/ Odd Socks Day	Children's Mental Health Week	NSPCC Speak Out and Stay Safe assembly	Just Like Us School Diversity Week Rainbow Day Y2 Visit from Fire Service	Y5+6 Attend Hazard Alley Y5+ 6 Children's First Aid Course Y2 Scooterbility
We frequently deliver worships throughout the year focusing on various 'No Outsiders' themes.					