



Our Personal Development Curriculum

- Termly overview themes:

Autumn term – Relationships

Spring Term – Wider World

Summer term – Well-being

- Learning is linked to school values, and to key events throughout the year.
- Medium-term plans give an overview of the focus for children’s knowledge, understanding and experience throughout the year.
- Assessments of knowledge and understanding are planned as a staff team and take place each term.



5 to Thrive! – We took part in a range of learning experiences during our ‘5 to Thrive’ week in autumn term. Each day provided a focus for a different aspect of personal care and development.

- **Connect** – building friendships and talking about feelings
Circle times, what makes a good friend? Role play
- **Take Notice** – mindfulness and reflection
brain breaks, colour my feelings, yoga
- **Get Active** – moving our bodies
5 minute move Joe Wicks, importance of exercise, 10 minute run
- **Be Curious** – trying out new things and learning new skills, growth mind-set
Drawing challenges, research, origami
- **Give** – doing something nice for someone else
Random Acts of Kindness, raising money/awareness