

Personal Development Curriculum 2016-2017

Lower Key Stage 2- Year 3

Autumn term theme- Health and Wellbeing			
Learning Objectives	Key Skills taught	Links to the curriculum	
<p>1.to reflect on and celebrate their achievements</p> <p>2. Identify their strengths, areas for improvement</p> <p>3.set high aspirations and goals</p> <p>4.what positively and negatively affects their physical, mental and emotional health (including the media)</p> <p>5. to recognise opportunities to make their own choices about food</p> <p>6. what might influence their choices and the benefits of eating a balanced diet.</p> <p>7. to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others</p> <p>8. to differentiate between the terms, 'risk', 'danger' and 'hazard</p> <p>9. to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong</p> <p>10. school rules about health and safety, basic emergency aid procedures, where and how to get help</p> <p>11. strategies for keeping physically and emotionally safe including road safety (including cycle safety- the Bikeability programme), safety in the environment (including rail , water and fire safety), and safety online(including social media, the responsible use of ICT and mobile phones)</p>	<p>1. what is meant by a healthy lifestyle</p> <p>2. how to maintain physical, mental and emotional health and wellbeing</p> <p>3. how to manage risks to physical and emotional health and wellbeing</p> <p>4. ways of keeping physically and emotionally safe</p> <p>5. about managing change, including puberty, transition and loss</p> <p>6. how to make informed choices about health and wellbeing and to recognise sources of help with this</p> <p>7. how to respond in an emergency</p> <p>8. to identify different influences on health and wellbeing</p>	<p>Fireworks safety</p> <p>Class charters</p> <p>Lifeguard visit</p> <p>Shakespeare</p> <p>Science: healthy eating and teeth</p> <p>P.E: liturgical dance</p> <p>R.E: change the world</p> <p>Geography: investigating Europe</p>	
E-safety focus			
Category	Learning Objectives	Key Skills	Resources
1. Privacy and Security	<ul style="list-style-type: none"> <li>•understand the functions of passwords.</li> <li>•identify strategies for creating and protecting secure passwords.</li> <li>•create their own secure passwords using the lesson guidelines.</li> </ul>	Pupils explore reasons why people use passwords, learn the benefits of using passwords, and discover strategies for creating and keeping strong, secure passwords.	<p><b>Lesson name:</b> Powerful Passwords</p> <p><b>File path:</b> Curriculum&gt; 2016-2017 curriculum&gt; safety &gt; lessons &gt; y3 &gt; Powerful Passwords</p> <p><b>Other useful resources:</b>  <b>Budd:e</b> - Password Power Lesson plan  <b>Microsoft - Password checker</b> Password security checking tool  <b>Netsmartz</b> - Password Rap Video  <b>Roboform</b> - How secure is my password?                      Password strength checking tool  <b>Digizen</b> - Perfect passwords Teaching resource and activities</p>
2. Relationships and Communication	<ul style="list-style-type: none"> <li>•consider what it means to go online and use the Internet.</li> <li>•compare and contrast how they are connected to different people and places, in person and on the Internet.</li> <li>•demonstrate an understanding of how people can connect on the Internet by drawing a map of their online community</li> </ul>	Pupils explore the concept that people can connect with one another through the Internet. They understand how the ability for people to communicate online can unite a community.	<p><b>Lesson name:</b> My Online Community</p> <p><b>File path:</b> Curriculum&gt; 2016-2017 curriculum&gt; safety &gt; lessons &gt; y3 &gt; My Online Community</p> <p><b>Other useful resources:</b></p>

			<p><b>Flat Stanley</b> - Connecting kids around the world Literacy project of sharing photographs, videos and podcasts of Flat Stanley around the world. <b>UK Safer Internet Centre</b> <b>Safer Internet Day</b></p>
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### Spring term- Relationships

Learning Objectives	Key skills taught	Suggested Activities
1. to recognise and respond appropriately to a wider range of feelings in others 2. to be aware of different types of relationship, including those between acquaintances, friends, relatives and families, 3. that their actions affect themselves and others 4. to develop strategies to resolve disputes and conflict through negotiation and appropriate compromise 5. to give feedback and support to benefit others as well as themselves 6. to realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours(including cyber bullying, use of prejudice-based language, how to respond and ask for help) 7. to recognise and manage 'dares'	1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts  2. how to recognise and manage emotions within a range of relationships  3. how to recognise risky or negative relationships including all forms of bullying and abuse  4. how to respond to risky or negative relationships and ask for help  5. how to respect equality and diversity in relationships.	Human rights awareness day/week Chinese new year Christian art week Shakespeare Shared worship

### E-safety focus

Category	Learning Objectives	Key Skills	Resources
3. Information Literacy	<ul style="list-style-type: none"> <li>•understand that the main purpose of product sites is to encourage viewers to buy the product.</li> <li>•recognize how a site's fun and interesting features help sell the product.</li> <li>•create their own product site home pages with features designed to sell their products.</li> </ul>	Pupils examine product websites and understand that the purpose of the site is to encourage buying the product. Pupils learn methods used to promote products on these sites.	<b>Lesson name:</b> Things for Sale <b>File path:</b> Curriculum> 2016-2017 curriculum> safety > lessons > y3 > Things for Sale <b>Other useful resources:</b> <b>Childnet – What is reliable? – SMART crew</b> <b>Media Smart - Digital Advise (Registration needed)</b> Lesson plans, parents resources on websites and online advertising <b>Google - Search Literacy – How search works</b> <b>Kidsmart – Safe Searching –</b> Tips for children on how to search online Further Lesson Idea: Create a webpage blog or wiki, you could use super action comic maker or any appropriate online space eg.
4. Show Respect Online	<ul style="list-style-type: none"> <li>•understand how to show respect in social situations.</li> <li>•recognize the importance of tone in both face-to-face and online communications.</li> <li>•learn rules for writing clear and respectful emails by editing an email message.</li> </ul>	Pupils explore the similarities and differences between in-person and online communications, and then learn how to write clear and respectful messages.	<b>Lesson name:</b> Show Respect Online <b>File path:</b> Curriculum> 2016-2017 curriculum> safety > lessons > y3 > Show Respect Online <b>Other useful resources:</b> <b>CEOP - Cyber-Cafe</b> Thinkuknow resources exploring aspects of online communication <b>UK Safer Internet Centre</b> <b>Safer Internet Day</b>

### Summer term- Living in the wider world

Learning Objectives	Key skills taught	Suggested Activities
<p>1. why and how rules and laws that protect themselves and others are made and enforced,</p> <p>2. why different rules are needed in different situations</p> <p>3. how to take part in making and changing rules.</p> <p>4. to realise the consequences of anti-social and aggressive behaviours such as bullying and discrimination of individuals and communities</p> <p>5. that there are different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment</p> <p>6. to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices</p> <p>7. what being part of a community means, and about the varied institutions that support communities locally and nationally</p> <p>8. about the role money plays in their own and others' lives, including how to manage their money and about being a critical consumer</p>	<p>1. about respect for self and others and the importance of responsible behaviours and actions</p> <p>2. about rights and responsibilities as members of families, other groups and ultimately as citizens</p> <p>3. about different groups and communities</p> <p>4. to respect equality and to be a productive member of a diverse community</p> <p>5. about the importance of respecting and protecting the environment</p> <p>6. about where money comes from, keeping it safe and the importance of managing it effectively</p> <p>7. how money plays an important part in people's lives</p> <p>8. a basic understanding of enterprise.</p>	<p>What I believe topic</p> <p>School bank</p> <p>Sports day</p> <p>BB proms in the park/ BB fest</p> <p>Shakespeare</p> <p>Shared worship</p> <p>Nexus safety talk</p> <p>History: religions around the world</p> <p>Geography: the environment</p> <p>North sea explorers project</p>

#### E-safety focus

Category	Learning Objectives	Key Skills	Resources
5. Relationships and Communication	<ul style="list-style-type: none"> <li>•identify the five main parts of letter/email writing.</li> <li>•compare and contrast the format of letter writing to that of writing emails.</li> <li>•proofread a draft of an email.</li> </ul>	<p>Pupils learn how to communicate effectively by email, taking into account the purpose and audience of their message, and the tone they want to convey.</p>	<p><b>Lesson name:</b> Writing Good Emails</p> <p><b>File path:</b> Curriculum&gt; 2016-2017 curriculum&gt; safety &gt; lessons &gt; y3 &gt; Writing Good Emails</p> <p><b>Other useful resources:</b>  <b>Get Safe Online - Spam and scam email</b>  <b>Information for teachers and parents</b>  <b>Childnet – What should you accept? SMART Crew video</b></p>

