

Personal Development Curriculum 2016-2017

Year 1

Autumn term theme- Health and Wellbeing			
Learning Objectives	Key Skills taught	Links to the curriculum	
<p>1. what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health</p> <p>2. to recognise what they like and dislike</p> <p>3. how to make real, informed choices that improve their physical and emotional health</p> <p>4. to recognise that choices can have good and bad consequences</p> <p>5. to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals</p> <p>6. about good and not so good feelings, a vocabulary to describe their feelings to others and simple strategies for managing feelings</p> <p>7. the importance of and how to maintain personal hygiene</p> <p>8. about the process of growing from young to old and how people's needs change</p> <p>9. the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls</p> <p>10. rules for and ways of keeping physically and emotionally safe (including safety online, the responsible use of ICT, the difference between secrets and surprises and understanding not to keep adults' secrets; road safety, cycle safety and safety in the environment (including rail , water and fire safety)</p> <p>11. about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them</p> <p>12. to recognise that they share a responsibility for keeping themselves and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'</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>Firework Safety</p> <p>Class charters</p> <p>Fire brigade visit</p> <p>Lifeguard visit</p> <p>Shared worship</p> <p>Science- healthy teeth</p> <p>History: how life has changed since my grandparents time.</p> <p>Geography: comparing life in Sunderland with life in Africa</p>	
E-safety focus			
Category	Learning Objectives	Key Skills	Resources
1. Internet Safety	<ul style="list-style-type: none"> discover that the Internet can be used to visit far-away places and learn new things. compare how staying safe online is similar to staying safe in the real world. explain rules for traveling safely on the Internet. 	<p>Pupils learn that they can go to exciting places online, but they need to follow certain rules to remain safe</p>	<p>Lesson name: Going places Safely</p> <p>File path: Curriculum> 2016-2017 curriculum> safety > lessons > y1 > Going places safely</p> <p>Other useful resources:</p> <p>Cybersmart - Zippep's Astro Circus (Online game)</p> <p>Childnet - Smartie the Penguin - ebook (Interactive resource)</p> <p>Childnet - Digiduck e-book (Interactive resource)</p> <p>Netsmartz - Router's Birthday Surprise (Interactive resource)</p> <p>Netsmartz - Clicky's Online Safety Rap (Video)</p> <p>Netsmartz - Way 2 Go (Video)</p> <p>Netsmartz - Delivery for webster (e-book)</p>
2. Information Literacy	<ul style="list-style-type: none"> learn how to search online by using the alphabet. understand how to search for a specified letter of the alphabet on a children's directory site. apply the results of their alphabet search to create a picture dictionary. 	<p>Pupils search for pictures online by clicking on letters of the alphabet.</p> <p>They learn that directory sites with alphabetical listings offer one way to find things on the Internet</p>	<p>Lesson name: ABC Searching</p> <p>File path: Curriculum> 2016-2017 curriculum> safety > lessons > y1 > ABC searching</p> <p>Other useful resources:</p>

			<p>SWGfL - Swiggle (Education search engine and resource site for children) Google – Safesearchkids (Search engine for children) Childnet - What is Reliable? (The Adventures of Kara, Winston and the SMART Crew) AVG – Magda and Mo (e-book)</p>
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Spring term- Relationships

Learning Objectives	Key skills taught	Links to the Curriculum
<p>1.to communicate their feelings to others to recognise how others show feelings and how to respond</p> <p>2. the difference between secrets and surprises and the importance of not keeping adults’ secrets, only surprises</p> <p>3. to listen to other people and play and work cooperatively (including strategies to resolve simple arguments through negotiation)</p> <p>4. to identify their special people (family, friends, carers), what makes them special and how special people should care for one another</p> <p>5. that people’s bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)</p> <p>6. that there are different types of teasing and bullying, that these are wrong and unacceptable</p>	<p>1. how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts</p> <p>2. how to recognise and manage emotions within a range of relationships</p> <p>3. how to recognise risky or negative relationships including all forms of bullying and abuse</p> <p>4. how to respond to risky or negative relationships and ask for help</p> <p>5. how to respect equality and diversity in relationships.</p>	<p>Human rights awareness day/week</p> <p>Chinese new year</p> <p>Christian art week</p> <p>Shared worship</p> <p>History- Victorians</p> <p>Geography- light and dark around the world</p>

E-safety focus

Category	Learning Objectives	Key Skills taught	Links to the Curriculum
3. Privacy and Security	<ul style="list-style-type: none"> •recognize the kind of information that is private. •understand that they should never give out private information on the Internet. •learn to create effective usernames that protect their private information. 	Pupils learn that many websites ask for information that is private and discuss how to responsibly handle such requests	<p>Lesson name: Keep it Private</p> <p>File path: Curriculum> 2016-2017 curriculum> safety > lessons > y1 > Keep it Private</p> <p>Other useful resources:</p> <p>CEOP - Hector’s World (Cartoons and teacher resources)</p> <p>Childnet - The SMART crew (Cartoon on the SMART rules)</p> <p>Childnet - Smartie the Penguin (E-book and teachers resources)</p> <p>BBC - Guy Fawkes shares personal information over the internet and gets into trouble (Horrible Histories resource on internet privacy)</p> <p>ICO – Personal information and information rights (Lesson plans and resources)</p>
4. Information Literacy	<ul style="list-style-type: none"> •define the Key Vocabulary term credit. •list some reasons why credit is important for an artist. •give themselves proper credit on their own work. 	Pupils are introduced to the concept of having ownership over creative work. They practice putting their name and date on something they produce	<p>Lesson name: My Creative Work</p> <p>File path: Curriculum> 2016-2017 curriculum> safety > lessons > y1 > My Creative work</p> <p>Other useful resources:</p> <p>Budd:e - Budd:e – stay smart online (Online learning activities, rewards and interactive tool.)</p>

Summer term- Living in the wider world

Learning Objectives	Key skills taught	Links to the Curriculum
<p>1. how to contribute to the life of the classroom</p> <p>2. that people and other living things have needs and that they have responsibilities to meet them (including being able to take turns, share and understand the need to return things that have been borrowed)</p> <p>3. what improves and harms their local, natural and built environments and about some of the ways people look after them</p> <p>4. that money comes from different sources and can be used for different purposes, including the concepts of spending and saving</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 human rights topic</p> <p>Sports day</p> <p>School Bank</p> <p>BB proms in the park/ BB fest</p> <p>Nexus safety talk</p> <p>Transition day</p>

E-safety Focus

Category	Learning Objectives	Key Skills taught	Links to the Curriculum
<p>5. Relationships and Communication</p>	<ul style="list-style-type: none"> • understand that the Internet provides a means of communicating with real people. • describe how email messages are sent and received. • demonstrate an appreciation of how real people send messages to one another on the Internet through a role-playing activity. 	<p>Pupils explore how they can use email to communicate with real people within their schools, families, and communities</p>	<p>Lesson name: Sending Emails</p> <p>File path: Curriculum> 2016-2017 curriculum> safety > lessons > y1 > Sending Email</p> <p>Other useful resources: Childnet – What should you accept? (The Smart Crew) CEOP - Lee and Kim (Children learn that avatars are controlled by real people. Activities, videos, lessons plans, puppet masks.) Insafe - Play & Learn – Being Online (Activity book)</p>