



# Abbey Park Schools Federation

## Personal Development Overview

### Year 1



At Abbey Park Federation pupil personal development is fundamental to everything we do. Through the teaching of our PSHE curriculum, assemblies, extra-curricular clubs, exposure to fundamental British Values and enrichment opportunities we strive to offer the best possible outcomes for all of our children, preparing them for later life.

*Italics* = British Values

**Bold** = Protected Characteristics

#### PSHE

Personal, Social, Health and Economic Education  Relationships, sex and health education	Zones of regulation  Democracy Individual Liberty Mutual Respect	What is the same and different about us? <ul style="list-style-type: none"><li>• What they like/dislike and are good at</li><li>• what makes them special and how everyone has different strengths</li><li>• how their personal features or qualities are unique to them</li><li>• how they are similar or different to others, and</li></ul>	What helps us to stay healthy? <ul style="list-style-type: none"><li>• What being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)</li><li>• that things people put into or onto their bodies can affect how they feel</li><li>• how medicines (including vaccinations and immunisations) can help people</li></ul>	What can we do with money? <ul style="list-style-type: none"><li>• what money is - that money comes in different forms how money is obtained (e.g. earned, won, borrowed, presents) how people make choices about what to do with money, including</li></ul>	Who helps to keep us safe? <ul style="list-style-type: none"><li>• that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people</li><li>• who can help them in different places and situations; how to</li></ul>	How can we look after each other and the world? <ul style="list-style-type: none"><li>• How kind and unkind behaviour can affect others, how to be polite and courteous. How to play and work co-operatively.</li><li>• The responsibility they have in and out of the classroom.</li><li>• How people and animals need to be looked after and cared for.</li><li>• What can harm the local and</li></ul>
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		<p>what they have in common</p> <ul style="list-style-type: none"><li>to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private.</li></ul> <p>Age Race Religion or belief Disability Sex Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs</p> <p>Who is special to us?</p> <ul style="list-style-type: none"><li>That they belong to different groups – their family as well as school, friends, clubs.</li></ul>	<p>stay healthy and that some people need to take medicines every day to stay healthy</p> <ul style="list-style-type: none"><li>why hygiene is important and how simple hygiene routines can stop germs from being passed on.</li><li>What they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, washing hands.</li></ul> <p>Sex Age</p>	<p>spending and saving</p> <ul style="list-style-type: none"><li>the difference between needs and wants - that people may not always be able to have the things they want</li><li>how to keep money safe and the different ways of doing this</li></ul> <p>Democracy Rule of Law Individual Liberty Mutual Respect Age</p>	<p>attract someone's attention or ask for help; what to say how to respond safely to adults they don't know what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard</p> <ul style="list-style-type: none"><li>how to get help if there is an accident and someone</li></ul>	<p>global environment.</p> <ul style="list-style-type: none"><li>How they are others can help care for the world.</li><li>How people grow and change and how people's needs change as they grow from young to old.</li><li>How to manage change when moving to a new class/year group.</li></ul> <p>Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs Age Race Religion or belief Disability</p>
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		<ul style="list-style-type: none"> <li>• Different people in our families.</li> <li>• Who is special to us? Who can we trust to look after us, take care of us and help us when we need it? People at home and school.</li> <li>• What to do if something makes you uncomfortable, sad or worried – who to tell. Their safe adults – parents and/or teacher</li> </ul> <p>           Rule of Law            Individual Liberty            Mutual Respect            Tolerance of those with different faiths and beliefs            Age            Race            Religion or belief            Disability            Sex         </p>			<p>is hurt, including how to dial 999 in an emergency and what to say</p> <p>           Rule of Law            Mutual Respect            Age         </p>	
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Fundamental British Values						
<b>British Values:</b> Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs  <b>Protected characteristics:</b> Age Race Religion or belief Disability Sex	Topic – Let's explore Abbey Park. (Geography focus)  RE: What do Christians believe God is like. Mutual respect Tolerance of those with different faiths and beliefs. Race Religion or belief	Topic – Remember, Remember (History focus – Remembrance Day and the Gun Powder plot) Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs Religion or belief  RE: Why does Christmas matter to Christians? [Incarnation] Democracy Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs Race Religion or belief	RE: How should we care for the world and for others, and why does it matter? Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs Age Race Religion or belief Disability Sex	Topic – Explorers up above (History focus – Neil Armstrong and Amelia Earhart) Individual Liberty Mutual Respect Sex  RE: Why does Easter matter to Christians? Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs Race Religion or belief	Topic – Where in the world (Geography focus – the UK, continents and oceans) Race  RE: What is the 'good news' Christians believe Jesus brings? [Gospel] Democracy Rule of Law Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs Race Religion or belief	Topic – London vs Brasilia (History and Geography)  Mutual Respect Tolerance of those with different faiths and beliefs Race Religion or belief  RE: What does it mean to belong to a faith community? Individual Liberty Mutual Respect Tolerance of those with different faiths and beliefs Race Religion or belief



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Books used throughout the year:	Elmer by David McKee – Individual Liberty, Mutual Respect, Race The same but different too by Karl Newson and Kate Hindley - Individual Liberty, Mutual Respect, Tolerance of those with different faiths and beliefs, Age, Race, Religion or belief, Disability, Sex Beegu by Alexis Deacon - Mutual Respect, Age, Race Lost and found by Oliver Jeffers - Individual Liberty, Mutual Respect The day the crayons quit by Drew Daywalt - Rule of Law, Individual Liberty, Mutual Respect Where the Wild Things are by Maurice Sendak – Democracy, Rule of Law The Three little pigs - Rule of Law, Individual Liberty, Mutual Respect Cops and Robbers by Janet and Allan Ahlberg – Democracy, Rule of Law, Age The boy who cried wolf - Rule of Law, Individual Liberty, Mutual Respect Superworm by Julia Donaldson and Axel Scheffler - Rule of Law, Individual Liberty, Mutual Respect The smartest giant in town by Julia Donaldson and Axel Scheffler - Individual Liberty, Mutual Respect The wobblysaurus by Rachel Bright and Chris Chatterton - Individual Liberty The worrysaurus by Rachel Bright and Chris Chatterton - Individual Liberty Greta and the giants by Zoe Tucker and Zoe Persico – Rule of Law, Individual Liberty, Mutual Respect, Age It’s only one! By Tracey Corderoy and Tony Neal – Democracy, Rule of Law, Individual Liberty, Age Amazing me Amazing you by Christine McGuinness - Mutual Respect, Age, Race, disability, sex The more we get together by Celeste Cortright – Democracy, Individual Liberty Hippo owns up by Sue Graves and Trevor Dunton – Democracy, Rule of Law, Individual Liberty What happened to you? By James Catchpole and Karen George - Mutual Respect, Disability We all have different abilities by Melissa Higgins - Mutual Respect, Disability My Grandpa is amazing by Nick Butterworth - Mutual Respect, Age, Sex					
Assemblies (Picture News)						
Enrichment Opportunities and offsite visits						
Enrichment Opportunities and offsite visits	<ul style="list-style-type: none"><li>Stay and play</li><li>KS1 nativity play</li><li>Cinema trip – local visit to Number 8 Pershore.</li><li>Weather bunny</li></ul>		<ul style="list-style-type: none"><li>Travelling theatre group – Pantomime</li><li>Evesham Velodrome – key children</li><li>Weather bunny</li><li>Volunteer reader</li><li>World book day</li></ul>		<ul style="list-style-type: none"><li>Trip to the Abbey.</li><li>Trip to Bishops Wood</li><li>Boogie bounce</li><li>Evesham Velodrome – key children</li><li>Transition morning</li></ul>	



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	<ul style="list-style-type: none"><li>• Volunteer readers (x3) once a week in the afternoon.</li><li>• Autumn 2 – Calm starz with Neil Grimshaw (key children)</li><li>• Open the book – CofE<ul style="list-style-type: none"><li>○ Tolerance of those with different faiths and beliefs</li><li>○ Religion or belief</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Open the book – CofE<ul style="list-style-type: none"><li>○ Tolerance of those with different faiths and beliefs</li><li>○ Religion or belief</li></ul></li></ul> <p>To do: Library visit.</p>	<ul style="list-style-type: none"><li>• Thrills Day</li><li>• Commonwealth Day and colour run</li><li>• Sports day</li><li>• Weather bunny</li><li>• Volunteer reader</li><li>• Open the book – CofE<ul style="list-style-type: none"><li>○ Tolerance of those with different faiths and beliefs</li><li>○ Religion or belief</li></ul></li><li>•</li></ul>			
Extra-curricular clubs						
	Music club Lego club Multi-sports	Music club Lego club Multi-sports	Lego club Boogie bounce	Music club Netball Cooking	Taekwondo Football Rainbow room	Lego club Cooking Rainbow room Boogie bounce
Parental Engagement						
	Parents evening Harvest festival assembly	Stay and play KS1 nativity Santa Run		Phonics workshop Mother’s day assembly	Parents evening	Father’s day/special man in your life event. Sports day