



# Abbey Park Schools Federation

## Personal Development Overview

### Year 7

At Abbey Park Primary School 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

<p>Personal, Social, Health and Economic Education</p> <p>Relationships, sex and health education</p>	<p>Learn how to manage influences on healthy lifestyle choices including diet and physical activity</p> <p>Think about the link between sleep and wellbeing and how to maintain healthy sleep habits</p> <p>Understand how to balance time between school work,</p>	<p>Understand about substance use and misuse, including laws relating to this</p> <p>Understand about the effects of alcohol, tobacco, nicotine and e-cigarettes about attitudes and social norms regarding substances and about dependence, including the over-consumption of</p>	<p>Understand about different types of relationships and the qualities and behaviours associated with positive relationships about media stereotypes and their effect on relationship expectations</p>	<p>Understand how to develop self-worth and confidence to support decision making to manage influences on beliefs and decisions</p> <p>Think about strategies for managing group-think and persuasion</p>	<p>Understand about financial choices including saving, spending and budgeting about attitudes and values in relation to finance, including debt and pay day loans</p> <p>Learn how to manage influences over financial decisions</p>	<p>Learn how to be enterprising about different types of career and work patterns</p> <p>Understand how to identify abilities and qualities required for different careers</p> <p>Understand about young people's</p>
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	<p>leisure, exercise and time spent outdoors and online</p> <p>Understand how to manage influences on, and maintain, good oral hygiene and dental health</p> <p>Look at strategies to manage stress, puberty and the physical and mental changes that are a part of growing up and how to access health services</p>	<p>caffeine-based energy drinks</p> <p>Understand how to safely use over the counter and prescription medications</p> <p>Understand how to manage peer influence in relation to substance use</p>	<p>Learn how to manage expectations for romantic relationships and how to manage strong feelings in relationships</p> <p>Learn how to identify unhealthy relationships and seek support when necessary</p> <p>Understand about the concept of consent how to seek and give/not give consent in a variety of contexts</p>	<p>about gender identity, transphobia, and gender-based discrimination; homophobia and biphobia; racism and religious discrimination; and disability discrimination</p> <p>Think about strategies to challenge prejudice-based bullying and discrimination and how to access support services in relation to inclusion or discrimination</p>	<p>Understand how to manage emotions in relation to finance and to recognise risk and financial exploitation and access help and advice</p>	<p>employment rights about ethical and unethical business practices and consumerism</p> <p>Project guidance: Design a business around a topic that could be voted on by pupils. Activities could include planning the business, budgeting and costing for products and advertising, considering environmental impacts.</p> <p>Year 7 take leadership roles and consider how to give</p>
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						fair and appropriate opportunities to everyone in their group.
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	Class Text: A Different Boy: <i>Individual Liberty</i> <b>Race</b> <b>Disability</b>  Topic: Conflict - Medieval Britain and Claims the throne in 1066 Democracy Rule of Law Religion or belief  RE: Introduction to different religious and non-religious	Class Text: Illegal - exploring the journey of an African migrant Rule of Law <i>Individual Liberty</i> Tolerance of those with different faiths and beliefs <b>Race</b> <b>Religion or belief</b> <b>Sex</b>  Topic: Map Skills Tolerance of those with different faiths and beliefs <b>Race</b>	Class Text: Refugee Boy <i>Mutual Respect</i> Tolerance of those with different faiths and beliefs <b>Race</b> <b>Religion or belief</b>  Topic: Change - The Black Death and Peasants Revolt Democracy Rule of Law <b>Age</b> <b>Disability</b> <b>Sex</b>	Class Text: The Song Walker <i>Individual Liberty</i> <i>Mutual Respect</i> Tolerance of those with different faiths and beliefs <b>Sex</b> <b>Age</b> <b>Race</b> <b>Religion or belief</b>  Topic: Weather  RE: Buddhism. The Buddha: how and why do his	Class Text: War Horse Rule of Law <i>Individual Liberty</i> <b>Age</b> <b>Disability</b>  Topic: World War Democracy Rule of Law <i>Individual Liberty</i> <b>Age</b> <b>Disability</b>  RE: Judaism/Islam What is good and what is challenging about being a	Class Text: A Midsummers Night Dream <i>Individual Liberty</i> <i>Mutual Respect</i> <b>Religion or belief</b>  Topic: Transport  Music: Patterns in African music and music from Indonesia.



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	world views, including atheism, humanism, Jehovah's Witnesses.	<b>Religion or belief</b>	RE: Sikhism. How are the Sikh teachings on equality and service put into practice today?	experiences and teachings have meaning for people today	Jewish and Muslim teenager in the UK today?		
Assemblies (Picture News)							
	<p>What do you think makes something a wonder of the world? <i>Democracy</i> <b>Religion or belief</b></p> <p>Why do we vote? <i>Democracy</i> <b>Age</b></p> <p>Can sport bring people closer together? <i>Individual Liberty</i> <b>Disability</b></p>	<p>What are the qualities that make a good leader? <i>Democracy</i> <b>Sex</b></p> <p>How can our hopes and dreams help us to succeed? <i>Individual Liberty</i> <b>Age</b></p> <p>What impact can bullying have on a community? <i>Mutual Respect and Tolerance</i></p>	<p>Is it our responsibility to protect local wildlife? <i>Rule of Law</i> <b>Race</b></p> <p>Should you be allowed to build homes anywhere? <i>Democracy</i> <b>Age</b></p> <p>Who should be involved in key decisions for the world?</p>	<p>Why do we judge people based on their appearance? <i>Mutual Respect and Tolerance</i> <b>Sex</b></p> <p>Is it important to feel proud of where you come from? <i>Mutual Respect and Tolerance</i> <b>Race</b></p> <p>How can we make connections with others?</p>	<p>Should music be part of every school day? <i>Democracy</i> <b>Disability</b></p> <p>Whose job is it to keep our local places clean and tidy? <i>Mutual Respect</i> <b>Sex</b></p> <p>What makes somewhere special to visit? <i>Individual Liberty</i> <b>Disability</b></p>	<p>What are some special or meaningful ways to remember someone? <i>Democracy</i> <b>Religion or Belief</b></p> <p>How does it feel to be the first to do something? <i>Individual Liberty</i> <b>Sex</b></p> <p>What do animals need to be happy and healthy in zoos? <i>Rule of Law</i></p>	



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	<p>What can we learn from people who prove others wrong? <i>Mutual Respect and Tolerance</i> <b>Disability</b></p> <p>Should everyone have an identity card? <i>Rule of Law</i> <b>Race</b></p>	<p><b>All</b></p> <p>Why is discovery important? <i>Mutual Respect and Tolerance</i> <b>Race</b></p> <p>How can we raise awareness of important issues? <i>Democracy</i> <b>Religion or Belief</b></p> <p>What does it mean to feel included? <i>Individual Liberty</i> <b>Disability</b></p>	<p><i>Democracy</i> <b>Race</b></p> <p>Do you need to feel under pressure to achieve great things? <i>Individual Liberty</i> <b>Age</b></p> <p>Should we be allowed to travel anywhere we like? <i>Mutual Respect &amp; Tolerance</i> <b>Religion or Belief</b></p>	<p><i>Individual Liberty</i> <b>Religion or Belief</b></p> <p>Is it important to have a morning routine? <i>Rule of Law</i> <b>Age</b></p> <p>Do world leaders have a duty to help other countries? <i>Democracy</i> <b>Race</b></p> <p>Should stadiums be used for more than just football? <i>Democracy</i> <b>Sex</b></p>	<p>What everyday items could be changed to help others? <i>Mutual Respect and Tolerance</i> <b>Age</b></p> <p>Can donating something important be a powerful way to show you care? <i>Individual Liberty</i> <b>Religion or Belief</b></p>	<p><b>Disability</b></p> <p>What can we learn from people who communicate in different ways? <i>Mutual Respect and Tolerance</i> <b>Disability</b></p> <p>Why do people explore the past? <i>Individual Liberty</i> <b>Race</b></p> <p>What makes somewhere a good place to live? <i>Mutual Respect and Tolerance</i> <b>Race</b></p>
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Enrichment Opportunities and offsite visits



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<p>Enrichment Opportunities and offsite visits</p>	<p>Penshore Abbey (Art related Hundertwasser - buildings)</p> <p>Number 8 Cinema Trip</p> <p>Careers: Speakers</p> <p>Aspirations Day - Sports Broadcaster - Ceri Jenkins</p>	<p>Careers - Skills Expo event - Worcester Warriors</p> <p>Careers: Speakers</p> <p>Aspirations Day - Music Producer Scott Sonny Harris</p>	<p>Thrills Day</p> <p>Aspirations Day - YouTuber</p> <p>Careers: Speakers</p> <p>Sports Day</p> <p>Interhouse Athletics</p> <p>Commonwealth Day</p>
<p>Extra-curricular clubs</p>			
	<p style="text-align: center;">Boogie Bounce</p> <p style="text-align: center;">Dodgeball</p> <p style="text-align: center;">Cookery</p> <p style="text-align: center;">Football</p> <p style="text-align: center;">Rainbow Room Relax</p>	<p style="text-align: center;">Boogie Bounce</p> <p style="text-align: center;">Dodgeball</p> <p style="text-align: center;">Cookery</p> <p style="text-align: center;">Football</p> <p style="text-align: center;">Rainbow Room Relax</p>	<p style="text-align: center;">Boogie Bounce</p> <p style="text-align: center;">Dodgeball</p> <p style="text-align: center;">Cookery</p> <p style="text-align: center;">Football</p> <p style="text-align: center;">Rainbow Room Relax</p>
<p>Parental Engagement</p>			



# Abbey Park Schools Federation Personal Development Overview Year 7

	Parents Evening	Christmas Service at the Abbey  Rock Steady Music Performance	Parents evening  Mother's Day	Y5,6,7 - Dance performance  World Book Day - share a book	Rock Steady Music Performance	Reports Father's Day Sports Day Resilience workshop
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