



Abbey Park Schools Federation

Personal Development Overview

Year 3

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

Personal, Social, Health and Economic Education Relationships, sex and health education	The online world How can we communicate safely and respectfully online? How the internet can be used for learning, communication, entertainment and sharing	Health and Wellbeing How can we look after ourselves and achieve our goals? How eating a balanced diet and taking part in regular physical	Citizenship How can we make our community a better place for everyone? How children have rights that help to keep them safe, healthy and able to learn and thrive,	Economic Wellbeing How can we make smart choices about money and our future? How money can be used in different ways, including	Families and relationships How can we build positive relationships with others? How families can be different from one another and	Safety and changing body How can we stay safe and help others? How to keep themselves safe in an emergency situation, including
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	<p>information, and the opportunities it provides in everyday life.</p> <p>How online and in-person communication can be similar and different, and the benefits and challenges of each.</p> <p>How to communicate respectfully and appropriately online, showing kindness and consideration for others.</p>	<p>activity can help to keep our bodies healthy and give us energy.</p> <p>How different foods provide energy for our bodies and how making healthy choices can support an active lifestyle.</p> <p>How exercise, stretching and movement can help to keep our bodies strong, flexible and healthy.</p> <p>How our identity is made up of many</p>	<p>and how these rights benefit them in everyday life.</p> <p>How adults have responsibilities to support, protect and uphold children's rights, ensuring that children are cared for and treated fairly.</p> <p>How recycling can help to protect the environment by reducing waste and conserving resources, and the positive impact this can have on the</p>	<p>different payment methods, and why some methods may be more suitable in certain situations.</p> <p>How budgeting helps people to plan their spending, make informed choices and manage their money effectively.</p> <p>How money situations can make people feel different emotions and why it is important to consider these</p>	<p>how every family is unique, while still providing love, care and support.</p> <p>How family members can support one another, and how families may sometimes experience challenges or disagreements that can be resolved in positive ways.</p> <p>How friendships can sometimes have problems, how these can be managed</p>	<p>why it is important to consider their own safety before helping others.</p> <p>How to respond appropriately if someone has been bitten or stung, and when it is important to seek help from a trusted adult or emergency services.</p> <p>How instructions can be communicated clearly and positively to help others stay safe</p>
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	<p>How unkind or disrespectful online communication can affect people's feelings and wellbeing.</p> <p>How to recognise different forms of online bullying and understand the impact they can have on individuals.</p> <p>How to make safe choices online, including deciding whether to accept friend requests and interact with others</p>	<p>different aspects, including our interests, experiences, values and relationships, which make us unique.</p> <p>How everyone has strengths and talents, and how these can be used to help and support other people.</p> <p>How large problems or challenges can be broken down into smaller, achievable</p>	<p>local and wider community.</p> <p>How different groups contribute to the local community, the purposes of local buildings and services, and how people use these places to meet the needs of the community.</p> <p>How charities support individuals and groups within the local community and the different ways they</p>	<p>feelings when making decisions.</p> <p>How spending choices can affect other people, communities and the environment, and how we can make responsible choices as consumers.</p> <p>How people have a wide range of jobs and careers available to them, and the important role different jobs play in society.</p>	<p>respectfully, and why violence is never an acceptable way to solve a problem.</p> <p>How to recognise bullying, the impact it can have on people, and what actions can be taken if bullying occurs.</p> <p>How listening carefully helps us to understand others, build positive relationships and show respect for</p>	<p>and make good choices.</p> <p>How to recognise unkind online behaviour and cyberbullying, and the steps that can be taken to respond safely and seek support.</p> <p>How emails can be used to share information and advice, and how to communicate safely and respectfully online.</p> <p>How to identify fake or suspicious</p>
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	<p>in online games and platforms.</p> <p>How some online features, games and apps are designed for specific age groups and why age restrictions help to keep people safe.</p> <p>How to seek help and report concerns about bullying, upsetting content or contact from strangers online by speaking to a trusted adult.</p>	<p>steps to help us reach our goals.</p> <p>How healthy eating and good dental hygiene contribute to our overall health and wellbeing, and the choices we can make to look after ourselves.</p>	<p>help to improve people's lives.</p> <p>How democracy works within the local area, how decisions are made, and how people can have a voice in matters that affect them.</p> <p>How rules help to keep people safe, create fairness and support positive relationships, and the consequences that may follow when rules are not followed</p>	<p>How people's skills, interests and strengths can influence the jobs they choose and enjoy.</p> <p>How stereotypes can influence people's views about jobs and careers, and why everyone should have the opportunity to pursue the roles that interest them</p>	<p>different viewpoints.</p> <p>How to identify trusted adults and understand why it is important to seek help and support when needed.</p> <p>How people can have similarities and differences, and how diversity makes communities richer, stronger and more interesting.</p> <p>How toys, media and other influences can sometimes reinforce</p>	<p>emails and use strategies to protect themselves from online scams and tricks.</p>
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					<p>gender stereotypes, and why people should be free to enjoy the interests and activities they choose.</p> <p>How stereotypes can develop from a range of factors, including age, and why it is important to challenge unfair assumptions about others</p>
Fundamental British Values					
<p><i>British Values:</i></p> <p><i>Democracy</i></p> <p><i>Rule of Law</i></p>	<p>Topic - Map Skills</p> <p><i>Rule of Law</i></p>	<p>Topic - Stone Age</p> <p><i>Democracy</i></p>	<p>Topic - Road Trip</p> <p>USA</p>	<p>Topic - Eco Warriors</p>	<p>Topic - Romans</p> <p><i>Democracy</i></p>



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<p><i>Individual Liberty</i> <i>Mutual Respect</i> <i>Tolerance of those with different faiths and beliefs</i></p> <p><i>Protected characteristics:</i> <i>Age</i> <i>Race</i> <i>Religion or belief</i> <i>Disability</i> <i>Sex</i></p>	<p>Disability</p> <p>Class text - Charlie Chicken Changes into a Tolerance Mutual Respect Age Race Disability</p> <p>Class text - The Iron Man Democracy Age Sex Disability Race</p>	<p><i>Rule of Law</i> Religion Race</p> <p>Class text - Stone Age Boy Mutual Respect Tolerance Sex Age Race Religion</p> <p>Class text - The Ice Monster Mutual Respect Rule of Law Age Sex Disability</p>	<p><i>Democracy</i> <i>Rule of Law</i> <i>Mutual Respect</i> <i>Tolerance</i> <i>Individual Liberty</i> Race Religion or belief</p> <p>Class text - The Lion, The Witch and the Wardrobe Mutual Respect Tolerance Age Sex Disability Religion Race</p> <p>Class text - The Journey Democracy Mutual Respect Tolerance Age Race Religion or belief</p> <p>Class text - The Battle of Bubble and Squeak Tolerance</p>	<p><i>Democracy</i> <i>Mutual Respect</i> <i>Rule of Law</i></p> <p>Class text - The Abominables Mutual Respect Tolerance Age Sex Disability Religion Race</p> <p>Class text - The Hansel and Gretel Mutual Respect Democracy Age Sex Religion or belief</p> <p>Class text - Cat Tales Democracy Rule of Law Individual Liberty Mutual Respect and Tolerance Race Disability Sex Age</p>	<p><i>Rule of Law</i> <i>Tolerance</i> Race Religion Age Sex</p> <p>Class text - Hansel and Gretel Mutual Respect Democracy Age Sex Religion or belief</p> <p>Class text - Cat Tales Democracy Rule of Law Individual Liberty Mutual Respect and Tolerance Race Disability Sex Age</p>
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			<i>Mutual Respect</i> <i>Democracy</i> <i>Age</i> <i>Sex</i> <i>Disability</i> <i>Religion</i>			
Assemblies (Picture News)						
	<p>What do you think makes something a wonder of the world? <i>Democracy</i> <i>Religion or belief</i></p> <p>Why do we vote? <i>Democracy</i> <i>Age</i></p> <p>Can sport bring people closer together? <i>Individual Liberty</i></p>	<p>What are the qualities that make a good leader? <i>Democracy</i> <i>Sex</i></p> <p>How can our hopes and dreams help us to succeed? <i>Individual Liberty</i> <i>Age</i></p> <p>What impact can bullying have on a community?</p>	<p>Is it our responsibility to protect local wildlife? <i>Rule of Law</i> <i>Race</i></p> <p>Should you be allowed to build homes anywhere? <i>Democracy</i> <i>Age</i></p> <p>Who should be involved in key</p>	<p>Why do we judge people based on their appearance? <i>Mutual Respect and Tolerance</i> <i>Sex</i></p> <p>Is it important to feel proud of where you come from? <i>Mutual Respect and Tolerance</i> <i>Race</i></p>	<p>Should music be part of every school day? <i>Democracy</i> <i>Disability</i></p> <p>Whose job is it to keep our local places clean and tidy? <i>Mutual Respect</i> <i>Sex</i></p> <p>What makes somewhere special to visit? <i>Individual Liberty</i></p>	<p>What are some special or meaningful ways to remember someone? <i>Democracy</i> <i>Religion or Belief</i></p> <p>How does it feel to be the first to do something? <i>Individual Liberty</i> <i>Sex</i></p>



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	<p>Disability</p> <p>What can we learn from people who prove others wrong?</p> <p><i>Mutual Respect and Tolerance</i></p> <p>Disability</p> <p>Should everyone have an identity card?</p> <p><i>Rule of Law</i></p> <p>Race</p>	<p><i>Mutual Respect and Tolerance</i></p> <p>All</p> <p>Why is discovery important?</p> <p><i>Mutual Respect and Tolerance</i></p> <p>Race</p> <p>How can we raise awareness of important issues?</p> <p><i>Democracy</i></p> <p>Religion or Belief</p> <p>What does it mean to feel included?</p> <p><i>Individual Liberty</i></p> <p>Disability</p>	<p>decisions for the world?</p> <p><i>Democracy</i></p> <p>Race</p> <p>Do you need to feel under pressure to achieve great things?</p> <p><i>Individual Liberty</i></p> <p>Age</p> <p>Should we be allowed to travel anywhere we like?</p> <p><i>Mutual Respect & Tolerance</i></p> <p>Religion or Belief</p>	<p>How can we make connections with others?</p> <p><i>Individual Liberty</i></p> <p>Religion or Belief</p> <p>Is it important to have a morning routine?</p> <p><i>Rule of Law</i></p> <p>Age</p> <p>Do world leaders have a duty to help other countries?</p> <p><i>Democracy</i></p> <p>Race</p> <p>Should stadiums be used for more than just football?</p> <p><i>Democracy</i></p> <p>Sex</p>	<p>Disability</p> <p>What everyday items could be changed to help others?</p> <p><i>Mutual Respect and Tolerance</i></p> <p>Age</p> <p>Can donating something important be a powerful way to show you care?</p> <p><i>Individual Liberty</i></p> <p>Religion or Belief</p>	<p>What do animals need to be happy and healthy in zoos?</p> <p><i>Rule of Law</i></p> <p>Disability</p> <p>What can we learn from people who communicate in different ways?</p> <p><i>Mutual Respect and Tolerance</i></p> <p>Disability</p> <p>Why do people explore the past?</p> <p><i>Individual Liberty</i></p> <p>Race</p> <p>What makes somewhere a good place to live?</p>
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						<i>Mutual Respect and Tolerance Race</i>
Enrichment Opportunities and offsite visits						
Enrichment Opportunities and offsite visits	Cinema Locality walk (Geography) Multiskills Festival Cross Country	EnviroSort Little Warriors Workshop				Chedworth Roman Villa The Big Sing 2025 Malvern Residential Commonwealth Transition morning Thrills Day Interhouse Athletics afternoon Cotswold's Wildlife Park Police Constable Visit Research professor and author visit
Extra-curricular clubs						
	Boogie Bounce Dodgeball	Boogie Bounce Dodgeball				Boogie Bounce Dodgeball



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	Cookery	Cookery	Cookery	Cookery	Cookery	Cookery
	Football	Football	Football	Football	Football	Football
	Rainbow Room Relax	Rainbow Room Relax	Rainbow Room Relax	Rainbow Room Relax	Rainbow Room Relax	Rainbow Room Relax
Parental Engagement						
	Harvest Festival Parents evening	First School Library visit Christmas service at the Abbey	Parents evening	Mother's Day invite into the class and spend time with your child.	Topic Fair	Board games and activities (Father's Day/special man) Sports day