



Abbey Park Schools Federation

Personal Development Overview

Year 5

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	zones of regulation	No outsiders - to learn from our past	No outsiders - justify my actions	No outsiders - to recognise when someone needs help	No outsiders - that art can demonstrate freedom	No outsiders - to accept people who are different from me
Relationships, sex and health education	how to recognise and respect similarities and differences between people and what they have in common with others	describe what qualities a good friend should have and recognise which of these they have and which they could develop.	Understand that sometimes families can make children feel unhappy or unsafe.	Perform some yoga poses, following the instructions from a video, and describe how yoga makes them feel.	Demonstrate an understanding of what calories are and how to use them to help plan healthy meals.	Accurately name all the relevant parts of the body.
	that there are a range of factors that contribute to a person's identity (e.g.	recognise that friendships have ups	Understand why someone might bully others.	Describe how they can get a good night's sleep and	Recognise the food groups and acknowledge that	Understand the changes their own gender will go through during puberty.



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	<p>ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)</p>	<p>and downs and this is normal.</p> <p>Understand what marriage is and know that it is a choice people make.</p>	<p>Understand that attitudes and laws around gender equality have changed over time.</p> <p>Understand that stereotypes exist and these can lead to discrimination.</p>	<p>explain why this is important.</p> <p>Describe why they should embrace failure.</p> <p>Describe a strategy to help manage feelings of failure and to help them to persevere.</p> <p>Describe a range of feelings and suggest two ways of dealing with a difficult situation.</p>	<p>having a variety of food is important for having a balanced and healthy diet.</p> <p>Understand how to keep safe in the sun and some of the risks, now and in the future, if they don't.</p> <p>Understand what is safe to share online and what to do before sending a message.</p> <p>Identify possible dangers online, suggesting ways to stay safe, using the web to research relevant information.</p>	<p>List the range of changes they will go through during puberty.</p> <p>Assess a casualty's condition; calmly, comfort and reassure a casualty who is bleeding; and seek medical help if required.</p> <p>Understand that other people can influence our decisions but we have the right to make our own choices.</p>
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Fundamental British Values

<p><i>British Values:</i></p> <p>Democracy</p> <p>Rule of Law</p> <p>Individual Liberty</p> <p>Mutual Respect</p> <p>Tolerance of those with different faiths and beliefs</p> <p><i>Protected characteristics:</i></p> <p>Age</p> <p>Race</p> <p>Religion or belief</p> <p>Disability</p> <p>Sex</p>	<p>Topic - The River that Flows beside me</p> <p>Rule of Law</p> <p>R.E - Why is it important for Christians to believe that God is holy and loving?</p> <p>Tolerance of those with different faiths and beliefs</p> <p>Individual Liberty</p> <p>Mutual respect</p> <p>Religion or belief</p> <p>Class text - The man who walked between the towers</p> <p>Individual Liberty</p> <p>Rule of Law</p>	<p>Topic - WW2</p> <p>Democracy</p> <p>Rule of Law</p> <p>Individual Liberty</p> <p>Mutual Respect</p> <p>Tolerance of those with different faiths and beliefs</p> <p>Belief</p> <p>Age</p> <p>Sex</p> <p>Disability</p> <p>Race</p> <p>R.E - Why do Christians believe that Jesus is the Messiah?</p> <p>Religion or belief</p> <p>Sex</p>	<p>Topic - Explorers and adventurers</p> <p>How has exploration changed our knowledge about the world?</p> <p>Individual Liberty</p> <p>Rule of Law</p> <p>Disability</p> <p>Age</p> <p>Race</p> <p>Sex</p> <p>R.E - Creation or Science</p> <p>Conflicting or complementary</p> <p>Tolerance of those with different faiths and beliefs</p> <p>Mutual respect</p> <p>Religion or belief</p>	<p>Topic - How has chocolate changed the world?</p> <p>Democracy</p> <p>Individual Liberty</p> <p>Mutual respect</p> <p>Race</p> <p>R.E - What do Christians believe that Jesus did to save people?</p> <p>Tolerance of those with different faiths and beliefs</p> <p>Mutual respect</p> <p>Religion or belief</p> <p>Class text - The Whale</p> <p>Individual liberty</p>	<p>Topic - Is Tourism bad? Focus on Italy</p> <p>Mutual respect</p> <p>R.E - How do Christians decide how to live? (what would Jesus do)</p> <p>Tolerance of those with different faiths and beliefs</p> <p>Mutual respect</p> <p>Religion or belief</p> <p>Class text - Anne Frank</p> <p>Religion or belief</p> <p>Race</p> <p>Democracy</p> <p>Rule of Law</p> <p>Individual Liberty</p> <p>Mutual Respect</p>	<p>Topic - features made Ancient Egypt a highly successful civilisation (Ancient Egypt)</p> <p>Democracy</p> <p>Rule of Law</p> <p>Individual Liberty</p> <p>Religion or belief</p> <p>R.E - For Christians, what kind of King was Jesus?</p> <p>Democracy</p> <p>Tolerance of those with different faiths and beliefs</p> <p>Mutual respect</p> <p>Religion or belief</p>
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	<p><i>The Good Thieves</i></p> <p>Disability</p> <p>Age</p> <p><i>Mutual respect</i></p>	<p>Class text - Hidden Figures</p> <p>Race</p> <p>Sex</p> <p>Cosmic</p> <p><i>Individual liberty</i></p> <p>The Tempest</p> <p><i>Mutual respect</i></p>	<p>Class text - The Lost Thing</p> <p><i>Mutual respect</i></p> <p>The Odyssey</p> <p><i>Tolerance of those with different faiths and beliefs</i></p> <p>Religion or belief</p> <p>Who let the Gods out?</p> <p><i>Tolerance of those with different faiths and beliefs</i></p> <p>Disability</p> <p>Religion or belief</p>	<p>Race</p> <p>Religion or belief</p> <p>When the stars come out?</p> <p><i>Tolerance of those with different faiths and beliefs</i></p> <p>Religion or belief</p>	<p><i>Tolerance of those with different faiths and beliefs</i></p> <p>The listeners -</p> <p><i>Individual liberty</i></p> <p>The story of Titanic for children</p> <p>Age</p> <p>Sex</p> <p><i>Mutual respect</i></p>	<p>Class text - The strange case of Origami Yoda</p> <p>Age</p> <p><i>Individual liberty</i></p> <p>The Firebird</p> <p>Sex</p> <p><i>Rule of Law</i></p> <p>Me, my dad and the end of the rainbow -</p> <p>Sex</p> <p><i>Democracy</i></p> <p><i>Rule of Law</i></p>
Assemblies (Picture News)						
	<p>What do you think makes something a wonder of the world?</p>	<p>What are the qualities that make a good leader?</p> <p><i>Democracy</i></p>	<p>Is it our responsibility to protect local wildlife?</p>	<p>Why do we judge people based on their appearance?</p>	<p>Should music be part of every school day?</p> <p><i>Democracy</i></p> <p>Disability</p>	<p>What are some special or meaningful ways to remember someone?</p>



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	<p><i>Democracy</i></p> <p><i>Religion or belief</i></p> <p>Why do we vote?</p> <p><i>Democracy</i></p> <p><i>Age</i></p> <p>Can sport bring people closer together?</p> <p><i>Individual Liberty</i></p> <p><i>Disability</i></p> <p>What can we learn from people who prove others wrong?</p> <p><i>Mutual Respect and Tolerance</i></p> <p><i>Disability</i></p> <p>Should everyone have an identity card?</p> <p><i>Rule of Law</i></p>	<p><i>Sex</i></p> <p>How can our hopes and dreams help us to succeed?</p> <p><i>Individual Liberty</i></p> <p><i>Age</i></p> <p>What impact can bullying have on a community?</p> <p><i>Mutual Respect and Tolerance</i></p> <p><i>All</i></p> <p>Why is discovery important?</p> <p><i>Mutual Respect and Tolerance</i></p> <p><i>Race</i></p> <p>How can we raise awareness of important issues?</p>	<p><i>Rule of Law</i></p> <p><i>Race</i></p> <p>Should you be allowed to build homes anywhere?</p> <p><i>Democracy</i></p> <p><i>Age</i></p> <p>Who should be involved in key decisions for the world?</p> <p><i>Democracy</i></p> <p><i>Race</i></p> <p>Do you need to feel under pressure to achieve great things?</p> <p><i>Individual Liberty</i></p> <p><i>Age</i></p>	<p><i>Mutual Respect and Tolerance</i></p> <p><i>Sex</i></p> <p>Is it important to feel proud of where you come from?</p> <p><i>Mutual Respect and Tolerance</i></p> <p><i>Race</i></p> <p>How can we make connections with others?</p> <p><i>Individual Liberty</i></p> <p><i>Religion or Belief</i></p> <p>Is it important to have a morning routine?</p> <p><i>Rule of Law</i></p> <p><i>Age</i></p>	<p>Whose job is it to keep our local places clean and tidy?</p> <p><i>Mutual Respect</i></p> <p><i>Sex</i></p> <p>What makes somewhere special to visit?</p> <p><i>Individual Liberty</i></p> <p><i>Disability</i></p> <p>What everyday items could be changed to help others?</p> <p><i>Mutual Respect and Tolerance</i></p> <p><i>Age</i></p> <p>Can donating something important</p>	<p><i>Democracy</i></p> <p><i>Religion or Belief</i></p> <p>How does it feel to be the first to do something?</p> <p><i>Individual Liberty</i></p> <p><i>Sex</i></p> <p>What do animals need to be happy and healthy in zoos?</p> <p><i>Rule of Law</i></p> <p><i>Disability</i></p> <p>What can we learn from people who communicate in different ways?</p> <p><i>Mutual Respect and Tolerance</i></p> <p><i>Disability</i></p>
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	<p><i>Race</i></p>	<p><i>Democracy</i> <i>Religion or Belief</i></p> <p>What does it mean to feel included? <i>Individual Liberty</i> <i>Disability</i></p>	<p>Should we be allowed to travel anywhere we like? <i>Mutual Respect & Tolerance</i> <i>Religion or Belief</i></p>	<p>Do world leaders have a duty to help other countries? <i>Democracy</i> <i>Race</i></p> <p>Should stadiums be used for more than just football? <i>Democracy</i> <i>Sex</i></p>	<p>be a powerful way to show you care? <i>Individual Liberty</i> <i>Religion or Belief</i></p>	<p>Why do people explore the past? <i>Individual Liberty</i> <i>Race</i></p> <p>What makes somewhere a good place to live? <i>Mutual Respect and Tolerance</i> <i>Race</i></p>
<p>Enrichment Opportunities and offsite visits</p>						
<p>Enrichment Opportunities and offsite visits</p>	<p>Fieldwork - river day trip exploring the river whilst bell boating</p> <p>Into the film Cinema visit</p> <p>Walk around Pershore taking photographs</p> <p>Bewdley museum - Evacuee immersive experience</p> <p>WW2 day - food etc.</p> <p>Cross country competition</p> <p>Santa fun</p> <p>Velodrome - key children</p>	<p>Teacher led dress up for explorer - orienteering challenge</p> <p>World book day</p> <p>Cadbury's world trip</p> <p>Velodrome - key children</p> <p>Cooking - key children</p> <p>Aspirations - aerospace engineer</p>	<p>Escape room for Egyptians</p> <p>Egyptian themed topic day</p> <p>Italian themed cooking pasta and pizza</p> <p>Commonwealth day</p> <p>Thrills day</p> <p>Velodrome - key children</p> <p>Litter warriors' workshop</p> <p>Aspirations - actor</p>			



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	Aspirations curriculum - teacher					
Extra-curricular clubs						
	Boogie Bounce		Boogie Bounce		Boogie Bounce	
	Dodgeball		Dodgeball		Dodgeball	
	Cookery		Cookery		Cookery	
	Football		Football		Football	
	Rainbow Room Relax		Rainbow Room Relax		Rainbow Room Relax	
Parental Engagement						
	Parents Evening	Christmas Service at the Abbey	Parents evening	Y5,6,7 - Dance performance	Rock Steady Music Performance	Reports
		Rock Steady Music Performance	Mother's Day	World Book Day - share a book		Father's Day Sports Day Resilience workshop