



# Abbey Park Schools Federation

## Personal Development Overview

### Year 3



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	<b>How can we be a good friend?</b>	<b>What keeps us safe?</b>	<b>What are families like?</b>	<b>What makes a community?</b>	<b>Why should we eat well and look after our teeth?</b>	<b>Why should we keep active and sleep well?</b>
	Relationships, sex and health education					
	How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded	How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe	How families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents)	How they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups	How to eat a healthy diet and the benefits of nutritionally rich foods	How regular physical activity benefits bodies and feelings how to be active on a daily and weekly basis -
	How to recognise if others are feeling lonely and excluded and strategies to include them	How to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers	How common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays how people within families	What is meant by a diverse community; how different groups make up the wider/local community around the school how the community helps everyone to feel included and values the different	How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist how not eating a balanced diet can affect health, including the impact of too much	how to balance time online with other activities
	How to build good friendships, including identifying qualities that contribute to positive friendships	That their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if				How to make choices about physical activity, including what and who influences decisions
						How the lack of physical activity can affect health and



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	<p>that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences</p> <p>How to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support</p>	<p>they feel uncomfortable</p> <p>How to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online) how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)</p> <p>How to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns what to do in an emergency, including calling for help and speaking to the emergency services</p>	<p>should care for each other and the different ways they demonstrate this</p> <p>How to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe</p>	<p>contributions that people make</p> <p>How to be respectful towards people who may live differently to them</p>	<p>sugar/acidic drinks on dental health</p> <p>how people make choices about what to eat and drink, including who or what influences these</p> <p>How, when and where to ask for advice and help about healthy eating and dental care</p>	<p>wellbeing how lack of sleep can affect the body and mood and simple routines that support good quality sleep</p> <p>How to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried</p>
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#### Fundamental British Values

**British Values:**  
*Democracy*  
*Rule of Law*  
*Individual Liberty*  
*Mutual Respect*  
*Tolerance of those with different faiths and beliefs*

**Protected characteristics:**  
**Age**  
**Race**  
**Religion or belief**  
**Disability**  
**Sex**

Topic – Map Skills  
*Rule of Law*  
**Disability**

Class text – Charlie  
Changes into a  
Chicken  
*Tolerance*  
*Mutual Respect*  
**Age**  
**Race**  
**Disability**

Class text – The Iron  
Man  
*Democracy*  
**Age**  
**Sex**  
**Disability**  
**Race**

Topic – Stone Age  
*Democracy*  
*Rule of Law*  
**Religion**  
**Race**

Class text – Stone Age  
Boy  
*Mutual Respect*  
*Tolerance*  
**Sex**  
**Age**  
**Race**  
**Religion**

Class text – The Ice  
Monster  
*Mutual Respect*  
*Rule of Law*  
**Age**  
**Sex**  
**Disability**

Topic – Road Trip USA  
*Democracy*  
*Rule of Law*  
*Mutual Respect*  
*Tolerance*  
*Individual Liberty*  
**Race**  
**Religion or belief**

Class text – The Lion,  
The Witch and the  
Wardrobe  
*Mutual Respect*  
*Tolerance*  
**Age**  
**Sex**  
**Disability**  
**Religion**  
**Race**

Class text – The Battle  
of Bubble and Squeak  
*Tolerance*  
*Mutual Respect*  
*Democracy*  
**Age**  
**Sex**  
**Disability**  
**Religion**

Topic – Eco Warriors  
*Democracy*  
*Mutual Respect*  
*Rule of Law*

Class text – The  
Abominables  
*Mutual Respect*  
*Tolerance*  
**Age**  
**Sex**  
**Disability**  
**Religion**  
**Race**

Class text – The  
Journey  
*Democracy*  
*Mutual Respect*  
*Tolerance*  
**Age**  
**Race**  
**Religion or belief**

Topic – Romans  
*Democracy*  
*Rule of Law*  
*Tolerance*  
**Race**  
**Religion**  
**Age**  
**Sex**

Class text – Hansel and Gretel  
*Mutual Respect*  
*Democracy*  
**Age**  
**Sex**  
**Religion or belief**

Class text – Cat Tales  
*Democracy*  
*Rule of Law*  
*Individual Liberty*  
*Mutual Respect and Tolerance*  
**Race**  
**Disability**  
**Sex**  
**Age**



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#### Assemblies (Picture News)

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#### 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 Author visit – B.Ware
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#### Extra-curricular clubs

Netball Lego Club Music Multi sports	Netball Lego Club Music Multi sports	Taekwondo Netball Cooking	Lego Football Rainbow Room	Music Boogie Bounce	Music Football
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#### Parental Engagement

Harvest Festival Parents evening	First School Library visit Christmas service at the Abbey	Parents evening	Mother's Day assembly	Topic Fair	Board games and activities (Father's Day/special man) Sports day
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