

Personal Development at East Stour

Progression across Years		N	R	1	2	3	4	5	6						
R S E	Relationships Education	School Values underpinning curriculum, vision, and culture Assemblies mapped out including values, relationships, role models Circle time, Zones of Regulation, Growth mindset Lifewise PSHE lessons Nurture UK Accreditation and provision Pastoral support for targeted intervention (therapies including counselling, dog, horse, lego, clay)													
	Sex Education	Stranger Danger Asking for help Confident to talk to other children when playing	Gentle Hands and Hearts Follow My Lead	Understanding Difficult Feelings Kind vs Unkind	Feeling Sad Happiness Personal Goal Setting	Self-Worth Self-Image	Understand different family relationships	Lifewise focus on respect	Healthy Relationships Presentations for communication						
	NSPCC PANTS Consent assembly Parent information leaflets with vocabulary- used in class Safety plans and risk assessments as appropriate								Body parts	Taking Good Care of Myself Trusted Adults	What is Friendship What Makes A Family My Growing Body Respecting Others	Positive Friendships My Private Body Respecting All Families Dealing With Loss	Different Kinds of Friendship Separation and Divorce Gender Relationships with Others	Understand different identities and gender Consent	Explain Body changes Explain FGM is illegal in England Explain what marriage is
		Inter-school tournaments and competitions- e.g. Cross Country, Dodgeball, football, netball, basketball Teach Active lessons, Specialised SEN sports provision House competitions Movement Minutes and Daily Mile													

P S H E	Physical Health		<i>All about me- My body</i>	Sleep		Medicines and Drugs	Personal Hygiene Vaccinations and Diseases Safety with Household Meds Exercise My Body, Your Body - Keeping Healthy	Explain how to keep my body healthy including sleep and screen time	Explain how to keep my body healthy including diet and exercise	To understand the importance of first aid To understand the effects of vaping, smoking and drugs can have on the body	
	<i>Mental Wellbeing</i>		Extensive pastoral support opportunities- dog therapy, clay therapy, lego therapy, counselling from Human Givens, targeted support e.g. grief, self-harm								
			Communicating freely about their own home and community.	Making Mistakes	Understanding Difficult Feelings	It's Okay not to be Okay Adapting to Change	Anger, Fear and Mindfulness Anxiety, Stress and Mindfulness Self-Worth Self- Image	Mndfulness Zones of Regulation	Zones of Regulation Circle Time	Zones of Regulation Circle Time	
	<i>Wider Safety</i>		Safety Hand Trusted Adults Worry boxes Road safety, water safety, fire safety mapped our in Lifewise Road and fire assemblies and visitors								
<i>Wider Safety</i>	Travel/Trains (contextual importance)	Transport songs	Train roleplay module planned in with train corner	Walk to train station and tour. Train safety posters- competition and in newsletter	Trip to Railway town Ashford railway works sketching - watching presentation about train safety.	Travel safe, Travel Smart- taking the train to visit visit to Margate train safety session held by Network Rail Creating own presentations about train safety.	Independently purchasing a train ticket following planning a train journey, using online resources, working out costings and times (As part of school trip)				

	E-Safety	E-Safety parent workshop E-Safety termly newsletter E-Safety assemblies							
			Using stories such as Smartie the penguin, chicken clicking and digi duck. I know how to speak to a grownup if something happens on a computer that I'm not sure about .	Using stories and video clips and class discussions. I know what information is ok to share (first name /nickname, hobbies) and which information I should keep private (full name, address, age, school) when on a computer. Hot seating.	Screen Time Safety Using stories such as technology tail, and video clips alongside class discussions I know about things that might happen on the internet (sharing of photos without permission, talking to strangers) that are not ok and why I should tell an adult.	Begin to talk about blocking on sites and how to use CEOP I know about safety features on websites such as how to block a website and that any concerns should also be reported to a trusted adult.	Use stories such as the technology tail. I know that anything I post on social media (facebook, tik tok) can be seen by others. I know how to behave positively and respectfully online	Social media and the impact on self confidence I know that to protect myself and my friends I should keep my passwords safe, only share what I and others are comfortable with and report any concerns to an adult.	I know that sharing too much information online may have consequences (sharing of pictures you are unhappy with, being contacted by unfamiliar people)
	Economic Understanding	Coins and role play	Roleplay	Danceathon raising money for Cancer charity	Planning funds to purchase food from Asda and give to local food bank	Charity collection	Raising money singing at Asda.	To know about loans and mortgages	Understand money, tax and pensions Raising money for end of year activities
		Links with Waterstones- trips from identified groups to choose books for school Young Carers visits to Ashford College World book day Books and Biscuits, DJ and Decs, Stories and Sweets, Progress and Popcorn, Cakes and Counting STEM Week, World Book Day, Art Week, Talent Show, House Competitions, The Big Paint, Black History Week							

	Special Events	Bug man visit in Term 5, Tree Day Term 1, Earth Day Term 5	Nativity Dress up days Trip to the park Bug man visit in Term 5 Farm visit, Tree Day Term 1, Earth Day Term 5	Dress up days linked to topic. School trip - wingham Class assemblies Circus workshop Nativity Dance a thon Bring in a toy for topic Unsung heroes, Tree Day Term 1, Earth Day Term 5	Nativity Trip to Brockhill - completing the eco-challenge Circus workshop Danceathon to fundraise money to buy food for the local food bank Class assemblies Unsung heroes, Tree Day Term 1, Earth Day Term 5	Den Building trip in Otterden Wood, Tree Day Term 1, Earth Day Term 5	books and biscuits class assembly cakes and counting circus workshop unsung heroes , Tree Day Term 1, Earth Day Term 5	Pantomime Trip to church for carol concert Taking children to Waterstones to choose books for library REClass assemblies Books and Biscuits Cakes and Counting Treats and Transition DJ and Decs Sweets and Stories Unsung heroes, Tree Day Term 1, Earth Day Term 5	Leavers Assembly End of Yr Production Activity week Class Assemblies Taking children to Waterstones to choose books for library Books and Biscuits Cakes and Counting Treats and Transition DJ and Decs Sweets and y Term 1, Earth Day Term 5
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Wider Opportunities	Trips		Rare Breeds centre term 5 Asda trip Term 2 Local trips in Ashford.	Dover Castle Pizza Express Park Nature walk Beach trip	Brockhill Country Park Asda Park	Stone Age living history workshop - Jan Otterden Estate team building-making dens Egyptian workshop Trip To Newtown to look at local history of Ashford as a railway town.	Asda Park Local area walk	Living History - Ancient Vikings Herstmonceaux Observatory	Kingswood Residential River Walk Beach trip Cinema/Bowling Memorial gardens Swimming
	Clubs (variable from Term to Term)		Yoga Games club	Story Club KS1 - computing club offered term 4 and 5	Story club Computer club term 4 and 5 Whizz kids	Reading Club Mindfulness Drama Colouring Cooking, Choir - singing at community events	Reading Club Creative Writing, Football Puzzles Art Drama Choir - singing at community events Recorder club	Reading Club, Football Art Drama Choir - singing at community events Recorder club	Reading Club SATS booster, Football Choir - singing at community events Recorder club
	Music	Class names and intruments Choir Music celebration in assemblies and events Charanga Performances- Harvest, Nativity, EOY							
Music	Songs through curriculum Special day music and songs Harvets and special event performances	Nativity Singing assembly Charanga Playground party Calming music	Nativity Singing assembly Charanga Class Playlist	Young Voices Recorder lessons	Young Voices Violin lessons	Young Voices Perform to other classes	Young Voices EOY production		

	Sports	Balance Bikes	Cycle Ready External Agency Workshops	Sports day Dance a thon Daily mile Wiggle breaks	Sports day Dance a thon	Dance Club Chance to Shine Cricket coaching	Swimming Dance Club Tag Rugby Club	Swimming Netball Club Tag Rugby Club Ashford United football tournament Sports day Friendly football tournaments Challenger Games Cricket - Chance to Shine (Kent Cricket)	Football Club Bikeability Swimming Top-Up Lifeguard visit? Netball Club Sports Leaders Ashford United football tournament Friendly football tournaments Challenger Games
		Forest School Child initiated learning Outside classroom Teddy bears picnic Large equipment - bikes.	Forest School Child initiated learning Lessons outside Outside play equipment - Physical development.	Party playground Themed sheds (home corner, reading area) Tuff trays Growing and planting Sharing/ taking turns Forest school Nature walks Seasonal changes Movement breaks Sports day/ PE	Planting Activities outside e.g. maths lessons taking place outside Geography fieldwork-making a map of the school Science- walk around the school identifying plants and flowers Litter pick for eco-warriors tpic.	Den building trip Butterfly conservation - moths. Identifying plants. Forest school	Butterfly conservation - moths Identifying types of plants - science Finding leaves to create Artwork Interactive outdoor Math/times table games PE Science practicals(how sound travels) - e.g exploring the use of string telephone	Playground games - co-operation OOA games Geography - map skills Herstmonceux - outdoor science equipment	Geographical fieldwork/map skills (e.g. river visit) PE Maths Science - classifications

Citizenship	<p>School Council School houses and contributions to house events and competitions, democracy votes within these Prefects/class monitors and voting Assemblies and values on social action. Vineyard/Vicar/Salvation Army visits Children in need danceathon Harvest festival food banks Earth Day Choir visits to sing at the Swan centre Visits from the MP/local councillor</p>							
	Pre N- Baby and Toddler group held weekly at school by a FLO	Local Area Visits Voting opportunities	Protecting our Planet Fundraisers - for meaningful charities (Danceathon for a pupil charity)	Local environment Litter pick Fundraisers - for food banks or meaningful charities (Food bank)	Singing at Asda -Carol singing. Collecting money for charity. Local walk to look at Newtown landmarks Growing plants and planting them on site.	Understand how the Government work and the freedom of speech	Visits to Ashford College experience days Trips to Highworth Mathematician workshops at Ashford School	Understand rights and radicalisation Visits to Ashford College experience days School prom with Ashford College
British Values	<p>Lifewise progression Kings Corooation shared lunch with parents Assemblies Drama workshop in term 1 with British Values</p>							
	Kings coronation celebration	Knowledge of the monarchy	Environmental issues. - climate change, recycling, endangered species	What is the rule of law? News presentations	What is a debate?Topical debate as class. Visit from an activist	Understanding the british values and what it means to be a citizen of britain		
	<p>Equality Assemblies Diversity Role Model assemblies and texts Black History Month, cultural events and religious festivals mapped out across the year Staff Script for racism Cultural Capital- diverse music, artists, texts, historical figures, and sports people planned across curriculum Progressive, cohesive RE curriculum Ramadan lunchtime support group</p>							

<p><i>Inclusion & Equality</i></p>	<p>Teachable moments- text choices and play</p>	<p>Reading/play celebrating diversity. Life skills such as cleaning teeth/ road safety Visiting the zoo Knowledge of the people who can help - 999</p>	<p>All about Me circle times and artwork celebrating diversity. Discussion around opinions on music from around the world listened to as the children come in</p>	<p>Show Racism the Red Card Blue Eyes/Brown Eyes lesson Knowledge of significant people in history, taught discretely throughout the curriculum. Black History month - October</p>	<p>PCSO visit Show Racism the Red Card Black Lives Matter lessons Discussions around famous illustrators and our opinions of them Independent research skills</p>											
<p><i>Careers</i></p>	<p>Ashford College Opportunities for years 5 and 6 Ashford College links for young carers- art activity, shared lunch, karaoke Ambassadors for EKC spelling bee event</p>								<p>Police visits, Fire Brigade visits,</p>	<p>Police visits, Fire Brigade visits, talk from a radiographer, vet, doctors and nurses</p>	<p>What jobs are there? (people who help you - emergency services)</p>	<p>Looking at Famous figures over time in history.</p>	<p>Finding out about protected characteristics and careers-challenging stereotypes.</p>	<p>Finding out about protected characteristics and careers-challenging stereotypes.</p>	<p>Trips to Highworth- DT, Maths, Science Ashford College Links- haridressing, plumbing, media, Early Years, music, art</p>	<p>Ashford College Links- haridressing, plumbing, media, Early Years, music, art Plumbing workshop Maths and Literacy G and T Y6 prom at college</p>