



Whitemoor Academy Personal Development Programme

This programme outlines the planned progression in Personal Development from EYFS to Year 6 and should be read alongside the Personal Development overview document.

Aspect	Early Years	Key stage 1	Lower Key stage 2	Upper Key Stage 2
PSHE Pupils' wider safety Content on common risks (roads, fire, using equipment, medicines, strangers).	Road safety, deep water, use of equipment, keeping safe in unfamiliar places. - PSHE Spring 1 – Keeping Safe - Discussing risks when on trips - Discuss stranger danger/'tricky people' - PSHE lessons on safety beyond the home - RNLI talks – summer term - Fire drill/ lockdown situation – half termly. - Online safety within PSHE and safer internet day. - Fire safety from local fire brigade - assembly - Healthy bodies – diet, exercise and sleep – throughout curriculum	Road safety, fire/fireworks, deep water, use of equipment, keeping safe in unfamiliar places. Medicines and drugs. Emergency situations. - PSHE Spring 1 – Keeping Safe, Me and My Relationships - Risks on trips / road safety/ management in a public place-shared with children before trips and visits. - Beach safety – beach trip in summer term. - Risk of medicines - Basic first aid - Using PE equipment safely. - Fire drill/ lockdown situation - Online safety - Economic education including money - Healthy bodies – diet, exercise and sleep - Safety during cooking – DT S2 – making smoothies	Road safety, fire/fireworks, deep water, use of equipment, keeping safe in unfamiliar places. Medicines and drugs. Emergency situations. - PSHE Spring 1 – Keeping Safe - Road safety in PSHE - Online safety - Safe use of equipment in science - Basic first aid - Fire drill/ lockdown situation - Personal and group safety during residential - Economic education including money - Our body's health including smoking and vaping - Healthy bodies – diet, exercise and sleep - PSHE Spring 1 – Keeping Safe - Swimming safety in Summer term	Road safety, fire/fireworks, deep water, use of equipment, keeping safe in unfamiliar places. Medicines and drugs. Emergency situations. - PSHE Spring 1 – Keeping Safe - Financial risk and reward - Online contact/online content in PSHE and Computing - E-safety - Sewing work in DT (safety of using needles) - Woodworking in DT (safety of using saws and hot glue guns) - Exploring risks in everyday situations in PSHE - Food Hygiene and safety when cooking - Bolognese - Personal and group safety during residential - Safe use of equipment in science - Healthy bodies – diet, exercise and sleep - Online safety and cyberbullying



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		• Keeping safe inside (electricity, slips trips and falls, medicines) and outside (roads, lakes etc) • Basic first aid – resources through SCARF • Risk assessments on trips - management in public places shared with children before trips. • Community links – photography exhibition and Exeter University. • Fire drill/ lockdown situation • Online safety • Economic education including money – sponsored spacewalk. • Aspirational careers – meeting the fire brigade. • Beach safety • Sustainability – beach clean. • Safe use of equipment in science • Healthy bodies – diet, exercise and sleep.	• Sewing work in DT (safety of using needles) • Safe use of equipment in science • Food Hygiene • Basic first aid- resources through SCARF • Fire drill/ lockdown situation • Personal and group safety during residential • Online safety • Economic education including money • Our body's health including smoking and vaping • Healthy bodies – diet, exercise and sleep	• Economic education including money • Our body's health including smoking and vaping • Drugs and alcohol in PSHE • Basic first aid – Aspire workshop • Food Hygiene (See DT map) • Financial risk and reward • Bike and road safety – Bikeability (Autumn term) • Woodworking in DT (safety of using saws and hot glue guns) • Personal and group safety during residential (London) • Online safety and cyberbullying • Explicitly connecting online safety to safety on mobile phones e.g. Whatsapp groups • Beach/water safety when surfing • Economic education including money • Drugs and alcohol in PSHE • Our body's health including smoking and vaping • Healthy bodies – diet, exercise and sleep
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				including the cardiovascular system in science
PSHE Economic understanding Choices about money, keeping it safe, saving vs spending, risks.	Recognising money (coins, notes). Using money in class for day-to-day activities (eg paying for fruit). - Role play area - inside and outside - Maths sessions - exploring and handling money - Fundraising in Autumn term - discussions on where money comes from	How money is obtained (earned, borrowed, won, gifts). Keeping money safe. Needs vs wants. Different jobs and how people are paid. - Money in Maths - Economic education including money in PSHE - PSHE Spring 2 – Family spending and how we should look after our money	Decisions about money. Spending vs saving. Loans and taxes. Value vs cost. Risks (loss, theft). Keeping track of money. Keeping money safe. - Money in Maths - Economic education including money in PSHE - Trading in History topic- Stone Age – Iron Age / Fair Trade topic in Geography Autumn term	Money – responsible management of money. Profit and loss. - Money in Maths - Economic education including money in PSHE - History – Viking trading for goods – what are goods worth? - HSBC Financial Education sessions - E-safety – spending money on online gaming - Summer Fayre - Fundraising for charity project – Autumn term - Enterprise Project Summer term
PSHE Technology & media Forms of media and their impact (reliability of online content, risks of sharing).	Learning to use technology in learning. - Use the IWB - Tonie Box - E-Safety week - iPad	Finding information using technology. Ensuring adult supervision. - use of iPads to photograph/research across the curriculum - Computing curriculum – digital painting, BeeBots, Animation,	Finding information using technology. The reliability of online content. Risks of sharing text, information and images. use of iPads to photograph/research across the curriculum	Finding information using technology. How to access information efficiently with a focus on reliability of sources and content; how to manage online contact. Risks of sharing text, information and images.



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		Grouping data, digital writing. • use of chromebooks • E safety unit every half term • Safer internet day	• use of chromebooks • E safety unit every half term • Safer internet day • Book creator in computing • Scratch and coding • Understanding the reliability of online information. • Recognising misinformation, manipulation and online risks. • Managing online relationships and digital footprints safely. • Understanding how technology can influence decision-making.	• use of iPads to photograph/research across the curriculum • use of chromebooks for research and to present information • E safety unit every half term • Safer internet day • Safer internet day • Understanding the reliability of online information. • Recognising misinformation, manipulation and online risks. • Managing online relationships and digital footprints safely. • Understanding how technology can influence decision-making.
RSHE Relationships • Pupils supported to stay safe (healthy & unhealthy relationships, respect, permission, appropriate & inappropriate contact, kindness, different families). • Content about risks (online, where to find advice, reporting concerns).	• Discussing differences as they arise • PSHE Autumn 1 – Me & My Relationships • British Values lessons and assemblies • PSHE Autumn 2 – Valuing Difference	• PSHE Autumn 1 – Me & My Relationships • British Values lessons and assemblies • PSHE Autumn 2 – Valuing Difference • Family structures and safe adults • Celebrating diversity – Black History Month	• PSHE Autumn 1 – Me & My Relationships • British Values lessons and assemblies • PSHE Autumn 2 – Valuing Difference • Family structures and safe adults • Celebrating diversity – Black History Month	• PSHE Autumn 1 – Me & My Relationships • British Values lessons and assemblies • PSHE Autumn 2 – Valuing Difference • Family structures and safe adults • Celebrating diversity – Black History Month,



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Supporting pupils with SEND.	- Looking at images of different communities and discussing disabilities and celebrating diversity - Books with diverse characters - Specific discussions about what we do / do not feel comfortable with - NSPCC PANTS resources	- Computing - photography, asking permission - Bubbles to protect - Books with diverse characters part of Reading Spine - Discussions regarding consent / good or bad touches.	- Computing - photography, asking permission. - Bubbles to protect - Books with diverse characters part of Reading Spine - Discussions regarding consent and keeping things private	- Computing - photography, asking permission. - Bubbles to protect - Books with diverse characters part of Reading Spine - Discussions regarding consent, physically and photographically - Discussions about risk and hazards - Links to protected characteristics
Relationships, Sex and Health Education (RSHE) - Giving pupils knowledge to be well prepared for changes and for safe, healthy relationships. - Gender identity, using correct vocabulary, misconceptions corrected.	- PSHE Summer 2 – Growing & Changing – where do babies come from? - PSHE Autumn 1 – Me & My Relationships - Range of books celebrating differences - Discussion about changing feelings and our body's reaction	- PSHE Summer 2 – Growing & Changing - PSHE Autumn 1 – Me & My Relationships - Range of books celebrating differences - Discussion about changing feelings and bodies – keeping privates private. - Our bodies/ boundaries - Safety bubbles discussion throughout year as and when needed.	- PSHE Summer 2 – Growing & Changing - PSHE Autumn 1 – Me & My Relationships - Range of books celebrating differences - Discussion about changing feelings and bodies – differences between males and females - Our bodies/ boundaries - Healthy and respectful relationships. - Brains and bodies – what is under my skin unit (Science focus).	- PSHE Summer 2 – Growing & Changing - Science Summer 2 – Animals, including humans – changes during puberty - PSHE Autumn 1 – Me & My Relationships - Range of books celebrating differences - Discussion about changing feelings and bodies – puberty and menstruation - Our bodies/ boundaries - Healthy and respectful relationships – navigating hormones and conflict - Period product education

Year 6



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				• PSHE Summer 2 – Growing & Changing – puberty and reproduction • Science Summer 2 – Animals, including humans – changes during puberty
RSHE Physical health & well-being • Healthy eating. • Physical health/fitness. • Oral hygiene, sleep, sun protection, dangers of tobacco drugs & alcohol. • Basic first aid.	• Weekly discussion in PE lessons on physical development and changes • PSHE Summer 1 – Being My Best – healthy eating, healthy mind, movement and sleep • Movement breaks/Mindful moments • TIS approach • Emotionally available adults • Senior mental health lead trained staff	• Weekly discussion in PE lessons on physical development and changes • PSHE Summer 1 – Being My Best – healthy eating, dental hygiene, germs • Movement breaks / Mindful moments • DT S2 – Health and Nutrition – fruits and veg – making healthy smoothies. Link to Science – plants. • TIS approach • Emotionally available adults • Senior mental health lead trained staff •	• Science - Animals including humans • DT - nutrition • Weekly discussion in PE lessons on physical development and changes • PSHE Summer 1 – Being My Best – healthy eating, dental hygiene, germs • Movement breaks/Mindful moments • Cooking and Nutrition – eating seasonally unit. • TIS approach • Emotionally available adults • Senior mental health lead trained staff •	• Science – Animals, including Humans – puberty and changes as we grow up • Weekly discussion in PE lessons on physical development and changes • PSHE Summer 1 – Being My Best • Movement breaks/Mindful moments • PE – impact of physical exercise on physical and mental wellbeing • Managing risk in everyday situations – medication, alcohol, drugs and impact on health and wellbeing (PSHE) • Science – Animals, including humans – circulatory system and effect of drugs on body. • TIS approach • Emotionally available adults



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				• Senior mental health lead trained staff •
Citizenship and Preparation for Life in Modern Britain	Right and wrong The need for rules Different groups & communities • Lessons across PSHE curriculum • Class rules and School golden rules • British Values • Weekly Values winner • Protected characteristics introduced through stories, discussion and curriculum experiences.	Right and wrong The need for rules Different groups & communities • Lessons across PSHE curriculum - Valuing difference, Rights and Respect. • SCARF A1 - Class rules and School golden rules • British Values • Weekly Values winner • RE sessions - discussing different religions - comparing and contrasting. • Roles and responsibilities – school council, Eco council. • Use of a wide range of images on slides including differing groups. • Inclusion education linking to half termly value • Protected characteristics introduced through stories, discussion and	Democracy and its institutions Democracy through history. The range of different national, regional, religious and ethnic identities in the UK. • Lessons across PSHE curriculum • Class rules and School golden rules • British Values • Weekly Values winner • RE sessions - discussing different religions - comparing and contrasting. • Roles and responsibilities – school council, eco council • Use of a wide range of images on slides including differing groups. • Inclusion education linking to half termly value	Democracy through history. Communities and how they function. Diversity and discrimination • Lessons across PSHE curriculum • Class rules and School golden rules • British Values • Weekly Values winner • RE sessions - discussing different religions - comparing and contrasting. • Roles and responsibilities – school council, IT technicians, line leaders, lunch monitors • Use of a wide range of images on slides including differing groups. • Inclusion education linking to half termly value • Democracy in the context of history – Greeks and Vikings and how they functioned • RE – exploring Islam in modern society



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		curriculum experiences.		Stereotypes and discrimination through PSHE lessons – protected characteristics.
Character Development and Leadership • Ethos of aspiration. • High expectations to fulfil potential. • Wider opportunities. • Pride in the school. • Strong self-discipline. • Consideration, respect, good manners. • Promotion of positive character traits and celebration of these.	• Clubs (Spring and Summer term) • Class trips (Spring and Summer term) • Visitors linked to careers and aspirations • Assemblies (Nursery children join assemblies as soon as they are ready). • Outdoor learning • Aspirations' day - meeting different adults to inspire and promote different jobs • Class responsibilities • Celebration certificates • TIS approach • Emotionally available adults • Senior mental health lead trained staff • Class responsibilities	• Clubs • Trips • Class sleepover in school in summer term, • Visitors • Assemblies • Outdoor learning • Aspirations day - meeting different adults to inspire and promote different jobs • Class responsibilities • School rules • Celebration certificates • Wow starts & Fabulous Finishes - wider opportunities. • PSHE lessons about healthy relationships, including friendships • School Council opportunities • Eco-Council • TIS approach • Emotionally available adults • Senior mental health lead trained staff	• Swimming lessons • Clubs • Trips • Residential programme – Aquarium / Carnyorth • Visitors • Competitions – athletic, Netball, Basketball, football • Assemblies • Outdoor learning – Tree planting with Imerys • Aspirations day - meeting different adults to inspire and promote different jobs • Class responsibilities • Dojos, rewards • Golden rules • Celebration certificates • Wow starts & Fabulous Finishes - wider opportunities.	• Clubs • Trips • Visitors • Assemblies • Residential – Porthpean and London • Competitions - athletic • Outdoor learning • Aspirations day - meeting different adults to inspire and promote different jobs • Class responsibilities • rewards • School rules • Celebration certificates • Wow starts & Fabulous Finishes - wider opportunities. • Jobs and stereotypes in PSHE (exploring the qualities needed for different jobs in the future) • PSHE lessons about healthy relationships, including friendships • Choir performances in the community • Bikeability



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		•	- Jobs and stereotypes in PSHE (exploring the qualities needed for different jobs in the future) - PSHE lessons about healthy relationships, including friendships - Choir performances in the community - School Council - Eco-Council - Librarian roles - TIS approach - Emotionally available adults - Senior mental health lead trained staff	- School Council - Eco-Council - Librarians - Playground leaders - Sports leaders - TIS approach - Emotionally available adults - Senior mental health lead trained staff
Enrichment and Wider Development - To develop pupils' interests. - To further develop character/citizenship (meaningful voluntary work and taking on responsibilities in school and the local community). - Is there a good take-up by disadvantaged pupils and those with SEND? - Is there sustained participation?	- Opportunities to mix with other year groups - Trips - Clubs - Nativity	- Class roles and responsibilities. - Visits linked to curriculum learning - activities designed to develop classroom learning. - Aspirations day – speakers and workshops - Clubs - Trips – Our local area, Beach visit, RNLI visit, local transport.	- Aspirations day – speakers and workshops - Class roles and responsibilities. - Visits linked to curriculum learning - activities designed to develop classroom learning. - Residentials - Visit to an art gallery in Plymouth - Clubs	- Aspirations day – speakers and workshops - Librarians - Class roles and school wide responsibilities e.g. Play leaders. - Visits linked to curriculum learning - activities designed to develop classroom learning. - Residentials - National Gallery visit in London - Clubs



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• Is there a good range of lunchtime and/or after-school clubs? • Are curricular visits designed to ensure that pupils learn what is intended from the trip?		• Nativity	• Christmas carol concert • SEN specific sports events • Choir performances in the community- Sing Up, Christmas fayre, chapel	• Christmas carol concert • SEN specific sports events • Choir performances in the community- Sing Up, Christmas fayre, chapel •
British values • Democracy, the rule of law, individual liberty and mutual tolerance and respect. • Does the school ensure that British values are not presented in a stereotypical manner with just cups of tea and Big Ben? • Pupils understand the importance of democracy, individual liberty, mutual respect, tolerance and the rule of law within modern Britain.	• Discussed within PSHE and RE lessons • Assemblies • Voting for class books	• Discussed within PSHE and RE sessions. • Assemblies • School council • Roles and responsibilities • School Council elections • Picture News/Newsround	• Discussed within PSHE and RE sessions. • Assemblies • School council • Roles and responsibilities • School Council elections • Picture News/Newsround	• Discussed within PSHE and RE sessions. • Regular votes to highlight that we are a democracy • Assemblies • School council elections • Roles and responsibilities • Democracy in the context of History – Greeks • County Hall visit • Parliament visit • Local MP visits • Picture News/Newsround
Inclusion and equality of opportunity • No-one should be treated or thought of as less favourable because they belong to a specific group. • Are pupils taught that not to be inclusive is to be unjust to some people?	• Discussed within PSHE and RE lessons • Challenge stereotypes • Books about inclusion/exclusion in library and class reading spines	• Inclusion education linking to half termly value. • Varied images used in resources/ • Challenge stereotypes • Learning about respect in all curriculum areas.	• Discussed within PSHE and RE lessons • PSHE Autumn 2 – Valuing Differences • Challenge stereotypes • Books about inclusion/exclusion in	• Discussed within PSHE and RE lessons • Protected characteristics is woven throughout curriculum • PSHE Autumn 2 – Valuing Differences • Challenge stereotypes



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	- Inclusion education linking to half termly value - Varied images used in resources - Picture News and No Outsiders resources	Picture News and No Outsiders resources	- library and class reading spines - Inclusion education linking to half termly value - Varied images used in resources - Picture News and No Outsiders resources	- Books about inclusion/exclusion in library and class reading spines - Inclusion education linking to half termly value - Varied images used in resources - Picture News and No Outsiders resources
Aspirations and Preparation for Future Success	- Careers visitors from EYFS onwards - Aspirations Day - Transition programme into school and into Year 1	- Aspirations Day - Strong transition from EYFS and into LKS2 - Residential experiences that build independence - Careers links feature in lesson structure across the curriculum	- Residential experiences that build independence - Financial education - Strong transition processes - Careers links feature in lesson structure across the curriculum	- Residential experiences that build independence - Links with secondary schools - Enterprise projects - Financial education - Careers links feature in lesson structure across the curriculum
Spiritual, Moral, Social and Cultural development	- PSHE taught through SCARF - High expectations of conduct as reflected in behaviour policy - TIS approach – mutual respect - Strong links with chapel - Visitors in school - Celebration assemblies - Clubs	- PSHE taught through SCARF - High expectations of conduct as reflected in behaviour policy - TIS approach – mutual respect - Strong links with chapel - Visitors in school - Celebration assemblies - Clubs - Performances and concerts	- PSHE taught through SCARF - High expectations of conduct as reflected in behaviour policy - TIS approach – mutual respect - Strong links with chapel - Visitors in school - Celebration assemblies - Clubs	- PSHE taught through SCARF - High expectations of conduct as reflected in behaviour policy - TIS approach – mutual respect - Strong links with chapel - Visitors in school - Celebration assemblies - Clubs - Performances and concerts



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	• Performances and concerts • Links with other schools • Transition work • Competitive and collaborative events • Food bank collections	• UN Rights of the child • School Council • Picture News/Newsround • Competitive events for music and sport against other schools • Links to local heritage – work with Imerys • Food bank collections	• Performances and concerts • UN Rights of the child • School Council • Picture News/Newsround • Competitive events for music and sport against other schools • Links to local heritage – work with Imerys • Food bank collections	• UN Rights of the child • School Council • Picture News/Newsround • Competitive events for music and sport against other schools • Links to local heritage – work with Imerys • Prefects • Enterprise projects and charity fundraising • Visit to County Hall and Houses of Parliament • Food bank collections
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