

PSHE RSE: TEN TEN RHSE TEN TEN  
SCHOOL COUNCIL

CHARACTER VIRTUES

VISITORS VOCATIONS WEEK

CLASS CHARTERS

ECO WARRIORS CHAPLAINCY TEAM

RESPONSIBILITIES IN SCHOOL

RESTORATIVE PRACTISE

LITURGIES/ ASSESMBLIES

ANTI- BULLYING AMBASSADORS ELSA



### **Personal Development Curriculum**

**At St Mary's Catholic Primary School**

The key aims of our PDC are to support pupils to become responsible, confident, healthy, and tolerant young adults who are prepared for life and work in an ever changing world.

### **PDC INTENT**

At St Mary's we deliver a holistic curriculum for life. The key aims of our PDC are to support pupils to become responsible, confident, healthy, and tolerant young adults who are prepared for life and work in an ever changing world.

We promote our ethos, that at St Mary's we believe in

- Living out the virtues as shown by Jesus in the Gospel
- Being Kind and helping others
- Respecting each other
- Being organised and disciplined

- Working hard
- Being proud of who you are
- Showing Resilience

The PDC curriculum is an ambitious and sequential curriculum. It is an age appropriate curriculum based around three core themes – Living in the wider world, health and wellbeing and relationships. The PDC curriculum focuses on both knowledge and virtues.

St Mary's Primary School achieved the Route to Resilience Award.

Each class has a set of Characteristics that they work on. This is also linked to a Gospel Virtue.

At St Mary's personal development underpins all aspects of school life as we aim to develop well-rounded pupils who develop socially, morally, spiritually and culturally and have opportunities to explore and develop their own values, whilst recognising that those of others may differ. Our curriculum includes development of pupils' understanding of religious education, citizenship, equality and diversity, healthy living, British Values, and preparing our pupils for their next stage. This is taught through timetabled lessons, is threaded throughout the wider curriculum and through personal development themed days. As well as weekly Rights Respecting Liturgies and keeping safe assemblies and visitors, we have weekly Personal, Social and Health Education lessons. Sex and Relationships Education is included in Healthy Living and is taught in an age-appropriate manner through the School's TEN TEN programme weekly. Pupils have also had weekly money bank lessons and different visitors attend school to speak about different jobs, such as a recent visit from Severn Trent Water.

We have created a whole school personal development award scheme through giving class dojos for specific characteristics and virtues to create a deepened understanding of pupils' responsibilities as citizens and to enable opportunities to demonstrate and reflect upon their own personal development.

The school has one staff member who is a mental health lead: Teaching Assistant. They have set up a mental health area in school, with resources for pupils to use. We place a very high priority on support for the mental health and emotional wellbeing of our children, staff and families. Our PSHE curriculum as well as our whole school ethos contribute to an established whole school approach to promoting and supporting **mental health**.

Every pupil has the opportunity to develop life skills in a Forest School Session last Academic year.



<b>Definition</b> <i>(Citizenship Foundation)</i>	<b>Examples of what we do at St Mary's Primary School</b>
<p><b>Spiritual:</b> Explore beliefs and experience;  respect values;  discover oneself and the surrounding world;  use imagination and creativity;  reflect.</p> <p><b>British Values</b></p>	<p><a href="#"><u>RE (Come and See)</u></a>  Weekly themed liturgies  <a href="#"><u>PSHE/RSHE (St Mary's Curriculum) TEN TEN</u></a>  Assemblies  Other Faiths week: Advent 1: Judaism and Islam</p>
<p><b>Moral:</b> Recognise right and wrong;  understand consequences;  investigate moral and ethical issues;  offer reasoned views.</p> <p><b>British Values</b></p>	<p><a href="#"><u>PSHE/RSHE</u></a>  Assemblies/ Liturgies</p> <p>Fairtrade activities  School Council and Eco Warriors/ Council</p>

	We have achieved the Gold Anti-bullying Award Debating Competition
<p><b>Social:</b> Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.</p> <p><b>British Values</b></p>	<p><b>PSHE/RSHE</b>  Relationships Policy  Restorative Practice  <u><b>Relationships &amp; Health Education (RSHE)</b></u>  Behaviour Policy: SLANT and STEPS  Family Activities  Year 6 roles  Play pals/ anti- bullying ambassadors</p>
<p><b>Cultural:</b> Appreciate cultural influences; participate in culture opportunities; understand, accept, respect and celebrate diversity.</p> <p><b>British Values</b></p>	<p>Liturgies  Cultural diversity day  Black History  <b>PSHE/RSHE</b>  Trips, visits and visitors</p>
<p><b>Keeping Safe</b></p>	<p>RSHE and RSE: ten ten  Road Safety training  Anti-Bullying week, Diana Award Ambassadors</p>

<b>Being Healthy</b>	<p>Food for life school: All school staff, pupils and parents have had TASTed sessions this term.</p> <p><b>PE AND SPORT</b></p> <p><b>Food in the Curriculum</b></p> <p>Let's Get cooking</p> <p>Family Service</p>
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### Personal Development Matrix 23-24 at St Mary's

	PHSE/RHSE Curriculum	RE Curriculum	Other Curriculum/ Lancashire EYFS	Routes to Resilience	Collective Worship (inc themes)	Other
fundamental British values of democracy, individual liberty, the rule of law and mutual respect and tolerance	Being Responsible Bullying Matters		ELG – Managing Self ELG Self-Regulation ELG Building Relationships English – persuasion & debate		Peace liturgies Remembrance Black History Charity	Class rules House Captains (voting) Behaviour Strategies
promoting equality of opportunity so that all pupils can thrive together, understanding that difference is a positive, not a negative, and that individual characteristics make people unique	Difference & Diversity Being Me	EYFS - Myself Y1 - Neighbours	Black History Y6 ELG – People, Culture & Communities		Grandparents gardening Day Family	Behaviour Strategies

promoting an inclusive environment that meets the needs of all pupils, irrespective of age, disability, gender reassignment, race, religion or belief, sex or sexual orientation (Protected Characteristics)	Being Me Difference & Diversity	Other Faiths weeks EYFS - Myself EYFS – Our World	Continuous Provision in EYFS & Y1 ELG – People, Culture & Communities		Diversity Family	Ethos ELSA Relationships: staff/pupils Pupils/pupils School/Parents Staff/Staff
developing pupils' character, which we define as a set of positive personal traits, dispositions and virtues	Exploring emotions Being Me Being Responsible	Running through RE curriculum eg Respond EYFS - Myself	ELG – Managing Self ELG Self-Regulation ELG Building Relationships	R2R	Reconciliation Gratitude Forgiveness Preparing & Leading Acts of Worship	Faith in Action Pupil Chaplaincy Eco Leaders Digital Leaders Monitor roles
developing pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy	Being Healthy Drug Education Being Safe		ELG – Managing Self	R2R		ELSA
recognise online and offline risks to their well-being – for example, risks from criminal and sexual exploitation, domestic abuse, female genital mutilation, forced marriage, substance misuse, gang activity, radicalisation and extremism	Drug Education Being Responsible Being Safe		ICT Curriculum			Internet Safety Visits by Police (Y5&6) NSPCC Visits
recognise the dangers of inappropriate use of mobile technology and social media	Being Responsible Being Safe		ICT Curriculum & guidance (From EYFS)			Warning Zone Internet Safety Visits by Police /fire safety Digital Leaders
keep physically healthy, eat healthily and maintain an active lifestyle, including giving ample opportunities for pupils to be active during the school day and through extra-curricular activities	Being Healthy  Food For life	Food for life	PE Curriculum inc EYFS Science Curriculum 'Fighting Fit' Y2 'Moving & Growing Y3  Food for life	Food for life	Sport & Exercise Food for life	Daily Exercise After School Clubs Sports Coach led activities  Food for life

age-appropriate understanding of healthy relationships through appropriate relationships and sex education	Changes/Journey in Love Exploring Emotions					
readiness for the next phase of education, training or employment so that pupils are equipped to make the transition successfully	Money Matters My bank Madarin weel Links to grammar and Secondary schools				Jobs & Careers	Careers Week
<b>Spiritual, moral social and cultural development</b>						
Provision for the spiritual development		Running through RE curriculum eg Respond Head, Heart & Cloud			Daily Acts of Worship Class & Individual prayer Prayer areas each class	Pupil involvement & Leadership of Collective worship
Provision for the moral development	Being Responsible	Running through RE curriculum eg Respond		R2R	Daily Acts of Worship	
Provision for the social development of pupils	Being Responsible Money Matters	Running through RE curriculum eg Catholic Social Teaching	Oracy links – English Y6 Climate Change Y4 Recycling EYFS- Recycling/Upcycling		Faith in Action Black History Trees Birds	Eco Leaders Action Hour inc charity Faith in Action – community action Links with parish CAFOD

Provision for the cultural development of pupils		Knowledge of Christianity Other Faiths	General Curriculum including local & national topics inc local history Music, Drama & Art Y6 Shakespeare Y5 Islamic Golden Age			Visits & Visitors Performance Week Nativity Plays Easter Play End of Year Play Regular <i>Newsround</i>