Personal Development Statement

Futura schools, in partnership with parents, has a vital role in preparing children and young people to negotiate the challenges and opportunities of an increasingly complex world. This presents many positive and exciting opportunities, but also challenges and risks. Personal Development deals with real-life issues affecting our children, families and communities. It's concerned with the social, health and economic realities of their lives, experiences and attitudes including relationships. It supports students to be healthy (mentally and physically), safe (online and offline) and equipped to thrive in their relationships and careers.

Why is Personal Development Important?

- It contributes to physical and mental health and wellbeing, encouraging individual responsibility for health.
- It contributes to the safety and protection of our children and young people, from staying safe online to understanding risks associated with drugs and alcohol and knowing the law surrounding these topics.
- It contributes to the information young people need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships, and know boundaries within the law.
- It promotes independence, resilience and responsibility — preparing children and young people for future roles as parents, employees and leaders.
- It supports employability by developing the personal and social skills demanded by commerce and industry.
- It supports students to be critical consumers of information and develops the skills to identify misleading news or views on social media and elsewhere.

The aim of the Personal Development Curriculum is to enable our children to become healthy, independent and responsible members of our society. It supports children with their personal and social development, and develops their understanding of the moral, social and cultural aspects of society and life. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse community. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Our Personal Development Curriculum is integral to the development of children's values in order for them to become positive citizens in an ever-changing community.

Whole School	**Term 1** 4th Sept – 25th Oct	**Term 2** 4th Nov – 20th Dec	**Term 3** 6th Jan – 14th Feb	**Term 4** 24th Feb – 4th April	**Term 5** 22nd April – 23rd May	**Term 6** 2nd June – 18th July
Themed weeks	Black History Month Be Bright Be Seen road safety week	Anti-bullying week Parliament week 24-30	National Story telling week	7th – 16th March British Science week Aspiration/jobs week	Mental Health Awareness week Walk to School week	Pride WB 16TH June Esafety week 24th-28th June School Diversity Week Create week 1st – 7th July
Significant Days	October 10th World Mental Health Day	Remembrance Day 10th Dec – Human Rights Day	Thursday 6th Feb – Time to talk day 29th Jan – Chinese new year (year of the snake) 11th Feb Safer Internet Day	8th March – international Women's Day Thurs 16th March – World Book day 2nd April Autism Awareness day	22nd April Earth Day 15th May International day of families (stories from families around the world)	Transition days 18th July Nelson Mandela Day June - Gypsy Roma traveller history month
Pupil Leadership	School council meetings (inc once a term ESafety theme BW) Eco Team Play leaders Lunch leaders Reading ambassadors Head pupils Assembly leaders					

Assemblies including Values, FBVs and SMSC	Futura Value – Collaboration All school values PSHE – being me in my world FBV – Democracy to include school council elections Fairtrade E -Safety	Futura value – Respect All school values PSHE – celebrating differences FBV – mutual respect and tolerance to include protected characteristics Diwali Hanukkah E -Safety	Futura value– Aspiration All school values PSHE theme – Dreams and Goals FBV – individual Liberty Stephen Hawking's Birthday 08.01 15th January Martin Luther King day Feb 21st Mother language day E -Safety KS2 focus - reliability of online content, risks of sharing	Futura Value – Opportunity All school values PSHE theme – Healthy Me FBV – Rule of Law and Citizenship KS2 focus voluntary, community and pressure groups Holi Ramadan E -Safety	Revisit Futura values – link to key areas. All school values PSHE theme – relationships FBV – recap and apply all Paralympic heroes E –Safety	Revisit Futura values – link to key areas. All school values PSHE theme – changing me FBV – individual Liberty linked to diversity week World refugee day Leavers assembly E -Safety
Wider opportunities	Cross phase day – black history Harvest festival Bikeability yrs 5 & 6 Seasonal forest school	Cross phase day –winter festivals PTA fireworks event Christmas performances & church carol concert Chaplaincy visit Seasonal forest school Circus skills PTA	Cross phase day - STEM week Governors to meet with Head pupils Big Schools Garden Bird watch RSPB 8th Jan– 19th February School disco PTA Seasonal forest school with parents	Cross phase day Easter service Chaplaincy visit Holi festival Futura Eco Summit day PCO visit Seasonal forest school	Cross phase day Sports day Seasonal forest school Year 2 Australia Day with Digeridoo lessons Year 6 CPR Year 5 rail safety workshop	Cross phase day - creativity Futura event TBC Summer library challenge Wimbledon 30th June - Seasonal forest school Year 3&4 horse road safety workshop

Parental engagement	Meet the teacher/open classrooms Year 1 phonics workshop Parent Café Y6 DT project	Year 3 and 4 Maths workshops Parent Café PINS project SENDIAS parent café Christmas performances Parents' evening	Family forest school sessions Year 5 & 6 Maths workshops Reception phonics workshop Parent Café Unplugged café	Parent Café Unplugged café	Parent Café Unplugged café Mini first aid	Parent Café Year 3,4,5 summer concert Year 6 production Unplugged café
Clubs	Music Lessons via Banes Music Service Mon to Fri – all instruments Sports coaching – Switch mentoring, progressive sports Sports clubs – netball, football Lunch clubs led by pupils – drawing, Lego and book club Choir Years 3-6 Ukulele Y3-6 Dance Umbrella Y5-6 Dance Umbrella Y2 Arts & Craft KS1 Arts & Craft KS2 Tiger Martial arts					

EYFS	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PSHE incl SRE, SMSC and FBV (see SMSC and British values overview for Jigsaw)	**Being me in my world** - Understanding how it feels to belong. - Recognising and managing feelings. - Enjoying working with others to make school a good place to be. - Understanding it is good to be kind. - Understanding children's rights and how we all learn and play. - Learning what being responsible means.	**Celebrating Differences** - Understanding everyone is good at different things. - Understanding being different makes us special. - Understanding we are all different but the same in some ways. - Explaining why my home is special to me. - Explaining how to be a kind friend. - Understanding which words to use to stand up for myself if someone is unkind.	**Dreams and Goals** - Persevering to tackle challenges. - Recognizing I am able to not give up and achieve my goal. - Setting a goal and working towards it. - Use kind words to encourage others. - Understanding that what I learn now is linked to the job I might like to do when I am older. - Saying how I feel when I achieve a goal and knowing what it means to feel proud.	**Healthy Me** - Understanding the need for exercise to keep my body healthy. - Understanding how both movement and rest are good for my bod. - Being able to make healthy eating choices. - Understanding why sleep is good for me. - Knowing the importance of washing my hands properly. - Understanding what a stranger is and how to keep myself safe.	**Relationships (SRE)** - Identifying the jobs I do in my family and belonging. - Knowing how to make friends. - Thinking of ways to problem solve and stay friends. - Understanding the importance of kind words. - Using strategies to manage my feelings. - Knowing how to be a good friend.	**Changing Me (SRE)** - Naming body parts. - Knowing how to stay healthy. - Understanding we all grow from babies to adults. - Expressing my feelings about moving on. - Talking about worries or fears of moving into Year One. - Sharing memories of Reception.
RE	**Special People** What makes people special?	**Christmas** What is Christmas?	**Celebrations** How do people celebrate	**Easter** What is Easter?	**Story Time** What can we learn from stories?	**Special Places What** makes places special?
Online safety	Childnet Smartie the Penguin Seeing upsetting content, unreliable information, and being asked for personal information. Adverts, searching online, and online bullying.	Childsnet Digi Duck NSPCC Technosaurus How to be a good friend on the internet	Childsnet Digi Duck' Famous friend Chatting online	Childsnet Detective Digi Duck Reliability of online information	Childsnet Digi Duck and the Magic Castle Gaming	Childsnet Digi Duck saves the day Positive uses of the internet to help others
Trips and Visits					Trip to Windmill Hill City Farm	
Visitors				Reception Topic Starter – Time Tots	Pip Lovell Futura Chaplain, Stories from Different Religion',	

Year 1	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PSHE incl SRE, SMSC and FBV (see SMSC and British values overview for Jigsaw)	**Being me in my world** Identify feeling special and safe and being part of a class. Identify rights and responsibilities, rewards and feeling proud. Understand consequences. Understand the Learning Charter. Explain why my class is a happy and safe place to learn. Give different examples where I or others make my class happy and safe.	**Celebrating Differences** Discuss similarities and differences. Understanding bullying and knowing how to deal with it. Know how to make new friends. Celebrate the differences in everyone Tell you some ways that I am different and similar to other people in my class, and why this makes us all special. Explain what bullying is and how being bullied might make somebody feel.	**Dreams and Goals** Set goals. Identify successes and achievements. Identify learning styles. Work well and celebrate achievement with a partner. Tackle new challenges Identify and overcoming obstacles. Identify feelings of success Explain how I feel when I am successful and how this can be celebrated positively. Say why my internal treasure chest is an important place to store positive feelings.	**Healthy Me** Know important of keeping myself healthy. Identify healthier lifestyle choice. Understand how to keep clean. Identify how to keep safe. Know the importance of medicine safety/safety with household items and road safety. Link health and happiness. Explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. Give examples of when being healthy can help me feel happy.	**Relationships (SRE)** Belonging to a family Making friends/being a good friend. Physical contact preferences. People who help us Qualities as a friend and person. Self-acknowledgement Being a good friend to myself. Celebrating special relationships. Explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships. Give examples of behaviour in other people that I appreciate and behaviours that I don't like.	**Changing Me (SRE)** Life cycles – animal and human. Changes in me. Changes since being a baby. Differences between female and male bodies (correct terminology). Linking growing and learning. Coping with change Transition Compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private. Explain why some changes I might experience might feel better than others
RE	**Creation Story** Does God want Christians to look after the world?	**Christmas Story** What gifts might Christians in my town have given Jesus if he had been born here rather than in Bethlehem?	**Jesus as a Friend** Was it always easy for Jesus to show friendship?	**Easter – Palm Sunday** Why was Jesus welcomes like a king or celebrity by the crowds on Palm Sunday?	**Shabbat** Is Shabbat important to Jewish children?	**Rosh Hashanah and Yom Kippur** Are Rosh Hashanah and Yom Kippur important to Jewish children?

Online safety	Childsnet Smartie the penguin Story A: Upsetting or frightening content, pop-ups, and screentime. Story B: Contact from strangers, inappropriate games, and being asked for personal information.	Childsnet Digi Duck How to be a good friend on the internet	Childsnet Digi Duck' Famous friend Chatting online	Childsnet Detective Digi Duck Reliability of online information	Childsnet Digi Duck and the Magic Castle Gaming	Childsnet Digi Duck saves the day Positive uses of the internet to help others
Trips and Visits		Local field trip				
Visitors					Y1/2 digeridoo workshop	

Year 2	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PSHE incl SRE, SMSC and FBV (see SMSC and British values overview for Jigsaw)	**Being me in my world** Discuss hopes and fears for the year, rights and responsibilities, rewards and consequences. Establish a safe and fair learning environment. Make valuing contributions and choices. Identify different feelings. Explain why my behaviour can impact on other people in my class. Compare my own and my friends' choices and can express why some choices are better than others.	**Christmas – Jesus as a gift from God** **Key Question:** Why do Christians believe God gave Jesus to the world?	**Dreams and Goals** Know how to set realistic goals. Understand how to persevere. Identify learning strengths and how to learn with others. Know how to work in a group and cooperate. Contribute to and share success Explain how I played my part in a group and the parts other people played to create an end product. Explain how our skills complemented each other. Explain how it felt to be part of a group and can identify a range of feelings about group work	**Healthy Me** Define and show motivation. Understand the importance of healthy choices, good nutrition and relaxation. Identify healthier snacks. Explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. Compare my own and my friends' choices and can express how it feels to make healthy and safe choices	**Relationships (SRE)** Discuss different types of family. Identify physical contact boundaries. Understand friendship and conflict. Discuss secrets. Identify trust and appreciation. Express appreciation for special relationships Explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special. Give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.	**Changing Me (SRE)** Define life cycles in nature Understand growing from young to old. Know how to increase independence. Identify differences in female and male bodies (correct terminology) Express assertiveness Prepare for transition. Use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. Explain why some types of touches feel OK and others don't. Tell you what I like and don't like about being a boy/ girl and getting older, and recognise that other people might feel differently to me.
RE	**What did Jesus teach** Is it possible to be kind to everyone all of the time?	**Christmas – Jesus as a gift from God** Why do Christians believe God gave Jesus to the world?	**Passover** How important is it for Jewish people to do what God asks them to do?	**Prayer at home** Does prayer at regular intervals help a Muslim in his/her everyday life?	**Community and Belonging** Does going to a Mosque give Muslims a sense of belonging?	**Hajj** Does completing Hajj make a person a better Muslim?

Online safety	Childsnet Smartie the penguin Story A: Downloading apps, fact versus opinion, and being asked to meet up. Story B: Screentime, password sharing, and online bullying.	Childsnet Digi Duck How to be a good friend on the internet	Childsnet Digi Duck' Famous friend Chatting online	Childsnet Detective Digi Duck Reliability of online information	Childsnet Digi Duck and the Magic Castle Gaming	Childsnet Digi Duck saves the day Positive uses of the internet to help others
Trips and Visits	Local field trip					Trip to Farleigh Hungerford Castle
Visitors		Pentathlon Y2			Y1/2 digeridoo workshop	

Year 3	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PSHE incl SRE, SMSC and FBV (see SMSC and British values overview for Jigsaw)	**Being me in my world** Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives Explain how my behaviour can affect how others feel and behave. Explain why it is important to have rules and how that helps me and others in my class learn. Explain why it is important to feel valued.	**Celebrating Differences** Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen. Understand the impact that these words can have. Explain how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It together or asking for help	**Dreams and Goals** Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting Explain the different ways that help me learn and what I need to do to improve. Demonstrate confidence and positivity when I share my success with others. Explain how these feelings can be stored in my internal treasure chest and why this is important.	**Healthy Me** Exercise /Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices Identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help. Express how being anxious/ scared and unwell feels.	**Relationships (SRE)** Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends Explain how my life is influenced positively by people I know and also by people from other countries. Explain why my choices might affect my family, friendships and people around the world who I don't know.	**Changing Me (SRE)** How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition Explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. Recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings
RE	**Divali** Would celebrating Divali at home and in the community bring a feeling of belonging to a Hindu child?	**Christmas** Has Christmas lost its true meaning?			**Sharing and Community** Do Sikhs think it is important to share?	**Pilgrimage to the River Ganges** Would visiting the River Ganges feel special to a non-Hindu?

Online safety	SMART video activity S Rule (safe)	SMART video activity M Rule (meeting)	8th Feb – Safer Internet Day activity SMART video activity A Rule (accepting)	SMART video activity R Rule (reliable)	SMART video activity T Rule (tell)	SMART video activity Write a recipe for a better internet
Trips and Visits					Multi- activity Festival at Wellsway	
Visitors						

Year 4	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PSHE incl SRE, SMSC and FBV (see SMSC and British values overview for Jigsaw)	**Being me in my world** Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour Explain why being listened to and listening to others is important in my school community. Explain why being democratic is important and can help me and others feel valued.	**Celebrating Differences** Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions Explain a time when my first impression of someone changed as I got to know them. Explain why bullying might be difficult to spot and what to do about it if I'm not sure. I can explain why it is good to accept myself and others for who we are.	**Dreams and Goals** Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Plan and set new goals even after a disappointment. Explain what it means to be resilient and to have a positive attitude.	**Healthy Me** Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Recognise when people are putting me under pressure and can explain ways to resist this when I want to. Identify feelings of anxiety and fear associated with peer pressure.	**Relationships (SRE)** Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals Recognise how people are feeling when they miss a special person or animal. Give ways that might help me manage my feelings when missing a special person or animal.	**Changing Me (SRE)** Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change Summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older. Explain some of the choices I might make in the future and some of the choices that I have no control over. Offer some suggestions about how I might manage my feelings when changes happen.
RE	**Beliefs and Practices** How special is the relationship Jews have with God?	**Christmas** What is the most significant part of the Nativity story for Christians today?			**Beliefs in Practice** What is the best way for a Buddhist to lead a good life?	**Prayer and worship** Do people need to go to church to show they are good Christians?
Online safety	SMART rules What should you keep safe?	SMART rules Be careful when meeting up	8th Feb – Safer Internet Day activity SMART rules What should you accept?	SMART rules What is reliable?	SMART Rules Who should you tell?	SMART rules Smart online quiz
Trips and Visits	Swimming Keynsham Leisure Centre	Swimming Keynsham Leisure Centre Visit to Wellsway school for Carols		Year 4 Invasion Games Festival at Wellsway	Klive court residential trip	
Visitors	Swimming	Swimming				Greek workshop

Year 5	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PSHE incl SRE, SMSC and FBV (see SMSC and British values overview for Jigsaw)	**Being me in my world** Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating Compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. Explain how the actions of one person can affect another and can give examples of this from school and a wider community context.	**Celebrating Differences** Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures Explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation. Explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.	**Dreams and Goals** Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation Compare my hopes and dreams with those of young people from different cultures. Reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.	**Healthy Me** Smoking, including vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour Explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy. Summarise different ways that I respect and value my body.	**Relationships (SRE)** Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules Compare different types of friendships and the feelings associated with them. Explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure. Apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.	**Changing Me (SRE)** Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition Explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. Summarise the process of conception. Express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.
RE	**Belief into Action** What far would a Sikh go for his/her religion?			**Salvation** How significant is it for Christians to believe God intended Jesus to die?	**Beliefs and moral values** Do beliefs in Karma, Samsara and Moksha help Hindus lead good lives?	**Beliefs and practice** What is the best way for a Christian to show commitment to God? **R**

Online safety	Spam! To identify spam emails and what to do with them	Sites to cite To write citations for the websites I use for research	8th Feb – Safer Internet Day activity Powerful passwords To create strong passwords	False photography To recognise when, why and how photographs we see online may have been edited	Online safety story planning To apply online safety rules to real-life scenarios	Online Safety Comics To apply online safety rules to real-life scenarios
Trips and Visits				Trip to We The Curious		Year 5 Athletics Festival at Wellsway
Visitors		Rail Safety workshop		PCO Paul Thatcher visiting – Rule of law	Rail safety workshop SARI workshops	

Year 6	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PSHE incl SRE, SMSC and FBV (see SMSC and British values overview for Jigsaw)	**Being me in my world** Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling Explain how my choices can have an impact on people in my immediate community and globally. Empathise with others in my community and globally and explain how this can influence the choices I make.	**Celebrating Differences** Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy Explain ways in which difference can be a source of conflict or a cause for celebration. Show empathy with people in situations where their difference is a source of conflict or a cause for celebration.	**Dreams and Goals** Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments Explain different ways to work with others to help make the world a better place. Explain what motivates me to make the world a better place	**Healthy Me** Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress Explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others. Identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.	**Relationships (SRE)** Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use Identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control. Explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.	**Changing Me (SRE)** Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition Describe how a baby develops from conception through the nine months of pregnancy, and how it is born. Recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby
RE	**Beliefs and Practices** What is the best way for a Muslim to show commitment to God?			**Gospel** Is Christianity still a strong religion 2000 years after Jesus was on Earth?	**Beliefs and meaning** Does belief in Akhirah (life after death) help Muslims lead better lives?	**Belief and meaning** Does belief in Akhirah (life after death) help Muslims lead better lives? (part 2)

Online safety	Cyberbullying I can find similarities and differences between in-person and cyberbullying I can identify good strategies to deal with cyberbullying	Secure websites I can identify secure websites by identifying privacy seals of approval	8th Feb – Safer Internet Day activity People online I understand the benefits and pitfalls of online relationships I can identify information that I should never share	Girls and boys online I can identify how the media play a powerful role in shaping ideas about girls and boys	Online Safety I can use my knowledge of online safety to create a multiple-choice quiz	Moving on up To explore the theme of friendship online and offline as we move to secondary school
Trips and Visits		Local geography field trip				Stone farm residential trip Striking and Fielding Festival Keynsham Cricket Club
Visitors		Play leaders training with Wellsway sports ambassadors.				