

Eynesbury C of E Primary School PD overview- 2024-2025

<p>Year 1</p>	<p>Myself & My Relationships Beginning and Belonging</p> <ul style="list-style-type: none"> • Do I understand simple ways to make sure my school is a safe, happy place? RR • How can I get to know the people in my class? CF • How do I feel when I am doing something new? MW • How can I make someone feel welcome in class? MW • What helps me manage in new situations? MW • Who can help me at home and at school? BS <p>British Value links- Rule of Law and Democracy</p>	<p>Citizenship Working Together</p> <ul style="list-style-type: none"> • What am I and other people good at? • What new skills would I like to develop? • How can I listen well to other people? RR • How can I work well in a group? RR • Why is it important to take turns? RR • How can I negotiate to sort out disagreements? CF • How are my skills useful in a group? • What is a useful evaluation? RR <p>British Value links- Mutual respect and tolerance</p>	<p>Citizenship Diversity and Communities</p> <ul style="list-style-type: none"> • What makes me ‘me’, what makes you ‘you’? RR • Do all boys and all girls like the same things? RR • What is my family like and how are other families different? FP • What different groups do we belong to? RR • What is a stereotype and can I give some examples? RR • Who helps people in my locality and what help do they need? MW • What does ‘my community’ mean and how does it feel to be part of it? MW • How do people find out about what is happening in my community? MW • How do we care for animals and plants? • How can I help look after my school? <p>British Value links- Mutual respect and tolerance</p>	
	<p>Healthy & Safer Lifestyles Personal Safety</p> <ul style="list-style-type: none"> • Can I identify different feelings and tell others how I feel? MW • Which school/classroom rules are about helping people to feel safe? BS • Can I name my own Early Warning Signs? BS • How do I know which adults and friends I can trust? CF • Who could I talk with if I have a worry or need to ask for help? BS • What could I do if a friend or someone in my family isn’t kind to me? BS • Can I identify private body parts and say ‘no’ to unwanted touch? BS • What could I do if I feel worried about a secret? BS • What could I do if something worries or upsets me when I am online? BS <p>British Value links- Mutual respect and tolerance</p>	<p>Healthy & Safer Lifestyles Digital Lifestyles</p> <ul style="list-style-type: none"> • What are some examples of ways in which I use technology and the internet and what are the benefits? OR • What is meant by “identity” and how might someone’s identity online be different from their identity in the physical world? OR • What are some examples of online content or contact which might mean I feel unsafe, worried or upset? OR • What sort of information might I choose to put online and what do I need to consider before I do so? OR • When might I need to report something and how would I do this? OR • What sort of rules can help to keep us safer and healthier when using technology? IS • Who can help me if I have questions or concerns about what I experience online or about others’ online behaviour? <p>British Value links- Mutual respect and tolerance</p>	<p>Healthy & Safer Lifestyles Healthy Lifestyles</p> <ul style="list-style-type: none"> • How can I stay as healthy as possible? HP • What does it feel like to be healthy? MW • What does healthy eating mean and why is it important? HE • Why is it important to be active & what are the opportunities for physical activity? PHF • What foods do I like and dislike and why? • What can help us eat healthily? HE • Why do we need food? • What healthy choices can I make? <p>British Value links- Individual liberty</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education</p> <ul style="list-style-type: none"> • What are the names of the main parts of the body? BS • What can my amazing body do? • When am I in charge of my actions and my body? BS • How can I keep my body clean? HP • How can I avoid spreading common illnesses and diseases? HP <p>British Value links- Individual liberty</p>

Year 2	<p>Citizenship Rights, Rules & Responsibilities</p> <ul style="list-style-type: none"> • How do rules make me feel happy and safe? • How do I take part in making rules? • Who looks after me and what are their responsibilities? • What jobs and responsibilities do I have in school and at home? • Can I listen to other people, share my views and take turns? RR • Can I take part in discussions and decisions in class? <p>British Value links- Rule of Law and Democracy</p>	<p>Myself & My Relationships Family and Friends</p> <ul style="list-style-type: none"> • Can I describe what a good friend is and does? CF • What strategies do I need for making and keeping friends? CF • How might friendship patterns change and how can I develop strategies to cope with this? CF • How am I similar and how am I different to my friends? CF • Why are families special and what is special about my family? FP <p>What are some of the different family structures? FP</p> <ul style="list-style-type: none"> • Who is special to me and what makes them special? FP • Where and how can I seek help and support? FP <p>British Value links- Individual liberty</p>	<p>Myself & My Relationships Anti-bullying</p> <ul style="list-style-type: none"> • Why might people fall out with their friends? CF • Can I describe what bullying is? RR • Do I understand some of the reasons people bully others? RR • Why is bullying never acceptable or respectful? RR • How might people feel if they are being bullied? MW • Who can I talk to if I have worries about friendship difficulties or bullying? RR • How can I be assertive? RR • Do I know what to do if I think someone is being bullied? RR • How do people help me to build positive and safe relationships? CF • What does my school do to stop bullying? RR <p>British Value links- Mutual Respect and tolerance and Individual liberty</p>	<p>Economic Wellbeing Financial Capability</p> <ul style="list-style-type: none"> • What is a charity? <p>British Value links- Individual liberty</p>
	<p>Healthy & Safer Lifestyles Drug Education</p> <ul style="list-style-type: none"> • Which substances might enter our bodies, how do they get there and what do they do? DAT • What are medicines and why and when do some people use them? DAT • When and why do people have an injection from a doctor or a nurse? HP • Who is in charge of what medicine I take? DAT • What different things can help me feel better if I feel poorly? DAT • How can I keep safe with medicines and substances at home and at school? DAT • What is persuasion and how does it feel to be persuaded? MW <p>British Value links- Rule of Law</p>	<p>Healthy & Safer Lifestyles Managing Safety and Risk</p> <ul style="list-style-type: none"> • What are risky situations and how do they make me feel? MW • What is my name, address and phone number and when might I need to give them? BFA • What is an emergency and who can help? BFA • What makes a place or activity safe for me? MW • What are the benefits and risks for me when walking near the road, and how can I stay safer? MW • What are the benefits and risks for me in the sun and how can I stay safer? HP • What do I enjoy when I'm near water and how can I stay safer? MW • What are the risks for me if I am lost and how can I get help? BS • How can I help to stop simple accidents from happening and how can I help if there is an accident? BFA <p>British Value links- Individual liberty</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education</p> <ul style="list-style-type: none"> • How do babies change and grow? (Statutory NC Science Y2) • How have I changed since I was a baby? (Statutory NC Science Y2) • What's growing in that bump? (Sex Education/NC Science) • What do babies and children need from their families? FP • Which stable, caring relationships are at the heart of families I know? FP • What are my responsibilities now I'm growing up? CAB <p>British Value links- Mutual respect and tolerance</p>	<p>Myself & My Relationships Managing Change</p> <ul style="list-style-type: none"> • How are my achievements, skills and responsibilities changing and what else might change? • How might people feel during times of loss and change? MW • How do friendships change? CF • What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? MW • How might people feel when they lose a special possession? • When can I make choices about changes? <p>British Value links- Individual liberty</p>

<p>Year 3</p>	<p>Myself & My Relationships Beginning and Belonging</p> <ul style="list-style-type: none"> • What is my role in making my school a place where we can learn happily and safely? RR • How can we build relationships in our class and how does this benefit me? CF • What does it feel like to be new or to start something new? MW • How can I help children and adults feel welcome in school? RR • What helps me manage a new situation or learn something new? MW • Who are the different people in my network who I can ask for help? BS <p>British Value links- Rule of Law and Democracy</p>	<p>Myself & My Relationships My Emotions</p> <ul style="list-style-type: none"> • Why is it important to accept and feel proud of who we are? RR • What does the word ‘unique’ mean and what do I feel proud of about myself? RR • Why is mental wellbeing as important as physical wellbeing? MW • How can I communicate my emotions? MW • Can I recognise some simple ways to manage difficult emotions? MW • What does it mean when someone says I am “over reacting” and how do I show understanding towards myself and others? MW • How do my actions and feelings affect the way I and others feel? MW • How do I care for other people’s feelings? MW • Who can I talk to about the way I feel? MW • How can I disagree without being disagreeable? RR <p>British Value links- Individual liberty</p>	<p>Citizenship Working Together</p> <ul style="list-style-type: none"> • What am I good at and what are others good at? • What new skills would I like or need to develop? • How well can I listen to other people? RR • How do I ask open questions? RR • How can I share my views and opinions effectively? RR • How can different people contribute to a group task? • How can I persevere and overcome obstacles to my learning? CF • How can I work well in a group? CF • What is useful evaluation? • How do I give constructive feedback and receive it from others? RR <p>British Value links- Mutual respect and tolerance</p>	<p>Citizenship Diversity and Communities</p> <ul style="list-style-type: none"> • What have we got in common and how are we different? RR • How might others’ expectations of girls and boys affect people’s feelings and choices? RR • How are our families the same and how are they different? FP • Do people who live in my locality have different traditions, cultures and beliefs? RR • How does valuing diversity benefit everyone? RR • Why are stereotypes unfair and how can I challenge them? RR • How do people in my locality benefit from being part of different groups? MW • What are the roles of people who support others with different needs in my community? MW • How does the media work in my community? MW • How can we care for the local environment and what are the benefits? • What do animals need, and what are our responsibilities? <p>British Value links- Mutual respect and tolerance</p>
	<p>Healthy & Safer Lifestyles Personal Safety</p> <ul style="list-style-type: none"> • How do I recognise my own feelings and communicate them to others? MW • Which school/classroom rules are about helping people to feel safe? RR • Can I recognise when my Early Warning Signs are telling me I don’t feel safe? BS • What qualities do trusted adults and trusted friends have? CF • Who is on my personal network and how can I ask them for help? BS • What could I do if I feel worried about a friendship or family relationship? BS • What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? BS • How can I decide if a secret is safe or unsafe? BS • How can I keep safe online? BS <p>British Value links- Mutual respect and tolerance</p>	<p>Healthy & Safer Lifestyles Digital Lifestyles</p> <ul style="list-style-type: none"> • Can I explain the difference between “liking” and “trusting” someone online? OR • What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact? OR <p>British Value links- Mutual respect and tolerance</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education</p> <ul style="list-style-type: none"> • How are male and female bodies different and what are the different parts called? BS • When do we talk about our bodies, how they change, and who do we talk to? BS • What can my body do and how is it special? • Why is it important to keep myself clean? HP • What can I do for myself to stay clean and how will this change in the future? HP • How do different illnesses and diseases spread and what can I do to prevent this? HP <p>British Value links- Individual liberty</p>	<p>Healthy & Safer Lifestyles Healthy Lifestyles</p> <ul style="list-style-type: none"> • What does healthy eating and a balanced diet mean? HE • What is an active lifestyle and how does it help me to be healthier? PHF • What is mental wellbeing and how is it affected by my physical health? MW • How much sleep do I need & what happens if I don’t have enough? HP • How do nutrition and physical activity work together? • How can I plan and prepare simple, healthy meals safely? HE • How can I look after my teeth and why is it important? HP • Who is responsible for my lifestyle choices and how are these choices influenced? <p>British Value links- Individual liberty</p>

Year 4	<p>Citizenship Rights, Rules & Responsibilities</p> <ul style="list-style-type: none"> • What does it mean to be treated and to treat others with respect? RR • Who are those in positions of authority within our school and communities and how can we show respect? RR • Why do we need rules at home and at school? RR • What part can I play in making and changing rules? • What do we mean by rights and responsibilities? • What are my responsibilities at home and at school? • How do we make democratic decisions in school? • What is a representative and how do we elect them? <p>British Value links- Rule of Law and Democracy</p>	<p>Myself & My Relationships Family and Friends</p> <ul style="list-style-type: none"> • How do good friends behave on and offline and how do I feel as a result? OR • What is a healthy friendship and how does trust play an essential part? CF • What skills do I need for choosing, making and developing friendships and how effective are they? CF • How can I help to resolve disagreements positively by listening and compromising? CF • Can I empathise with other people in a disagreement? CF • How can I check with my friends that their personal boundaries have not been crossed? BS • How do my family members help each other to feel safe and secure even when things are tough? FP • Who is in my network of special people now and how do we affect and support each other? FP <p>British Value links- Individual liberty</p>	<p>Myself & My Relationships Anti-bullying</p> <ul style="list-style-type: none"> • How are falling out and bullying different? CF • How do people use power when they bully others? RR • What are the key characteristics of different types of bullying? RR • How can lack of respect and empathy towards others lead to bullying? RR • What is the difference between direct and indirect forms of bullying? RR • What are bystanders and followers and how might they feel? MW • Do I understand that bullying might affect how people feel for a long time? MW • How can I support people I know who are being bullied by being assertive? RR • How does my school prevent bullying and support people involved? RR <p>British Value links- Mutual respect and tolerance and Individual liberty</p>	<p>Economic Wellbeing Financial Capability</p> <ul style="list-style-type: none"> • What different ways are there to earn and spend money? • What do saving, spending and budgeting mean to me? • How can I decide what to spend my money on and choose the best way to pay? • What might my family have to spend money on? • What is 'value for money'? • How do my feelings about money change? • How do my choices affect my family, the community, the world and me? <p>British Value links- Individual liberty</p>
	<p>Healthy & Safer Lifestyles Drug Education</p> <ul style="list-style-type: none"> • What medical & legal drugs do I know about, and what are their effects? DAT • Who uses and misuses legal drugs? DAT • Why do some people need medicine and who prescribes it? DAT • What are immunisations and have I had any? HP • What are the safety rules for storing medicine and other risky substances? DAT • What should I do if I find something risky, like a syringe? DAT • What do I understand about how friends and the media persuade and influence me? CF <p>British Value links- Rule of Law</p>	<p>Healthy & Safer Lifestyles Managing Safety and Risk</p> <ul style="list-style-type: none"> • How do I feel in risky situations and how might my body react? MW • Can I make decisions in risky situations and might my friends affect these decisions? • When might I meet adults I don't know & how can I respond safely? BS • What actions could I take in an emergency or accident and how can I call the emergency services? BFA • What are the benefits of using the roads and being near water and how can I reduce the risks? MW • How is fire risky and how can I reduce the risks? • How do I keep myself safe during activities and visits? • How can I stop accidents happening at home and when I'm out? <p>British Value links- Individual liberty</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education</p> <ul style="list-style-type: none"> • What are the main stages of the human life cycle? Science • How did I begin? Sex Education • What does it mean to be 'grown up'? CAB • What am I responsible for now and how will this change? CAB • How do different caring, stable, adult relationships create a secure environment for children to grow up? FP <p>British Value links- Mutual respect and tolerance</p>	<p>Myself & My Relationships Managing Change</p> <ul style="list-style-type: none"> • How might I behave when I feel strong emotions linked to loss and change? MW • How might people feel when loved ones or pets die, or they are separated from them for other reasons? <p>British Value links- Individual liberty</p>

Year 5	<p>Myself & My Relationships My Emotions</p> <ul style="list-style-type: none"> • How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? MW • What does it mean to have a 'strong sense of identity' & 'self-respect'? RR • What can I do to boost my self-respect? RR • How do I manage strong emotions? MW • How can I judge if my own feelings and behaviours are appropriate & proportionate? MW • How do I recognise how other people feel and respond to them? • What is loneliness and how can we manage feelings of isolation? MW • How common is mental ill health and what self-care techniques can I use? MW • What kinds of problems can be caused by impulsive online communication? IS • How and from whom do I get support when things are difficult? MW <p>British Value links- Individual liberty</p>	<p>Citizenship Working Together</p> <ul style="list-style-type: none"> • What are my strengths and skills and how are they seen by others? • What helps me learn new skills effectively? • What would I like to improve and how can I achieve this? • How could my skills and strengths be used in future employment? • What are some of the jobs that people do? • How can I be a good listener to other people? CF • How can I share my views effectively and negotiate with others to reach agreement? RR • How can I persevere and help others to do so? CF • How can I give, receive and act on sensitive and constructive feedback? RR <p>British Value links- Mutual respect and tolerance</p>	<p>Citizenship Diversity and Communities</p> <ul style="list-style-type: none"> • How do other people's perceptions, views and stereotypes influence my sense of identity? RR • How do views of gender affect my identity, friendships, behaviour & choices? RR • What are people's different identities, locally and in the UK? FP • How can I show respect to those with different lifestyles, beliefs & traditions? RR • What are the negative effects of stereotyping? RR • Which wider communities & groups am I part of & how does this benefit me? MW • What are voluntary organisations and how do they make a difference? MW • What is the role of the media and how does it influence me and my community? • Who cares for the wider environment and what is my contribution? <p>British Value links- Mutual respect and tolerance</p>
	<p>Healthy & Safer Lifestyles Personal Safety</p> <ul style="list-style-type: none"> • How do I recognise my own feelings and consider how my actions may affect the feelings of others? MW • Can I use my Early Warning Signs to judge how safe I am feeling? BS • How do I judge who is a trusted adult or trusted friend? CF • How can I seek help or advice from someone on my personal network and when should I review my network? BS • How could I report concerns of abuse or neglect? BS • Can I identify appropriate & inappropriate or unsafe physical contact? BS • How do I judge when it is not right to keep a secret and what action could I take? BS • How can I recognise risks online and report concerns? BS • What strategies can I use to assess risk and help me feel safer when I am feeling unsafe? BS <p>British Value links- Mutual respect and tolerance</p>	<p>Healthy & Safer Lifestyles Digital Lifestyles</p> <ul style="list-style-type: none"> • What are some examples of how I use the internet, the services it offers, and how do I make decisions? OR • What are the principles for my contact and conduct online, including when I am anonymous? OR • How can I critically consider my online friendships, contacts and sources of information, and make positive contributions? OR • How might the media shape my ideas about various issues and how can I challenge or reject these? OR • Can I explain some ways in which information and data is shared and used online? OR • How can online content impact on me positively or negatively? OR • What are my responsibilities for my own and others' mental and physical wellbeing online and how can I fulfil these? IS • What are some ways of reporting concerns and why is it important to persist in asking? IS • Can I identify, flag and report inappropriate content? IS <p>British Value links- Mutual respect and tolerance</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education</p> <ul style="list-style-type: none"> • What are male and female sexual parts called and what are their functions? BS • How can I talk about bodies confidently and appropriately? BS • What happens to different bodies at puberty? CAB • What might influence my view of my body? • How can I keep my growing and changing body clean? HP • How can I reduce the spread of viruses and bacteria? HP <p>British Value links- Individual liberty</p>

Year 6	<p>Citizenship Rights, Rules & Responsibilities</p> <ul style="list-style-type: none"> • What are the conventions of courtesy & manners and how do these vary? RR • How does my behaviour online affect others & how can I show respect? IS • Why is it important to keep my personal information private, especially online? OR • How can I contribute to making and changing rules in school? • How else can I make a difference in school? • Are there places or times when I have to behave differently? RR • What are the basic rights of children and adults? • Why do we have laws in our country? • How does democracy work in our community and in our country? • What do councils, councillors, parliament and MPs do? • Can I take part in a debate and listen to other people's views? RR <p>British Value links- Rof Law and Democracy</p>	<p>Myself & My Relationships Anti-bullying</p> <ul style="list-style-type: none"> • Can I explain the differences between friendship difficulties and bullying? CF • Can I define the characteristics and different forms of bullying? RR • How do people use technology & social media to bully others and how can I help others to prevent and manage this? RR • What do all types of bullying have in common? RR • Might different groups experience bullying in different ways? MW • How can people's personal circumstances affect their experiences? MW • How does prejudice sometimes lead people to bully others? CF • Can I respond assertively to bullying, online and offline? RR • How might bullying affect people's mental wellbeing and behaviour? MW • How and why might peers become colluders or supporters in bullying situations? RR • Can I identify ways of preventing bullying in school and the wider community? RR <p>British Value links- Mutual respect and tolerance and Individual liberty</p>	<p>Economic Wellbeing Financial Capability</p> <ul style="list-style-type: none"> • What different ways are there to gain money? • What sort of things do adults need to pay for? • How can I afford the things I want or need? • How can I make sure I get 'value for money'? • Why don't people get all the money they earn? • How is money used to benefit the community or the wider world? • What is poverty? <p>British Value links- Individual liberty</p>
	<p>Healthy & Safer Lifestyles Drug Education</p> <ul style="list-style-type: none"> • What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? DAT • How does drug use affect the way a body or brain works? DAT • How do medicines help people with different illnesses? DAT • What immunisations have I had or may I have in future and how do they keep me healthy? HP • What is drug misuse? DAT • What are some of the laws about drugs? DAT • When and how should I check information about drugs? DAT <p>British Value links- Rule of Law</p>	<p>Healthy & Safer Lifestyles Managing Safety and Risk</p> <ul style="list-style-type: none"> • When might it be good for my mental health for me to take a risk? MW • What are the possible benefits and consequences of taking physical, emotional and social risks? MW • When am I responsible for my own safety as I get older and how can I keep others safer? BS • How can I safely get the attention of a known or unknown adult in an emergency? BS • Can I carry out basic first aid in common situations, including head injuries? BFA • What are the benefits of cycling and walking on my own and how can I stay safer? MW • How can being outside support my wellbeing & how do I keep myself safe in the sun? HP • What are the benefits of using public transport and how can I stay safe near railways? • How can I prevent accidents at school and at home, now that I can take more responsibility? <p>British Value links- Individual liberty</p>	<p>Healthy & Safer Lifestyles Relationships and Sex Education</p> <ul style="list-style-type: none"> • What are different ways babies are conceived and born? (Sex Education) • What effect might puberty have on people's feelings and emotions? CAB • How can my words or actions affect how others feel, and what are my responsibilities? MW • What should adults think about before they have children? FP • Why might people get married or become civil partners? FP • What are different families like? FP <p>British Value links- Mutual respect and tolerance</p>

PD 2024-2025

Codes/ links with statutory requirements

Relationships Education:

- FP - Families & People who care for me
- CF- Caring Friendships
- RR - Respectful Relationships
- OR- Online Relationships
- BS- Being Safe

Health Education:

- MW - Mental Wellbeing
- IS- Internet Safety & Harms
- PHF- Physical Health & Fitness
- HE - Healthy Eating
- DAT- Drugs, Alcohol & Tobacco
- HP- Health & Prevention
- BFA- Basic First Aid
- CAB - Changing Adolescent Body