

KA Gomer Personal Development Overview OF Learning

Year group	Family and Relationships Autumn Term for all Year Groups	Safety and the Changing Body	Health and Wellbeing	Citizenship	Economic Wellbeing
Year 3	To understand that families love and support each other but sometimes problems can occur and help is available if needed. To understand that friendships have ups and downs and that problems can be resolved. To begin to understand the impact of bullying. To listen and communicate effectively. To understand why trust is an important part of positive relationships. To begin to understand the differences between people and why it is important to respect these differences. To recognise that stereotypes are present in everyday life. To recognise that stereotypes exist based on a number of factors.	To understand the importance of being kind online and what this looks like. To understand that cyberbullying involves being unkind online. To understand that not all emails are genuine. To understand the choices people can make and those which are made by others. To begin to recognise who and what can influence our decisions. To develop an understanding of safety on or near roads.	To understand and plan for a healthy lifestyle including physical activity, rest and diet. To perform a range of relaxation stretches. To break down barriers into smaller, achievable goals. To understand the benefits of healthy eating and dental health.	To begin to understand the UN convention on the rights of the child. To understand the responsibilities of both children and adults to help all children benefit from their rights. To understand the groups which make up the community. To understand that charities care for others and how people can support them. To begin to understand how democracy works in the local area. To understand why we have rules and the consequences of breaking rules at school and home	To understand the different ways to pay for things and why people might choose them. (Ways of paying session taught by visitor Chris) To understand how to put together a budget. To recognise that money has an impact on how we feel. To begin to recognise how ethics can influence our spending decisions. To understand that there are a range of jobs available and to think about what job they might want to do. (Careers session taught by visitor Chris) To understand that there are stereotypes in the workplace and these should not limit people's career aspirations. (Extra - Keeping money safe session taught by visitor Chris)
Year 4	To develop understanding of courtesy and manners in a range of situations. To begin to understand the physical and emotional boundaries in friendships. To understand that my behaviour can have an impact on others. To understand the impact of bullying and the responsibility of bystanders to help. To explore stereotypes in fictional characters and think about how these might influence us.	To understand that age restrictions are designed to protect us. To understand the benefits and risks of sharing material online. To understand that not all information on search engines is valuable. To develop an understanding of privacy and the difference between secrets and surprises. To recognise that change is part of growing up. To recognise the physical differences between children and adults.	To understand how we can look after our teeth. To understand what relaxation feels like and that relaxation techniques can be used anywhere. To identify what's important to me and to take responsibility for my own happiness. To understand a range of emotions. To begin to understand what mental health is and who can help if they need it.	To begin to understand the Human Rights convention. To understand the role of groups in the wider community. To understand the contribution groups make to a community. To understand the value of diversity in a community. To develop an understanding of the role of local government.	To begin to understand what makes something good value for money.(Spending choices/value for money session taught by visitor Chris) To begin to understand the importance of keeping track of money. To understand ways money can be lost and how this makes people feel. (Keeping money safe session taught by visitor Chris) To understand that people's decisions about their careers can be influenced by a variety of things. (Careers session taught by visitor Chris) To understand that many people will have more than one job or career.

	To recognise that stereotypes can relate to a number of factors. (gender, age disability) To begin to understand that families are very varied, in this country and across the world. To understand the concept of marriage					
Year 5	To understand how to form and maintain positive relationships. To explore the ups and downs of friendships. To begin to understand self-respect. To begin to understand that family relationships can sometimes make children feel unhappy and what they can do if this happens. To understand what might lead to someone bullying others. To recognise how attitudes to gender have changed over time. To explore the impact of stereotypes and how they can lead to discrimination. (race and religion)	To understand physical changes during puberty. To understand the menstrual cycle. To understand emotional changes during puberty. To begin to understand some issues related to online friendships including the impact of their actions. To learn about staying safe online.	To use yoga poses and breathing to relax. Taking responsibility for my feelings. To understand and be able to plan healthy meals.	To begin to understand what happens when the law is broken. To explore the links between rights and responsibilities. To understand how we recognise and value the contribution people make to the community. To recognise the role of pressure groups. To begin to understand how parliament works.	To understand that a loan can be a way to pay for things but that it needs to be repaid. (Borrowing money session taught by visitor Chris) To understand income and expenditure and how to track money. (Income and expenditure session taught by visitor Chris) To understand some risks associated with money. (Keeping money safe session taught by visitor Chris) To understand how to put together a weekly budget. To understand that stereotypes can exist in the workplace but they should not affect people's career aspirations.	
Year 6	To understand what we mean by respect and why it is important. To understand that respect is two-way and how we treat others is how we can expect to be treated. To explore other people's attitudes and ideas and to begin to challenge these. To understand stereotypes and be able to share information on them. To resolve disputes and conflict through negotiation and compromise.	To begin to understand the influence others have on us and how we can make our own decisions. To start to become a discerning consumer of information online. To understand that online relationships should be treated in the same way as face to face relationships. To understand the changes that happen during puberty. To understand the biology of conception.	To identify long term goals and how to work towards them. To use mindfulness to manage emotions. To understand ways that we help prevent ourselves and others becoming ill. To understand how habits can be good or bad for our health. To understand what happens when we are ill and begin to understand when to seek support.	To understand human rights, including the right to education. To understand how to show care and concern for others. To recognise prejudice and discrimination and learn how this can be challenged. To understand diversity and the value different people bring to a community. To begin to understand how the government works.	To understand attitudes and feelings around money. (Prioritising/attitudes session taught by visitor Chris) To understand how to keep money in bank accounts safe. To begin to understand the risks associated with gambling. To understand the range of jobs people might do.(Various careers and salaries session taught by visitor Chris) To understand the different routes available into careers.	Identity To understand what factors contribute to identity. To understand that the media manipulates images.(body image)

	To understand the development of the baby during pregnancy.	(Taught as part of our preparing for SATS in Spring 1)	To consider the use of language and freedom of speech.	Extra session (K session taught l
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