



# Know Yourself, Grow Yourself – Fulbourn Primary School Personal Development Programme



## Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year A	Tribe Week inc. Skills Builder project, class charter	Anti-bullying week inc. Odd Socks Day, Children in Need  Life Education Bus	Tribe Day Children’s Mental Health week, inc. Dress to Express Day and Fulbourn’s Got Talent Internet Safety Day	Neurodiversity Week and Autism Awareness month	Tribe Day (Financial Capability) Citizenship Day	Healthy Lifestyles week Fiver Challenge (Y6) A Day of Welcome Rail Safety Week
	PSHE unit links: Beginning and Belonging Rights , Rules and Responsibilities Working Together My Emotions Personal safety	PSHE unit links: Anti-Bullying Diversity and Communities First Aid – St John’s Ambulance lesson	PSHE unit links: Working Together Digital Lifestyles My Emotions	PSHE unit links: Anti-Bullying RSE	PSHE unit links: Working Together My Emotions First Aid – St John’s Ambulance lesson	PSHE unit links: Managing Change Healthy Lifestyles
Whole School Assemblies	OPAL Behaviour Curriculum Skills Builder and careers Understanding diversity in the wider world Anti-Bullying Values – our 4Cs					

<p><b>Candle Time</b></p> <p><b>All sessions support children to reflect on the 4CS and how they and their class community have demonstrated them</b></p> <p><b>Teachers run additional responsive Candle Times as necessary to respond to the needs of their classes</b></p>	<p>1. Refresh Talk books and Bubble Time routines</p> <p>2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc)</p> <p>3. Responsive / celebration - belonging</p> <p>4. Online safety</p> <p>5. Responsive / celebration – belonging</p> <p>6. Healthy friendships – what is a healthy friendship? Manging conflict (conflict resolution)</p>	<p>1. Our talents and skills – links to Skills Builder</p> <p>2. Healthy friendships – what is a healthy friendship? Manging conflict</p> <p>3. Responsive / celebration - belonging</p> <p>4. Online safety</p> <p>5. Responsive / celebration – belonging</p> <p>6. Responsive / celebration – belonging</p>	<p>1. Refresh Talk books and Bubble Time routines</p> <p>2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc)</p> <p>3. Responsive / celebration - belonging</p> <p>4. Online safety</p> <p>5. Healthy friendships – what is a healthy friendship? Manging conflict</p>	<p>1. Our talents and skills – links to Skills Builder</p> <p>2. . Healthy friendships – what is a healthy friendship? Manging conflict</p> <p>3. Responsive / celebration - belonging</p> <p>4. Online safety</p> <p>5. Responsive / celebration - belonging</p>	<p>1. Refresh Talk books and Bubble Time routines</p> <p>2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc)</p> <p>3. Responsive / celebration - belonging</p> <p>4. Online safety</p> <p>5. Healthy friendships – what is a healthy friendship? Manging conflict</p>	<p>1. Our talents and skills – links to Skills Builder</p> <p>2. Healthy friendships – what is a healthy friendship? Manging conflict</p> <p>3. Responsive / celebration - belonging</p> <p>4. Online safety</p> <p>5. Responsive / celebration – belonging</p>
<p><b>SMSC</b></p>	<p>Weekly Picture News Assemblies</p>					
<p><b>Skills Builder focus</b></p>	<p>Speaking and Listening</p>	<p>Staying Positive and Aiming High</p>	<p>Problem Solving</p>	<p>Creativity</p>	<p>Leadership</p>	<p>Teamwork</p>
<p><b>Agents of Change: Roles and Responsibilities</b></p>	<p>Y6 Ambassadors</p> <p>Curriculum, Wellbeing and Environment Pupil Voice Committees</p> <p>Y6 buddies</p> <p>Fulbourn’s Got Talent Committee</p> <p>OPAL Play Rangers</p> <p>Peer Mediators (Y5)</p> <p>House Captains</p> <p>Art Gallery Committee</p> <p>Digital Leaders</p>					
<p><b>4Cs celebration</b></p>	<p>Friday Celebration Assemblies – Learning Explorer of the Week, OPAL certificate</p> <p>End of term 4Cs certificates (democratically voted for in classes)</p> <p>House points and 4Cs stickers</p>					

<p><b>Managing Safety and Risk</b></p>	<ul style="list-style-type: none"> <li>• Assessing risk – children carry out risk assessments for essential experiences e.g. camp fire, explicitly taught in OPAL assemblies <ul style="list-style-type: none"> <li>• Water safety – taught in swimming afternoons - Year 3-6</li> </ul> </li> <li>• Sun safety – addressed when the weather is hot in classes and assemblies, beach trip. Shared with families on ReachMoreParents <ul style="list-style-type: none"> <li>• Road safety – Bikeability for Years 3-6, trips to the Nature Reserve, church and local businesses, all school trips further afield <ul style="list-style-type: none"> <li>• Sustrans Walk to School initiatives</li> <li>• What to do in an Emergency – covered in 999 What’s your emergency? topic as well as Candle Times</li> </ul> </li> </ul> </li> <li>• Fire safety – addressed when working around the campfire in Forest School, DT cooking sessions, 999 What’s your emergency? topic <ul style="list-style-type: none"> <li>• Taking risks being beneficial – addressed as part of residential trips (OAA), PE, Forest School <ul style="list-style-type: none"> <li>• Railway safety – covered in rail safety week Summer 2</li> </ul> </li> </ul> </li> </ul>					
<p><b>Behaviour Curriculum</b></p>	<ul style="list-style-type: none"> <li>• Our School Rules: Ready, Respectful, Safe <ul style="list-style-type: none"> <li>• Key routines to help us stay safe</li> </ul> </li> </ul>					
<p><b>Year B</b></p>	<p><b>Autumn 1</b></p>	<p><b>Autumn 2</b></p>	<p><b>Spring 1</b></p>	<p><b>Spring 2</b></p>	<p><b>Summer 1</b></p>	<p><b>Summer 2</b></p>
	<p>Tribe Week</p>	<p>Anti-bullying week inc Odd Socks Day Children in Need</p>	<p>Tribe Day Children’s Mental Health week, inc Dress to Express Day and Fulbourn’s Got Talent Internet Safety Day</p>	<p>Neurodiversity Week and Autism Awareness</p>	<p>Tribe Day (financial capability) Citizenship Day</p>	<p>Healthy Lifestyles week Fiver Challenge (Y6) A Day of Welcome Rail Safety Week</p>
	<p>PSHE unit links: Beginning and Belonging Rights , Rules and Responsibilities Working Together My Emotions Personal Safety</p>	<p>PSHE unit links: Anti-Bullying Diversity and Communities Drug Education First Aid – St John’s Ambulance lesson</p>	<p>PSHE unit links: Working Together Digital Lifestyles My Emotions</p>	<p>PSHE unit links: Anti-Bullying RSE</p>	<p>PSHE unit links: Working Together My Emotions First Aid – St John’s Ambulance lesson</p>	<p>PSHE unit links: Managing Change Healthy Lifestyles</p>