



Christ the King Catholic Voluntary Academy

Personal Development Long Term Plan 24-25



This Long-Term Plan outlines all the Personal Development elements that all children receive that need to be factored into curriculum timetabling within our Block Curriculum. Other elements of the Personal Development curriculum that do not require timetabling (i.e. roles of responsibility: school councillors etc) are outlined within the Matrix document which maps all elements of Personal Development across the school.

Requires booking by PD Lead* *Requires booking by Year Group Team

	RSHE Programme: 10:10 ‘Life To The Full’ <i>Sessions should be grouped together to create blocks</i>	Project Evolve <i>Online safety sessions that do not fall under the Computing curriculum and/or 10:10</i>	In-house Workshops, Retreats, Visitors & Experiences <i>Including Assemblies that <u>specifically</u> relate to Personal Development – not an exhaustive list</i>	Off-site trips (including residentials) <i>that <u>specifically</u> relate to Personal Development – not an exhaustive list of trips</i>	Reading Spine <i>share during D.E.A.R</i>
EYFS	‘Handmade with Love’ <i>(spiritual development)</i> (Module 1, Unit 1) Advent 2	‘Privacy and Security’	Cafod Workshop – CST: ‘A Day with Musa’ <i>(moral development)</i>	Theatre Experience at Christmas time <i>(cultural capital)</i>	You Choose by Nick Sharratt and Pippa Goodheart <i>(individual liberty)</i>
	‘Loving God, Loving Others’ <i>(spiritual development)</i> (Module 3 Unit 1) Advent 2		Worry Assembly – School Nurse Team <i>(mental health)</i>		Blue Chameleon by Emily Gravett <i>(tolerance)</i>
	‘God is Love’ <i>(spiritual development)</i> (Module 3, Unit 1) Advent 2		Road Safety visitor/Bikeability Road Awareness <i>(personal safety)</i>		Red Rockets and Rainbow Jelly by Sue Heap and Nick Sharratt <i>(individual liberty)</i>
	‘Heads, shoulders, knees and toes’ <i>(physical health)</i> (Module 2, Unit 4) Lent 1		Live Music experience <i>(cultural capital)</i>		The Family Book by Todd Parr <i>(tolerance)</i>
	‘Feeling Poorly’ <i>(physical health)</i> (Module 2, Unit 4) Lent 1		Teeth Brushing – School Nurse Team <i>(physical health)</i>		
	‘People who help us’ <i>(personal safety)</i> (Module 2, Unit 4) Lent 2		Aspirations visitors 1 per term: emergency services <i>(missions, vocations & futures)</i>		
	‘Safe Inside & Out’ <i>(personal safety)</i> (Module 2, Unit 4) Lent 2		NSPCC PANTS Assembly <i>(personal safety, consent)</i>		
	‘Me, you, us’ <i>(relationships)</i> (Module 3, Unit 2) Pentecost 1		Chaplaincy Retreat sessions by in-house Chaplain		
	‘I like, you like, we all like!’ <i>(relationships)</i> (Module 1, Unit 3) Pentecost 1		Breck Foundation Assembly <i>(online safety)</i>		
	‘Let’s get real!’ <i>(relationships)</i> (Module 1, Unit 3) Pentecost 1		Anti-Bullying Week		
	‘Growing up’ <i>(relationships)</i> (Module 1, Unit 4) Pentecost 1		Children’s Mental Health Awareness Day		
	‘My body, My Rules’ <i>(consent)</i> (Module 2, Unit 4) Pentecost 2		Safer Internet Day		
	‘I like, you like, we all like’ <i>(mutual respect and tolerance)</i> (Module 1, Unit 3) Pentecost 2				
Year 1	‘Let the children come’ <i>(spiritual development)</i>	‘Privacy and Security’	Cafod Workshop – CST <i>(moral development)</i>	Seaside trip <i>(cultural capital)</i>	My Grandpa is Amazing by Nick Butterworth <i>(mutual respect)</i>
	‘God loves you’ <i>(spiritual development)</i>	‘Self-Image & Identity’	Artist visitor <i>(cultural capital)</i>		Ten Little Pirates by Mike Brownlow and Simon Rickerty <i>(gender)</i>
	‘Special People’ <i>(relationships)</i>		Live Music experience <i>(cultural development)</i>		
	‘Treat others well’ <i>(relationships)</i>	‘Online Reputation’	Worry Assembly – School Nurse Team <i>(mental health)</i>	Theatre Experience at Christmas time <i>(cultural capital)</i>	My World, Your World by Melanie Walsh <i>(race, mutual respect)</i>
	‘Say sorry’ <i>(relationships)</i>		Aspirations visitors 1 per term: food and leisure services <i>(missions, vocations & futures)</i>		
	‘I am Unique’ <i>(relationships)</i>		NSPCC PANTS Assembly <i>(personal safety, consent)</i>		
	‘Being Safe’ – Smartie the Penguin <i>(online safety)</i>		Breck Foundation Assembly <i>(online safety)</i>		Max The Champion by Sean Stockdale, Alexandra Strick and Ros Asquith <i>(disability, mutual respect)</i>
	‘Good secrets and bad secrets’ <i>(relationships)</i>		Chaplaincy Retreat sessions by in-house Chaplain		
	‘Physical Contact’ <i>(consent)</i>		Anti-Bullying Week		
	‘Harmful substances’ <i>(physical health)</i>		Children’s Mental Health Awareness Day		Elmer by Dave McKee <i>(individual liberty)</i>
	‘Can you help me?’ <i>(personal safety)</i>		Safer Internet Day		
	‘Three in one’ <i>(spiritual development)</i>				
	‘Who is my neighbour?’ <i>(spiritual development)</i>				
	‘The communities we live in’ <i>(social development)</i>				

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Year 2	‘Let the children come’ <i>(spiritual development)</i>	‘Online Reputation’	MoneySense Workshop – Enterprise <i>(missions, vocations & futures)</i>	Trip to Mandir <i>(respect & tolerance)</i>	Blown Away by Rob Biddulph <i>(mutual respect)</i>
	‘Feelings, likes and dislikes’ <i>(character)</i>	‘Online Relationships’	Breck Foundation Assembly <i>(online safety)</i>	Theatre Experience: Christmas Pantomime <i>(cultural capital)</i>	The Great Big Book of Families by Mary Hoffman <i>(tolerance, difference)</i>
	‘Feeling inside out’ <i>(character)</i>		Aspirations visitors 1 per term: food and leisure services <i>(missions, vocations & futures)</i>		Just Because by Rebecca Elliott <i>(mutual respect)</i>
	‘I am Unique’ <i>(character)</i>		NSPCC PANTS Assembly <i>(personal safety, consent)</i>		The First Slodge by Jeanne Willis <i>(mutual respect)</i>
	‘Super Suzie Gets Angry’ <i>(relationships – friendships)</i>		Worry Assembly – School Nurse Team <i>(mental health)</i>		The Odd Egg by Emily Gravett <i>(tolerance, difference)</i>
	‘Treat others well’ <i>(relationships)</i>		Live Music experience <i>(cultural development)</i>		
	‘Girls and Boys’ – non-genitalia version <i>(relationships RSE, personal safety)</i>		Chaplaincy Retreat sessions by in-house Chaplain		
	‘Three in One’ <i>(spiritual development)</i>		Lego STEM Workshop <i>(missions, vocations & futures)</i>		
	‘Who is my neighbour?’ <i>(spiritual development)</i>		African Dance Workshop <i>(respect & tolerance)</i>		
	‘The communities we live in’ <i>(social development)</i>		Anti-Bullying Week		
			Children’s Mental Health Awareness Day		
			Safer Internet Day		
Year 3	‘Get Up!’ <i>(spiritual, moral, social, cultural)</i>	‘Online Profiles’	First Aid Workshop <i>(health & safety)</i>	Sponsored sleepover residential 1 night <i>(social responsibility)</i>	Beegu by Alexis Deacon <i>(race, mutual respect)</i>
	‘Sharing Online’ <i>(online safety)</i>		Instrument tuition: Cornets <i>(cultural capital)</i>		
	‘Chatting Online’ <i>(online safety)</i>	‘Password Generation’	Aspirations visitors 1 per term: food and leisure services <i>(missions, vocations & futures)</i>	Trip to Synagogue <i>(respect & tolerance)</i>	The Hueys in The New Jumper by Oliver Jeffers <i>(individual liberty)</i>
	‘We Don’t Have to be the Same’ <i>(protected characteristics)</i>		Live Music experience <i>(cultural development)</i>		
	‘Friends, Family & Others’ <i>(relationships)</i>		Worry Assembly – School Nurse Team <i>(mental health)</i>	Theatre Experience: Christmas Pantomime <i>(cultural capital)</i>	Two Monsters by David McKee <i>(democracy)</i>
	‘When Things Feel Bad’ <i>(relationships, personal safety)</i>		NSPCC PANTS Assembly <i>(personal safety, consent)</i>		
	‘Safe in my Body’ <i>(relationships RSE, personal safety)</i>		Breck Foundation Assembly: catfishing & grooming <i>(online safety)</i>		
	‘Community of Love’ <i>(social development)</i>		Chaplaincy Retreat sessions by in-house Chaplain		
	‘What is the Church?’ <i>(spiritual development)</i>		Sacramental preparation for First Holy Communion <i>(spiritual development)</i>		
	‘The Sacraments’ <i>(spiritual development)</i>		Anti-Bullying Week		
	‘Jesus, My Friend’ <i>(spiritual development)</i>		Children’s Mental Health Awareness Day		
			Safer Internet Day		
	‘How Do I Love Others?’ <i>(spiritual & social development)</i>		General Election Voting Experience <i>(democracy)</i> <i>*During National General Election*</i>		

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Year 4	‘Get Up!’ <i>(spiritual, moral, social, cultural)</i>		‘Managing Online Information’	Live Music experience <i>(cultural development)</i>		Trip to Gurdwara <i>(respect & tolerance)</i>	The Way Back Home by Oliver Jeffers <i>(mutual respect)</i>
	‘We Don’t Have to be the Same’ <i>(protected characteristics)</i>						
	‘Under Pressure’ <i>(relationships RSE, consent)</i>		‘Self-Image & Identity’	Worry Assembly – School Nurse Team <i>(mental health)</i>		Trip to Beaumanor Hall <i>(1 night residential)</i>	Dogs Don’t Do Ballet by Anna Kemp <i>(individual liberty)</i>
	‘Do You Want a Piece of Cake?’ <i>(relationships RSE, consent)</i>						
	‘Self-Talk’ <i>(mental health)</i>			NSPCC PANTS Assembly <i>(personal safety, consent)</i>		De Monfort Hall Music Event *when available* <i>(cultural capital)</i>	The Flower by John Light <i>(individual liberty, rule of law)</i>
	‘What Am I Feeling?’ <i>(mental health)</i>						
	‘What Am I Looking At?’ <i>(online safety, online relationships)</i>			Breck Foundation Assembly: catfishing & grooming <i>(online safety)</i>		Theatre Experience: Christmas Pantomime <i>(cultural capital)</i>	King and King by Linda De Haan & Stern Nijland <i>(individual liberty)</i>
				Chaplaincy Retreat sessions by in-house Chaplain			
	‘I am Thankful’ <i>(spiritual development)</i>			MoneySense Workshop – Enterprise <i>(missions, vocations & futures)</i>			Red: A Crayon’s Story by Michael Hall <i>(tolerance)</i>
	‘Community of Love’ <i>(social development)</i>			Aspirations visitors 1 per term: food and leisure services <i>(missions, vocations & futures)</i>			
				Anti-Bullying Week			
	‘What is the Church?’ <i>(spiritual development)</i>			Children’s Mental Health Awareness Day			
				Safer Internet Day			
‘How Do I Love Others?’ <i>(spiritual & social development)</i>		General Election Voting Experience <i>(democracy)</i> *During National General Election*					
Year 5	‘Calming the Storm’ <i>(spiritual, moral, social, cultural)</i>		‘Online Relationships’	Letters to be sent home prior to delivering sessions	‘First Phone: Keeping Children Safe Online’ Project from Police and Crime Commissioner (6 sessions)	Swimming lessons <i>(health)</i>	Love You Forever by Robert Munsch <i>(mutual respect)</i>
	Y5/6 Parent session by PD lead prior to teaching these sessions	‘What is Puberty?’ <i>(health)</i>	‘Managing Online Information’			Bikeability training Level 1 <i>(health, personal safety)</i>	Space-themed residential sleepover 1 night <i>(social development)</i>
		‘Menstruation’ <i>(health, relationships RSE)</i>	‘Self-image & Identity’ *Snapchat filters/photo manipulation*		Theatre Experience: Christmas Pantomime <i>(cultural capital)</i>		And Tango Makes Three by Justin Richardson and Peter Parnell <i>(tolerance)</i>
		‘Changing Bodies’ <i>(health, relationships RSE)</i>			Live Music experience <i>(cultural development)</i>		
		‘Is God Calling You?’ <i>(spiritual)</i>		Worry Assembly – School Nurse Team <i>(mental health)</i>		Where The Poppies Now Grow by Hilary Robinson <i>(mutual respect, British Values)</i>	
	‘Types of Abuse’ <i>(health, relationships)</i>	NSPCC PANTS Assembly <i>(personal safety, consent)</i>					
	‘Giving Assistance’ <i>(health)</i>	Breck Foundation Assembly: grooming & online manipulation <i>(online safety)</i>					
					Chaplaincy Retreat sessions by in-house Chaplain		
	‘Life Cycles’ <i>(health)</i>	Anti-Bullying Week					
	‘The Trinity’ <i>(spiritual)</i>	Children’s Mental Health Awareness Day					
	‘Catholic Social Teaching’ <i>(moral development)</i>	Safer Internet Day					
	‘Reaching Out’ <i>(moral and cultural development)</i>	General Election Voting Experience <i>(democracy)</i> *During National General Election*					
		Aspirations visitors 1 per term: food and leisure services <i>(missions, vocations & futures)</i>					
		MoneySense Workshop – Online Banking & Fraud <i>(online safety & missions, vocations & futures)</i>					

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Year 6	‘Calming the Storm’ (spiritual, moral, social, cultural)		‘Managing Online Information’	Bikeability training Level 2 (health, personal safety, road safety)		Spiritual Retreat Residential 2 nights – The Briars or Alton Castle (spiritual & social development)	The Whisperer by Nick Butterworth (respect & tolerance)
	Y5/6 Parent session by PD lead prior to teaching these sessions	‘Impacted Lifestyles’ – Substance Misuse (health)		Letters to be sent home prior to delivering sessions	Going Too Far: ‘Extreme or Not Extreme?’ (Extremism & Radicalisation, British Values, Online Safety)	Trip to Mosque (respect & tolerance)	The Island by Armin Greder (respect & tolerance)
		‘Making Good Choices’ – Drugs & Alcohol (health)			Going Too Far: ‘Believe It Or Not?’ (Techniques of Persuasion, Online Safety)	Trip to Warning Zone (health & safety incl. online safety)	
		‘Gifts & Talents’ (spiritual, moral, social, cultural)	Going Too Far: ‘Take A Stand’ (social & moral responsibility, Online Safety)		De Monfort University Trip (missions, futures & aspirations)		
		‘Girls Bodies’ (health, relationships RSE)		Houses of Parliament Virtual Tour (Democracy)	Theatre Experience: Christmas Pantomime (cultural capital)		
		‘Boys Bodies’ (health, relationships RSE)		Lego STEM Workshop (missions, vocations & futures)	Transition Days to respective Secondary Schools (futures)		
		‘Spots & Sleep’ (health)		Aspirations visitors 1 per term: food and leisure services (missions, vocations & futures)			
		‘Body Image’ (mental health)		English Martyrs’ Secondary School Talk (futures)			
		‘Peculiar Feelings’ – behaviours (social & moral)		Priest Visit for Vocations (missions, futures & aspirations)			
		‘Emotional Changes’ (mental health, social development)		Live Music experience (cultural development)			
		‘Menstruation’ (health, relationships RSE) *repeated from Y5*		Worry Assembly – School Nurse Team (mental health)			
		‘Making Babies – Part 1’ (health, relationships RSE) *Do not teach Part 2*		NSPCC PANTS Assembly (personal safety, consent)			
		‘Build Others Up’ – Protected Characteristics (moral, social, cultural development) *Do not use Scenario L *		Breck Foundation Assembly: grooming & online manipulation (online safety)			
		‘The Trinity’ (spiritual)		Chaplaincy Retreat sessions by in-house Chaplain			
		‘Catholic Social Teaching’ (moral development)		Maths investigations: mortgages & savings (futures & aspirations)			
		‘Reaching Out’ (moral and cultural development)		Anti-Bullying Week			
		Children’s Mental Health Awareness Day					
		Safer Internet Day					
		General Election Voting Experience (democracy) *During National General Election*					