



# *Christ the King Catholic Voluntary Academy*

## **Personal Development Long Term Plan 26 - 27**



*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\**

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

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|  | 'Physical Contact' ( <i>consent</i> ) ( <b>Module 2, Unit 4: session 2</b> )<br><b>Pentecost 1</b>                           |  | NSPCC PANTS Assembly ( <i>personal safety, consent</i> ) |  |                                                                                                            |
|  | 'Harmful substances' ( <i>physical health</i> ) ( <b>Module 2, Unit 4, session 3</b> ) <b>Pentecost</b>                      |  | Breck Foundation Assembly ( <i>online safety</i> )       |  | Max The Champion by Sean Stockdale, Alexandra Strick and Ros Asquith ( <i>disability, mutual respect</i> ) |
|  | 'Can you help me?' ( <i>personal safety</i> ) ( <b>Module 2, Unit 4, session 4 &amp; 5</b> )                                 |  | Chaplaincy Retreat sessions by in-house Chaplain         |  |                                                                                                            |
|  |                                                                                                                              |  | SwimwithJo (Water safety)                                |  |                                                                                                            |
|  | 'Three in one' ( <i>spiritual development</i> ) ( <b>Module 3, Created to live in community, Unit 1: Session 1</b> )         |  | Anti-Bullying Week                                       |  |                                                                                                            |
|  | 'Who is my neighbour?' ( <i>spiritual development</i> ) ( <b>Module 3, Created to live in community, Unit 1: Session 2</b> ) |  | Children's Mental Health Awareness Day                   |  | Elmer by Dave McKee ( <i>individual liberty</i> )                                                          |
|  | 'The communities we live in' ( <i>social development</i> ) ( <b>Module 3, unit 2, session 1</b> )                            |  | Safer Internet Day                                       |  |                                                                                                            |

|        | <b>RSHE Programme: 10:10 ‘Life To The Full’</b><br><i>Sessions should be grouped together to create blocks</i> | <b>Project Evolve</b><br><i>Online safety sessions that do not fall under the Computing curriculum and/or 10:10</i> | <b>In-house Workshops, Retreats, Visitors &amp; Experiences</b><br><i>Including Assemblies that <u>specifically</u> relate to Personal Development – not an exhaustive list</i> | <b>Off-site trips (including residentials)</b><br><i>that <u>specifically</u> relate to Personal Development – not an exhaustive list of trips</i> | <b>Reading Spine</b><br><i>share during D.E.A.R</i>                           |
|--------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| Year 2 | ‘Let the children come’ <i>(spiritual development)</i>                                                         | ‘Online Reputation’                                                                                                 | MoneySense Workshop – Enterprise <i>(missions, vocations &amp; futures)</i>                                                                                                     | Trip to Mandir <i>(respect &amp; 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: Healthcare <i>(missions, vocations &amp; 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>                   |
|        |                                                                                                                |                                                                                                                     | SwimwithJo <i>(Water safety)</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 &amp; futures)</i>                                                                                                                   |                                                                                                                                                    |                                                                               |
|        | ‘Who is my neighbour?’ <i>(spiritual development)</i>                                                          |                                                                                                                     | African Dance Workshop <i>(respect &amp; tolerance)</i>                                                                                                                         |                                                                                                                                                    |                                                                               |
|        |                                                                                                                |                                                                                                                     | Anti-Bullying Week                                                                                                                                                              |                                                                                                                                                    |                                                                               |
|        |                                                                                                                |                                                                                                                     | Children’s Mental Health Awareness Day                                                                                                                                          |                                                                                                                                                    |                                                                               |
|        | ‘The communities we live in’ <i>(social development)</i>                                                       |                                                                                                                     | Safer Internet Day                                                                                                                                                              |                                                                                                                                                    |                                                                               |
| Year 3 | ‘Get Up!’ <i>(spiritual, moral, social, cultural)</i>                                                          | ‘Online Profiles’ [1 lesson]                                                                                        | First Aid Workshop <i>(health &amp; 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’ [1 lesson]                                                                                    | Aspirations visitors 1 per term: Construction & Manufacturing <i>(missions, vocations &amp; futures)</i>                                                                        | Trip to Synagogue <i>(respect &amp; 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>                                                                                                         |                                                                                                                                                    |                                                                               |
|        |                                                                                                                |                                                                                                                     | Chaplaincy Retreat sessions by in-house Chaplain                                                                                                                                |                                                                                                                                                    |                                                                               |
|        |                                                                                                                |                                                                                                                     | RNLI & Swim England <i>(water safety)</i>                                                                                                                                       |                                                                                                                                                    |                                                                               |
|        | ‘Community of Love’ <i>(social development)</i>                                                                |                                                                                                                     | Sacramental preparation for First Holy Communion <i>(spiritual development)</i>                                                                                                 |                                                                                                                                                    |                                                                               |
|        | ‘What is the Church?’ <i>(spiritual development)</i>                                                           |                                                                                                                     | Anti-Bullying Week                                                                                                                                                              |                                                                                                                                                    |                                                                               |
|        | ‘The Sacraments’ <i>(spiritual development)</i>                                                                |                                                                                                                     | Children’s Mental Health Awareness Day                                                                                                                                          |                                                                                                                                                    |                                                                               |
|        | ‘Jesus, My Friend’ <i>(spiritual development)</i>                                                              |                                                                                                                     | Safer Internet Day                                                                                                                                                              |                                                                                                                                                    |                                                                               |
|        |                                                                                                                |                                                                                                                     | General Election Voting Experience <i>(democracy)</i>                                                                                                                           |                                                                                                                                                    |                                                                               |
|        | ‘How Do I Love Others?’ <i>(spiritual &amp; social development)</i>                                            |                                                                                                                     | *During National General Election*                                                                                                                                              |                                                                                                                                                    |                                                                               |

|                           | RSHE Programme: 10:10 ‘Life To The Full’<br>Sessions should be grouped together to create blocks |                                                                                      | Project Evolve<br><i>Online safety sessions that do not fall under the Computing curriculum and/or 10:10</i> | In-house Workshops, Retreats, Visitors & Experiences<br><i>Including Assemblies that specifically relate to Personal Development – not an exhaustive list</i> |                                                                                                     | Off-site trips (including residentials)<br><i>that specifically relate to Personal Development – not an exhaustive list of trips</i> | Reading Spine<br><i>share during D.E.A.R</i>                           |
|---------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Year 4                    | ‘Get Up!’ (spiritual, moral, social, cultural)                                                   |                                                                                      | ‘Managing Online Information’                                                                                | Live Music experience (cultural development)                                                                                                                  |                                                                                                     | Trip to Gurdwara (respect & tolerance)                                                                                               | The Way Back Home by Oliver Jeffers (mutual respect)                   |
|                           | ‘We Don’t Have to be the Same’ (protected characteristics)                                       |                                                                                      |                                                                                                              |                                                                                                                                                               |                                                                                                     |                                                                                                                                      |                                                                        |
|                           | ‘Under Pressure’ (relationships RSE, consent)                                                    |                                                                                      | ‘Self-Image & Identity’                                                                                      | Worry Assembly – School Nurse Team (mental health)                                                                                                            |                                                                                                     | Trip to Beaumanor Hall (1 night residential)                                                                                         | Dogs Don’t Do Ballet by Anna Kemp (individual liberty)                 |
|                           | ‘Do You Want a Piece of Cake?’ (relationships RSE, consent)                                      |                                                                                      |                                                                                                              |                                                                                                                                                               |                                                                                                     |                                                                                                                                      |                                                                        |
|                           | ‘Self-Talk’ (mental health)                                                                      |                                                                                      | Computing curriculum: ‘Data logging’<br><br>Computing curriculum: ‘The internet’                             | NSPCC PANTS Assembly (personal safety, consent)                                                                                                               |                                                                                                     | De Monfort Hall Music Event *when available* (cultural capital)                                                                      | The Flower by John Light (individual liberty, rule of law)             |
|                           | ‘What Am I Feeling?’ (mental health)                                                             |                                                                                      |                                                                                                              | Breck Foundation Assembly: catfishing & grooming (online safety)                                                                                              |                                                                                                     |                                                                                                                                      |                                                                        |
|                           | ‘What Am I Looking At?’ (online safety, online relationships)                                    |                                                                                      |                                                                                                              | Chaplaincy Retreat sessions by in-house Chaplain                                                                                                              |                                                                                                     |                                                                                                                                      |                                                                        |
|                           |                                                                                                  |                                                                                      |                                                                                                              | RNLI & Swim England (water safety)                                                                                                                            |                                                                                                     |                                                                                                                                      |                                                                        |
|                           | ‘I am Thankful’ (spiritual development)                                                          |                                                                                      |                                                                                                              | MoneySense Workshop – Enterprise (missions, vocations & futures)                                                                                              |                                                                                                     |                                                                                                                                      | Red: A Crayon’s Story by Michael Hall (tolerance)                      |
|                           | ‘Community of Love’ (social development)                                                         |                                                                                      |                                                                                                              | Aspirations visitors 1 per term: Travel & Tourism (missions, vocations & futures)                                                                             |                                                                                                     |                                                                                                                                      |                                                                        |
|                           |                                                                                                  |                                                                                      |                                                                                                              | Anti-Bullying Week                                                                                                                                            |                                                                                                     |                                                                                                                                      |                                                                        |
|                           | ‘What is the Church?’ (spiritual development)                                                    |                                                                                      |                                                                                                              | Children’s Mental Health Awareness Day                                                                                                                        |                                                                                                     |                                                                                                                                      |                                                                        |
|                           |                                                                                                  |                                                                                      |                                                                                                              | Safer Internet Day                                                                                                                                            |                                                                                                     |                                                                                                                                      |                                                                        |
|                           | ‘How Do I Love Others?’ (spiritual & social development)                                         |                                                                                      |                                                                                                              | General Election Voting Experience (democracy)<br>*During National General Election*                                                                          |                                                                                                     |                                                                                                                                      |                                                                        |
| Year 5                    | ‘Calming the Storm’ (spiritual, moral, social, cultural)                                         |                                                                                      | ‘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 (health)                                                                                                            | Love You Forever by Robert Munsch (mutual respect)                     |
|                           | Y5/6 Parent session by PD lead prior to teaching these sessions                                  | ‘What is Puberty?’ (health)                                                          | ‘Managing Online Information’                                                                                |                                                                                                                                                               |                                                                                                     | Space-themed residential sleepover 1 night (social development)                                                                      | The Artist Who Painted a Blue Horse by Eric Carle (individual liberty) |
|                           |                                                                                                  | ‘Menstruation’ (health, relationships RSE)                                           | ‘Self-image & Identity’<br>*Snapchat filters/photo manipulation*                                             |                                                                                                                                                               | Bikeability training Level 1 (health, personal safety)                                              |                                                                                                                                      | Theatre Experience: Christmas Pantomime (cultural capital)             |
|                           |                                                                                                  | ‘Changing Bodies’ (health, relationships RSE)                                        | Internet safety week: Be Alert                                                                               |                                                                                                                                                               |                                                                                                     | Live Music experience (cultural development)                                                                                         |                                                                        |
|                           | ‘Is God Calling You?’ (spiritual)                                                                |                                                                                      |                                                                                                              | Worry Assembly – School Nurse Team (mental health)                                                                                                            |                                                                                                     | Where The Poppies Now Grow by Hilary Robinson (mutual respect, British Values)                                                       |                                                                        |
|                           | ‘Types of Abuse’ (health, relationships)                                                         |                                                                                      |                                                                                                              | NSPCC PANTS Assembly (personal safety, consent)                                                                                                               |                                                                                                     |                                                                                                                                      |                                                                        |
|                           | ‘Giving Assistance’ (health)                                                                     |                                                                                      |                                                                                                              | Breck Foundation Assembly: grooming & online manipulation (online safety)                                                                                     |                                                                                                     |                                                                                                                                      |                                                                        |
|                           |                                                                                                  |                                                                                      |                                                                                                              | Chaplaincy Retreat sessions by in-house Chaplain                                                                                                              |                                                                                                     |                                                                                                                                      |                                                                        |
|                           |                                                                                                  |                                                                                      |                                                                                                              | FREEVA (Free from violence & abuse)                                                                                                                           |                                                                                                     |                                                                                                                                      |                                                                        |
|                           |                                                                                                  |                                                                                      |                                                                                                              | RNLI & Swim England (water safety)                                                                                                                            |                                                                                                     |                                                                                                                                      |                                                                        |
|                           |                                                                                                  |                                                                                      |                                                                                                              | Anti-Bullying Week                                                                                                                                            |                                                                                                     |                                                                                                                                      |                                                                        |
| ‘Life Cycles’ (health)    |                                                                                                  | Children’s Mental Health Awareness Day                                               |                                                                                                              |                                                                                                                                                               |                                                                                                     |                                                                                                                                      |                                                                        |
|                           |                                                                                                  | Safer Internet Day                                                                   |                                                                                                              |                                                                                                                                                               |                                                                                                     |                                                                                                                                      |                                                                        |
| ‘The Trinity’ (spiritual) |                                                                                                  | General Election Voting Experience (democracy)<br>*During National General Election* |                                                                                                              |                                                                                                                                                               |                                                                                                     |                                                                                                                                      |                                                                        |

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|  | ‘Catholic Social Teaching’ (moral development)  |  | Aspirations visitors 1 per term: Creative industries (missions, vocations & futures)         |  |  |
|  | ‘Reaching Out’ (moral and cultural development) |  | MoneySense Workshop – Online Banking & Fraud (online safety & missions, vocations & futures) |  |  |

|        | RSHE Programme: 10:10 ‘Life To The Full’<br>Sessions should be grouped together to create blocks                        |                                                                                        | Project Evolve<br><i>Online safety sessions that do not fall under the Computing curriculum and/or 10:10</i> | In-house Workshops, Retreats, Visitors & Experiences<br><i>Including Assemblies that <u>specifically</u> relate to Personal Development – not an exhaustive list</i> |                                                      | Off-site trips (including residentials)<br><i>that <u>specifically</u> relate to Personal Development – not an exhaustive list of trips</i> | Reading Spine<br><i>share during D.E.A.R</i>                            |                                                               |
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| Year 6 | ‘Calming the Storm’ ( <i>spiritual, moral, social, cultural</i> )                                                       |                                                                                        | ‘Managing Online Information’                                                                                | Bikeability training Level 2 ( <i>health, personal safety, road safety</i> )                                                                                         |                                                      | Spiritual Retreat Residential 2 nights – The Briars or Alton Castle ( <i>spiritual &amp; social development</i> )                           | The Whisperer by Nick Butterworth ( <i>respect &amp; tolerance</i> )    |                                                               |
|        | Y5/6 Parent session by PD lead prior to teaching these sessions                                                         | ‘Impacted Lifestyles’ – Substance Misuse ( <i>health</i> )                             |                                                                                                              | ‘Health, Wellbeing and Lifestyle’                                                                                                                                    | Letters to be sent home prior to delivering sessions | Going Too Far: ‘Extreme or Not Extreme?’ ( <i>Extremism &amp; Radicalisation, British Values, Online Safety</i> )                           | Trip to Mosque ( <i>respect &amp; tolerance</i> )                       | The Island by Armin Greder ( <i>respect &amp; tolerance</i> ) |
|        |                                                                                                                         | ‘Making Good Choices’ – Drugs & Alcohol ( <i>health</i> )                              |                                                                                                              |                                                                                                                                                                      |                                                      | Going Too Far: ‘Believe It Or Not?’ ( <i>Techniques of Persuasion, Online Safety</i> )                                                      | Trip to Warning Zone ( <i>health &amp; safety incl. online safety</i> ) |                                                               |
|        |                                                                                                                         | ‘Gifts & Talents’ ( <i>spiritual, moral, social, cultural</i> )                        | Going Too Far: ‘Take A Stand’ ( <i>social &amp; moral responsibility, Online Safety</i> )                    |                                                                                                                                                                      |                                                      | De Monfort University Trip ( <i>missions, futures &amp; aspirations</i> )                                                                   |                                                                         |                                                               |
|        |                                                                                                                         | ‘Girls Bodies’ ( <i>health, relationships RSE</i> )                                    | Internet safety week: Be Alert (phishing, spearphishing, be secure, be kind)                                 | Houses of Parliament Virtual Tour ( <i>Democracy</i> )                                                                                                               |                                                      | Theatre Experience: Christmas Pantomime ( <i>cultural capital</i> )                                                                         |                                                                         |                                                               |
|        |                                                                                                                         | ‘Boys Bodies’ ( <i>health, relationships RSE</i> )                                     |                                                                                                              | Lego STEM Workshop ( <i>missions, vocations &amp; futures</i> )                                                                                                      |                                                      | Transition Days to respective Secondary Schools ( <i>futures</i> )                                                                          |                                                                         |                                                               |
|        |                                                                                                                         | ‘Spots & Sleep’ ( <i>health</i> )                                                      |                                                                                                              | Aspirations visitors 1 per term: Legal & financial services ( <i>missions, vocations &amp; futures</i> )                                                             |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         | ‘Body Image’ ( <i>mental health</i> )                                                  |                                                                                                              | English Martyrs’ Secondary School Talk ( <i>futures</i> )                                                                                                            |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         | ‘Peculiar Feelings’ – behaviours ( <i>social &amp; moral</i> )                         |                                                                                                              | Priest Visit for Vocations ( <i>missions, futures &amp; aspirations</i> )                                                                                            |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         | ‘Emotional Changes’ ( <i>mental health, social development</i> )                       |                                                                                                              | Live Music experience ( <i>cultural development</i> )                                                                                                                |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         | ‘Menstruation’ ( <i>health, relationships RSE</i> )<br>*repeated from Y5*              |                                                                                                              | Worry Assembly – School Nurse Team ( <i>mental health</i> )                                                                                                          |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         | ‘Making Babies – Part 1’ ( <i>health, relationships RSE</i> )<br>*Do not teach Part 2* |                                                                                                              | NSPCC PANTS Assembly ( <i>personal safety, consent</i> )                                                                                                             |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         |                                                                                        |                                                                                                              | Breck Foundation Assembly: grooming & online manipulation ( <i>online safety</i> )                                                                                   |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         |                                                                                        |                                                                                                              | Chaplaincy Retreat sessions by in-house Chaplain                                                                                                                     |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         |                                                                                        |                                                                                                              | RNLI & Swim England ( <i>water safety</i> )                                                                                                                          |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         |                                                                                        |                                                                                                              | Knife awareness by Leicestershire Police                                                                                                                             |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        | ‘Build Others Up’ – Protected Characteristics ( <i>moral, social, cultural development</i> )<br>*Do not use Scenario L* |                                                                                        |                                                                                                              | Maths investigations: mortgages & savings ( <i>futures &amp; aspirations</i> )                                                                                       |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        | ‘The Trinity’ ( <i>spiritual</i> )                                                                                      |                                                                                        |                                                                                                              | Anti-Bullying Week                                                                                                                                                   |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        | ‘Catholic Social Teaching’ ( <i>moral development</i> )                                                                 |                                                                                        |                                                                                                              | Children’s Mental Health Awareness Day                                                                                                                               |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        | ‘Reaching Out’ ( <i>moral and cultural development</i> )                                                                |                                                                                        |                                                                                                              | Safer Internet Day                                                                                                                                                   |                                                      |                                                                                                                                             |                                                                         |                                                               |
|        |                                                                                                                         |                                                                                        |                                                                                                              | General Election Voting Experience ( <i>democracy</i> )<br>*During National General Election*                                                                        |                                                      |                                                                                                                                             |                                                                         |                                                               |