



Bill Quay Primary School

Personal Development Programme



Our Vision

At Bill Quay Primary School, we want our pupils to be the best version of themselves that they can be. We want them to be polite, kind, considerate, and compassionate; strong and resilient in facing life's challenges, and skilful and knowledgeable decision-makers in their own individual way.

We have designed our Personal Development programme to give our pupils the knowledge that they need to make decisions. We achieve this by providing rich experiences that have been carefully planned coherently and sequentially, through our curriculum, enrichment and extracurricular activities.

Our school is a friendly, fun place to learn which results in a strong sense of community, citizenship and friendship. Our children love to come to school as they know they are cared for, valued and respected. Our Personal Development programme is designed to be motivational, fun and engaging. It enables our children to become well-rounded, confident individuals who are armed with the crucial skills, values and beliefs they will need to navigate through life.

Our curriculum offer extends far beyond the academic to allow all pupils to develop in many diverse aspects of life. This is encapsulated in our Personal Development Curriculum. Children leave Bill Quay with the confidence to try new things and make mistakes. We celebrate difference and how to value others' opinions, especially when differing from their own. We encourage children to stretch their own thinking by asking questions of both their peers and themselves. Our children leave us armed with our core values, aware of their responsibilities as a citizen of the modern world and with secure moral foundations on which to build further.

At Bill Quay Primary, we ensure we teach the following aspects of Personal Development:

Relationships Education

This focuses on the building blocks of healthy, respectful relationships and covers:

- Families: recognising different types of families and understanding why they are characterised by love and care;
- Friendships: characteristics of positive friendships, including mutual respect, truthfulness and how to resolve conflicts;
- Respectful relationships: understanding the importance of self-respect and treating others with courtesy and manners.

Health and Wellbeing

- Mental well-being: identifying different emotions and how to manage them;
- Physical Health: the importance of healthy eating, physical activity and healthy eating;
- Our changing body: the human life cycle and puberty.

Fundamental British Values

We teach our pupils the values that prepare them for life in a diverse society;

- Democracy: understanding how we can influence decision-making;
- Rule of Law: understanding the importance of rules and laws that govern our school and country;
- Independent Liberty: encouraging pupils to make independent choices in a safe environment;
- Mutual Respect and Tolerance: Promoting respect for those with different faiths, beliefs and backgrounds.

Character and Life Skills

Through a whole-school approach and our shared school values, our pupils are supported to develop personal traits that will help them flourish in life.

- Economic well being: financial literacy, including spending, saving and the value of money;
- Social skills: developing speaking and listening skills, teamwork and collaboration;
- Resilience and confidence: understanding that mistakes are opportunities to learn;
- Citizenship: understanding the role we play in our community and the importance of making a positive contribution.

Spiritual, Moral, Social and Cultural Development

- Spiritual: exploring our beliefs and values to help us discover our place in the world; learning about other faiths and values to better understand and respect belief systems which are different from our own;
- Moral: recognising right from wrong and the consequences of our actions;
- Social: using a range of social skills in different context;
- Cultural: appreciating different cultures and diversity.

Personal Development within the Early Years

In the Early Years, Personal, Social and Emotional Development (PSED) is a prime area of learning. We focus on developing our pupils' ability to form relationships with each other, as well as their emotional understanding and regulation. PSED also incorporates their sense of self and self-confidence, as well as their emerging self-care skills.

Children are taught to:

- notice the connection between their physical reactions, feelings, and core emotions such as sadness, anger, happiness, surprise, fear and disgust;
- use appropriate verbal communication to express their emotions and feelings;
- understand and follow the rules for social communication;
- sustain positive relationships;
- develop self-regulation and executive function.

We do this by:

- building strong relationships;
- modelling positive behaviour;
- encouraging self-help skills;
- fostering self-esteem, resilience, and a belief in their own capabilities through specific praise for effort;
- developing a positive self-image;
- planning activities that promote concentration, curiosity, and perseverance, helping children become motivated learners.

Our Personal Development Programme: What We Do

British Values	SMSC	Citizenship	PSHE
School Council Elections UK Parliament Week Specific Pol-Ed lessons Assemblies Class Rules and Monitors No Outsiders Programme Newsround	RE Curriculum Enterprise World Classroom rules and consequences Transition NUFC programmes Fundraising and charity work Community visits Newsround Opportunities for outdoor play Opal programme Assemblies	Community links: Church, library, farm. Taking care of the environment: geography curriculum, litter picking. Visitors into school: Police, Fire Service Debating: social injustice	PSHE Association scheme of work Storytime School Nurse Pol-Ed scheme of work Safety Works visits Online Safety Economic Understanding Water and Metro Safety Anti Bullying week and Safer Internet Day Family Tree days
Character Education	Mental Health and Well-being	Physical Health and Active Lifestyles	Careers
School ethos Commando Jo's Opal play leaders Residential Visits Behaviour expectations Assemblies and school values Kagan Structures Festivals throughout the year	Melva programme for KS2 Health and well-being programme with Local Authority PSE Association Mental Health First Aider ELSA programme Nurture groups Animal Encounters Opal Outdoor learning	Opal Play 2 hours of PE weekly After-school clubs Sporting events Range of coaching throughout the year Links to clubs Oral Hygiene	Visitors into school Economic understanding Links to Stem Careers fayres
			Protected Characteristics
			Anne Frank programme No Outsiders programme
Relationships Education	Healthy and unhealthy relationships, friendships, bullying, dealing with arguments, families, human rights, online safety, changing and growing, basic first aid.		

PSHE Association: Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	

Primary Enterprise World North East

This programme develops KS2 pupils' knowledge of the world of work. Activities are set in a real-life context, and pupils have the opportunity to learn alongside business people.

Year 3	Year 4	Year 5	Year 6
Neighbourhood Life	Urban Life	National Life	International Life

Melva

Melva is a web-based programme designed to improve children's knowledge and understanding of mental health and wellbeing. Children are taught self-management techniques to be able to manage their own physical and emotional responses. The child-friendly language enables open conversations about worries and anxieties, and the use of fictional characters helps children self-reflect and develop empathy.

No Outsiders

The No Outsiders programme is a UK-based, award-winning educational framework that teaches primary school children about diversity, inclusion, and the [Equality Act 2010](#) through age-appropriate books and lessons, aiming to foster respect, challenge stereotypes, and prepare children for a diverse society by ensuring "no outsiders" in the school community.

Commando Jo's

This is a programme delivered by Newcastle United Foundation. Commando Jo's is a character education programme that uses adventure-based learning and real-life heroes to teach children essential life skills. It provides missions for engaging lessons, develops a growth mindset, positive behaviour and teamwork. Pupils study a real-life hero and their qualities, and take part in problem-solving activities with the NUFC coach.

Year 1: Traditional Tales	Year 2: Emilia Earhart	Year 3: Steve Backshall
<p>Children will:</p> <ul style="list-style-type: none"> • Have a better understanding of how to work in a team • Know why we need to take turns and share • Be curious to explore and try new things 	<p>Children will:</p> <ul style="list-style-type: none"> • Be able to recognise bad habits and the need to change them • Listen and consider different perspectives before making decisions • Understand natural resources have to be cared for 	<p>Children will:</p> <ul style="list-style-type: none"> • Know that we can affect the feelings of others • How to look after our pets • Know that we can learn from our mistakes
Year 4: Spartacus	Year 5: Tim Peake	Year 6: Earnest Shackleton
<p>Children will:</p> <ul style="list-style-type: none"> • Know the importance of making good life choices • Understand the need to be patient at certain times • Respect others' opinions and differences • Know 'being brave' contributes to being the best they can be 	<p>Children will:</p> <ul style="list-style-type: none"> • Understand the need to resist peer pressure Be able to see things from another point of view • Be able to hold a discussion with respect • Be able to identify qualities to be successful 	<p>Children will:</p> <ul style="list-style-type: none"> • Be able to articulate strengths and needs. Understand that you can learn from making mistakes • Know you need to have facts before judgments are made • Be able to take time to solve problems and find solutions

Pol-Ed Lessons that can be used to support the PSE Association framework.

	Relationships	Keeping Safe	Understanding the Law	Well-being
EYFS Passport	What are emotions? What is self-worth?	What is empathy? What is resilience?	What is respect? What is risk?	
EYFS	How can I be a good friend? How can I make other children feel happy? How can I play nicely with others? How can adults at school help me?	How can I play safely? How can I keep safe at school? How can I keep safe at home?	What are rules? What are consequences? What can I do if I'm feeling big emotions? Who are the police and how do they help us?	How can I be a germ buster? ' How does food help me? ' How does exercise help me? '
Year 1	How can I be an ally? How can I make friends? What if my friends are making me feel sad? What is bullying? Why are safe hands important? Why is name calling unkind?	How can I keep safe in new places? How can I speak up? How can I use things at home safely? What is 999? What is private information? Who are my trusted adults?	How can I be responsible? What can happen when rules are broken? What do the police do? Why have different rules in different places?	What makes me special? ' What do feelings feel like? ' How can I share my feelings? ' How can I be an empathy expert? '
Year 2	How are we the same? How are we different? How can I work with different people? How do I share family worries? What is a family? Why are relationships important?	How can I keep safe online? What are different types of meetings? What are medicines? What are private body parts? What is fire safety?	What are needs and wants? What is a job? What is money? What is the internet? Why does age matter?	How can I deal with change? ' What does it mean to be healthy? ' How can I look after my body? ' Why is sleep important? ' When do I need to take a break? '

	Relationships	Keeping Safe	Understanding the Law	Well-being
Year 3	How should we treat people? What can I do when friendships go wrong? What do we mean by consent in friendships? What is bullying? Who are my key people?	How can I share my worries? What are emergency services? What are emergency situations? What do we mean by risk? When should I break a secret?	How can I be a responsible citizen? How do we enforce the law? What are children's rights? What is the law and why do we have it?	What is mental health? ' What am I good at? ' How can intense feeling feel? ' What words can I use to talk about my feelings? ' How does school help me? '
Year 4	How can we be role models? What is a healthy friendship? What is discrimination? What is diversity? What is peer influence? Who makes up my community?	How can I keep safe in my local area? How can we keep safe on the road? What are hazards in the home? What is first aid? Who do I encounter?	How can I respect my environment? What are protected characteristics? What can I be? What is hate crime?	How do my choices help me to be healthy? ' What are healthy habits? ' Why is food fuel? ' How can I be a hygiene hero? ' How does school build my character? '
Year 5	How can my adult relationships affect my future? How do words have power? What are my personal boundaries? What are online friendships? What is grooming? What is media influence? What is peer pressure?	How can we keep our things safe? How can we use our phones sensibly? What are deep fakes? What are the risks with money? What do I know about drugs? Why are our special people important?	How do rules help our community? What can and can't I do on the internet? What is gambling?	What is my personal identity? ' How might puberty impact the way I feel? ' How might being online impact the way I feel? ' How might my activity levels impact the way I feel? ' How might school impact the way I feel? ' How can drugs and alcohol make people feel? '
Year 6	How can I get ready for secondary relationships? How can we be allies against racism? How can we challenge sexism? How can we respect different relationships? What is a debate? What is my relationship with authority?	How is my data shared? What is spilling? ' What is the issue with addiction? (gaming/ smoking)? ' Why does media have age restrictions? Bonfire Night Lesson Halloween Lesson	What different types of crime are there? ' What does the law say about legal drugs? What does the law say about marriage? What is a weapon? What is antisocial behaviour? What is shop theft?	What does 30 look like? ' How can I re-frame my thinking? ' How can I seek support for my mental health? ' How can I cope with leaving school? '

Additional activities and resources to supplement the PSE Association Scheme

Year 1

Key Question	Additional Activities
Autumn 1 What is the same and different about us?	No Outsiders: lesson 1.1 Commando Jo's (x6 lessons) Harvest Festival What makes me special? Pol Ed
Autumn 2 Who is special to us?	No Outsiders: lesson 1.2 No Outsiders: lesson 1.5 Anti-bullying Week
Spring 1 What helps us stay healthy?	
Spring 2 What can we do with money?	
Summer 1 Who helps us to keep safe?	'Keeping Safe unit within Pol-Ed 'People who help us' topic link and display Visits by local Police
Summer 2 How can we look after each other and the world?	Relationships unit within Pol-Ed No Outsiders: lesson 1.3 No Outsiders: lesson 1.4 No Outsiders: lesson 1.6

Year 2

Key Question	Additional Activities
Autumn 1 What makes a good friend?	No Outsiders: lesson 2.1 No outsiders: lesson 2.6
Autumn 2 What is bullying?	No Outsiders: lesson 2.3 Anti-bullying Week Visit to Church Bonfire Night-What is Fire Safety Pol-Ed
Spring 1 What jobs do people do?	Understanding the Law unit within Pol-Ed No Outsiders: lesson 2.2 Commando Jo's (x 6 lessons) Visits by parents to talk about their jobs
Spring 2 What helps us to stay safe?	Safety Works visit How can I keep safe online? Pol-Ed
Summer 1 What can help us grow and stay healthy?	No Outsiders: lesson 2.5 Wellbeing unit within Pol-Ed
Summer 2 How do we recognise our feelings?	No Outsiders: lesson 2.4

Year 3

Key Question	Additional Activities
Autumn 1 How can we be a good friend?	Relationships Unit within Pol-Ed No Outsiders: lesson 3.1, 3.2
Autumn 2 What keeps us safe?	Keeping Safe unit within Pol-Ed Commando Jo's x6 lessons Anti-bullying Week
Spring 1 What are families like?	No Outsiders: lesson 3.3 Melva Digital programme-Explore Scratchicle Town
Spring 2 What makes a community?	Understanding the Law unit within Pol-Ed No Outsiders: lesson 3.4, 3.5, 3.6 Our Locality link-geography topic. Neighbourhood Life-Primary Enterprise programme
Summer 1 Why should we eat well and look after our teeth?	Visit by dentist. Science link.
Summer 2 Why should we keep active and sleep well?	NUFC programme-Match Fit (x 6 lessons) Pedestrian Training (x 5 sessions)

Year 4

Key Question	Additional Activities
Autumn 1 What strengths, skills and interests do we have?	No Outsiders: lesson 4.1 Commando Jo's (x6 weeks) What can I be? Pol-Ed How does school build my character? Pol-ed
Autumn 2 How do we treat each other with respect?	No Outsiders: lesson 4.3 No Outsiders: lesson 4.6 Anti-bullying Week Relationships unit within Pol-Ed
Spring 1 How can we manage our feelings?	No Outsiders: lesson 4.2 Charity link to geography topic- Frozen Planet Melva's Mountain Adventure (x 8 lessons) Online Safety Week
Spring 2 How will we grow and change?	No Outsiders: lesson 4.5 Bikeability level 1 course (1 day)
Summer 1 How can our choices make a difference to others and the environment?	No Outsiders: lesson 4.4 Urban Life-Primary Enterprise programme How can I respect my environment? Pol Ed
Summer 2 How can we manage risk in different places?	Water safety –Water Smart Programme Swimming lessons Keeping safe unit within Pol-Ed

Year 5


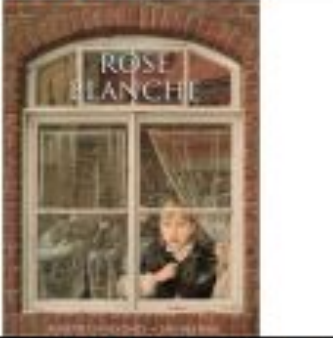

Key Question	Additional Activities
Autumn 1 What makes up our identity?	No Outsiders: lesson 5.3; 5.4; 5.5; 5.6 UK Parliament online sessions 'What is my personal identity? Pol Ed Commando Jo's-Tim Peake
Autumn 2 What decisions can people make with money?	Money lesson-link with Barclays Bank What is gambling? Pol-Ed What are the risks with money? Pol-Ed Anti-bullying week
Spring 1 How can we help in an accident or emergency?	Enterprise World-UK (x 1 day) Online Safety Week Bikeability x 2 days First Aid-Mini Medics
Spring 2 How can friends communicate safely?	Relationships unit within Pol-Ed What can and can't I do on the internet? Pol-Ed No Outsiders: lessons 5.1; 5.2
Summer 1 How can drugs common to everyday life affect health?	Melva Digital online programme x8 lessons What do I know about drugs? Pol Ed
Summer 2 What jobs would we like?	Environmental- United as One: NUFC programme

Year 6

Term	Additional Activities
<p>Autumn 1 and 2 How can we keep healthy as we grow?</p>	<p>Play in a day-anti bullying workshop (1 day) Anne Frank Trust-tackling all forms of prejudice (x 2 days) UK Parliament online lessons. Safety Works class visit First Aid-Mini Medics</p>
<p>Spring 1 and 2 How can the media influence people?</p>	<p>Online Safety Week Understanding the Law-Pol Ed unit Careers Fayre Stem-Lego Robotics</p>
<p>Summer 1 and 2 What will change as we become more independent? How do friendships change as we grow?</p>	<p>No Outsiders lessons: 6.1-6.6 (x6 lessons) Commando Jo's- Ernest Shackleton (x 6 lessons) Summer 1 Transition activities with secondary schools-How can I get ready for secondary relationships? Pol-Ed Intergenerational project-bowling green. Enterprise World-International Life Nissan visit</p>

‘No Outsiders’ Book List

EYFS					
	Pupil Voice	Accepting difference	Race	All families are different	All families are different
Year 1					
	Race	Gender equality	Accepting difference	Disability	Race
Year 2					
	UK is diverse	Celebrate diversity	Different families	Disability	Race
Year 3					

	Celebrating differences	Bullying/discrimination	Problem solving	Be yourself/self-esteem	Bullying/isolation
Year 4					
	Self-confidence	Relationships	Race	Choices	Self-confidence
Year 5					
	British values, age	Religion, race, prejudice	Choosing to help	Different ideas about the world	Different families/ relationships/ acceptance/ love
Year 6					
	Love, acceptance, gender identity, tolerance	Understanding relationships	Race, prejudice, refugees	Love, relationships, age	The Equality Act