

PSHE & CITIZENSHIP + PERSONAL DEVELOPMENT

MILESTONE THREE

Cycle A

Autumn	Spring	Summer
PSHE/Citizenship:		
<p>Aiming high https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-aiming-high-unit-pack-t-lf-2549549</p> <p>Money Matters https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-money-matters-unit-pack-t-lf-2549547</p>	<p>Digital wellbeing https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-digital-wellbeing-unit-pack-t-lf-2549648</p> <p>Diverse Britain https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-diverse-britain-unit-pack-t-lf-2549568</p>	<p>RSE: See agreed Twinkl RSE scheme of work for Y6 (Y5 do not complete the specific Y6 Sex Education section)</p> <p>VIPs https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-vips-unit-pack-t-lf-2549607 and</p> <p>Growing up https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-growing-up-unit-pack-t-lf-2549665</p>
<p>Personal Development: Breadth of study, Gold Award:</p> <ul style="list-style-type: none"> • Discuss and learn techniques to improve in the eight areas of 'success'. • Study role models who have achieved success. • Study those who have lost success and relate this to the eight areas of 'success'. <p>Forest school plays a large part in Personal development and is timetabled across the year for whole class, groups and interventions</p>		
<p>Try new things:</p> <ul style="list-style-type: none"> • Enjoy new things and take opportunities wherever possible. • Find things to do that give energy. • Become fully involved in clubs or groups. • Meet up with others who share interests in a safe environment. 	<p>Imagine:</p> <ul style="list-style-type: none"> • Generate lots of ideas. • Show a willingness to be wrong. • Know which ideas are useful and have value. • Act on ideas. • Ask lots of questions. 	<p>Residential trips: Y6 Hagg Farm Y5 Helmsley</p> <p>Performance: Link with drama, music and PE (dance)</p>
<p>Concentrate:</p> <ul style="list-style-type: none"> • Give full concentration. • 'Tune out' most distractions. • Understand techniques and methods that aid concentration. • Develop expertise and deep interest in some things. 	<p>Understand others:</p> <ul style="list-style-type: none"> • Listen first to others before trying to be understood. • Change behaviours to suit different situations. • Describe and understand others' points of view. 	<p>DAaRT: Drug and Alcohol resistance training</p>
<p>Take inspiration from role models:</p>	<p>Take inspiration from role models:</p>	<p>Take inspiration from role models:</p>
<p>Assemblies: Celebrations Diversity Equality Beliefs Singing together</p>	<p>Assemblies: Celebrations British Values Equality & diversity Mental health & wellbeing Current affairs</p>	<p>Assemblies: Celebrations Singing and performing together Transitions Current affairs Inclusion</p>

PSHE & CITIZENSHIP + PERSONAL DEVELOPMENT

MILESTONE THREE

Cycle B

PSHE/Citizenship:

<p>Safety First: https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-safety-first-unit-pack-t-lf-2549541</p> <p>It's my body: https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-its-my-body-unit-pack-t-lf-2549690</p>	<p>One World: https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-one-world-unit-pack-t-lf-2549554</p> <p>Think positive: https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-think-positive-unit-pack-t-lf-2549651</p>	<p>RSE: See agreed Twinkl RSE scheme of work for Y5 (Y6 must also complete the specific Y6 Sex Education section)</p> <p>TEAM https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-team-unit-pack-t-lf-2549576 and</p> <p>Be yourself https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-be-yourself-unit-pack-t-lf-2549544</p>
<p>Personal development: Breadth of study, Gold Award:</p> <ul style="list-style-type: none"> • Discuss and learn techniques to improve in the eight areas of 'success'. • Study role models who have achieved success. • Study those who have lost success and relate this to the eight areas of 'success'. <p>Forest school plays a large part in Personal development and is timetabled across the year for whole class, groups and interventions</p>		
<p>Work hard:</p> <ul style="list-style-type: none"> • Have fun working hard. • Understand the benefits of effort and commitment. • Continue to practise even when accomplished. • Encourage others by pointing out how their efforts gain results. 	<p>Improve:</p> <ul style="list-style-type: none"> • Clearly identify own strengths. • Identify areas for improvement. • Seek the opinion of others to help identify improvements. • Show effort and commitment in refining and adjusting work. 	<p>Residential trips: Y6 Hagg Farm Y5 Scarborough</p> <p>Performance: Link with drama, music and PE (dance)</p>
<p>Push themselves:</p> <ul style="list-style-type: none"> • Find ways to push past doubts, fears, or a drop in motivation even in challenging circumstances. • Push oneself in areas that are not so enjoyable. • Listen to others who encourage and help, thanking them for their advice. • Reflect upon how pushing past doubts, fears or a drop in motivation leads to a different outlook. 	<p>Not give up:</p> <ul style="list-style-type: none"> • Show a determination to keep going, despite failures or set-backs. • Reflect upon the reasons for failures and find ways to bounce back. • Stick at an activity even in the most challenging of circumstances. • See possibilities and opportunities even after a disappointment. • Consider oneself to be lucky and understand the need to look for luck. 	
<p>Take inspiration from role models:</p>	<p>Take inspiration from role models:</p>	<p>Take inspiration from role models:</p>
<p>Assemblies: Celebrations Diversity Equality Beliefs</p>	<p>Assemblies: Celebrations British Values Equality & diversity Mental health & wellbeing</p>	<p>Assemblies: Celebrations Singing and performing together Transitions Current affairs</p>

Singing together	Current affairs	Inclusion
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PSHE & CITIZENSHIP + PERSONAL DEVELOPMENT

MILESTONE TWO

Cycle A

Autumn	Spring	Summer
PSHE/Citizenship:		
Aiming high https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-aiming-high-unit-pack-t-lf-2549550 Money Matters https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-money-matters-unit-pack-t-lf-2549545	Digital wellbeing https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-digital-wellbeing-unit-pack-t-lf-2549587 Diverse Britain https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-diverse-britain-unit-pack-t-lf-2549563	RSE: See agreed Twinkl RSE scheme of work for Y4 (Y3 need not complete the specific Y4 Sex Education section) VIPs https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-vips-unit-pack-t-lf-2549604 and Growing up https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-growing-up-unit-pack-t-lf-2549687
Personal development: Breadth of study, Silver Award: <ul style="list-style-type: none"> • Discuss and learn techniques to improve in the eight areas of 'success'. • Study role models who have achieved success. • Study those who have lost success and relate this to the eight areas of 'success'. Forest school plays a large part in Personal development and is timetabled across the year for whole class, groups and interventions		
Concentrate: <ul style="list-style-type: none"> • Focus on activities. • 'Tune out' some distractions. • Search for methods to help with concentration. • Develop areas of deep interest. 	Imagine: <ul style="list-style-type: none"> • Begin to enjoy having new ideas. • Show some enthusiasm for the ideas of others. • Ask some questions in order to develop ideas. • Show enjoyment in trying out some ideas. 	Residential trips: Y4 Helmsley Y3 Sherwood Performance: Link with drama, music and PE (dance)
Try new things: <ul style="list-style-type: none"> • Try new things when encouraged. • Enjoy new experiences. • Join clubs or groups. • Talk about new experiences with others. 	Understand others: <ul style="list-style-type: none"> • Listen to others, showing attention. • Think of the effect of behaviour on others before acting. • Describe the points of view of others. 	
Take inspiration from role models:	Take inspiration from role models:	Take inspiration from role models:
Assemblies: Celebrations Diversity Equality	Assemblies: Celebrations British Values Equality & diversity	Assemblies: Celebrations Singing and performing together Transitions

Beliefs Singing together	Mental health & wellbeing Current affairs	Current affairs Inclusion
PSHE & CITIZENSHIP + PERSONAL DEVELOPMENT		
MILESTONE TWO		
Cycle B		
PSHE/Citizenship:		
Safety First: https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-safety-first-unit-pack-t-lf-2549539 It's my body: https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-its-my-body-unit-pack-t-lf-2549685	One World: https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-one-world-unit-pack-t-lf-2549564 Think positive: https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-think-positive-unit-pack-t-lf-2549650	RSE: See agreed Twinkl RSE scheme of work for Y3 (Y4 must also complete the specific Y4 Sex Education section, if not done in Y3) TEAM https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-team-unit-pack-t-lf-2549555 and Be yourself https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-be-yourself-unit-pack-t-lf-2549543
Personal development Breadth of study, Silver Award: <ul style="list-style-type: none"> • Discuss and learn techniques to improve in the eight areas of 'success'. • Study role models who have achieved success. • Study those who have lost success and relate this to the eight areas of 'success'. Forest school plays a large part in Personal development and is timetabled across the year for whole class, groups and interventions		
Work hard: <ul style="list-style-type: none"> • Enjoy working hard in a range of activities. • Reflect on how effort leads to success. • Begin to encourage others to work hard. 	Improve: <ul style="list-style-type: none"> • Share with others a number of positive features of own efforts. • Identify a few areas for improvement. • Attempt to make improvements. 	Residential trips: Y4 Scarborough Y3 Sherwood Performance: Link with drama, music and PE (dance)
Push themselves: <ul style="list-style-type: none"> • Begin to understand why some activities feel uncomfortable. • Show a willingness to overcome fears. • Push past fears and reflect upon the emotions felt afterwards. • Begin to take encouragement and advice from others. • Keep trying after a first attempt. 	Not give up: <ul style="list-style-type: none"> • Find alternative ways if the first attempt does not work. • Bounce back after a disappointment or failure. • Show the ability to stick at an activity (or a club or interest). • See oneself as lucky. 	
Take inspiration from role models:	Take inspiration from role models:	Take inspiration from role models:
Assemblies: Celebrations Diversity	Assemblies: Celebrations British Values	Assemblies: Celebrations Singing and performing together

Equality Beliefs Singing together	Equality & diversity Mental health & wellbeing Current affairs	Transitions Current affairs Inclusion
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PSHE & CITIZENSHIP + PERSONAL DEVELOPMENT

MILESTONE ONE

Cycle A

Autumn	Spring	Summer
PSHE/Citizenship:		
Aiming high https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-aiming-high-unit-pack-t-lf-2549551 Money Matters https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-money-matters-unit-pack-t-lf-2549542	Digital wellbeing https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-digital-wellbeing-unit-pack-t-lf-2549574 Diverse Britain https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-diverse-britain-unit-pack-t-lf-2549556	See agreed Twinkl RSE scheme of work for Y2 (Y1 need not complete the specific Y2 Sex Education section) VIPs https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-vips-unit-pack-t-lf-2549584 and Growing up https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-growing-up-unit-pack-t-lf-2549676
Personal development Breadth of study, Bronze Award: <ul style="list-style-type: none"> • Discuss and learn techniques to improve in the eight areas of success. • Study role models who have achieved success. <p>Forest school plays a large part in Personal development and is timetabled across the year for whole class, groups and interventions</p>		
Concentrate: <ul style="list-style-type: none"> • Give attention to areas of interest. • Begin to 'tune out' distractions. • Begin to show signs of concentration. • Begin to seek help when needed. 	Imagine: <ul style="list-style-type: none"> • With help, develop ideas. • Respond to the ideas of others'. • Respond to questions about ideas. • Act on some ideas. 	Residential trips: Y3 Sherwood Performance: Link with drama, music and PE (dance)
Try new things: <ul style="list-style-type: none"> • Try new things with the help of others. • Talk about some things of personal interest. • Join in with familiar activities. • Concentrate on things of interest. 	Understand others: <ul style="list-style-type: none"> • Show an awareness of someone who is talking. • Show an understanding that one's own behaviour affects other people. • Listen to other people's point of view. 	
Take inspiration from role models:	Take inspiration from role models:	Take inspiration from role models:
Assemblies: Celebrations Diversity Equality	Assemblies: Celebrations British Values Equality & diversity	Assemblies: Celebrations Singing and performing together Transitions

Beliefs Singing together	Mental health & wellbeing Current affairs	Current affairs Inclusion
PSHE & CITIZENSHIP + PERSONAL DEVELOPMENT		
MILESTONE ONE		
Cycle B		
PSHE/Citizenship:		
Safety First: https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-safety-first-unit-pack-t-lf-2549541 It's my body: https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-its-my-body-unit-pack-t-lf-2549690	One World: https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-one-world-unit-pack-t-lf-2549554 Think positive: https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-think-positive-unit-pack-t-lf-2549651	RSE: See agreed Twinkl RSE scheme of work for Y2 (Y2 must complete the specific Y2 Sex Education section, if not done in Y1) TEAM https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-team-unit-pack-t-lf-2549552 and Be yourself https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-be-yourself-unit-pack-t-lf-2549578
Personal development Breadth of study, Bronze Award: <ul style="list-style-type: none"> • Discuss and learn techniques to improve in the eight areas of success. • Study role models who have achieved success. Forest school plays a large part in Personal development and is timetabled across the year for whole class, groups and interventions		
Work hard: <ul style="list-style-type: none"> • Work hard with the help of others. • Enjoy the results of effort in areas of interest. • Take encouragement from others in areas of interest. 	Improve: <ul style="list-style-type: none"> • Share with others likes about own efforts. • Choose one thing to improve (with help). • Make a small improvement (with help). 	Residential trips: Y2 Sherwood Performance: Link with drama, music and PE (dance)
Push themselves: <ul style="list-style-type: none"> • Express doubts and fears. • Explain feelings in uncomfortable situations. • Begin to push past fears (with encouragement). • Listen to people who try to help. • Begin to try to do something more than once. 	Not give up: <ul style="list-style-type: none"> • Try again with the help of others. • Try to carry on even if a failure causes upset. • Keep going in activities of interest. • Try to think of oneself as lucky. 	
Take inspiration from role models:	Take inspiration from role models:	Take inspiration from role models:
Assemblies: Celebrations Diversity Equality Beliefs Singing together	Assemblies: Celebrations British Values Equality & diversity Mental health & wellbeing Current affairs	Assemblies: Celebrations Singing and performing together Transitions Current affairs Inclusion

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