



### Personal Development Department Year 1 Overview 2023-24

In Chapter House we teach Personal Development (PD) and Religious Education (RE) under the umbrella of 'Personal Development,' known as 'PD'. PD helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy and independent lives and become informed, active and responsible citizens. Personal Development encompasses Social, Moral, Spiritual and Cultural (SMSC) education and Relationships and Health Education (RHE). All students receive a dedicated 1-hour PD lesson each week.

Year One	Week	W/C	Unit Title	Lesson Themes
<b>PD Autumn</b>				
	1	04/09/2023	<b>Team</b> (Friendship) <b>Caring for others</b> (Understanding different religions.)	Settling in- school policies, e-safety/ AUP, PD ground rules. Being part of a team, Circle time rules
	2	11/09/2023		Looking after each other Listening
	3	18/09/2023		Unkind behaviour / Hinduism Raksha Bandhan
	4	25/09/2023		the good Samaritan Christianity
	5	02/10/2023		<b>Digital Wellbeing Awareness Week</b>
	6	09/10/2023		being kind/kind behaviour on the playground / Langar Sikhism
	7	16/10/2023		Making sensible choices / Be My Guest Islam
			<b>Half Term</b>	Circle time what have we got to be thankful for/the monkey king Buddhism
	8	06/11/2023	<b>Gifts and Giving</b>  <b>Aiming High</b>	Postive learning attitudes /What is Eid al-Fitr?
	9	13/12/2023		How is Eid al-Fitr Celebrated
	10	20/11/2023		<b>AntiBullying Awareness Week</b>
	11	27/11/2023		Eid al-Fir Presents responsibility and ambition
	12	04/12/2023		What is Christmas? future goals
	13	11/12/2023		Christianity - Christmas presents looking forward to the new year
			<b>Christmas Holidays</b>	Christianity - Christmas story Circle time
<b>Year One</b>				
	Week	W/C	Unit Title	Lesson Themes
<b>PD Spring</b>				
	14	08/01/2024	<b>Religions and Rituals</b> <b>Be Yourself</b>	Marvelous me and being kind to yourself what are rituals
	15	15/01/2024		Understanding different feelings Salat
	16	22/01/2024		Things I like Puja
	17	29/01/2023		Uncomfortable feelings Holy communion
	18	05/02/2023		Speaking up to explain feelings Comparing Rituals
			<b>Half Term</b>	
	19	19/02/2024	<b>Easter</b>  <b>It's my Body</b>	Palm Sunday
	20	26/02/2024		Maundy Thursday
	21	04/03/2024		Circle time Equality awareness week
	22	11/03/2024		Good Friday Clean as a whistle
	23	18/03/2024		Easter Suprises - My Body My Business*
			<b>Easter Holidays</b>	
<b>Year One</b>				
	Week	W/C	Unit Title	Lesson Themes
<b>PD Summer</b>				
	24	08/04/2024	<b>It's My Body</b> <b>Friendship</b>	Active/How can I be a good friend?
	25	15/04/2024		Healthy food/Buddhism the wind & the man
	26	22/04/2024		Can I Eat it?/ Hinduism Deer and Crow
	27	29/04/2024		Keeping clean/Christianiity David & Jonathon
	28	06/05/2024		I can choose/12 special friends
	29	13/05/2024		<b>Spirituality Awareness week</b>
	30	24/05/2024		Circle time Who are my friends?
			<b>Half Term</b>	
	31	03/06/2024	<b>Britain</b> <b>Places of Worship</b>	My Community Synagogue
	32	10/06/2024		My Neighbourhood Hindu Mandir
	33	17/06/2024		<b>Cultural Awareness week / transition into Year 2</b>

#### SMSC meanings

<b>Social</b> Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.	<b>Moral</b> Recognise right and wrong; understand consequences; investigate moral and ethical issues; offer reasoned views.
<b>Spiritual</b> Explore beliefs and experience; respect values; discover oneself and the surrounding world; use imagination and creativity; reflect.	<b>Cultural</b> Appreciate cultural influences; participate in cultural opportunities; understand, accept, respect and celebrate diversity.

This is embedded into the topics we deliver as indicated on the overview.