

## Pathway 2 – Personal Development Curriculum

Cycle	Term	Topics	In these sessions pupils will learn	Key knowledge that builds on....	Assessment
Cycle 1	Autumn 1	<b>Domestic: Kitchen Routines</b>	Preparing simple snacks (e.g., toast, sandwiches, breakfast cereal, drinks) independently. Washing pots.	Use a spreading knife to spread and cut toast, Opening containers and replacing lids Use a spreading knife to slice and chop soft foods	Teacher observation and formative assessment
		<b>PSHE: Being Me in My World</b>	My Year Being a Citizen of My Country Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	Exploration and familiarisation of immediate area My body	Teacher observation and formative assessment
	Autumn 2	<b>Health &amp; Diet: Exercise</b>	Understanding the need for exercise and healthy diet. Storing and handling food. Understanding different food labels.	Trying different foods Choosing familiar snacks	Teacher observation and formative assessment
		<b>PSHE: Celebrating Difference</b>	Different Cultures Racism Rumours and Name calling Types of Bullying Does Money Matter? Celebrating Difference Across the World	Taking turns Sharing with others Seeking out others for play	Teacher observation and formative assessment
	Spring 1	<b>Social: Community Inclusion</b>	Crossing road safely with support, identifying safe places to cross. Finding way to familiar location.	Lining up and walking in a group Taking turns	Teacher observation and formative assessment
		<b>PSHE: Dreams and Goals</b>	When I Grow Up (My Dream Lifestyle) Investigate Jobs and Careers My Dream Job. Why I want it and the steps to get there Dreams and Goals of Young People in Other Cultures How Can We Support Each Other?	Identifying special interests Making choices	Teacher observation and formative assessment

Cycle 2	Spring 2		Rallying Support		
		<b>Financial: Shopping</b>	Shop roleplay. Visiting shops. Names of different shops and the types of items they sell. Identify where we buy different things.	Sorting and matching items Shop role play Make a shopping list	Teacher observation and formative assessment
		<b>PSHE: Healthy Me</b>	Alcohol, Emergency Aid, Body Image, My relationship with food, healthy me.	Healthy being (Diet and exercise)	Teacher observation and formative assessment
	Summer 1	<b>Domestic: Personal Care</b>	Learning more about teeth and oral hygiene. Spreading germs. Organising own things. Tying shoelaces. Brushing hair.	Washing hands Brushing teeth Toileting Getting dressed independently	Teacher observation and formative assessment
		<b>PSHE: Relationships</b>	Recognising Me Safety with Online Communities Being In an Online Community Online Gaming My Relationship with Technology: Screen Time Relationships and Technology	Initiating interaction with peers Sustaining positive relationships Participating in group activities	Teacher observation and formative assessment
	Summer 2	<b>Health: Wellbeing</b>	Following 'rules' for keeping safe at home. Following safety instructions for common household equipment. Identifying risks. Dealing with anxiety and stress.	To know how to calm down when feeling sad Shows caution in relation to hot items Recognises when food is not safe to eat Recognising and valuing oneself	Teacher observation and formative assessment
		<b>PSHE: Changing Me</b>	Self-Image and Body Image Puberty for Girls Puberty for Boys Conception	Awareness of change Understanding of emotions – Zones of Regulation	Teacher observation and formative assessment
	Autumn 1	<b>Social: Relationships</b>	Identifying potential 'safe' people. Asking questions and expressing opinions. Identifying healthy relationships. Identifying different emotions in self and others.	Sharing activities Interactive exchanges Making appropriate requests Asking for help Understanding instructions	Teacher observation and formative assessment
		<b>PSHE: Being Me in My World</b>	Who am I? My influences Peer pressure and belonging My online identity What are the consequences of what I say and do online?	Where I live Familiarisation with immediate area	Teacher observation and formative assessment

<b>Autumn 2</b>	<b>Financial: Managing Money</b>	Recognising coins and notes. Putting coins in order of value. Role play buying things. Change.	Counting, addition and division Playing with coins Recognising coins	Teacher observation and formative assessment
	<b>PSHE: Celebrating Difference</b>	Prejudice and Discrimination True or false? Challenging stereotypes Discrimination in school Bullying	Recognising emotions in others Taking account of others interests Taking turns Sharing with others Seeking out others for play	Teacher observation and formative assessment
<b>Spring 1</b>	<b>Domestic: Household routines</b>	Tidying things away. Washing pots. Cleaning surfaces. Making a bed.	Putting toys away Picking up litter Tidy the class	Teacher observation and formative assessment
	<b>PSHE: Dreams &amp; Goals</b>	When I Grow Up (My Dream Lifestyle) Investigate Jobs and Careers My Dream Job. Why I want it and the steps to get there Dreams and Goals of Young People in Other Cultures How Can We Support Each Other? Rallying Support	Identifying things we'd like to do Completing tasks to achieve a goal Identifying special interests	Teacher observation and formative assessment
<b>Spring 2</b>	<b>Health: Medicine</b>	First Aid -dealing with minor cuts and bruises. Knowing that germs and bacteria can cause sickness. Identifying legal/illegal drugs and medicines.	To be able to tell someone you are feeling poorly To know that medicines should only be given to you by a grown up	Teacher observation and formative assessment
	<b>PSHE: Healthy Me</b>	How to recognise and deal with anxiety and stress Healthy lifestyle choices: Good nutrition, exercise, and Sleep Healthy choices on medicines, substances and immunisation.	Make a healthy choice Make a healthy snack	Teacher observation and formative assessment
<b>Summer 1</b>	<b>Social: Communication</b>	Initiating and engaging in conversation. Retelling stories and sharing information. Identifying signs and symbols in the community.	"I want..." Communications Identifying likes and dislikes Following simple instructions Gaining the attention of another person	Teacher observation and formative assessment
	<b>PSHE: Relationships</b>	Positive qualities of healthy relationships My changing supportive relationships Getting on and falling out	Showing interest in what others are doing Recognising when own behaviour has offended or hurt another	Teacher observation and formative assessment

Summer 2		Discerning external factors in relationships Assertiveness in relationships		formative assessment
	<b>Financial: Employment</b>	Identifying different sorts of jobs. Identifying that jobs need skills and qualifications. Express a preference around jobs.	Identifying that adults have jobs People who help us Jobs in the community Role play activities	Teacher observation and formative assessment
	<b>PSHE: Changing Me</b>	My changing body Having a baby Types of relationships and their impact Image and self-esteem My changing feelings	Touching and allowing others to touch me – appropriate touch Private and public	Teacher observation and formative assessment