

Spring 2025 – Personal Development offer

	Topics	In these sessions pupils will	Key knowledge that builds on	Assessment
EYFS	Self-Regulation	Children see themselves as valuable individuals – All	The PSED strand is a constant in the	Through sustained
		children have a named key person who will work	EYFS curriculum and underpins all	shared thinking.
		closely with them and build positive relationships	areas of work.	
		with. Children's interests are investigated and	AAV: empathy, curiosity, respect,	Conversations with
		facilitated by adults.	ambition, resilience, confidence	children, questioning
		Identify and moderate their own feelings socially	and kindness.	and pulling out the key
		and emotionally – Children regularly take part in	FBV: democracy, rule of law,	learning from the
		Jigsaw circle times. Children are encouraged to have	tolerance, individual liberty and	individual children.
		a voice and discuss how they are feeling during all	mutual respect.	
		parts of the day. Speech and language interventions		All children can have the
		are put in place for children who may not be able to		opportunity to work with
		articulate their feelings.		their key person. All
	Managing Colf	Managa their own needs whildren are encouraged		children can develop
	Managing Self	Manage their own needs – children are encouraged to be independent throughout the day. Water and		relationships with adults in foundation unit.
		snacks are available for them to access and they are		in ioundation unit.
		encouraged to use the bathroom freely.		
		Show resilience and perseverance – children are		Through sustained
		encouraged to persevere and continue any tasks in		shared thinking.
		which they may find a challenge with support from		shared thinking.
		an adult. They are given time and the tools to do		Group discussions with
		their best.		the children to gather
				evidence of what they
	Building	Build constructive and respectful relationships –		know and remember.
	Relationships	children are given vast opportunity to play with all		
		children in the unit at independent learning time.		
		Express their feelings and consider feelings of		
		others – during the day adults may intervene to		
		help children express their feelings finding he		
		correct language to articulate their needs.		



Dr Sp He 2		Dreams and Goals - Challenges Perseverance Goal- setting Overcoming obstacles Seeking help Jobs Achieving goals Healthy Me - Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Please see Jigsaw scheme of work. AAV: curiosity, confident, kindness FBV: individual liberty, mutual respect and tolerance.	
Hi	gsaw RE induism – Spring 1 hristianity – Spring	Spring 1 – How do people celebrate? Spring 2 – What is Easter?	Please see Jigsaw RE SOW Spiritual, moral and cultural opportunities AAV: curiosity, respect, and kindness. FBV: individual liberty, mutual respect and tolerance. PC: Religion or belief	Action and observation – A range of assessment strategies including, quizzes, challenges, discussions etc
	hildren's Mental ealth Week	This will run as circle times and discussions during the day as and when appropriate. Discussions around children's feelings and action and who they can talk to if they are feeling sad and worried. Modelling how to regulate their emotions.	Building upon Hello Yellow Day work in the Autumn term. AAV: Kindness, respect, confidence FBV: Tolerance, Rule of Law, Mutual respect PC: Disability	All children can talk about their feelings and know who they can talk to in school if they are feeling sad or worried.
Sa	afer Internet Day	Discussion around what devices are, talk about who is allowed to use them, who they belong to.	AAV: Kindness, respect, confidence FBV: Tolerance, Rule of Law, Mutual Respect	All children can discuss what a device is and who is allowed to use them.
Ch	xplicit Protected haracteristic essons	Spring 1 - Age focus – Work planned and delivered in an age-appropriate manner. Spring 2 – Gender focus – Work planned and	To build upon work done on the Protected Characteristics in Jigsaw lessons together with where it has been taught in Anti-Bullying week	Action and Observation – All children can name the Protected Characteristics.
		delivered in an age-appropriate manner. Both would be work around treating children equally. Similarities and differences.	in Autumn 2.	All children can discuss why these two protected characteristics are important and give at least 2 reasons for their



				importance in our society.
Year 1	Jigsaw Puzzle Dreams and Goals – Spring 1 Healthy Me – Spring 2	Dreams and Goals - Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success Healthy Me - Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Please see Jigsaw SOW AAV: curiosity, respect, ambition, confidence and kindness. FBV: democracy, rule of law, individual liberty, mutual respect and tolerance.	Jigsaw summative assessment
	Jigsaw RE Spring 1 – Judaism Spring 2- Christianity	Spring 1 – Who is God to the Jews? Spring 2 – Why was Jesus welcomed like a King or celebrity by the crowds on Palm Sunday? RE Curriculum Enhancement – Workshop run by Nottingham Liberal Synagogue	Please see Jigsaw RE SOW Spiritual, moral and cultural opportunities AAV: curiosity, respect, and kindness. FBV: individual liberty, mutual respect and tolerance. PC: Religion or belief	Action and observation – A range of assessment strategies including, quizzes, challenges, discussions etc
	Commando Joes	Spring 1 – Mission 1 – Build a bridge to safety Spring 2 – Mission 2 – When sorry seems to be the hardest words Please see Commando Joes SOW for more detail.	Please see Commando Joe's SOW AAV: curiosity, respect, ambition, confidence and kindness. FBV: individual liberty, mutual respect and tolerance.	Action and Observation – All children can talk about why it is important to work in a team. All children know why we need to take it in turns and share. All children



			are curious and will try new things.
Children's Mental Health Week	Theme – Know yourself, grow yourself. Characters from the Film Inside Out play a role in this years theme. Children to take part in a range of activities from the Primary School Pack. Teachers to decide activities which they feel would meet the needs of the children in their class.	This works builds upon what the children did during World Mental Health day. AAV: respect, kindness FBV: Tolerance PC: Disability	Action and observation – All children can talk about think about different emotions and why they are all important.
Safer Internet Day	Theme – Too good to be true? Protecting yourself and others from scams online Staff to join the BBC children's assembly at 11am https://www.bbc.co.uk/teach/articles/z6bbhbk Children will use two Year 1 books to explore various themes linked to online safety and discuss them as a class afterwards.	To build upon online safety work already completed in Autumn 1 and in EYFS.	Action and Observation – All children can name at least 3 ways they can stay safe when online.
Explicit Protected Characteristic lessons	Spring 1 - Age focus – Why do the children think this is one of the Protected characteristics? In what situations might it be important not to have prejudice against a person's age? Can prejudice be against both young and old people? Why? Work planned and delivered in an age-appropriate manner. Spring 2 – Gender focus –Work planned and delivered in an age-appropriate manner.	To build upon work done on the Protected Characteristics in Jigsaw lessons together with where it has been taught in Anti-Bullying week in Autumn 2.	Action and Observation – All children can name the Protected Characteristics. All children can discuss why these two protected characteristics are important and give at least 2 reasons for their importance in our society.



Year 2	Jigsaw Puzzle – Dreams and goals – Spring 1 Healthy Me – Spring 2	Dreams and Goals - Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success Healthy Me - Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier	Please see Jigsaw scheme of work. AAV : curiosity, respect, resilience, confidence, kindness. FBV : rule of law, individual liberty, mutual respect and tolerance.	Jigsaw summative assessment
	Jigsaw RE Spring 1 - Islam Spring 2 – Christianity	Spring 1 – Who is God to Muslims? Spring 2 – How important is it to Christians that Jesus came back to life after his crucifixion? RE curriculum enhancement – Visit to to local Mosque	Please see Jigsaw RE SOW Spiritual, moral and cultural opportunities AAV: curiosity, respect, and kindness. FBV: individual liberty, mutual respect and tolerance.	Action and observation – A range of assessment strategies including, quizzes, challenges, discussions etc
	Commando Joe's	Spring 1 – Family is more than important, it's everything! Spring 2 – I never dreamed about success, I worked for it!	 PC: Religion or belief Please see Commando Joe's scheme of work. AAV: curiosity, respect, ambition, confidence and kindness. FBV: individual liberty, mutual respect and tolerance. 	Action and Observation – All children can discuss why it is important to be kind to others. All children are better at giving and listening to instructions. All children are better at giving and responding to feedback.
	Children's Mental Health Week	Theme – Know yourself, grow yourself. Characters from the Film Inside Out play a role in this years theme. Children to take part in a range of activities from the Primary School Pack. Teachers to decide	This works builds upon what the children did during World Mental Health day. AAV: respect, kindness FBV: Tolerance	Action and observation – All children can talk about think about different emotions and



		activities which they feel would meet the needs of the children in their class.	PC: Disability	why they are all important.
	Safer Internet Day	Theme – Too good to be true? Protecting yourself and others from scams online Staff to join the BBC children's assembly at 11am https://www.bbc.co.uk/teach/articles/z6bbhbk Children will use two Year 2 books to explore various themes linked to online safety and discuss them as a class afterwards.	To build upon online safety work already completed in Autumn 1 computing lessons.	Action and Observation – All children can name at least 3 ways they can stay safe when online.
	Explicit Protected Characteristics lessons	Spring 1 - Age focus – Why do the children think this is one of the Protected characteristics? In what situations might it be important not to have prejudice against a person's age? Can prejudice be against both young and old people? Why? Work planned and delivered in an age-appropriate manner. Spring 2 – Gender focus –Work planned and delivered in an age-appropriate manner.	To build upon work done on the Protected Characteristics in Jigsaw lessons together with where it has been taught in Anti-Bullying week in Autumn 2.	Action and Observation – All children can name the Protected Characteristics. All children can discuss why these two protected characteristics are important and give at least 2 reasons for their importance in our society.
Year 3	Jigsaw Puzzle – Dreams and Goals – Spring 1 Healthy Me – Spring 2	Dreams and Goals - Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting Healthy Me - Exercise Fitness challenges Food	Please see Jigsaw scheme of work AAV - curiosity, respect, resilience, confidence, kindness. FBV - individual liberty, mutual respect and tolerance.	Jigsaw summative assessment
		labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off		



		line scenarios Respect for myself and others Healthy and safe choices		
Ch 1	gsaw RE hristianity – Spring hristianity – Spring	Spring 1 – Could Jesus heal people and did he perform miracles or is there some other explanation? Spring 2 – What is good about Good Friday?	Please see Jigsaw RE SOW Spiritual, moral and cultural opportunities AAV: curiosity, respect, and kindness. FBV: individual liberty, mutual respect and tolerance. PC: Religion or belief	Action and observation – A range of assessment strategies including, quizzes, challenges, discussions etc
Co	ommando Joe's	Spring 1 – Mission 1 – Excellence is expensive Spring 2 – Mission 2 – Knowledge is the fuel of the soul.	Please see Commando Joe's scheme of work AAV: curiosity, respect, resilience, confidence, kindness. FBV: individual liberty, mutual respect and tolerance.	Action and Observation – All children are able to articulate their strengths and needs. All can know that you learn from mistakes. All children ca discuss why it is important to have all of the facts before you make a decision.
•	hildren's Mental ealth Week	Theme – Know yourself, grow yourself. Characters from the Film Inside Out play a role in this years theme. Children to take part in a range of activities from the Primary School Pack. Teachers to decide activities which they feel would meet the needs of the children in their class.	This works builds upon what the children did during World Mental Health day. AAV: respect, kindness FBV: Tolerance PC: Disability	Action and observation – All children can talk about think about different emotions and why they are all important.
Sa	afer Internet Day	Theme – Too good to be true? Protecting yourself and others from scams online Staff to join the BBC children's assembly at 11am	Building upon online safety work done in Autumn 1 in computing	Action and Observation – All children can name



		https://www.bbc.co.uk/teach/articles/z6bbhbk Key question - How is changing technology like generative AI going to impact the approach of scammers?	lessons and from Online safety day last year. AAV: respect, kindness FBV: tolerance, rule of law, respect	at least 3 ways Al can impact scams.
	Explicit Protected Characteristics lessons	Spring 1 - Age focus – Why do the children think this is one of the Protected characteristics? In what situations might it be important not to have prejudice against a person's age? Can prejudice be against both young and old people? Why? Work planned and delivered in an age-appropriate manner. Spring 2 – Gender focus –Work planned and delivered in an age-appropriate manner.	To build upon work done on the Protected Characteristics in Jigsaw lessons together with where it has been taught in Anti-Bullying week in Autumn 2.	Action and Observation – All children can name the Protected Characteristics. All children can discuss why these two protected characteristics are important and give at least 2 reasons for their importance in our society.
Year 4	Jigsaw Puzzle – Dreams and Goals – Spring 1 Healthy Me – Spring 2	Dreams and Goals - Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Healthy Me - Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Please see Jigsaw scheme of work. AAV: empathy, curiosity, respect, kind. FBV: democracy, individual liberty, mutual respect and tolerance.	Jigsaw summative assessment.
	Jigsaw RE Buddhism – Spring 1 Christianity – Spring 2	Spring 1 – Can the Buddhist teachings make the world a better place? Spring 2 – Is forgiveness always possible for Christians?	Please see Jigsaw RE SOW Spiritual, moral, cultural and social opportunities. AAV: curiosity, respect, and kindness. FBV: individual liberty, mutual respect and tolerance. PC: religion or belief	Action and observation – A range of assessment strategies including, quizzes, challenges, discussions etc



Commando .	oe's Spring 1 – Mission 1 - All people are a product of their environment Spring 2 – Mission 2 – Adopt the pace of nature	Please see Commando Joe's scheme of work. AAV - empathy, curiosity, respect, ambition, resilience, confidence and kindness. FBV - mutual respect and tolerance.	Action and Observation – All children can articulate theirs and others strengths and needs. All children know that there are others in the community who need care. All children know there are many places where we can be helpful.
Music tuition	How to play a range of musical instruments. What is the impact of music upon us as people?	Musical knowledge Musical talents AAV: curiosity, ambition, respect, confidence and kindness FBV: individual liberty and mutual respect	Verbal – All children can name at least three notes Action and Observation – All children can play the instruments and follow simple patterns and melodies.
Children's M Health Week		This works builds upon what the children did during World Mental Health day. AAV: respect, kindness FBV: Tolerance PC: Disability	Action and observation – All children can talk about think about different emotions and why they are all important.
Safer Interne	t Day Theme – Too good to be true? Protecting yourself and others from scams online Staff to join the BBC children's assembly at 11am https://www.bbc.co.uk/teach/articles/z6bbhbk	Building upon online safety work done in Autumn 1 in computing lessons and from Online safety day last year. AAV: respect, kindness FBV: tolerance, rule of law, respect	Action and observation – All children can discuss at least 3 ways AI plays a role in scams.



	Explicit Protected Characteristics lessons	 Key question - How is changing technology like generative AI going to impact the approach of scammers? Spring 1 - Age focus – Why do the children think this is one of the Protected characteristics? In what situations might it be important not to have prejudice against a person's age? Can prejudice be against both young and old people? Why? Work planned and delivered in an age-appropriate manner. Spring 2 – Gender focus –Work planned and delivered in an age-appropriate manner. 	To build upon work done on the Protected Characteristics in Jigsaw lessons together with where it has been taught in Anti-Bullying week in Autumn 2.	Action and Observation – All children can name the Protected Characteristics. All children can discuss why these two protected characteristics are important and give at least 2 reasons for their importance in our society.
	Swimming	Year 4 children to attend swimming lessons for the half term	To either teach the children a new life-saving skill or develop pre- learnt skills further together with confidence in the water.	Action and Observation – All children can swim at least 25 metres.
Year 5	Jigsaw Puzzle – Dreams and Goals – Spring 1 Healthy Me – Spring 2	Dreams and Goals - Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation Healthy Me - Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Please see Jigsaw scheme of work for more information. AAV: empathy, curiosity, respect, kind. FBV: individual liberty, mutual respect and tolerance. PC: Race, Religion or belief	Jigsaw summative assessment
	Jigsaw RE Sikhism – Spring 1	Spring 1 – How are sacred teachings and stories interpreted by Sikhs today?	Please see Jigsaw RE SOW Spiritual, moral and cultural opportunities.	Action and observation – A range of assessment strategies including,



Christianity – Spring 2	Spring 2 – How significant is it for Christians to believe that God intended Jesus to die?	 AAV: curiosity, respect, and kindness. FBV: individual liberty, mutual respect and tolerance. PC: Religion or belief 	quizzes, challenges, discussions etc
Commando Joe's	Spring 1 – Mission 1 – If you want to go fast, you should go alone. If you want to go far, you should go together. Spring 2 – Mission 2- We never know the worth of water until the well is dry.	Please see Commando Joe's scheme of work. AAV: empathy, curiosity, respect, ambition, resilience, confidence and kindness. FBV: mutual respect, tolerance,	Action and Observation – All children recognise theirs and others strengths and needs. All children know the importance of team work and different ways help can be given.
Music tuition	Lessons in playing specific instruments.	AAV: curiosity, ambition, resilience and confidence FBV: mutual respect, tolerance, individual liberty.	Verbal – All children can give at least three reasons why they enjoy playing the instrument they have chosen. Action and Observation – All children can read music and play the instrument taking into account musical performance.
Mini Police	Please see Mini Police bespoke SOW for Ambleside Academy for more detail.	AAV: Respect, confidence, ambition, empathy and kindness FBV: Rule of Law, tolerance, individual liberty and mutual respect.	Action and Observation – All children can



Into University	What is University?	AAV: Confidence, resilience, kindness FBV: Mutual respect, tolerance, individua liberty	Action and Observation – All children can discuss what university is and some of the things that can be studied there.
Children's Mental Health Week	Theme – Know yourself, grow yourself. Characters from the Film Inside Out play a role in this years theme. Children to take part in a range of activities from the Primary School Pack. Teachers to decide activities which they feel would meet the needs of the children in their class.	This works builds upon what the children did during World Mental Health day. AAV: respect, kindness FBV: Tolerance PC: Disability	Action and observation – All children can talk about think about different emotions and why they are all important.
Safer Internet Day	Theme – Too good to be true? Protecting yourself and others from scams online Staff to join the BBC children's assembly at 11am https://www.bbc.co.uk/teach/articles/z6bbhbk Key questions - How is changing technology like generative AI going to impact the approach of scammers? What changes would young people like to see to help protect themselves moving forward?	Building upon online safety work done in Autumn 1 in computing lessons and from Online safety day last year. AAV: respect, kindness FBV: tolerance, rule of law, respect	Action and Observation – All children can name 3 ways the role Al can play in scams and can think about some changes they would suggest.
Explicit Protected Characteristics lessons	Spring 1 - Age focus – Why do the children think this is one of the Protected characteristics? In what situations might it be important not to have prejudice against a person's age? Can prejudice be against both young and old people? Why? Work planned and delivered in an age-appropriate manner.	To build upon work done on the Protected Characteristics in Jigsaw lessons together with where it has been taught in Anti-Bullying week in Autumn 2.	Action and Observation – All children can name the Protected Characteristics. All children can discuss why these two protected characteristics are important and give at



		Spring 2 – Gender focus –Work planned and delivered in an age-appropriate manner.		least 2 reasons for their importance in our society.
	Swimming	Year 5 children to attend swimming lessons for the half term	To either teach the children a new life-saving skill or develop pre- learnt skills further together with confidence in the water.	Action and Observation – All children can swim at least 25 metres.
Year 6	Jigsaw Puzzle – Dreams and Goals – Spring 1 Healthy Me – Spring 2	Dreams and Goals - Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments Healthy Me - Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Please see Jigsaw scheme of work for more information.AAV : empathy, curiosity, respect, kind.FBV : individual liberty, mutual respect and tolerance.PC: Age, Disability, sexual orientation and Gender reassignment	Jigsaw summative assessment
	Jigsaw RE Christianity- Spring 1 Christianity – Spring 2	Spring 1 – Is anything ever eternal? Spring 2 – Is Christianity still a strong religion over 200 years after Jesus was on earth?	Please see Jigsaw RE SOW Spiritual and cultural opportunities. AAV: curiosity, respect, and kindness. FBV: individual liberty, mutual respect and tolerance. PC: Religion or belief	Action and observation – A range of assessment strategies including, quizzes, challenges, discussions etc
	Commando Joe's	Spring 1 – Mission 1 – It's a man's world. Spring 2 – Mission 2 – A good plane is more important than a good pilot.	Please see Commando Joe's scheme of work. AAV: empathy, curiosity, respect, ambition, resilience, confidence and kindness.	Action and Observation – All children know the importance of making good life choices. All children can discuss why it is important to be



		FBV: mutual respect, rule of law, individual liberty	patient at times. All children respect and value others opinions.
Music Tuition	Lessons in playing specific instruments.	AAV: curiosity, ambition, resilience and confidence FBV: mutual respect, tolerance, individual liberty.	Verbal – All children can talk about why they play an instrument and the impact it has on them. Action and Observation – All children can read music and play the instrument taking into account musical performance.
Children's Mental Health Week	Theme – Know yourself, grow yourself. Characters from the Film Inside Out play a role in this years theme. Children to take part in a range of activities from the Primary School Pack. Teachers to decide activities which they feel would meet the needs of the children in their class.	This works builds upon what the children did during World Mental Health day. AAV: respect, kindness FBV: Tolerance PC: Disability	Action and observation – All children can talk about think about different emotions and why they are all important.
Safer Internet Day	Theme – Too good to be true? Protecting yourself and others from scams online Staff to join the BBC children's assembly at 11am https://www.bbc.co.uk/teach/articles/z6bbhbk Key questions - How is changing technology like generative AI going to impact the approach of scammers? What changes would young people like to see to help protect themselves moving forward? What role can the government and internet industry take to tackle this threat?	Building upon online safety work done in Autumn 1 in computing lessons and from Online safety day last year. AAV: respect, kindness FBV: tolerance, rule of law, respect	Action and Observation – All children can name 3 ways the role Al can play in scams and can think about some changes they would suggest. Referring back to Parliament Week work, all children can think about what they would ask our local politician,



			Alex Norris, to put forward in Parliament.
acteristics 1 ns 1 1 1 1	Spring 1 - Age focus – Why do the children think this is one of the Protected characteristics? In what situations might it be important not to have prejudice against a person's age? Can prejudice be against both young and old people? Why? Work planned and delivered in an age-appropriate manner. Spring 2 –Gender focus –Work planned and delivered in an age-appropriate manner.	To build upon work done on the Protected Characteristics in Jigsaw lessons together with where it has been taught in Anti-Bullying week in Autumn 2.	Action and Observation – All children can name the Protected Characteristics. All children can discuss why these two protected characteristics are important and give at least 2 reasons for their importance in our society.