



**Ashfield Junior School**  
**Personal Development Matrix**  
**2020**

## Year 3 Personal Development

Spiritual, Moral, Social, Cultural Development	Social & Emotional Aspects of learning incl Mindfulness	Relationships, Sex & Health Education Incl. physical and mental health	British Values	Responsible, Respectful and Active Citizenship Incl. E-Safety	Compass for Life	Chris Quigley Essentials Curriculum	Six Thinking Hats
<p><b>Celebrating Difference</b> Jigsaw Lessons: 1, 2, 5, 6 SEAL Getting On and Falling Out Page 9 RTime to Stop Bullying Page 32 &amp; 33 Rtime (SEAL) Page 115-121</p> <p><b>Relationships</b> Jigsaw Lessons: 1, 2, 3, 4, 5 SEAL Page 9, 19 RTime – Ttime Pages 8, 10 Rtime (SEAL) Page 128-130</p> <p><b>Changing me</b> Jigsaw Lessons: 1, 5, 6 RTime – Ttime Pages 12 Rtime (SEAL) Page 131-133</p> <p><b>Being me in My World</b> Jigsaw Lessons: 1, 3, 5, 6 RTime – 2<sup>nd</sup> edition Page 129 – 140 Rtime (SEAL) Page 112-114</p> <p><b>Curriculum Subjects</b></p>	<p><b>Celebrating Difference</b> Jigsaw Lessons: 1, 2, 5, 6  SEAL Getting On and Falling Out Page 9  RTime to Stop Bullying Page 32 &amp; 33 Rtime (SEAL) Page 115-121</p>	<p><b>Healthy Me</b> Jigsaw Lessons: 1, 2, 5  SEAL Good To Be Me Page 10  RTime – R time Rules Page 24-39 Rtime (SEAL) Page 125-127</p> <p><b>Relationships</b> Jigsaw Lessons: 1, 2, 3, 4, 5  SEAL Page 9, 19  RTime – Ttime Pages 8, 10 Rtime (SEAL) Page 128-130</p>	<p><b>Being me in My World</b>  Jigsaw Lessons: 1, 3, 5, 6  RTime – 2<sup>nd</sup> edition Page 129 – 140 Rtime (SEAL) Page 112-114</p>	<p><b>Being me in My World</b>  Jigsaw Lessons: 1, 3, 5, 6  SEAL Class Charter Page 8  RTime – 2<sup>nd</sup> edition Page 129 – 140 Rtime (SEAL) Page 112-114</p>	<p><b>Compass Work</b> Personal Dreams - <b>Dreams &amp; Goals</b>  Maps &amp; Plans Geography Map Start  Values and Rules  My Strengths  What to do when I'm stuck  Stories of determination</p>	<p>Try New Things Work Hard Concentrate Push Oneself Imagine Improve Understand Others Not Give Up</p>	<p>Introduction to the hats  Red Hat  White Hat  Yellow Hat &amp; Black Hat  Green Hat  Blue Hat</p>

## Year 4 Personal Development

Spiritual, Moral, Social, Cultural Development	Social & Emotional Aspects of learning Incl. Mindfulness	Relationships, Sex & Health Education Incl. physical and mental health	British Values	Responsible, Respectful and Active Citizenship Incl. E-Safety	Compass for Life	Chris Quigley Essentials Curriculum	Six Thinking Hats
<p><b>Celebrating Difference</b></p> <p><b>Relationships</b> Safety network hand <u>SEAL</u> Welcoming people to our group pg.12 Getting to know each other pg.6</p> <p><b>Changing me</b> Changing me 'Puzzle 6' – Looking ahead ((Jigsaw)</p> <p><b>Being me in My World</b></p> <p><b>Curriculum Subjects</b></p>	<p><b>Celebrating Difference</b> Celebrating differences - appearances (Jigsaw)</p> <p><u>SEAL</u> Welcoming people to our group pg.12 Getting to know each other pg.6 Gifts and talents pg.6 Exploring feelings pg.10</p> <p>Beat Boredom, Foil Frustrations (SEAL)</p>	<p><b>Healthy Me</b> Puzzle 1: My friends and me Puzzle 2: Group dynamics Puzzle 4, Piece 4: Alcohol</p> <p><b>Relationships</b> Safety network hand</p> <p><b>Changing me</b> Changing me 'Puzzle 6' – Looking ahead ((Jigsaw)</p>	<p><b>Being me in My World</b> <b>Class Team</b> New beginnings – Birthday card activity, Holiday brochure and tin activity (RTime)</p> <p>Mini-Police – Antisocial behaviour, road safety and environment.</p> <p><b>School Citizen Rights Responsibilities &amp; Democracy</b> Our ethos: Looking at people throughout history and discussing their values and ethics Making links to our own ethics (Compass for life)</p>	<p><b>Being me in My World</b> <b>Class Team</b> Becoming a class team (Jigsaw Puzzle 1) - Followed up with R-Time and Snack and Chat sessions. Getting to know each other. Gifts &amp; talents (SEAL) <b>School Citizen Rights Responsibilities &amp; Democracy</b> Mini-Police – Antisocial behaviour, road safety and environment.</p> <p>Our learning charter &amp; owning our learning charter (Jigsaw piece 5 &amp; 6)</p> <p><b>Rewards &amp; Consequences Learning Charter</b></p>	<p>Compass Work Reviewing their map and create a new map</p> <p>Inspiring people Compass Sheet 23 – defining your ethos.</p> <p><b>Dreams &amp; goals</b> beyond Ashfield Spring term: Achieving Goals - Piece 5 (Jigsaw) - Followed up with Compass for Life (P5, 9, 10) and R-Time (Going for goals) Hopes and Dreams Piece 1 (Jigsaw) - Followed up with Compass for Life (Compass sheet 2, 4, 6) and R-Time (Going for goals) Broken Dreams - Piece 2 (Jigsaw)</p> <p>Kindness &amp; Respect Compass sheet 26 – class and personal values and codes of conduct.</p> <p>Ruck Sack Safety network hand</p> <p>How do I learn best?</p> <p>Keeping going when things are hard Compass sheet 32 – Factors that affect your warrior spirit Compass sheet 34 – How to keep on track at difficult times</p>	<p>Try New Things Work Hard Concentrate Push Oneself Imagine Improve Understand Others Not Give Up</p>	<p>Practice using 6 Hats thinking in paired, group work and class discussion</p>

## Year 5 Personal Development

Spiritual, Moral, Social, Cultural Development	Social & Emotional Aspects of learning Incl. Mindfulness	Relationships, Sex & Health Education Incl. physical and mental health	British Values	Responsible, Respectful and Active Citizenship Incl. E-Safety	Compass for Life	Chris Quigley Essentials Curriculum	Six Thinking Hats
<p><b>Celebrating Difference</b> <u>Jigsaw Lessons</u> <u>SEAL</u></p> <p><b>Relationships</b> <u>Jigsaw Lessons</u> P.53 Does money matter? P.23 When I Grow Up (My Dream Lifestyle) P.23 Recognising Me P.31 Body Image</p> <p><b>Changing me</b> <u>Jigsaw Lessons</u> Self and Body Image, Puberty, Looking Ahead P.31 Body Image P.41 Puberty for Girls P.51 Puberty for Boys P.75 Looking Ahead to Year 6</p> <p><u>SEAL</u> Being proud of who I am, My Achievements</p> <p><u>RTime</u> Moving on to Year 6</p> <p><b>Being me in My World</b> <u>Jigsaw Lessons</u> <u>SEAL</u> <u>RTime</u> <b>Curriculum Subjects</b> <b>R.E.</b> – Bamitzvah and rites of passage</p>	<p><b>Celebrating Difference</b> <u>Jigsaw Lessons</u> Differences in the World, Different Cultures, Racism, Types of Bullying, Does Money Matter?/ Celebrating Differences P.49 How Can We Support Each Other? P.23 Recognising Me</p> <p><u>SEAL</u> Being proud of who I am, My Achievements Changes</p> <p><u>RTime</u> <i>Getting on and falling out</i> <i>Bullying behaviours</i> Money conundrums</p>	<p><b>Healthy Me</b> <u>Jigsaw Lessons</u> Smoking, Alcohol, Emergency Aid, Body Image, Relationship with Food, Healthy Me P.31 Smoking P.37 Alcohol P.43 Emergency Aid P.49 Body Image P.55 My Relationship With Food P.61 Healthy Me</p> <p><u>SEAL</u> Being proud of who I am, My Achievements</p> <p><b>Relationships</b> <u>Jigsaw Lessons</u> Recognising Me, Getting on and Falling Out, Girlfriends and Boyfriends, Technology P.27 Getting On and Falling Out P.33/41 Girlfriends and Boyfriends</p> <p><u>R-Time</u> Worries</p> <p><b>Changing me</b>  <i>Puberty</i> <i>Body and emotional changes</i></p>	<p><b>Being me in My World</b> <i>Being Me in Britain</i> <i>Responsibilities</i> <u>Jigsaw Lessons</u> P.59 Celebrating difference across the world P.49 How Can We Support Each Other?</p> <p><u>SEAL</u> My Year Ahead, (Being Me in Britain, Year 5 Responsibilities, Learning Charter)</p> <p><u>R-Time</u> Team work Celebrating difference in our school</p> <p><i>UN Convention and Rights of the Child</i> <i>Rights &amp; Responsibilities as a British Citizen</i> <i>Empathy with people who lead different lives</i></p>	<p><b>Being me in My World</b> <u>Jigsaw Lessons</u> My Year Ahead Being Me in Britain Year 5 Responsibilities Rewards &amp; Consequences Learning Charter P.27 Different Cultures P.33 Racism P.37 Celebrating Difference P.47 Types of bullying P.45/49 Relationships and Technology</p> <p><u>SEAL</u> <i>Keeping safe online</i> <i>Safe use of technology</i></p>	<p>Taking &amp; Receiving Direction N Star -<b>Dreams and Goals</b> Dreams from other cultures Inspiring people related to own goals Setting Milestones -<b>Dreams and Goals</b> <u>Jigsaw Lessons</u> When I Grow Up, Jobs and Careers, Dream Jobs, Support Each Other P.23 When I Grow Up (My Dream Lifestyle) P.35 Why I want it and the steps to get there P.41 Describing Dreams and Goals P.23 Recognising Me</p> <p><u>SEAL</u> Planning to Reach A Goal, Conflict Resolution Reflect on my own dreams</p> <p><u>Compass Lessons</u> NSW (Super Bright North Star, Warrior Spirit, Inspirational People) Strategy, Emotional Resilience, Warrior (Positive Affirmations) Ethos, Leadership and Managing Conflict (Compass for Life – Sheet 20) Managing Conflict and Emotional Resilience, Warrior Introduction to Politics (Compass for Life Sheet 27 and 28) Paired &amp; Team Work <b>Relationships</b> Codes of Conduct Getting on and Falling Out Decision Making Team Effectiveness – <b>Relationships</b> Disagreement &amp; Conflict Looking Ahead to Secondary School</p>	<p>Try New Things Work Hard Concentrate Push Oneself Imagine Improve Understand Others Not Give Up</p>	<p>Practise using 6 Hats thinking in team work and problem solving</p>

## Year 6 Personal Development

Social & Emotional Aspects of learning Incl. Mindfulness	Relationships, Sex & Health Education Incl. physical and mental health	British Values Democracy, Rule of Law, Individual Liberty, Mutual Respect and Tolerance	Responsible, Respectful and Active Citizenship Incl. E-Safety	Compass for Life	Chris Quigley Essentials Curriculum	Six Thinking Hats
<p><b>Being me in My World</b> My Year ahead Lesson 1 p 47</p> <p><b>Being me in My World</b> Learning Charter Lesson 4 p 67</p> <p><b>Being me in My World</b> Being a Global Citizen Lesson 2 p 57</p> <p><b>Being me in My World</b> Being a Global Citizen Lesson 3 p 63</p> <p>Class Values (Ethos) CfL Sheet 26</p> <p><b>Celebrating Difference</b> Am I Normal? Lesson 1 p 27</p> <p><b>Celebrating Difference</b> Power Struggles Lesson 3 p 35 Why Bully? Lesson 4 p 39</p> <p><b>Changing me</b> Self Image Lesson 1 p 31 Puberty Lesson 2 p 37 (Conscious Connection – Science – Human Lifecycles)</p> <p><b>Healthy Me</b> Emotional and Mental Health Lesson 5 p 61 Stress Lesson 6 p 65 Emotional Resilience CfL Sheet 33 &amp; 34</p> <p><b>Relationships</b> Relationship Web Lesson 1 p 23 (Conscious Connection – R.E. Circles of Belonging) Asking for Help CfL p 51 (Conscious Connection – Protective Behaviours) Love and Loss Lesson 2 p 27 Lesson 3 p 31 (Conscious Connection – Transition – Loss in wider context)</p>	<p><b>Changing me</b> Self Image Lesson 1 p 31 Puberty Lesson 2 p 37 (Conscious Connection – Science – Human Lifecycles)</p> <p><b>Healthy Me</b> Drugs Lesson 2 p 39 Alcohol Lesson 3 p 49 (Conscious Connection – Science – Circulatory System) Emergency Aid Lesson 4 p 55 Emotional and Mental Health Lesson 5 p 61 Stress Lesson 6 p 65 Emotional Resilience CfL Sheet 33 &amp; 34</p> <p><b>Relationships</b> Relationship Web Lesson 1 p 23 (Conscious Connection – R.E. Circles of Belonging) Asking for Help CfL p 51 (Conscious Connection – Protective Behaviours) Warrior Spirit – Famous People CfL p 95 Love and Loss Lesson 2 p 27 Lesson 3 p 31 (Conscious Connection – Transition – Loss in wider context) Technology – eSafety Lesson 5 p 43 Lesson 6 p 49</p>	<p><b>Being me in My World</b> Being a Global Citizen Lesson 2 p 57 Lesson 3 p 63 (Conscious Connection – Geography – Global Issues – Plastics/Deforestation)</p> <p><b>Celebrating Difference</b> Am I Normal? Lesson 1 p 27</p> <p><b>Celebrating Difference</b> Understanding Disability Lesson 2 p 31 Celebrating Difference Lesson 5 &amp; 6 p45 &amp; p 49</p> <p><b>Healthy Me</b> Drugs Lesson 2 p 39 Alcohol Lesson 3 p 49 (Conscious Connection – Science – Circulatory System)</p>	<p><b>Being me in My World</b> My Year ahead Lesson 1 p 47</p> <p><b>Being me in My World</b> Learning Charter Lesson 4 p 67</p> <p><b>Being me in My World</b> Being a Global Citizen Lesson 2 p 57</p> <p><b>Being me in My World</b> Being a Global Citizen Lesson 3 p 63</p> <p><b>Celebrating Difference</b> Understanding Disability Lesson 2 p 31 Celebrating Difference Lesson 5 &amp; 6 p45 &amp; p 49</p> <p><b>Celebrating Difference</b> Power Struggles Lesson 3 p 35 Why Bully? Lesson 4 p 39</p> <p><b>Healthy Me</b> Drugs Lesson 2 p 39 Alcohol Lesson 3 p 49 (Conscious Connection – Science – Circulatory System) Emergency Aid Lesson 4 p 55</p> <p><b>Relationships</b> Technology – eSafety Lesson 5 p 43 Lesson 6 p 49</p>	<p>Review Ashfield Journey (map) Termly</p> <p>Responsibilities as leaders Managing conflict Effective leadership – top buddy -CfL workshop training (Yr6) in order to become Compass Navigators Class Values (Ethos) CfL Sheet 26 p 74 My Values (Ethos) CfL Sheet 26 p 76 Leaders &amp; Rules in society Teamwork and Becoming a Good Leader CfL Sheet 53</p> <p><b>Dreams &amp; Goals</b> Short Term Milestones -CfL Sheet 14 Wests Cardinal – Warrior CfL Sheet 30 (Conscious Connection – Chris Quigley)</p> <p>Emotional Resilience CfL Sheet 33 &amp; 34</p> <p>Asking for Help CfL p 51 (Conscious Connection – Protective Behaviours) World Leaders Warrior Spirit – Famous People CfL p 95</p> <p>Map for Secondary School –N Star Super North Star – Onward Navigation Rucksack for Secondary school CfL Sheet 38 (Transition WST and T Time)</p>	<p>Try New Things Work Hard Concentrate Push Oneself Imagine Improve Understand Others Not Give Up</p>	<p>Practice using 6 Hats thinking across the curriculum and in Top Buddy Role</p>