

Barrow Personal Development Curriculum 2023-24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE/RSE	Me and My Relationships	Valuing Differences	Keeping Myself Safe	Rights and Responsibilities	Being my Best	Growing and Changing
'My Happy Mind' Wellbeing Wednesdays 	Meet Your Brain Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mind-set is a key part of this too.	Celebrate Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self esteem.	Appreciate Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to wellbeing and resilience and we're all about making it a habit!		Relate Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.	Engage Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self esteem and resilience too.
British / School Value 	The Rule of Law & Democracy Love & Kindness	Mutual respect and tolerance Respect & Peace	Mutual respect and tolerance/ The Rule of Law Respect & Trust	Individual liberty The Rule of Law Forgiveness	Individual liberty Love & Kindness <i>How well are you prepared for life in modern Britain?</i>	Democracy Individual liberty Love & Trust
Big Questions Collective Worship 	Are rules important? How can we make sure that everyone's voice is heard, and we all work together to make our school be the best it can be?	Why is it important to remember? How can we use hope, peace, joy and love from Advent to help us in our daily lives and when we face challenges?	WWJD What Would Jesus Do?	How can we connect with our faith or spirituality during Lent? What do the events of Holy Week teach us about sacrifice, resilience, and the importance of hope in the face of challenges?	How can we live out our school vision in all we do? How well are you prepared for life in modern Britain?	Who is your role model?
Celebrating Diversity 	British values Competition Black History Month	Bethany Project Visit Dress to Express	Multicultural book tasting event Places of Worship visit for all children	Neurodiversity Day	BARROWFEST	Barrow Diversity Quilt - Sewing Beel PRIDE
Helping others 	Children in Need Ribble Valley Foodbank Visit Litter Picking with Ludo	Nursing home visit - Christmas Sing a long Ribble Valley Foodbank Visit Litter Picking with Ludo	Ribble Valley Foodbank Visit Litter Picking with Ludo	Ribble Valley Foodbank Visit Litter Picking with Ludo	Ribble Valley Foodbank Visit Litter Picking with Ludo	Ribble Valley Foodbank Visit Litter Picking with Ludo