



Personal Development Department Year 1 Overview 2024-25

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.

Autumn Term

Year One	Week	W/C	Unit Title	Lesson Themes
PD Autumn				
	1	02/09/2024	<p style="text-align: center;">Team (Friendship)</p> <p style="text-align: center;">Caring for others (Understanding different religions.)</p>	Settling in- school policies, e-safety/ AUP, PD ground rules. Being part of a team, Circle time rules
	2	09/09/2024		Looking after each other Listening
	3	16/09/2024		Unkind behaviour / Hinduism Raksha Bandhan
	4	23/09/2024		The good Samaritan Christianity
	5	30/09/2024		Digital Wellbeing Awareness Week
	6	07/10/2024		Being kind/kind behaviour on the playground / Langar Sikhism
	7	14/10/2024		Making sensible choices / Be My Guest Islam
			October Half Term	
	8	04/11/2024	<p style="text-align: center;">Gifts and Giving</p> <p style="text-align: center;">Aiming High</p>	Postive learning attitudes /What is Eid al-Fitr?
	9	11/11/2024		How is Eid al-Fitr Celebrated
	10	18/11/2024		AntiBullying Awareness Week
	11	25/11/2024		Eid al-Fir Presents responsibility and ambition
	12	02/12/2024		What is Christmas? future goals
	13	09/12/2024		Christianity - Christmas presents looking forward to the new year
			Christmas Holidays	Christianity - Christmas story Circle time

Spring term

Year One	Week	W/C	Unit Title	Lesson Themes
PD Spring				
	14	06/01/2025	Religions and Rituals Be Yourself	Marvelous me and being kind to yourself what are rituals
	15	13/01/2025		Understanding different feelings Salat
	16	20/01/2025		Things I like Puja
	17	27/01/2025		Well-being Awareness Week - Healthy Habits focus
	18	03/02/2025		Uncomfortable feelings Holy communion
	19	10/02/2025		Speaking up to explain feelings Comparing Rituals
			February Half Term	
	20	24/02/2025	Easter It's my Body	Palm Sunday Circle Time
	21	03/03/2025		Maundy Thursday Clean as a whistle
	22	10/03/2025		Good Friday My Body My Business*
	23	17/03/2025		Easter Surprises Active
	24	24/03/2025		Easter Sunday Healthy Food
	25	31/03/2025		Equality Awareness Week - Gender Roles focus
	26	07/04/2025		Celebrating Easter Keeping clean
				Easter Holidays

Summer term

Year One	Week	W/C	Unit Title	Lesson Themes
PD Summer				
	27	28/04/2025	It's My Body Friendship	I can choose Christianity David & Jonathon
	28	05/05/2025		Healthy Choices Poster 12 special friends
	29	12/05/2025		Cultural Awareness Eek
	30	19/05/2025		Circle time Who are my friends?
			May Half Term	
	31	02/06/2025	Britain Places of Worship	My Community Synagogue
	32	09/06/2025		My Neighbourhood Hindu Mandir
	33	16/06/2025		Transition into Y2

Please note that lesson themes and dates are subject to change.

Social, Moral, Spiritual and Cultural (SMSC)

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

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