**St Breock Personal Development Overview**

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|  | **Jigsaw Theme**  **Fundamental British Values**  **Toolkit for Learning, Love & Laughter**  **Physical Skill – KS2**  **5 Ways to Wellbeing** | **Wk1**  **Celebrating people who….** | **Wk2**  **Celebrating people who….** | **Wk3**  **Celebrating people who….** | **Wk4**  **Celebrating people who….** | **Wk5**  **Celebrating people who….** | **Wk6**  **Celebrating people who….** |
| **H**  **E**  **L**  **P**  **I**  **N**  **G**  **H**  **A**  **N**  **D**  **S** | **Aut 1**  Being Me in My World  Determination  Mutual Respect  Passing & Moving  **Connect** | Help  Others to feel welcome | Try to make our school community a better place | Think about everyone’s right to learn | Care about others feelings | Work well with others | Choose to follow the learning charter |
| **Aut 2**  Celebrating differences  Equality  Rule of Law  Attacking & Defending  **Keep Learning** | Accept that everyone is different | Include others when working and playing | Know how to help if someone is unhappy | Try to solve problems | Try to use kind words | Know how to give and receive compliments |
| **Spr 1**  Dreams and Goals  Inspiration  Individual Liberty  Flexibility, control & balance  **Take Notice** | Stay motivated when doing something challenging | Keep trying even when it is difficult | Work well with a partner or in a group | Have a positive attitude | Help others to achieve their goals | Are working hard to achieve their own dreams and goals |
| **Spr 2**  Healthy me  Excellence  Tolerance  Strength & technique  **Be Active** | Have made a healthy choice | Have eaten a healthy balanced diet | Have been physically active | Have tried to keep themselves and others safe | Know how to be a good friend and enjoy healthy friendships | Know how to keep calm and deal with difficult situations |
| **Summer 1**  Relationships  Friendship  Democracy  Striking & Fielding  **Connect** | Know how to make friends | Try to solve friendship problems when the occur | Help others to feel part of a group | Show respect in how they treat others | Know how to help themselves or others when the feel upset or hurt | Know and show what makes a good relationship |
| **Summer 2**  Changing me  Courage  Democracy  Personal best  **Give** | Understand that everyone is unique and special | Can express how they feel when change happens | Understand and respect the changes that they see in themselves | Understand and respect the changes that they see in other people | Know who to ask for help if they are worried about change | Looking forward to change |