

Cambridgeshire Primary Personal Development Programme • Years 3 and 4 Framework			
Myself & My Relationships Beginning and Belonging <ul style="list-style-type: none"> What is my role in making my school a place where we can learn happily and safely? RR How can we build relationships in our class and how does this benefit me? CF What does it feel like to be new or to start something new? MW How can I help children and adults feel welcome in school? RR What helps me manage a new situation or learn something new? MW Who are the different people in my network who I can ask for help? BS 	<ul style="list-style-type: none"> Ground rules / class charters Responsibilities Belonging New situations Meeting new people Resilience Managing feelings Asking for help Networks of support 	Citizenship Rights, Rules & Responsibilities <ul style="list-style-type: none"> What does it mean to be treated and to treat others with respect? RR Who are those in positions of authority within our school and communities and how can we show respect? RR Why do we need rules at home and at school? RR What part can I play in making and changing rules? What do we mean by rights and responsibilities? What are my responsibilities at home and at school? How do we make democratic decisions in school? What is a representative and how do we elect them? 	
Myself & My Relationships My Emotions <ul style="list-style-type: none"> Why is it important to accept and feel proud of who we are? RR What does the word ‘unique’ mean and what do I feel proud of about myself? RR Why is mental wellbeing as important as physical wellbeing? MW How can I communicate my emotions? MW Can I recognise some simple ways to manage difficult emotions? MW What does it mean when someone says I am “over reacting” and how do I show understanding towards myself and others? MW How do my actions and feelings affect the way I and others feel? MW How do I care for other people’s feelings? MW Who can I talk to about the way I feel? MW How can I disagree without being disagreeable? RR 	<ul style="list-style-type: none"> Self-respect Mental wellbeing Communicating emotions Self-care Diverse emotions/ responses Care & respect for others Seeking support 	Myself & My Relationships Family and Friends <ul style="list-style-type: none"> How do good friends behave on and offline and how do I feel as a result? OR What is a healthy friendship and how does trust play an essential part? CF What skills do I need for choosing, making and developing friendships and how effective are they? CF How can I help to resolve disagreements positively by listening and compromising? CF Can I empathise with other people in a disagreement? CF How can I check with my friends that their personal boundaries have not been crossed? BS How do my family members help each other to feel safe and secure even when things are tough? FP Who is in my network of special people now and how do we affect and support each other? FP 	<ul style="list-style-type: none"> Developing friendships On and offline friendships Emotions in relationships Trustworthiness Special people and networks Compromise Empathy Conflict resolution Personal boundaries Networks of support
Citizenship Working Together <ul style="list-style-type: none"> What am I good at and what are others good at? What new skills would I like or need to develop? How well can I listen to other people? RR How do I ask open questions? RR How can I share my views and opinions effectively? RR How can different people contribute to a group task? How can I persevere and overcome obstacles to my learning? CF How can I work well in a group? CF What is useful evaluation? How do I give constructive feedback and receive it from others? RR 	<ul style="list-style-type: none"> Recognising and valuing strengths Developing skills Steps towards goals Effective communication Questioning skills Problem solving and perseverance Decision making Communication and group work skills Evaluating Feedback 	Myself & My Relationships Anti-bullying <ul style="list-style-type: none"> How are falling out and bullying different? CF How do people use power when they bully others? RR What are the key characteristics of different types of bullying? RR How can lack of respect and empathy towards others lead to bullying? RR What is the difference between direct and indirect forms of bullying? RR What are bystanders and followers and how might they feel? MW Do I understand that bullying might affect how people feel for a long time? MW How can I support people I know who are being bullied by being assertive? RR How does my school prevent bullying and support people involved? RR 	<ul style="list-style-type: none"> Falling out Prejudiced-based bullying Respect Direct and indirect bullying Cyberbullying Bystanders and followers Being supportive Getting help
Citizenship Diversity and Communities <ul style="list-style-type: none"> What have we got in common and how are we different? RR How might others’ expectations of girls and boys affect people’s feelings and choices? RR How are our families the same and how are they different? FP Do people who live in my locality have different traditions, cultures and beliefs? RR How does valuing diversity benefit everyone? RR Why are stereotypes unfair and how can I challenge them? RR How do people in my locality benefit from being part of different groups? MW What are the roles of people who support others with different needs in my community? MW How does the media work in my community? MW How can we care for the local environment and what are the benefits? What do animals need, and what are our responsibilities? 	<ul style="list-style-type: none"> Similarities and differences People in the community People with different backgrounds Stereotypes Roles in the community Local environment Animal welfare Role of the media 	Economic Wellbeing Financial Capability <ul style="list-style-type: none"> What different ways are there to earn and spend money? What do saving, spending and budgeting mean to me? How can I decide what to spend my money on and choose the best way to pay? What might my family have to spend money on? What is ‘value for money’? How do my feelings about money change? How do my choices affect my family, the community, the world and me? 	<ul style="list-style-type: none"> Understanding large amounts of money Sources of money Saving and spending Cash versus money Keeping track of money Value for money Impact of choices Charities Emotions
Healthy & Safer Lifestyles Managing Safety and Risk <ul style="list-style-type: none"> How do I feel in risky situations and how might my body react? MW Can I make decisions in risky situations and might my friends affect these decisions? When might I meet adults I don’t know & how can I respond safely? BS What actions could I take in an emergency or accident and how can I call the emergency services? BFA What are the benefits of using the roads and being near water and how can I reduce the risks? MW How is fire risky and how can I reduce the risks? How do I keep myself safe during activities and visits? How can I stop accidents happening at home and when I’m out? 	<ul style="list-style-type: none"> Emotions in risky situations Dealing with pressure in risky situations Reactions to risk Taking action in an emergency Road safety Fire safety Beach safety Safety near waterways Safety during activities and visits Preventing accidents in familiar settings 	Healthy & Safer Lifestyles Drug Education <ul style="list-style-type: none"> What medical & legal drugs do I know about, and what are their effects? DAT Who uses and misuses legal drugs? DAT Why do some people need medicine and who prescribes it? DAT What are immunisations and have I had any? HP What are the safety rules for storing medicine and other risky substances? DAT What should I do if I find something risky, like a syringe? DAT What do I understand about how friends and the media persuade and influence me? CF 	<ul style="list-style-type: none"> Medicines and legal drugs People who use medicines & legal drugs Rules for safe storage Finding risky items Influence of friends and media Immunisations
Healthy & Safer Lifestyles Digital Lifestyles <ul style="list-style-type: none"> How might my use of technology change as I get older, and how can I make healthier and safer decisions? OR How does my own and others’ online identity affect my decisions about communicating online? OR How might people with similar likes & interests get together online? OR Can I explain the difference between “liking” and “trusting” someone online? OR What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact? OR When looking at online content, what is the difference between opinions, beliefs and facts? OR Why is it important to ration the time we spend using technology and/or online? ISH How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it? ISH Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making? ISH 	<ul style="list-style-type: none"> Benefits of technology Being healthier & safer Online identity Online contact Liking & trusting Mental wellbeing Reliability of online content Age restrictions Asking for help 	Healthy & Safer Lifestyles Personal Safety <ul style="list-style-type: none"> How do I recognise my own feelings and communicate them to others? MW Which school/classroom rules are about helping people to feel safe? RR Can I recognise when my Early Warning Signs are telling me I don’t feel safe? BS What qualities do trusted adults and trusted friends have? CF Who is on my personal network and how can I ask them for help? BS What could I do if I feel worried about a friendship or family relationship? BS What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? BS How can I decide if a secret is safe or unsafe? BS How can I keep safe online? BS 	<ul style="list-style-type: none"> Identifying and communicating feelings School/classroom rules Early Warning signs Identifying trusted adults Personal networks Safety continuum Recognising and reporting unkind behaviour Bodily autonomy Personal boundaries Safe, unsafe and unwanted touch Safe and unsafe secrets Online safety
Healthy & Safer Lifestyles Relationships and Sex Education <ul style="list-style-type: none"> How are male and female bodies different and what are the different parts called? BS When do we talk about our bodies, how they change, and who do we talk to? BS What can my body do and how is it special? Why is it important to keep myself clean? HP What can I do for myself to stay clean and how will this change in the future? HP How do different illnesses and diseases spread and what can I do to prevent this? HP 	<ul style="list-style-type: none"> Male and female bodies Talking about bodies Valuing the body’s uniqueness & capabilities Responsibilities for hygiene Preventing spread of illnesses 	Healthy & Safer Lifestyles Relationships and Sex Education <ul style="list-style-type: none"> What are the main stages of the human life cycle? Science How did I begin? Sex Education What does it mean to be ‘grown up’? CAB What am I responsible for now and how will this change? CAB How do different caring, stable, adult relationships create a secure environment for children to grow up? FP 	<ul style="list-style-type: none"> Stages of human life cycle Seed+egg Being grown up My responsibilities Families’ responsibilities Caring families
Healthy & Safer Lifestyles Healthy Lifestyles <ul style="list-style-type: none"> What does healthy eating and a balanced diet mean? HE What is an active lifestyle and how does it help me to be healthier? PHF What is mental wellbeing and how is it affected by my physical health? MW How much sleep do I need & what happens if I don’t have enough? HP How do nutrition and physical activity work together? How can I plan and prepare simple, healthy meals safely? HE How can I look after my teeth and why is it important? HP Who is responsible for my lifestyle choices and how are these choices influenced? 	<ul style="list-style-type: none"> Eatwell Guide Basic food hygiene & preparation Active Lifestyles Mental wellbeing Sleep Influences on lifestyle choices Dental care Leisure activities 	Myself & My Relationships Managing Change <ul style="list-style-type: none"> What changes have I and my peers already experienced and what might happen in the future? What helps me when I’m experiencing strong emotions due to loss or change? MW What strategies help me to thrive when my friendships change? MW How might I behave when I feel strong emotions linked to loss and change? MW How might people feel when loved ones or pets die, or they are separated from them for other reasons? What changes might people welcome and how can they plan for these? 	<ul style="list-style-type: none"> Range of experiences of change Positive changes Emotions involved in loss and change Taking responsibility for choices Confidence in new situations People I see, people I don’t see Bereavement
Relationships Education: • FP Families & People who care for me • CF Caring Friendships • RR Respectful Relationships • OR Online Relationships • BS Being Safe Health Education: • MW Mental Wellbeing • IS Internet Safety & Harms • PHF Physical Health & Fitness • HE Healthy Eating • DAT Drugs, Alcohol & Tobacco • HP Health & Prevention • BFA Basic First Aid • CAB Changing Adolescent Body			
Bold text & initials = main link		Initials only = contributes to	