

Uplands Personal Development offer

<p>Personal development area: Citizenship Development of Character</p>	
<p><u>Year 3</u></p> <p>Jigsaw unit of work “Being Me” Emotional literacy skills are practised through Jigsaw PSHE units Trick box -15 tricks Art of Brilliance: Play to your strengths (Children celebrate something they are good at. Share strengths/skills/talents with their class.) Bouncebackability: Resilience in Maths day (March) World Wide well-being videos across the year 1-20</p>	<p><u>Year 4</u></p> <p>Jigsaw unit of work “Being Me” Emotional literacy skills are practised through Jigsaw PSHE units Trick box -18 tricks Art of Brilliance : Do it better than you have to (List 30 things we take for granted. Super Hero poster – what things can you do better than you have to in order to make you a Super Hero?) Bouncebackability: Resilience in Maths day (March) World Wide well-being videos across the year 21-40</p>
<p><u>Year 5</u></p> <p>Jigsaw unit of work “Being Me” Emotional literacy skills are practised through Jigsaw PSHE units Opportunity to apply to be part of Trick box pupil leadership team Trick box -21 tricks Art of Brilliance: Take personal responsibility (10 ingredients for life) Bouncebackability: Resilience in Maths day (March) World Wide well-being videos across the year 41-60 COMING SOON: Sept 2023 Year 5 team building days in new class groupings</p>	<p><u>Year 6</u></p> <p>Jigsaw unit of work “Being Me” Emotional literacy skills are practised through Jigsaw PSHE units Trick box team Trick box -24 tricks Art of Brilliance: Huge Unbelievably Great Goals (set your goals for life and steps to achieve them) Bouncebackability: Resilience in Maths day (March) World Wide well-being videos across the year 61-80</p>

Whole school

- All classes are taught about the convention on the rights of a child and we are a Rights Respecting school. **GOLD assessment February 2023**
- School engages with UNICEF “Outright” campaign each year in every year group. Theme for 2022 was “Right to health”
- Emotional literacy skills (self-awareness, social skills, empathy, motivation and managing feelings) practised through the Jigsaw PSHE scheme
- School uses “Trick Box” emotional regulation scheme from Y3-6 supported by Trick box pupil leadership group
- The Art of Brilliance principles are taught from Y3-6 in the focus week each Spring but are regularly revisited in assemblies, and termly activities promoted by the “Being Brilliant” committee. School subscribes to the “Brilliant schools” website to support work in this area
- Whole school termly assembly cycle features themes to support the teaching of citizenship and character development
- Random Acts of Kindness day across school each November led by Being Brilliant committee