

Personal Development Learning (PDL) at Droxford Junior School

PDL at Droxford comprises all aspects of children's learning around personal, social, health and economic education as well as approaches and tools to complement their understanding and empathy for their own self-awareness and wellbeing. Our PDL curriculum develops learning and builds on knowledge as children move through the school, preparing them to be global citizens. They will develop emotional intelligence and the ability to articulate their feelings in order to maintain good mental health as well as understanding the importance of their physical health. We will give children the knowledge to be able to make informed choices to stay safe, both in the physical and online world. Using their skills for learning, the children will become resilient, flexible learners, knowledgeable for the future.

Our children learn in themes – relationships; living in the wider world and health and wellbeing. Year 3 / 4 children enjoy learning that engages them in themes around families and friendships, building and sustaining healthy relationships both in real life and online. Children go onto further examine feelings, experiences and ways of supporting others. They also spend time understanding how to assess information online, how to challenge stereotypes and thinking about what can affect physical and mental health and wellbeing. Year 3 and 4 supplement their health education with links to first aid knowledge and, across the two-year cycle, learn how to identify risks in different areas.

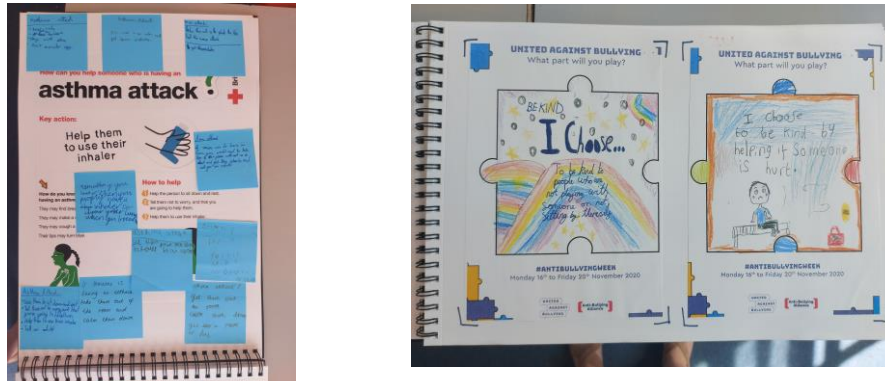
Children in Years 5 and 6 follow the same spiral curriculum, designed around respectful relationships and learning around prejudice and discrimination as well as healthy sleep habits, wellbeing and resilience. Children spend time understanding what mental health is and how to take care of it. They also learn about valuing diversity. Year 5 / 6 children build on the lower school learning around risk taking, and focus on assessing and evaluating choices in relation to relationships, work and money. Children learn how to be assertive in conflicts and to resist pressure in decision making. Within every year group, we focus on relationship education primarily and integrate teaching of physical and emotional changes. Themes are an embedded part of the curriculum taught through other lessons, such as History or English.

PDL is also an important part of whole school life and assemblies are used as an opportunity to stimulate and challenge children's spiritual, moral, social and cultural curiosity through taking part in initiatives such as Anti-Bullying week, Children's Mental Health Week and Safer Internet Day. We follow a whole school approach to the understanding and teaching of the Zones of Regulation (Leah Kuypers), a framework for building self-regulation tools. We also embed meaningful texts into lessons, through the use of the *No Outsiders* curriculum, which uses rich picture book texts to promote discussion around diversity and identity:

Examples of texts from *No Outsiders* curriculum.



In PDL, outcomes will be shared in a whole class journal. This will contain examples of written work, photographs, reflections and class discussions from the children to show how they have progressed in their understanding of themselves and their place as a citizen of their community and wider society. These journals will also reflect enrichment opportunities, such as our many trips and residential experiences, music and theatre performances and visiting experts.



Examples of our PDL learning journal pages.

Within school, children and adults will be respectful towards each other and be tolerant of religious and cultural differences; applying the British Values of Democracy, mutual respect, tolerance, the rule of law and liberty. As children move through the school, they will develop positive and healthy relationships with their peers, which will help them now and in the future. Children will feel prepared for challenges they may come across as they move through their learning journey.