

# Personal Development Coverage KWS

## PSHE

### Self Awareness

1. Things we are good at
2. Kind and unkind behaviours
3. Playing and working together
4. People who are special to us
5. Getting on with others

### Safeguarding, Self Care and Support

1. Taking care of ourselves
2. Keeping safe
3. Trust
4. Keeping safe online
5. Public and Private

### Managing Feelings

1. Identifying and expressing feelings
2. Managing strong feelings

### Changing and Growing

1. Baby to adult
2. Changes at puberty
3. Dealing with touch
4. Different types of relationships

### Healthy Lifestyles

1. Healthy Eating
2. Taking care of physical health
3. Keeping well

### The world we live in

1. Respecting differences between people
2. Jobs people do
3. Rules and laws
4. Taking care of the environment
5. Belonging to a community
6. Money

## SMSC & BV

School Council  
Advocacy  
Tolerance  
Democracy  
Respect  
Youth Parliament  
Votes

Pupil Voice  
Signs of the Week  
Diversity Week  
Star of the Week

Eco Council  
Sustainability  
Environmental Issues

Citizenship  
NCS  
Religious Education

Parents Group  
(Friday)

SALT  
Little Chatterboxes  
Lego Club  
Sign of the Week

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Little Chatterboxes  
Lego Club  
Sign of the Week

## Mental Well Being

Pastoral Support  
MH Training  
ST MH Champions

Weekly Departmental  
Meetings  
CPD

Whole School Safe-  
guarding  
PREVENT  
Encompass  
County Lines

Therapeutic Inter-  
ventions  
Music Therapy  
Art Therapy

Hello Yellow  
WMHD  
Mental Health Week  
Blue Monday

Poverty Proofing

Medical and Inclusion  
Officer

Staff Well Being  
Groups  
Yoga  
Choir  
Running Club C25K  
Circuit Training  
KWS Bake Off  
Book Club

## CEIAG

Prep for Adulthood

Careers Day

Work Experience  
Placements  
Internal/ External

Parents meetings

Compass +

Connexions Adviser

Vocational Accreditation  
ASDAN/ Employability

Business Breakfast

Work Experience  
Awards

Talking Transition Event

Transition to Post 19  
Providers

## Physical Development

PE Offer  
2 hours of High quality  
PE

Leisure and Hobbies  
14-19

Duke of Edinburgh  
Physical  
Expedition

Inter School Competition  
Wanderers

Adaptive Surf Sessions  
Durham Cricket  
Sunderland AFC

Extra Curricular Sports  
Clubs  
Football  
Judo  
Multisport's (Smile  
through Sport)  
Swimming

Sports Crew  
Leadership  
Sports Mark Gold

Swimming  
WSA  
Fitness Suite / Gym

Hydrotherapy  
Rebound Therapy  
Physio therapy  
Occupational Therapy

## Cultural Capital

Enterprise  
Café  
Termly Fairs

Duke of Edinburgh  
Volunteering  
Skills

Residential Experiences  
Thurston  
Whitby  
Kielder

Charity Work  
Hebburn Helps  
Ukraine Appeal  
Harvest Festival  
Children in need

National Days  
Remembrance Day  
VE Day

Outdoor Learning  
Garden Classroom  
Allotment  
John Muir Award

OAA  
Simonside Outdoor Adventure

Poverty Proofing  
Breakfast Club

Educational Visits  
Primary PD  
Junior Duke Award