

## Personal Development Curriculum Planning 2025

At Sutherland House School we aim to support all our students to gain the skills and experiences needed for them to lead confident, safe, healthy, and independent lives within the modern society. Our overall intent is for each pupil to engage, achieve and makes the most personal progress they can too enable a fulfilled and as independent life as possible.

### Aims

Our personal development curriculum aims to:

- Foster self-awareness, self-esteem, and self-confidence.
- Develop students' understanding of themselves, their relationships with others, and their place in the wider world.
- Encourage students to express their feelings and communicate effectively.
- Provide opportunities for students to make choices and decisions affecting their health and wellbeing.
- Support students in developing social skills and forming positive relationships.

### Implementation Overview

#### Educational Health Plans

All students have an individualised Education plan (IEP), which is embedded through personalised targeted sessions and wider school activities. Teachers work closely with onsite Speech and Language and Occupational Therapist to maximise our learner's potential towards these outcomes but too also ensure outcomes are meaningful and individualised for each student.

#### RSHE

PHSCE and RSE is embedded within our curriculum and is delivered in group sessions and/or targeted 1:1 intervention. This may be delivered by our PHSCE teacher and/or trained staff. For some of our students, there are meaningful opportunities to apply these skills within the wider community.

#### Careers

Our Careers lead works closely with all teachers across school to ensure there are opportunities to engage in experiences that develop skills and prepare our students for adulthood. This includes preparing for next steps, work experience and 1:1 careers guidance.

#### Preparation For Adulthood

All students have access to 2 weekly sessions of PFA. One sessions to focus on EHCP outcomes or outcomes related to the students next steps.

#### Active Living

Our Active living teacher delivers taught lessons across the school and supports our students to engage in wider opportunities including regular sporting events, access to our school allotment and DoV.

## **Fundamental British Values, Spiritual, Moral, social and cultural development**

At Sutherland House School we aim to actively promote British Values in our school to ensure young people leave school prepared for life in modern Britain. We achieve this through our school values, broad and balanced curriculum with and enrichment activities and community involvement, which promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society and by promoting and reinforcing the fundamental British values.

Pupils across all pathways continue to attend and join in the Implementation of weekly assemblies, linked to weekly themes associated with SMSC and British values. Topics covered range and vary to ensure a broad and balanced offering for learning and personal development. Termly theme days, signs of the week and educational trips provide opportunities to extend this learning outside of the classroom.

The Key Values are:

- Democracy
- Rule of law
- Individual liberty
- Mutual respect
- Tolerance of those of different faiths and beliefs

We aim to ensure that our pupils:

- Explore beliefs, experience and faiths, feelings and values; enjoy learning about ourselves, others and the surrounding world; use imagination and creativity and reflect on experiences
- Recognise right and wrong and respect the law; understand consequences; investigate moral and ethical issues and offer reasoned views
- Use a range of social skills to participate in the local community and beyond; appreciate diverse viewpoints; participate, volunteer and cooperate; resolve conflict
- Appreciate cultural influences; appreciate the role of Britain's parliamentary system; participate in culture opportunities; understand, accept, respect and celebrate diversity
- Be part of a system where everyone plays an equal part
- Learn that all people and institutions are subject to and accountable for their actions and behaviour
- Be free to express views or ideas
- To respect and tolerate the opinions or behaviour of others
- Pupils are encouraged to regard people of all faiths, races and cultures with respect and tolerance and understand that while different people may hold different views about what is 'right' and 'wrong', all people living in England are subject to its law.



Autumn One	Week 1 01/09	Week 2 08/09	Week 3 15/09	Week 4 22/09	Week 5 29/09	Week 6 06/10	Week 7 13/10
Parent Events			Coffee Afternoon		Understanding RSE and EHCP's		
Termly Topic Purple and Primary	Seasons						
Weekly School Theme	Welcome Back to School	National Video Games	World First Aid Day	Rosh Hashanah	Black History Month	World Animal Day	Diwali
Cross Curricular Links	RSHE	RSHE/ICT/Careers	PFA/Science	Humanities/RSHE	History/RSHE	Science/PFA	Humanities/RSHE
Feel Good Friday Class Lead	Class 1	Class 2	Class 4	Class 12	Class 3	Class 6	Class 8
Curriculum Theme Days/Planned Educational Trips	Activity					Link	
	Student Council					Pupil voice Led	
	Pupils Mini First Aid training					First Aid Day	
	Yearly School Trip to Alton Towers					School Trip	
	Zoo Lab					World Animal Day	
	Jeans for Genes					Jeans for Genes Awareness	
	Video Game Trip					National Video Games Day	
	Hindu Temple					Diwali	
Enrichment Offer	Monday	Tuesday	Wednesday		Thursday		Friday
	Dance Equation	Horse Riding Assembly	Gymnastics		Music Hub		Swimming Feel Good Friday

Autumn Two	Week 1 03/11	Week 2 10/11	Week 3 17/11	Week 4 24/11	Week 5 01/12	Week 6 08/12	Week 7 15/12
Parent Events		After School Disco		Parents Evening			Sutherland House School Production
Termly Topic Purple and Primary	Healthy Bodies						
Weekly School Theme and Assembly	Bonfire Night	Anti Bullying Week	World Road Safety Week	Thanksgiving	Opportunities in our local community	Hannukah	Christmas around the world
Cross Curricular Links	PFA/RSHE	PFA/RSHE	PFA/RSHE	Humanities/RSHE	Careers/RSHE	Humanities/RSHE	Humanities/RSHE
Feel Good Friday Class Lead	Class 1	Class 2	Class 4	Class 12	Class 3	Class 6	Class 8
Curriculum Theme Days/Planned Educational Trips	Activity					Link	
	Student Council					Pupil voice Led	
	Children In Need/Superhero Day					Personal Development/Community	
	Show Racism the Red Card					Anti Bulling Week	
	Christmas Jumper Day					Christmas	
	Road safety and cycle training					Road safety/Preparing for Adulthood	
	Pantomime visits school -Robin hood					Arts	
	Production					Performing Arts	
	Nottingham Liberal Synagogue					Religious Education/Community	
	Christmas Dinner					Christmas	
Enrichment Offer	Monday	Tuesday	Wednesday		Thursday	Friday	
	Dance Equation	Horse Riding Assembly	Gymnastics		Music Hub	Swimming Feel Good Friday	

Spring One	Week 1 05/01	Week 2 12/01	Week 3 19/01	Week 4 26/01	Week 5 2/01	Week 6 09/02	HALF TERM
Parent Events			Lunch with your child		Online QandA Exams		
Termly Topic Purple and Primary	Our World						
Weekly School Theme	New Year Celebrations	RSPB's Big Schools' Birdwatch	World Religions Day	Burns Night	Children’s Mental Health Week	Safer Internet Day/Understanding Exams	
Cross Curricular Links	Humanities/RSHE	Science/Humanities	Humanities/RSHE	History/English	RSHE/PFA	ICT/RSHE	
Feel Good Friday Class Lead	Class 1	Class 2	Class 4	Class 12	Class 3	Class 6	
Curriculum Theme Days/Planned Educational Trips	Activity					Link	
	Student Council					Pupil voice Led	
	Attenborough Nature Reserve					Science/Animals/Community RSPB’s Big Schools’ Birdwatch	
	Gurdwara/Buddhist temple					Religious Education/Community World Religions Day	
	Bamboozle					Arts	
	Positive Social					ICT/E-Safety Safer Internet Day	
Enrichment Offer	Monday	Tuesday		Wednesday		Thursday	Friday
	Dance Equation	Horse Riding Assembly		Gymnastics		Music Hub	Swimming Feel Good Friday

Spring Two	Week 1 23/02	Week 2 02/03	Week 3 09/03	Week 4 16/03	Week 5 23/03	HALF TERM	HALF TERM
Parent Events		School Talent show			Easter Bonnet Parade		
Termly Topic Purple and Primary	Clothes						
Weekly School Theme	British Values	World Book Day (5/3)	Careers Week	Science Week	Eid (26/3)		
Cross Curricular Links	RSHE/Preparing for Adulthood	English	Careers/RSHE	Science	Humanities		
Feel Good Friday Class Lead	Class 1	Class 2	Class 4	Class 12	Class 3		
Curriculum Theme Days/Planned Educational Trips	Activity					Link	
	Student Council					Pupil voice Led	
	Careers Day at SHS					Careers Day	
	World book day					World book Day	
	<a href="#">St Mary’s Church Nottingham</a>					Lent	
	Crazy Professor					Science	
	Magna Science Centre					Science	
Enrichment Offer	Monday	Tuesday		Wednesday	Thursday		Friday
	Dance Equation	Horse Riding Assembly		Gymnastics	Music Hub		Swimming Feel Good Friday

Summer One	Week 1 13/04	Week 2 20/04	Week 3 27/04	Week 4 04/05	Week 5 11/05	Week 6 18/05	HALF TERM	
Parent Events		Parent QandA Understanding Positive Behaviour Support			Parents Evening	Picnic in the park		
Termly Topic Purple and Primary	Space							
Weekly School Theme	Easter	Earth Day	National Walking Month (May)	Fair Trade Day	RSE Day	Recycling Day		
Cross Curricular Links	Humanities/RSHE	Humanities/Science	PE/Science	Humanities/RSHE	RSHE	Humanities/RSHE		
Feel Good Friday Class Lead	Class 1	Class 2	Class 4	Class 12	Class 3	Class 6		
Curriculum Theme Days/Planned Educational Trips and events	Activity					Link		
	Picnic in the park					Community		
	SCARF					RSE Day		
	National Justice					Humanities		
	Warning Zone					Safety/Community/RSHE		
	School talks - Just Like Us (LGBTQ+ Charity)					Pride Month/Community/RSHE		
	The Big orchester performance					Music/Arts		
Enrichment Offer	Monday	Tuesday		Wednesday		Thursday		Friday
	Dance Equation	Horse Riding Assembly		Gymnastics		Music Hub		Swimming Feel Good Friday



Summer Two	Week 1 1/6	Week 2 8/6	Week 3 15/6	Week 4 22/6	Week 5 29/6	Week 6 6/7	Week 7 13/7
Parent Events		Parent Q&A Meet your new teacher		Transition into adulthood Event			Summer Fair/Art Expo
Termly Topic Purple and Primary							
Weekly School Theme	Pride month	Safety Week	Great Big Green Week	Learning Disability week	Healthy Eating Week	Picnic Week	Disability awareness day
Cross Curricular Links	RSHE/Community	RSHE	Humanities/Science	RSHE/Preparing for Adulthood	Science/RSHE	Community/Preparing for Adulthood	RSHE/Preparing for Adulthood
Feel Good Friday Class Lead	Class 1	Class 2	Class 4	Class 12	Class 3	Class 6	Class 8
Curriculum Theme Days/Planned Educational Trips	Activity					Link	
	Student Council					Communication and community	
	Summer Fair and Art Expo					Community /PFA	
	DJ workshops					Music and Arts	
	Transitions into adulthood Event					PFA	
	DofV					Active living/PFA	
	Sports Day					Healthy Eating Week	
Enrichment Offer	Monday	Tuesday		Wednesday		Thursday	Friday
	Dance Equation	Horse Riding Assembly		Gymnastics		Music Hub	Swimming Feel Good Friday

## Notts Inclusive Sports Events & Festival Calendar 2025/26

<b>Yr 10/11 Mega Fest</b> (Dodgeball, Handball, Kurling) Thursday 18 <sup>th</sup> September & 2 <sup>nd</sup> October 10am – 12pm Venue – Harvey Hadden Sports Village
<b>KS 3/4 Team Relay Challenge</b> Tuesday 23 <sup>rd</sup> September, 10:30am – 11:30am Venue – Harvey Hadden Stadium
<b>Yr 8/9 Mega Fest</b> (Dodgeball, Handball, Kurling) Tuesday 14 <sup>th</sup> October & 11 <sup>th</sup> November 10am -12pm Venue – Harvey Hadden Sports Village
<b>Yr 10/11 Inclusive Dodgeball Festival</b> Thurs 13 <sup>th</sup> & Tues 25 <sup>th</sup> November – 10am – 12pm Venue – Harvey Hadden Sports Village
<b>Yr 8/9 Inclusive Dodgeball Festival</b> Tues 9 <sup>th</sup> & Thurs 18 <sup>th</sup> December– 10am – 12pm Venue – Harvey Hadden Sports Village
<b>KS 4 Inclusive Handball Festival</b> Thursday 15 <sup>th</sup> & Tuesday 20 <sup>th</sup> January– 10am – 12pm Venue – Harvey Hadden Sports Village
<b>NEW!!Yr 7 Mega Fest</b> (Dodgeball, Handball, Kurling) Tuesday 3 <sup>rd</sup> February – 10am – 12pm Venue – Harvey Hadden Sports Village
<b>KS 3 Inclusive Handball Festival</b> Tuesday 3 <sup>rd</sup> & Thursday 12 <sup>th</sup> March– 10am – 12pm Venue – Harvey Hadden Sports Village
<b>KS3 /4 Boccia Festival</b> Thursday 23 <sup>rd</sup> April – 10am – 12pm Venue – Harvey Hadden Sports Village
<b>NEW!! Yr 7 Dodgeball Festival</b> Tuesday 12 <sup>th</sup> May – 10am – 12pm Venue – Harvey Hadden Sports Village
<b>KS3/4 Kurling Festival</b> Thursday 11 <sup>th</sup> June – 10:00am – 12pm Venue – Harvey Hadden Sports Village
<b>KS 3 Sportshall Athletics Festival</b> Tuesday 16 <sup>th</sup> June – 10:00am – 12pm Venue – Harvey Hadden Sports Village