

Personal Development Programmes of Study

Children will have opportunities to...

Being a risk taker...

Bronze

Try new things with the help of others.

Join in with familiar activities.

Concentrate on things of interest.

Silver

Try new things when encouraged.

Enjoy new experiences.

Show curiosity about objects, events, and people.

Talk about new experiences with others.

Engage in open ended activity.

Gold

Enjoy new things and take opportunities whenever possible.

Find things to do that give energy.

Use all senses to explore the world around them.

Being resourceful...

Work hard with the help of others.

Enjoy the results of effort in areas of interest.

Take encouragement from others in areas on interest.

Enjoy working hard in a range of activities.

Reflect on how effort leads to success.

Begin to encourage others to work hard.

Have fun working hard.

Understand the benefits of effort and commitment.

Continue to practise even accomplished.

Encourage others by pointing out how their efforts gain results.

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Children will have opportunities to...

Being resilient...

Bronze	Silver	Gold
Express doubts and fears.	Begin to understand why some activities feel uncomfortable.	Show a can do attitude.
Explain feelings in an uncomfortable situation.	Show willingness to overcome fears.	Seek challenge.
Begin to push past fears, with encouragement.	Push past fears and reflect upon the emotions they felt afterwards.	Take a risk, engaging in new experiences, and learning by trial and error.
Listen to people who try to help.	Begin to take encouragement and advice from others.	Find ways to push past doubts, fears, or a drop in motivation even in challenging circumstances.
Begin to try to do something more than once.	Keep trying after a first attempt.	Listen to others who encourage and help, thanking them for their advice.

Being imaginative...

With help, develop ideas.	Represent their experiences in play.	Generate lists of ideas.
Respond to the ideas of others.	Begin to enjoy having new ideas.	Show a willingness to be wrong.
Respond to questions about ideas.	Show some enthusiasm for the ideas of others.	Know which ideas are useful and have value.
Act on some ideas.	Ask some questions in order to develop ideas.	Act on ideas.
Pretend objects are things from their experience.	Show enjoyment in trying out ideas.	Ask lots of questions.
		Take on a role in their play.
		Act out their experiences with other people.

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Children will have opportunities to...

Being reciprocal...

Bronze

Show an awareness of someone who is talking.

Show an understanding that one's own behaviour affects other people.

Listen to other people's point of view.

Silver

Listen to others, showing attention.

Think of the effect of behaviour on others before acting.

Show the ability to stick at an activity (or a club or interest).

Describe the points of view of others.

Gold

Listen first to others before trying to be understood.

Change behaviours to suit different situations.

Describe and understand the points of view of others.