



PERSONAL DEVELOPMENT Curriculum Maps: Two/Three Yearly Cycles

KEYSTAGE 2

Managing Feelings (Identifying and expressing feelings, Managing strong feelings) Travel and Homeskills (taught through each year)

	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Year A	Self-Awareness 1. Things we are good at 2. Kind and unkind behaviours 3. Playing and working together World I live in 3. Rules and Laws	Self-Care, Support and Safety 1. Taking care of ourselves 2. Keeping safe	Changing and Growing 1. Baby to adult 2. Changes at puberty	Healthy Lifestyles 1. Healthy Eating 3. Keeping well	The World I Live In 1. Respecting differences between people	The World I Live In 6. Money
Year 2	Self-Awareness 4. People who are special to us 5. Getting on with others World I Live in 2. Jobs people do 3. Rules and Laws	Self-Care, Support and Safety 3. Trust 4. Keeping safe online 5. Public and Private	Changing and Growing 3. Dealing with touch 4. Different types of relationships	Healthy Lifestyles 2. Taking care of physical health 3. Keeping well	The World I Live In 5. Belonging to a community	The World I Live In 4. Taking care of the environment

KEYSTAGE 3

	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Managing Feelings (Zones) 1. Self Esteem (C&G 3). Friendships SA 2. Skills for Learning	The World I Live In 1. Human Diversity SA 3. Prejudice and discrimination (BLM Movement)	Changing & Growing 1. Puberty SC 6. Public and private	Self-Awareness (careers week link) TW 6. Managing Finances (Maths)	Self-care, keeping safe TW 5. Preparing for adulthood TW 7. Home Skills	Healthy Lifestyles 1. Elements of a healthy lifestyle 2. Mental Well Being
Year 2	Managing Feelings (Zones) 2. Strong Feelings 3. (C&G 4) Romantic Relationships/feelings & Consent	The World I Live In 2. Rights and Responsibilities SC 4. Keeping safe online 2. Managing online information	Changing & Growing 2. Positive unhealthy relationships	Self-Awareness (careers week link) 4. Managing Pressure	Self-care, keeping safe 1. Feeling unwell 2. Feeling frightened and worried	Healthy Lifestyles 3. Physical Activity 4. Healthy Eating 5. Body Image
Year 3	Managing Feelings (Zones) 4. (C&G 3) Expectations of friendships, relationships/abuse	The World I Live In 3. Taking care of the environment 6. Travel	Changing & Growing (C&G 5) Long Term Relationships	Self-Awareness (careers week link) SC 5. Emergency Situations SC 3. Accidents and Risks	Self-care, keeping safe 7. Gambling 2. Feeling frightened and worried	Healthy Lifestyles 6. Medicinal drugs 7. Drugs, alcohol & tobacco

KEYSTAGE 4

	Autumn		Spring		Summer	
Year 1	Preparation for Work – (ACC)	Rights and Responsibilities – (ACC)	Healthy Living (ACC)			
	The World I Live In WILI 2: Rights and Responsibilities WILI 5: Preparing for Adulthood		Healthy Lifestyles HL7: Drugs, Alcohol and Tobacco		Changing and Growing CG1 Puberty CG4 Romantic relationships, consent and contraception CG5 Long term relationships and Parenthood	
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Year 2	Managing Social Relationships – (ACC)	Managing Money – (ACC)	Personal Development (ACC)	Health and Safety in the Home and in the Community (ACC)	Health and Safety in the Home and in the Community (ACC)	
	The World I live In WILI 6: Managing Finances		Self-Awareness SA 3 Prejudice and Discrimination SA4 Managing Pressure		Self-care, Support and Safety SSS4: Keeping Safe Online SSS5: Emergency Situations SSS6: Public and Private	
	Self-Awareness SA 4: Managing Pressure		Self-care, Support and Safety SSS1: Feeling Unwell SSS 2: Feeling Frightened/Worried			
	Self-care, Support and Safety SSS7: Gambling					