

**Personal Development (PD) curriculum map 2025/26**

KS2		Autumn	Spring	Summer
Year 5	Half term 1 (2 hours of lesson)	<p><b>Relationships (RSE) - Respect and bullying:</b></p> <p>Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination.</p> <p>PoS refs: H42, R19, R20, R21, R29, R30,R31, R32, R33, R34, L8, L9, L10</p>	<p><b>Relationships (RSE) - Staying safe:</b></p> <p>Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety, including FGM</p> <p>PoS refs: H42, H43, R22, R24, R25, R26,R27, R29, R31, L2, L11</p>	<p><b>Health &amp; Wellbeing - Substances:</b></p> <p>Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws.</p> <p>PoS refs: H37, H38, H40, H44, H45,H46, H47, H48, R29, L1</p>
	Half term 2 (2 hours of lesson)	<p><b>Health &amp; Wellbeing - Mental wellbeing:</b></p> <p>Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others.</p> <p>PoS refs: H15, H16, H17, H18, H19,H20, H21, H22, H24</p>	<p><b>Wider World - Careers:</b></p> <p>Career types; challenging career stereotypes; Enterprise project</p> <p>PoS refs: R32, L9, L26, L27, L28, L29,L30, L31, L32</p>	<p><b>Health &amp; Wellbeing - Keeping active:</b></p> <p>Benefits of a balanced lifestyle; Balancing internet use; How physical activity affects wellbeing.</p> <p>PoS refs: H1, H2, H3, H7, H12, H13,H16, H38</p>

KS2		Autumn	Spring	Summer
Year 6	Autumn 1 (2 hours of lesson)	<p><b>Wider World - Personal Identity:</b></p> <p>What contributes to who we are; Personal strengths; Interests; Setting goals; Managing setbacks; New opportunities and responsibilities.</p> <p>PoS refs: H25, H26, H27, H28, H29,H35, R32, L25, L26</p>	<p><b>Health &amp; Wellbeing - Health and hygiene:</b></p> <p>Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunisation.</p> <p>PoS refs: H1, H2, H3, H6, H9</p>	<p><b>Wider World - Media literacy:</b></p> <p>How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling.</p> <p>PoS refs: H37, H38, H42, R29, L1, L11,L12, L13, L14, L16, L23</p>
	Autumn 2 (2 hours of lesson)	<p><b>Health &amp; Wellbeing - Puberty and reproduction:</b></p> <p>Menstrual wellbeing; Managing the changes of puberty;Developing independence; How a baby is made.</p> <p>PoS refs: H17, H31, H33, H34, L3</p>	<p><b>Relationships (RSE) - Managing change:</b></p> <p>Developing friendship skills Changing and ending friendships; Managing change, loss and bereavement; Sources of support.</p> <p>PoS refs: H16, H23, H24, H36, R30, L4</p>	<p><b>Relationships (RSE) - Friendships and staying safe:</b></p> <p>Opportunities to connect online; The nature of online- only friendships; Reporting harmful content and contact; Staying safe online.</p> <p>PoS refs: H37, H38, H41, H42, R1, R12,R18, R22, R23, R24, R25, R27, R29, L11,L15, L16</p>

KS3		Autumn	Spring	Summer
Year 7	1 hour lesson	<b>Relationships (RSE)</b> <ol style="list-style-type: none"> <li>1. Introduction to PD</li> <li>2. Positive qualities</li> <li>3. Friendships</li> <li>4. Coping with feelings</li> <li>5. Regret</li> <li>6. Appearance ideals</li> <li>7. Social media</li> <li>8. Gender stereotypes</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>1. Rules &amp; Fairness</li> <li>2. Democracy</li> <li>3. Individual differences</li> <li>4. Tolerance</li> <li>5. Rule of Law</li> </ol>	<b>Health &amp; Wellbeing (TBC)</b> <ol style="list-style-type: none"> <li>1. Becoming an entrepreneur</li> <li>2. Idea/ design</li> <li>3. Costs</li> <li>4. Profit</li> <li>5. Presentations</li> <li>6. Presentations</li> </ol>
	½ hour form time	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Feelings</li> <li>2. Help &amp; support</li> <li>3. Secondary school advice</li> <li>4. New opportunities</li> <li>5. Attitudes to learning</li> <li>6. A healthy diet</li> <li>7. Exercise</li> <li>8. My lifestyle choices 1</li> <li>9. My lifestyle choices 2</li> <li>10. Drug awareness</li> <li>11. The effects of drugs</li> <li>12. The effects of alcohol</li> <li>13. The effects of smoking</li> <li>14. Addiction</li> </ol>	<b>Relationships (SRE)</b> <ol style="list-style-type: none"> <li>15. Different family structures</li> <li>16. Stereotypes within the family</li> <li>17. Healthy/ unhealthy family relationships</li> <li>18. Feelings toward puberty</li> <li>19. Values</li> <li>20. My Values</li> <li>21. Friends: what's important to me?</li> <li>22. Relationship &amp; sexual attraction</li> <li>23. Love &amp; the media</li> <li>24. Intimacy &amp; consent</li> <li>25. Recognising risks</li> <li>26. Sharing images online</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>27. Rights &amp; responsibilities online</li> <li>28. Trustworthy information</li> <li>29. Who are you?</li> <li>30. Identity &amp; differences</li> <li>31. Stereotypes</li> <li>32. What is LGBTQ+</li> <li>33. Identifying LGBTQ+</li> <li>34. Prejudice &amp; discrimination</li> <li>35. Homophobia</li> <li>36. Celebrating diversity</li> <li>37. Who influences me?</li> <li>38. Social media</li> <li>39. Personal Development (PD) form time Evaluation.</li> </ol>

KS3		Autumn	Spring	Summer
Year 8	1 hour lesson	<b>Relationships (RSE)</b> <ol style="list-style-type: none"> <li>1. Introduction to PD</li> <li>2. Good / Bad relationships</li> <li>3. Bullying or banter</li> <li>4. Bereavement</li> <li>5. Attitudes towards sex</li> <li>6. Delaying sex</li> <li>7. Contraception</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>1. Consent</li> <li>2. Gender equality</li> <li>3. Positive masculine qualities</li> <li>4. Sexting</li> <li>5. County Lines</li> <li>6. Antisocial behaviour 1</li> <li>7. Antisocial behaviour 2</li> <li>8. knife crime</li> </ol>	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Alcohol effects on the body</li> <li>2. Alcohol misuse</li> <li>3. Drugs risks/ effects</li> <li>4. Drug effects on the body</li> <li>5. Asserting control</li> </ol>
	½ hour form time	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Keeping safe</li> <li>2. Road hazards</li> <li>3. Road safety</li> <li>4. Defining peer pressure</li> <li>5. Peer pressure in action</li> <li>6. Surviving peer pressure</li> <li>7. Quiz: what would you do?</li> <li>8. Mental health: myths &amp; truths</li> <li>9. Emotions</li> <li>10. Thoughts, feelings &amp; emotions</li> <li>11. Managing grief &amp; loss</li> <li>12. Growth mindset</li> <li>13. Resilience</li> </ol>	<b>Relationships (SRE)</b> <ol style="list-style-type: none"> <li>14. Online safety</li> <li>15. Social media</li> <li>16. Reducing risks</li> <li>17. Getting help</li> <li>18. Self esteem</li> <li>19. Different committed relationships</li> <li>20. Family relationships/ happiness</li> <li>21. Coping with divorce/ break ups</li> <li>22. Trustworthy sources</li> <li>23. Valuing differences 1</li> <li>24. Valuing differences 2</li> <li>25. Identifying as LGBTQ+</li> <li>26. Respect</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>27. Intolerance</li> <li>28. Rights &amp; responsibilities</li> <li>29. Differences &amp; discrimination</li> <li>30. 1st aid training 1</li> <li>31. 1st aid training 2</li> <li>32. 1st aid training 3</li> <li>33. Needs &amp; wants</li> <li>34. Needs versus wants</li> <li>35. Debt, interest &amp; payments</li> <li>36. Budgeting</li> <li>37. Earnings</li> <li>38. The money quiz</li> <li>39. Personal Development (PD) form time Evaluation.</li> </ol>

KS3		Autumn	Spring	Summer
Year 9	1 hour lesson	<b>Relationships (RSE)</b> <ol style="list-style-type: none"> <li>1. Antisocial behaviour</li> <li>2. Conflict management</li> <li>3. Sexting</li> <li>4. Myths &amp; reality of Pornography</li> <li>5. Pornography stereotypes</li> <li>6. Child exploitation</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>1. Social Media</li> <li>2. Digital footprint</li> <li>3. Misinformation</li> <li>4. Fake News</li> <li>5. Targeted Advertising</li> <li>6. Online Grooming</li> <li>7. How laws are made &amp; why we need new laws</li> </ol>	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Screen time</li> <li>2. What is privilege?</li> <li>3. Smoking &amp; vaping</li> <li>4. Personal safety/ 1st aid</li> <li>5. CPR</li> </ol>
	½ hour form time	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Criteria for a healthy lifestyle</li> <li>2. Diet</li> <li>3. Exercise</li> <li>4. Different drug classes</li> <li>5. Drugs &amp; peer pressure</li> <li>6. Drugs &amp; being a teenager</li> <li>7. Alcohol</li> <li>8. Risky behaviours</li> <li>9. Cigarettes</li> <li>10. Addiction</li> <li>11. Understanding yourself</li> <li>12. GCSE options</li> <li>13. Understanding 9-1 grades, EBACC &amp; AP</li> </ol>	<b>Relationships (SRE)</b> <ol style="list-style-type: none"> <li>14. Your values</li> <li>15. Friendship</li> <li>16. Friends or gang</li> <li>17. Bullying</li> <li>18. Respect 1</li> <li>19. Respect 2</li> <li>20. Identity</li> <li>21. Gender identity</li> <li>22. Sex, consent &amp; the law</li> <li>23. Sex myths</li> <li>24. Contraception</li> <li>25. Sexually transmitted infections</li> <li>26. Domestic violence/ abuse</li> </ol>	<b>Wider world</b> <ol style="list-style-type: none"> <li>27. Media representations of relationships</li> <li>28. Social media safety</li> <li>29. Safe online footprint</li> <li>30. Support with online issues</li> <li>31. Sharing/ viewing of indecent images</li> <li>32. Criminal behaviours</li> <li>33. LGBTQ+ 1</li> <li>34. LGBTQ+ 2</li> <li>35. Transgender</li> <li>36. Skills employability</li> <li>37. Jobs</li> <li>38. Skills for jobs 1</li> <li>39. Skills for jobs 2</li> </ol>

KS4		Autumn	Spring	Summer
Year 10	½ hour form time 76 lessons	<p><u>2x 30 minute lesson a week</u></p> <p><b>Health &amp; Wellbeing</b></p> <ol style="list-style-type: none"> <li>Being resilient</li> <li>Study - key skills</li> <li>Getting support</li> <li>Understanding grade sheets</li> <li>Mental ill health</li> <li>Lifestyle choices &amp; mental health</li> <li>Services for mental health</li> <li>Positive/ negative role models</li> <li>Celebrity role models</li> <li>Media representation of drugs</li> <li>Drug use</li> <li>Identities</li> <li>LGBTQ+</li> </ol> <p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Roles in the family</li> <li>Family structures</li> <li>Roles &amp; responsibilities of parents/ guardians</li> <li>The law &amp; relationships</li> <li>Respect, romance &amp; love</li> <li>Relationship stress</li> <li>Breaking up</li> <li>Coercive relationships</li> <li>Sex myths revisited</li> <li>Contraception 1</li> <li>Contraception 2</li> <li>Sexual exploitation</li> <li>Rape</li> </ol>	<p><b>Wider world</b></p> <ol style="list-style-type: none"> <li>British law</li> <li>Harassment &amp; victimisation</li> <li>Pornography</li> <li>Gambling</li> <li>Knife crime</li> <li>County lines</li> <li>Money management</li> <li>Types of debts &amp; loans</li> <li>Tackling stress</li> <li>Who is JCQ?</li> <li>Resilience again!</li> <li>Different careers that use English</li> <li>Different careers that use maths</li> </ol> <p><u>1 hour lesson over 2x 30 minutes</u></p> <p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Body shaming</li> <li>Positive masculinity</li> <li>Consent &amp; Rape</li> <li>Sexual health</li> <li>Unwanted pregnancy/ Choices</li> <li>Miscarriage/ Ectopic pregnancy</li> </ol>	<p><b>Wider world</b></p> <ol style="list-style-type: none"> <li>Incel</li> <li>Risk taking</li> <li>Revenge Porn</li> <li>Online fraud</li> <li>Gambling</li> <li>Role Models</li> <li>CPR - recap</li> </ol>

KS4		Autumn	Spring	Summer
Year 11	1 hour lesson	<p><b>Wider world</b></p> <ol style="list-style-type: none"> <li>What are my post 16 options?</li> <li>What are employability skills?</li> <li>How do I present myself well in person and in job interviews?</li> <li>How can I make the most of my post 16 interviews?</li> <li>What are apprenticeships?</li> <li>How can we prepare for adult life?</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Incel &amp; sub culture</li> <li>Fertility &amp; Family structures</li> <li>Teen pregnancy &amp; Parenthood</li> </ol> <p><b>Health &amp; Wellbeing (TBC)</b></p> <ol style="list-style-type: none"> <li>Grief &amp; loss</li> <li>CPR/ AED recap training</li> <li><i>Well being - happiness</i></li> </ol>	<u>Year 11 revision &amp; exams</u>
	½ hour form time	<p><b>Wider world</b></p> <ol style="list-style-type: none"> <li>What are the physical and emotional effects of stress?</li> <li>Why do I need to be respectful to the people who work in school?</li> <li>What are British values?</li> <li>How does social media shape the way we see the world—and what might we be missing?</li> <li>What does the term radicalisation mean?</li> <li>What can I do to help someone who has been radicalised?</li> <li>How can I be exploited?</li> <li>What might the consequences be of sharing personal information online?</li> </ol> <p><b>Health &amp; Wellbeing</b></p> <ol style="list-style-type: none"> <li>Why is sleep so important?</li> <li>Why is it important to stop and breathe?</li> <li>What are energy drinks?</li> <li>Why is vaping bad for you?</li> <li>What is mindset and why is it important?</li> </ol>	<ol style="list-style-type: none"> <li>What is wrong with getting a buzz?</li> <li>What should I do in an emergency?</li> </ol> <p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>What does consent look like?</li> <li>What is stealthing?</li> <li>What is the difference between trolling, harassment and stalking?</li> <li>What does 'being ready for sex' mean?</li> <li>Should I think about STI's when in a relationship?</li> <li>What are the risks of sharing sexual images?</li> <li>What are the choices when pregnant?</li> <li>How does watching porn distort people's ideas of normal sexual behaviours?</li> <li>What is forced marriage?</li> <li>What can I do to prepare myself for revising?</li> </ol>	<u>Year 11 revision &amp; exams</u>

KS5		Autumn	Spring	Summer
Year 12	½ hour form time every week	<b>Relationships (RSE)</b> <ol style="list-style-type: none"> <li>1. Porn</li> <li>2. Fertility</li> <li>3. Contraception</li> <li>4. Sexual Health</li> <li>5. STIs</li> <li>6. Parenthood</li> </ol>	<b>Health &amp; Wellbeing</b> <ol style="list-style-type: none"> <li>1. Alcohol safety</li> <li>2. Substance misuse</li> <li>3. Cannabis</li> <li>4. Effects of drugs</li> <li>5. Classifications</li> <li>6. LSD</li> <li>7. Ecstasy</li> </ol>	<b>Wider world (TBC)</b> <ol style="list-style-type: none"> <li>1. Diversity and equality</li> <li>2. Masculinity</li> <li>3. Knife crime</li> <li>4. Managing frustration</li> <li>5. Holiday safety</li> </ol>

KS5		Autumn	Spring	Summer
Year 13	½ hour form time every week	<b>Wider world (TBC)</b> <ol style="list-style-type: none"> <li>1. Tax</li> <li>2. Banking</li> <li>3. Employment Paperwork</li> <li>4. Debt</li> <li>5. Insurance</li> <li>6. Trade Unions</li> </ol> <b>Relationships (RSE)</b> Visit from Terrence Higgins Trust /iCash	<b>Health &amp; Wellbeing (TBC)</b> <ol style="list-style-type: none"> <li>1. Depression</li> <li>2. Channelling stress</li> <li>3. Exam stress</li> <li>4. Anxiety</li> <li>5. Phobias</li> <li>6. Sleep hygiene</li> <li>7. Emotional wellbeing</li> </ol>	<b>Health &amp; Wellbeing (TBC)</b> Emotional wellbeing  <b>Wider world (TBC)</b> Resilience Life after Sixth Form