

Personal Development (PD) curriculum map 2026/27

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

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

KS3		Autumn	Spring	Summer
Year 7	1 hour lesson	Relationships (RSE) 1. Introduction to PD 2. Positive qualities 3. Friendships 4. Coping with feelings 5. Regret 6. Appearance ideals 7. Social media 8. Gender stereotypes 9. Review of lessons	Wider world 1. Rules & Fairness 2. Democracy 3. Human rights 4. Tolerance 5. Rule of Law	Health & Wellbeing 1. Personal hygiene 2. Dental health 3. Navigating the medical system 4. Prescription medication 5. Screening 6. Vaccination
	½ hour form time	Health & Wellbeing 1. Feelings 2. Help & support 3. Secondary school advice 4. New opportunities 5. Attitudes to learning 6. A healthy diet 7. Exercise 8. My lifestyle choices 1 9. My lifestyle choices 2 10. Drug awareness 11. The effects of drugs 12. The effects of alcohol 13. The effects of smoking 14. Addiction	Relationships (SRE) 15. Different family structures 16. Stereotypes within the family 17. Healthy/ unhealthy family relationships 18. Feelings toward puberty 19. Values 20. My Values 21. Friends: what's important to me? 22. Relationship & sexual attraction 23. Love & the media 24. Intimacy & consent 25. Recognising risks 26. Sharing images online	Wider world 27. Rights & responsibilities online 28. Trustworthy information 29. Who are you? 30. Identity & differences 31. Stereotypes 32. What is LGBTQ+ 33. Identifying LGBTQ+ 34. Prejudice & discrimination 35. Homophobia 36. Celebrating diversity 37. Who influences me? 38. Social media 39. Personal Development (PD) form time Evaluation.

KS3		Autumn	Spring	Summer
Year 8	1 hour lesson	Relationships (RSE) 1. Introduction to PD 2. Good / Bad relationships 3. Bullying or banter 4. Bereavement 5. Attitudes towards sex 6. Delaying sex 7. Contraception	Wider world 1. Consent 2. Gender equality 3. Positive masculine qualities 4. Sexting 5. County Lines 6. Antisocial behaviour 1 7. Antisocial behaviour 2 8. Knife crime	Health & Wellbeing 1. Alcohol effects on the body 2. Alcohol misuse 3. Drugs risks/ effects 4. Drug effects on the body 5. Asserting control
	½ hour form time	Health & Wellbeing 1. Keeping safe 2. Road hazards 3. Road safety 4. Defining peer pressure 5. Peer pressure in action 6. Surviving peer pressure 7. Quiz: what would you do? 8. Mental health: myths & truths 9. Emotions 10. Thoughts, feelings & emotions 11. Managing grief & loss 12. Growth mindset 13. Resilience	Relationships (SRE) 14. Online safety 15. Social media 16. Reducing risks 17. Getting help 18. Self esteem 19. Different committed relationships 20. Family relationships/ happiness 21. Coping with divorce/ break ups 22. Trustworthy sources 23. Valuing differences 1 24. Valuing differences 2 25. Identifying as LGBTQ+ 26. Respect	Wider world 27 Intolerance 28 Rights & responsibilities 29 Differences & discrimination 30 Needs & wants 31 Needs versus wants 32 Debt, interest & payment 33 Budgeting 34 Earnings 35 The money quiz 36 First aid 1 37 First aid 2 38 First aid quiz 39 Evaluation

KS3		Autumn	Spring	Summer
Year 9	1 hour lesson	Relationships (RSE) 1. Antisocial behaviour 2. Conflict management 3. Sexting 4. Myths & reality of Pornography 5. Pornography stereotypes 6. Child exploitation	Wider world 1. Social Media 2. Digital footprint 3. Misinformation 4. Fake News 5. What is Ai? 6. Online Grooming 1 7. Online Grooming 2	Health & Wellbeing 1. Screen time 2. Smoking & vaping 3. Personal safety/ 1st aid 4. CPR 5. Looking ahead to Y10
	½ hour form time	Health & Wellbeing 1. Criteria for a healthy lifestyle 2. Diet 3. Exercise 4. Different drug classes 5. Drugs & peer pressure 6. Drugs & being a teenager 7. Alcohol 8. Risky behaviours 9. Cigarettes 10. Addiction 11. Understanding yourself 12. GCSE options 13. Understanding 9-1 grades, EBACC & AP	Relationships (RSE) 14. Your values 15. Friendship 16. Friends or gang 17. Bullying 18. Respect 1 19. Respect 2 20. Identity 21. Gender identity 22. Sex, consent & the law 23. Sex myths 24. Contraception 25. Sexually transmitted infections 26. Domestic violence/ abuse	Wider world 27. Media representations of relationships 28. Social media safety 29. Safe online footprint 30. Support with online issues 31. Sharing/ viewing of indecent images 32. Criminal behaviours 33. LGBTQ+ 1 34. LGBTQ+ 2 35. Transgender 36. Skills employability 37. Jobs 38. Skills for jobs 39. Role models and masculinity

KS4		Autumn	Spring	Summer
Year 10	Moring form time lessons	Health & Wellbeing 1. Being resilient 2. Study - key skills 3. Getting support 4. Understanding grade sheets 5. Mental ill health 6. Lifestyle choices & mental health 7. Services for mental health 8. Positive/ negative role models 9. Celebrity role models 10. Media representation of drugs 11. Drug use 12. Identities 13. LGBTQ+	Relationships (RSE) 14 Roles in the family 15 Family structures 16 Roles & responsibilities of parents/ guardians 17 The law & relationships 18 Respect, romance & love 19 Relationship stress 20 Breaking up 21 Coercive relationships 22 Sex myths revisited 23 Contraception 1 24 Contraception 2 25 Sexual exploitation 26 Rape 27 Miscarriage/ Ectopic pregnancy	Wider world 28 British law 29 Harassment & victimisation 30 Pornography 31 Revenge Porn 32 Incel 33 Gambling 34 Knife crime 35 County lines 36 Money management 37 Types of debts & loans 38 Tackling stress 39 Resilience again!
	Afternoon form lessons	<u>Afternoon form times:</u> Relationships (RSE) Body shaming Sexual health including FGM Inappropriate use of AI Deep fakes Choices when pregnant Fertility & Family structures	<u>Afternoon form times:</u> Relationships (RSE) Choices Fertility & Family structures Teen pregnancy & Parenthood Wider world Gambling and the law Gambling and gaming Role models	<u>Afternoon form times:</u> Wider world Risk taking Online fraud Positive masculinity Health & Wellbeing Grief & loss <i>Well being – happiness</i> First aid recap

KS4		Autumn	Spring	Summer
	½ hour form time	Wider world 1. What are the physical and emotional effects of stress? 2. Why do I need to be respectful to the people who work in school? 3. What are British values? 4. How does social media shape the way we see the world—and what might we be missing? 5. What does the term radicalisation mean? 6. What can I do to help someone who has been radicalised? 7. How can I be exploited? 8. What might the consequences be of sharing personal information online? Health & Wellbeing 9. Why is sleep so important? 10. Why is it important to stop and breathe? 11. What are energy drinks? 12. Why is vaping bad for you? 13. What is mindset and why is it important?	14. Drugs and alcohol (impacts on decision making) 15. What should I do in an emergency? Relationships (RSE) 16. What does consent look like? 17. What is stealthing? 18. What is the difference between trolling, harassment and stalking? 19. What does ‘being ready for sex’ mean? 20. Should I think about STI’s when in a relationship? 21. What are the risks of sharing sexual images? 22. What are the choices when pregnant? 23. How does watching porn distort people's ideas of normal sexual behaviours? 24. What is forced marriage? 25. What can I do to prepare myself for revising?	<u>Year 11 revision & exams</u>

KS5		Autumn	Spring	Summer
Year 12	½ hour form time every week	Relationships (RSE) 1. Porn 2. Fertility 3. Contraception 4. Sexual Health 5. STIs 6. Parenthood	Health & Wellbeing 1. Alcohol safety 2. Substance misuse 3. Cannabis 4. Effects of drugs 5. Classifications 6. LSD 7. Ecstasy	Wider world (TBC) 1. Diversity and equality 2. Masculinity 3. Knife crime 4. Managing frustration 5. Holiday safety

KS5		Autumn	Spring	Summer
Year 13	½ hour form time every week	Wider world (TBC) 1. Tax 2. Banking 3. Employment Paperwork 4. Debt 5. Insurance 6. Trade Unions Relationships (RSE) Visit from Terrence Higgins Trust /iCash	Health & Wellbeing (TBC) 1. Depression 2. Channelling stress 3. Exam stress 4. Anxiety 5. Phobias 6. Sleep hygiene 7. Emotional wellbeing	Health & Wellbeing (TBC) Emotional wellbeing Wider world (TBC) Resilience Life after Sixth Form