



# Personal Development Learning Map



Year	Autumn		Spring		Summer	
	<u>Being Me In My World</u>	<u>Celebrating Difference</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
<b>Nursery Reception</b>	Self-identity, understanding feelings; being in a classroom; being gentle and rights and responsibilities. <b>RSHE Focus:</b> Caring friendships; Respectful relationships	Identifying talents; being special; families; where we live; making friends and standing up for yourself. <b>RSHE Focus:</b> Families and the people who care for me	Challenges, perseverance; goal-setting; overcoming obstacles; seeking help; jobs and achieving goals. <b>RSHE Focus:</b> Mental wellbeing; Respectful relationships	Exercising bodies; physical activity; healthy food; sleep; keeping clean and safety. <b>RSHE Focus:</b> Being safe, Respectful relationships; Physical health and fitness. Healthy eating	Family life; friendships; breaking friendships; falling out; dealing with bullying and being a good friend. <b>RSHE Focus:</b> Caring friendships Respectful relationships.	Bodies, respecting my body; growing up; growth and change; fun and fears and celebrations. <b>RSHE Focus:</b> Mental wellbeing, Changing body.
<b>Year 1</b>	Feeling special and safe, being part of a class; rights and responsibilities; rewards and feeling proud; consequences and owning the Learning Charter. <b>RSHE Focus:</b> Families and the people who care for me; Mental wellbeing	Similarities and differences; understanding bullying and knowing how to deal with it; making new friends and celebrating the differences in everyone. <b>RSHE Focus:</b> Caring friendships; Respectful relationships; Mental wellbeing	setting goals; identifying successes and achievements; learning styles; working well and celebrating achievement with a partner; tackling new challenges; identifying and overcoming obstacles and feelings of success. <b>RSHE Focus:</b> Mental wellbeing	Keeping myself healthy; healthier lifestyle choices; keeping clean; being safe; medicine and safety/safety with household items, road safety and linking health and happiness. <b>RSHE Focus:</b> Online relationships; Being safe; Respectful relationships; Mental wellbeing; Internet safety and harms	Belonging to a family, making friends/being a good friend; physical contact preferences; people who help us; qualities as a friend and person; self-acknowledgement; being a good friend to myself and celebrating special relationships <b>RSHE Focus:</b> Caring friendships, Respectful relationships, Mental wellbeing	Life cycles – animal and human; changes in me; changes since being a baby; differences between female and male bodies (correct terminology) -linking growing and learning; coping with change and transition <b>RSHE Focus:</b> Changing body
<b>Year 2</b>	Hopes and fears for the year; Rights and responsibilities; Rewards and consequences; Safe and fair learning environment; Valuing contributions; Choices and Recognising feelings. <b>RSHE Focus:</b> Mental wellbeing	Assumptions and stereotypes about gender; Understanding bullying; Standing up for self and others; Making new friend; Gender diversity and Celebrating difference and remaining friends. <b>RSHE Focus:</b> Caring friendships, Respectful relationships, Mental wellbeing	Achieving realistic goals; Perseverance; Learning strengths; Learning with others; Group co-operation and Contributing to and sharing success. <b>RSHE Focus:</b> Online relationships, Mental wellbeing	Motivation; Healthier choices; Relaxation; Healthy eating and nutrition and Healthier snacks and sharing food. <b>RSHE Focus:</b> Being safe, Respectful relationships Mental wellbeing,	Different types of family; Physical contact boundaries; Friendship and conflict; Secrets, Trust and appreciation and Expressing appreciation for special relationships. <b>RSHE Focus:</b> Caring friendships, Respectful relationships, Online relationships	Life cycles in nature; Growing from young to old; Increasing independence; Differences in female and male bodies (correct terminology); Assertiveness and Preparing for transition. <b>RSHE Focus:</b> Changing adolescent body
<b>Year 3</b>	Setting personal goals; self-identity and worth; positivity in challenges; rules, rights and responsibilities, rewards and consequences; responsible choices and seeing things from others' perspectives. <b>RSHE Focus:</b> Mental wellbeing; Caring friendships	Families and their differences; family conflict and how to manage it (child-centred); witnessing bullying and how to solve it; recognising how words can be hurtful and giving and receiving compliments. <b>RSHE Focus:</b> Families and the people who care for me; Caring friendships	Difficult challenges and achieving success; dreams and ambitions; new challenges; motivation and enthusiasm; recognising and trying to overcome obstacles; evaluating learning processes; managing feelings and simple budgeting. <b>RSHE Focus:</b> Mental wellbeing; Physical health and fitness	Exercise, fitness challenges; food labelling and healthy swaps; attitudes towards drugs; keeping safe and why it's important online and off line scenarios; respect for myself and others and healthy and safe choices. <b>RSHE Focus:</b> Online relationships; Being safe; Respectful relationships; Internet safety and harms; Basic First Aid	Family roles and responsibilities; friendship and negotiation; keeping safe online and who to go to for help; being a global citizen; being aware of how my choices affect others; awareness of how other children have different lives and expressing appreciation for family and friends. <b>RSHE Focus:</b> Families and the people who care for me; Caring friendships	How babies grow; understanding a baby's needs; outside body changes; inside body changes; family stereotypes; challenging my ideas and preparing for transition. <b>RSHE Focus:</b> Families and the people who care for me; Caring friendships; Changing adolescent body
<b>Year 4</b>	Being part of a class team; being a school citizen; rights, responsibilities and democracy (Primary Parliament); rewards and consequences; group decision-making; having a voice and what motivates behaviour. <b>RSHE Focus:</b> Respectful relationships; Mental wellbeing	Challenging assumptions; judging by appearance; accepting self and others; understanding influence; understanding bullying; problem-solving; identifying how special and unique everyone is and first impressions. <b>RSHE Focus:</b> Respectful relationships	Hopes and dreams; overcoming disappointment; creating new, realistic dreams, achieving goals; working in a group, celebrating contributions and resilience; positive attitudes. <b>RSHE Focus:</b> Respectful relationships; Internet safety and harms	Healthier friendships; group dynamics; smoking, alcohol; assertiveness; peer pressure and celebrating inner strength. <b>RSHE Focus:</b> Caring friendships; Respectful relationships; Online relationships; Internet safety and harms; Basic First Aid	Jealousy, love and loss; memories of loved ones; getting on and falling out; girlfriends and boyfriends and showing appreciation to people and animals <b>RSHE Focus:</b> Respectful relationships; Online relationships	Being unique; Having a baby; girls and puberty; confidence in change; accepting change; preparing for transition and environmental change <b>RSHE Focus:</b> Being safe; Respectful relationships; Changing adolescent body
<b>Year 5</b>	Planning the forthcoming year; being a citizen; rights and responsibilities; rewards and consequences; how behaviour affects groups and democracy: having a voice and participating.	Cultural differences and how they can cause conflict; racism; rumours and name-calling; types of bullying; material wealth and happiness and enjoying and respecting other cultures.	Future dreams; the importance of money, jobs and careers; dream jobs and how to get there; goals in different cultures; supporting others (charity) and motivation.	Smoking, including vaping; alcohol and anti-social behaviour; emergency aid; body image; relationships with food and healthy choices; motivation and behaviour. <b>RSHE Focus:</b> Online relationships;	Self-recognition and self-worth; building self-esteem; safer online communities; rights and responsibilities online; online gaming and gambling; reducing screen time;	Self- and body image; influence of online and media on body image; puberty for girls, puberty for boys; conception (including IVF); growing responsibility and coping with change; preparing for transition.

	<b>RSHE Focus:</b> Caring friendships; Being safe; Respectful relationships.	<b>RSHE Focus:</b> Online relationships; Caring friendships	<b>RSHE Focus:</b> Respectful relationships; Online relationships; Caring friendships	Being safe; Internet safety and harms; Healthy eating; Basic First Aid	dangers of online grooming and SMARRT internet safety rules. <b>RSHE Focus:</b> Respectful relationships; Internet safety and harms	<b>RSHE Focus:</b> , Caring friendships; Mental wellbeing; Internet safety and harms; Changing adolescent body
<b>Year 6</b>	Identifying goals for the year; global citizenship; children's universal rights; feeling welcome and valued; choices, consequences and reward; group dynamics; democracy, having a voice; anti-social behaviour and role-modelling. <b>RSHE Focus:</b> Being safe; Respectful relationships; Mental wellbeing	Perceptions of normality; understanding disability; power struggles; understanding bullying; Inclusion/exclusion; differences as conflict; difference as celebration and empathy. <b>RSHE Focus:</b> Being safe; Respectful relationships; Mental wellbeing.	Personal learning goals, in and out of school, success criteria: emotions in success; making a difference in the world; motivation; recognising achievements and compliments. <b>RSHE Focus:</b> Mental wellbeing	Taking personal responsibility; how substances affect the body; exploitation including 'county lines' and gang culture; emotional and mental health and managing stress. <b>RSHE Focus:</b> Being safe; Respectful relationships; Mental wellbeing; Basic First Aid	Mental health, Identifying mental health worries and sources of support; love and loss, managing feelings; power and control, assertiveness; technology safety and taking responsibility with technology use. <b>RSHE Focus:</b> Respectful relationships; Mental wellbeing	Self-image, body image, puberty and feelings; conception to birth; reflections about physical attraction; respect and consent; boyfriends/girlfriends; sexting and transition. <b>RSHE Focus:</b> Being safe; Respectful relationships; Caring friendships; Mental wellbeing; Changing adolescent body.

**KS3 & KS4 students study the Personal Development curriculum once a fortnight, with a half-term on each topic area. Within this, there are SMSC and RSHE outcomes which are also taught as part of assemblies and in form time.**

	<b><u>Being Me In My World</u></b>	<b><u>Celebrating Difference</u></b>	<b><u>Dreams and Goals</u></b>	<b><u>Healthy Me</u></b>	<b><u>Relationships</u></b>	<b><u>Changing Me</u></b>
<b>Year 7</b>	Unique me, differences & conflict, my influences, gateway emotions, belonging to a group, peer pressure, child-on-child abuse, online safety, sexting, consequences, online legislation, online identity <b>RSHE Focus:</b> Families, Friendships, Online & Media; Mental Wellbeing	Bullying, prejudice & discrimination (positive and negative). Equality Act, bystanders, stereotyping, challenging influences, negative behaviour and attitudes, assertiveness, importance of being included. <b>RSHE Links:</b> Respectful relationships; Mental Wellbeing.	Celebrating success; identifying goals; employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, county lines, control over your life, exploitation, emergency first aid. <b>RSHE Focus:</b> Mental Wellbeing; Basic First Aid	Stress and anxiety, managing physical activity and mental health, effects of substances, legal consequences, nutrition, sleep, vaccination and immunisation, importance of information on making health choices, physical illness and medicine, mindfulness. <b>RSHE Focus:</b> Mental Wellbeing; Physical Health & fitness; Drugs, alcohol & tobacco; Health and Prevention	Characteristics of healthier relationships, consent, relationships and change, emotions and conflict within friendships, child-on-child abuse, rights and responsibilities, being discerning, assertiveness, sexting, social media vs real life, fake news, authenticity. <b>RSHE Focus:</b> Families; Respectful relationships; Online & Media; Being Safe; Consent; Intimate relationships, including Sexual Health; Mental Wellbeing; Internet Safety	Puberty changes, Reproduction facts, menstrual cycle, responsibilities of parenthood, IVF, types of committed relationships, media and self-esteem, self-image, brain changes in puberty, factors affecting moods, sources of help and support <b>RSHE Focus:</b> Families; Online & Media; Being Safe; Intimate relationships, including sexual health; Mental Wellbeing; Changing Adolescent body
<b>Year 8</b>	Self-identity, influences, family and identity, stereotypes, personal beliefs and judgements, managing expectations, first impressions, marriage and the law, beliefs and religions, protected characteristics, online and offline identity, active listening. <b>RSHE Focus:</b> Families; Respectful relationships & friendships; Mental Wellbeing.	Positive change made by others, how positive behaviour affects feelings of wellbeing, social injustice, inequality, community cohesion and support, multiculturalism, diversity, race and religion, stereotypes, prejudice, LGBT+ bullying, hate crime, fear and emotions stand up to bullying, the golden rule. <b>RSHE Focus:</b> Respectful relationships & friendships; Mental Wellbeing; Internet Safety	Long-term goals, skills, qualifications, careers, money and happiness, ethics and mental wellbeing, budgeting, variation in income, positive and negative impact of money, online safety and legal responsibilities, gambling issues. <b>RSHE Focus:</b> Online & Media; Mental Wellbeing; Internet Safety & Harms	Types of health, nutrition and exercise, cardiovascular health and diabetes. Risks, illegal and legal substances, dental health, skin health, vaccinations, peer pressure, teenage brain. <b>RSHE Focus:</b> Mental Wellbeing; Physical Health & fitness; Healthy Eating; Drugs, alcohol and tobacco; Health and Prevention, Healthy eating	Positive relationship with self, social media, managing a range of relationships, child-on-child abuse, personal space, online etiquette, online privacy, bullying and personal safety, social media issues and the law, coercion, unhealthy balance of power in relationships, sources of support. <b>RSHE Focus:</b> Families; Respectful relationships; Online & Media; Being Safe; Consent; Intimate relationships, including sexual health; Mental Wellbeing; Internet Safety and Harms	Types of close intimate relationships, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, What makes a healthier relationship?, Attraction, love or lust?, Pornography and the law, dealing with unwanted messages. Alcohol and the law. <b>RSHE Focus:</b> Families; Respectful relationships & friendships; Online & media; Being safe; Intimate relationships and Sexual Health; Mental Wellbeing; Internet Safety; Drugs, alcohol and tobacco.
<b>Year 9</b>	Perceptions about intimate relationships, consent, sexual exploitation, peer approval, child-on-child abuse, grooming, radicalisation, county lines, risky experimentation, positive and negative self-identity, groups, influences, social media, abuse and coercion, coercive control in groups, fitting in. <b>RSHE Focus:</b> Families; Respectful relationships; Online & Media; Being Safe; Intimate and sexual relationships; Mental wellbeing; Internet safety and harms; Drugs, alcohol & tobacco.	Protected characteristics, Equality Act, phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, child-on-child abuse, bullying in the workplace, direct and indirect discrimination, harassment, victimisation. Prejudice, discrimination and stereotyping. <b>RSHE Focus:</b> Families; Respectful relationships; Online & Media; Mental wellbeing; Internet safety and harms.	Personal strengths, health goals, SMART planning, the world of work, links between body image and mental health, non-financial dreams and goals, mental health and ill health, media manipulation, self-harm, self-esteem, stigma, anxiety disorders, eating disorders, depression. <b>RSHE Focus:</b> Respectful relationships; Mental wellbeing; Internet safety. . Healthy eating	Misperceptions about young peoples' health choices, physical and psychological effects of drugs and alcohol, alcohol and the law, alcohol and drug poisoning, addiction, smoking, vaping, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support, mental health first aid. <b>RSHE Focus:</b> Intimate relationships, including sexual health; Mental wellbeing; Drugs, alcohol and tobacco; Basic First Aid.	Healthy relationships, power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography and stereotypes, contraception choices, age of consent, family planning, consequences of unprotected sex, STIs, support and advice services. <b>RSHE Focus:</b> Families; Respectful relationships; Online and Media; Being safe; Consent; Intimate and sexual relationships; Mental Wellbeing; Internet safety and harms.	Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, importance of sleep in relation to mental health, reflection on changes, benefits of relaxation, self-expression, influences, body image <b>RSHE Focus:</b> Respectful relationships; Mental wellbeing; Physical health and wellbeing; Health and prevention; changing adolescent body. Healthy eating.

<p><b>Year 10</b></p>	<p>Human rights, societal freedom, understanding safety in UK and beyond, ending relationships safely, stages of grief, loss and bereavement, child-on-child abuse, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk, the law and social media risk and emergency contacts positive and negative relationships, GDPR, managing screentime, sharing/enhancing of images managing different types of relationships. <b>RSHE Focus:</b> Families; Respectful relationships; Online Media; Intimate relationships; Mental Wellbeing; Internet Safety.</p>	<p>Equality in the workplace, in society, in relationships, Equality Act, disability and hidden disability, workplace expectations, rights and responsibilities, power and control in relationships, coercive control, benefits of multi-cultural societies, Religion in decline; Ethics; fundamentalism; <b>RSHE Focus:</b> Respectful relationships; Being safe; Mental Wellbeing; Physical health and fitness; Health and Prevention.</p>	<p>Impact of physical and mental health in reaching goals, resilience, work-life balance, connections and impact of mental health. Balanced diet, vital organs, blood donation, benefits of helping others. Online profile and impact on future goals and employability. <b>RSHE Focus:</b> Respectful relationships; Online and Media; Intimate relationships; Mental wellbeing; Internet safety and harms; Physical health and fitness; Healthy eating; Health and Prevention</p>	<p>Improving health, mental health, sexual health, blood-borne infections, self-examination. Diet and long-term health, misuse of prescription drugs, substances and the body. Common mental health disorders, positive impact of volunteering. Common threats to health including chronic disease. Epidemics, misuse of antibiotics, organ donation, stem cells. <b>RSHE Focus:</b> Intimate relationships, including sexual health; Mental Wellbeing; Physical health and fitness; Drugs, alcohol and tobacco; Health and Prevention.</p>	<p>Sustaining long-term relationships, intimacy, healthy relationship with self, attraction, love, lust. Relationship choices, ending relationships safely, consequences of relationships ending, pornography vs real life, relationships and the media, discernment, healthier and less healthy relationships, coercion, abuse and the law, acceptable and unacceptable behaviours. <b>RSHE Focus:</b> Families; Respectful relationships; Online and Media; Being Safe; Consent; Mental wellbeing; Internet Safety and Harms.</p>	<p>Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully. Decision-making, stereotypes in romantic relationships, sexual identity and risk, physical and emotional changes, family change, sources for support, personal safety. <b>RSHE Focus:</b> Intimate and sexual relationships; Mental Wellbeing; Internet Safety and Harm; Changing Adolescent bodies.</p>
<p><b>Year 11</b></p>	<p>Becoming an adult, age limits and the law relationships and the law, consent, coercive control, child-on-child abuse, domestic abuse, honour-based, violence, arranged and forced marriages. The Equality Act, county lines, possession of drugs. The law on internet use and pornography, social media concerns, sexting keeping safe, emergency situations, key advice, first aid, scenarios and consequences. <b>RSHE Focus:</b> Families; Respectful relationships; Online and Media; Being Safe; Consent; Intimate and sexual relationships; Mental wellbeing; Internet Safety and Harm; Drugs, alcohol and tobacco; Basic First Aid.</p>	<p>Human Rights; Religious Individuals; Good vs evil; forgiveness and reconciliation. <b>RSHE Focus:</b> Respectful relationships; Mental Wellbeing</p>	<p>Anxiety, solution focused thinking, sleep, relaxation, aspiration on; career, finances, budgeting, borrowing. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skills set, employment, education and training options. Long term relationship dreams and goals, parenting skills and challenges. Resilience, what to do when things go wrong. <b>RSHE Focus:</b> Families; Respectful relationships; Mental wellbeing; Physical Health and fitness; Health and Prevention.</p>	<p>Managing anxiety and stress, self-worth, identity, sleep, nutrition, exercise and mental health. Relationships and consent, being ready for sex, coercion, sexual harassment and violence. Puberty, hormones, fertility, testicular checks, menstrual cycle, IVF. Contraceptives and sexual health. Pregnancy choices including adoption, abortion, bringing up a baby. Health choices, mental, physical, sexual health. <b>RSHE Focus:</b> Being Safe; Consent; Intimate and sexual relationships; Mental wellbeing; health and Prevention.</p>	<p>Stages of intimate relationships, positive and negative connotations of sex. Gender identity and sexuality, LGBT+ right and protection under the Equality Act, coming out challenges, LGBT+ media stereotypes. Balance of power in relationships, FGM, breast ironing, challenging harmful social and cultural norms. Staying true to yourself in a relationship. <b>RSHE Focus:</b> Families; Respectful relationships; Online and Media; Being safe; Intimate and sexual relationships; Mental wellbeing; Internet Safety and harm.</p>	

Aspire for Excellence