



Foundation Personal Development - Curriculum Map

Year 1 PD Curriculum Map			
	Health and well-being (H &W)	Relationships and Sex Education (RSE)	Living in the wider world (LWW)
Autumn 1	<u>Being Healthy</u> <ul style="list-style-type: none"> Healthy Lifestyles and healthy living <ul style="list-style-type: none"> Diet Exercise Rest Self care 	<u>Safe and healthy relationships</u> <ul style="list-style-type: none"> How to keep safe and healthy within a relationship Domination 	<u>Safety, rules and consequences</u> <ul style="list-style-type: none"> Internet safety Rules behaviour and consequences Making the right choices
Autumn 2	<u>Confidence and me</u> <ul style="list-style-type: none"> Building self esteem Building resilience Me <ul style="list-style-type: none"> Identify skills I have Identify special qualities I have 	<u>Relationships and friendships</u> <ul style="list-style-type: none"> Building successful relationships Bullying in a relationship What makes a good friend Behaviours of a good friend 	<u>RE</u> <ul style="list-style-type: none"> Christianity <ul style="list-style-type: none"> God and the church The 10 Commandments Suffering Christian responses to good and evil Bible stories
Spring 1	<u>Mental health and the internet</u> <ul style="list-style-type: none"> Internet and Mental Health <ul style="list-style-type: none"> Impact of the internet on Mental Health Dangers of the internet Use/Misuse 	<u>New relationships and society</u> <ul style="list-style-type: none"> Love - Dealing with new feelings Cyber bullying and the effect on relationships 	<u>Modern Foreign Languages</u> <ul style="list-style-type: none"> Colours Days of the Week Shapes Number
Spring 2	<u>Development and body changes</u> <ul style="list-style-type: none"> Puberty 	<u>Puberty and feelings</u> <ul style="list-style-type: none"> Relationship changes during puberty 	<u>Finance</u> <ul style="list-style-type: none"> Money sources of finance

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Summer 1	<p><i>Body changes in puberty: boys and girls</i> <i>Stages of life</i></p>	<ul style="list-style-type: none"> • Maturity • Feelings related to puberty 	<ul style="list-style-type: none"> • Value of money • Sensible spending • What is a budget?
Summer 2	<p><u>Mental health and Mindfulness</u></p> <ul style="list-style-type: none"> • Events that affect mental health i.e. bullying • Me time 	<p><u>Relationships and emotions</u></p> <ul style="list-style-type: none"> • Being there for people • How I feel in different circumstances 	<p><u>Road safety</u></p> <ul style="list-style-type: none"> • What is road safety? <i>Safe and unsafe places to cross a road</i> <i>Consequences for not being "Road Safe"</i>
Summer 2	<p><u>Personal identity</u></p> <p>Family tree - where I fit</p> <ul style="list-style-type: none"> • Important people in my life • Exercise 	<p><u>Building successful relationships</u></p> <ul style="list-style-type: none"> • Aspirational people • Setting good examples 	<p><u>Building resilience</u></p> <ul style="list-style-type: none"> • Skills and qualities needed to succeed • Establish routines • Creative play • Board games • Accepting losing • What happens when things go wrong?



Year 2 PD Curriculum Map			
	Health and well-being (H &W)	Relationships and Sex Education (RSE)	Living in the wider world (LWW)
Autumn 1	<p><u>Healthy lifestyles</u></p> <ul style="list-style-type: none"> • Healthy lifestyles / healthy living <p>Eating and snacking habits</p> <ul style="list-style-type: none"> • Appearance 	<p><u>Behaviour in relationships</u></p> <ul style="list-style-type: none"> • Rules behaviour and consequences • Making the right choices 	<p><u>Internet safety and making the right choices</u></p> <ul style="list-style-type: none"> • Secure websites • Privacy settings

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	<ul style="list-style-type: none"> Exercise 		<ul style="list-style-type: none"> Rules behaviour and consequences <p>Making the right choices</p>
Autumn 2	<p><u>Confidence and dealing with success and failure</u></p> <ul style="list-style-type: none"> Being positive What is resilience What does success look like What does failure look like Acceptance 	<p><u>Trust in relationships</u></p> <ul style="list-style-type: none"> Trust in a relationship Grooming <i>The 4 Stages of Grooming</i> 	<p><u>RE</u></p> <ul style="list-style-type: none"> The Muslim faith <i>5 Pillars of Islam</i> <i>Islam and suffering</i> <i>War</i> <i>Just and Holy wars</i>
Spring 1	<p><u>Importance of internet safety on mental health</u></p> <ul style="list-style-type: none"> Impact of internet safety <i>Age appropriate apps/ games /sites</i> <i>Blocking</i> <i>Reporting</i> <i>Deleting</i> 	<p><u>Real v fake relationships</u></p> <ul style="list-style-type: none"> Real and fake profiles Trust on the internet "Cyber friends" 	<p><u>Modern Foreign Languages (MFL)</u></p> <ul style="list-style-type: none"> Who am I <i>My age</i> <i>Where I live</i> <i>My family</i> <i>Home and house</i>
Spring 2	<p><u>Development, body changes and emotions</u></p> <ul style="list-style-type: none"> Puberty <i>Body changes in puberty boys and girls</i> <i>Emotions during puberty - understanding them</i> 	<p><u>My relationships</u></p> <ul style="list-style-type: none"> Acceptance / individuality Relationships I have What makes a good friend and friendship 	<p><u>Finance and savings</u></p> <ul style="list-style-type: none"> What are savings <i>How we save</i> <i>What we save for</i> <i>What adults save for</i> <i>Needs vs wants</i> Loans and interest
Summer 1			<p><u>Road safety</u></p>

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Summer 2	<u>Mental health and mindfulness</u> <ul style="list-style-type: none"> Positive and poor mental health What depression looks like / feels like How I cope 	<u>Supportive relationships</u> <ul style="list-style-type: none"> Who can I go to talk to? Where can I go? Facing dilemmas in a relationship 	<ul style="list-style-type: none"> Green cross code and related rules Put into practice
	<u>How I improve</u> <ul style="list-style-type: none"> Personal identity Memory games Exercise Building resilience <i>How to bounce back</i> <i>Accept losing</i> 	<u>Building positive relationships</u> <ul style="list-style-type: none"> Importance of trust Positive relationships Influence of peer pressure 	<u>Building resilience</u> <ul style="list-style-type: none"> Skills and qualities needed to succeed <i>Independent thinking skills</i> <i>Independent decision making</i> Advertising in media and gaming



Year 3 PD Curriculum Map

	Health and well-being (H &W)	Relationships and Sex Education (RSE)	Living in the wider world (LWW)
Autumn 1	<u>Healthily lifestyles / healthy living</u> <ul style="list-style-type: none"> Dangers/Impact of unhealthy lifestyle <i>Energy drinks</i> <i>Poor sleep</i> <i>Cigarettes</i> <i>Alcohol</i> Positive safe relationships off line 	<u>Unhealthy and dangerous relationships</u> <ul style="list-style-type: none"> Dangers of unhealthy relationships Rules, behaviour consequences and making the right choices. 	<u>Staying safe in the world</u> <ul style="list-style-type: none"> Rules, behaviour consequences and making the right choices. Positive safe relationships on line
Autumn 2	<u>Building resilience</u> <ul style="list-style-type: none"> Being resilient 	<u>Interpretation of relationships</u> <ul style="list-style-type: none"> Positive relationships 	<u>CV and skills</u> <ul style="list-style-type: none"> Resume

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		<ul style="list-style-type: none"> • Bullying and Banter • Interpretation of relationships • Interpretation of language 	<p><i>Individual skills/ quality resume</i> <i>Areas identified for improvement.</i></p> <ul style="list-style-type: none"> • Skills / qualities match to job description.
Spring 1	<p><u>Internet safety and mental health</u></p> <ul style="list-style-type: none"> • Internet laws, safety and mental wellbeing <p style="text-align: center;"><i>Spamming</i> <i>Harassment</i></p>	<p><u>Internet relationships</u></p> <ul style="list-style-type: none"> • Internet / cyber "friends" vs real friends • Fake profiles • Cyber bullying 	<p><u>Modern Foreign Languages (MFL)</u></p> <ul style="list-style-type: none"> • Hobbies and interest • Food • Food sampling • Ordering food.
Spring 2	<p><u>Development and changes</u></p> <ul style="list-style-type: none"> • Puberty and relationships • Cleanliness / organisation / self help during puberty • Self esteem/ confidence 	<p><u>Types of relationships</u></p> <ul style="list-style-type: none"> • Healthy and unhealthy relationships • Love • Keeping friendships 	<p><u>Finance and budget</u></p> <ul style="list-style-type: none"> • Personal budget plan <p>Shopping for everyday</p> <ul style="list-style-type: none"> • What is ethical shopping • Bills - income and outgoings
Summer 1	<p><u>Mental health first aid and wellbeing</u></p> <ul style="list-style-type: none"> • Mental health and mindfulness in my daily life 	<p><u>Mental health first aid and relationships</u></p> <ul style="list-style-type: none"> • Mental health and mindfulness in my relationships 	<p><u>Transport safety</u></p> <ul style="list-style-type: none"> • Safety on train / tram lines • Safety on public transport • Community safety e.g. short cuts and reservoirs • Stranger danger • Known person danger
Summer 2	<p><u>Personal identity and diversity</u></p> <ul style="list-style-type: none"> • Diversity / individuals • Self esteem / choices 	<p><u>Coping in relationships</u></p> <ul style="list-style-type: none"> • Mindfulness towards others • Dignity 	<p><u>Building life skills</u></p> <ul style="list-style-type: none"> • Skills and qualities needed to succeed • Coping mechanisms / life skills

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	<ul style="list-style-type: none">• Building confidence• Building resilience Appreciating that things will go wrong <ul style="list-style-type: none">• Exercise	<ul style="list-style-type: none">• Expecting the unexpected in a relationship• Resilience in a relationship	Appreciating that things will go wrong <ul style="list-style-type: none">• Safety vs risks• Build a problem solving tool box• Coping mechanisms / life skills• Next steps to succeed
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