

# PRIMARY PERSONAL DEVELOPMENT CURRICULUM MAP

Key Stage 1 and Key Stage 2  
Academic Year: 2024–2025

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## KEY STAGE 1 – PERSONAL DEVELOPMENT

### AUTUMN TERM 1

**Theme: Mental Health, Feelings and Emotional Awareness**

**What pupils are learning:**

Pupils develop a basic emotional vocabulary and begin to recognise and name common feelings such as happy, sad, scared and excited. They learn that feelings can change throughout the day and that it is safe to talk to trusted adults about emotions. Early introduction to emotional awareness supports behaviour, wellbeing and readiness to learn.

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### AUTUMN TERM 2

**Theme: Relationships, Families and Respect**

**What pupils are learning:**

Pupils explore what makes a good friend and how families can look different. They learn how kind and unkind behaviour affects others and begin to understand expected and unexpected behaviour in school and social situations. Respect, empathy and positive interaction are reinforced.

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### SPRING TERM 1

**Theme: Online Safety and Digital Awareness**

**What pupils are learning:**

Pupils are introduced to the internet and learn how to stay safe online with adult support. They explore online kindness, keeping personal information private and recognising how online content can make them feel different emotions. Emotional awareness is linked to making safe choices online.

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### SPRING TERM 2

**Theme: Health, Hygiene and Growing Up**

**What pupils are learning:**

Pupils learn about keeping clean, healthy routines and looking after their bodies. They are introduced to

the idea that bodies change as they grow and that these changes are normal. Learning focuses on wellbeing, self-care and developing independence.

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## **SUMMER TERM 1**

**Theme: Community, Safety and Belonging**

**What pupils are learning:**

Pupils learn about people who help keep them safe in school and the wider community. They explore rules, boundaries and safe behaviour in different settings. A sense of belonging, responsibility and community awareness is developed.

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## **SUMMER TERM 2**

**Theme: Aspirations, Money and Looking Ahead**

**What pupils are learning:**

Pupils are introduced to simple ideas about jobs, money and future aspirations. They learn about saving and spending at an age-appropriate level and are encouraged to recognise their strengths and feel positive about the next stage of learning.

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## **KEY STAGE 2 – PERSONAL DEVELOPMENT**

### **AUTUMN TERM 1**

**Theme: Mental Wellbeing, Emotional Regulation and Change**

**What pupils are learning:**

Pupils deepen their emotional vocabulary and learn to recognise triggers that affect their emotions. They develop strategies to regulate feelings and understand how emotional regulation supports learning, behaviour and relationships.

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### **AUTUMN TERM 2**

**Theme: Relationships, Respect and Diversity**

**What pupils are learning:**

Pupils explore healthy friendships, respect and inclusion. They learn how behaviour impacts others, how to manage conflict and how to challenge unkind or discriminatory behaviour. Diversity and respect for differences are embedded throughout.

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### **SPRING TERM 1**

**Theme: Online Safety, Digital Citizenship and Media Awareness**

**What pupils are learning:**

Pupils develop an understanding of digital footprints, online behaviour and cyberbullying. They learn how emotions and peer pressure can influence online decisions and how to respond safely to online risks.

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**SPRING TERM 2****Theme: Health, Puberty and Growing Up****What pupils are learning:**

Pupils learn about physical and emotional changes during puberty, personal hygiene and boundaries. They develop confidence in understanding change and knowing how to seek trusted support when needed.

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**SUMMER TERM 1****Theme: Community, Safety and Responsibility****What pupils are learning:**

Pupils learn how to stay safe in a range of environments, both online and offline. They explore risk, responsibility and positive participation in the community, building independence and resilience.

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**SUMMER TERM 2****Theme: Aspirations, Careers and Financial Awareness****What pupils are learning:**

Pupils explore their strengths and interests and how these link to future pathways. They develop an understanding of money management and decision-making and are supported to feel confident about transition and next steps.

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**This curriculum map demonstrates clear progression, coherence and intent across Key Stage 1 and Key Stage 2, with personal development embedded as a core part of pupils' education.**