




Knowledge and skills sequencing - Personal Development

	EYFS	KS1	LKS2	Year 5	Year 6
 Being Me in My World Autumn 1	To understand that there are similarities and differences between me and my friends. To show that I understand my own feelings and feelings of others. To manage my own feelings. To explain why we have rules and know the difference between right and wrong.	<p>Cycle A (2024-2025)</p> To explain why my class is a happy and safe place to learn. To give different examples where I or others make my class happy and safe.	<p>Cycle A (2024-2025)</p> To explain how my behaviour can affect how others feel and behave. To explain why it is important to have rules and how that helps me and others in my class learn. To explain why it is important to feel valued.	To compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. To explain how the actions of one person can affect another and can give examples of this from school and a wider community context.	To explain how my choices can have an impact on people in my immediate community and globally. To empathise with others in my community and globally and explain how this can influence the choices I make.
		<p>Cycle B (2025-2026)</p> To explain why my behaviour can impact other people in my class. To compare my own and my friends' choices and can express why some choices are better than others.	<p>Cycle B (2025-2026)</p> To explain why being listened to and listening to others is important in my school community. To explain why being democratic is important and can help me and others feel valued.		
 Celebrating Difference	To show sensitivity to my own needs and the needs of others. I know how to be a kind friend.	<p>Cycle A (2024-2025)</p> To tell you some ways that I am different and similar to other people in my class, and why this makes us all special	<p>Cycle A (2024-2025)</p> To describe different conflicts that might happen in family or friendship groups and the effects of what people say in these situations	To explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved	To explain ways in which difference can be a source of conflict or a cause for celebration.

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Autumn 2	To stand up for myself and know what words to use if someone is being unkind.			(directly or indirectly) in a bullying situation.
	To understand that being different is what makes me special and that it is okay if we are all good at different things.	Cycle B (2025-2026) To explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes.	Cycle B (2025-2026) To tell you a time when my first impression of someone changed as I got to know them. To also explain why bullying might be difficult to spot and what to do about it if I'm not sure.	

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 Dreams and Goals	<p>To talk about jobs I might like to do when I am older.</p> <p>To work towards a simple goal.</p>	<p>Cycle A (2024-2025)</p> <p>To explain how I feel when I am successful and how this can be celebrated positively.</p>	<p>Cycle A (2024-2025)</p> <p>To explain the different ways that help me learn and what I need to do to improve.</p>	<p>To compare my hopes and dreams with those of young people from different cultures.</p>	<p>To explain different ways to work with others to help make the world a better place</p>

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Spring 1	To try new activities and show independence, resilience and perseverance when something is difficult.	<p>Cycle B (2025-2026)</p> <p>To explain how I played my part in a group and the parts other people played to create an end product. To explain how our skills complemented each other.</p>	<p>Cycle B (2025-2026)</p> <p>To plan and set new goals even after a disappointment.</p>		
 Healthy Me Spring 2	<p>To manage my own basic hygiene and personal needs, including dressing, going to the toilet and personal safety.</p> <p>I understand why it is important to make healthy food choices and exercise.</p>	<p>Cycle A (2024-2025)</p> <p>To explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p>Cycle B (2025-2026)</p> <p>To explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices</p>	<p>Cycle A (2024-2025)</p> <p>To identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.</p> <p>Cycle B (2025-2026)</p> <p>To recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p>	<p>To explain different roles that food and substances can play in people's lives. To also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p>	<p>To explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual and others.</p>
 Relationships Summer 1	<p>To be able to form positive attachments to adults and have friendships with peers;</p> <p>To have some strategies to use if you feel upset or angry</p>	<p>Cycle A (2024-2025)</p> <p>To be able to explain why you have special relationships with some people and how these relationships help you feel safe and good about yourself.</p> <p>To be able to also explain how your qualities help these relationships</p>	<p>Cycle A (2024-2025)</p> <p>To be able to explain how your life is influenced positively by people you know and also by people from other countries.</p>	<p>To be able to compare different types of friendships and the feelings associated with them.</p> <p>To be able to also explain how to stay safe when using technology to communicate with your friends,</p>	<p>To be able to identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control.</p>

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	To be able to work and play cooperatively, take turns with others and think of ways to mend friendships	Cycle B (2025-2026) To be able to explain why some things might make people feel uncomfortable in a relationship and compare this with relationships that make people feel safe and special.	Cycle B (2025-2026) To be able to recognise how people are feeling when they miss a special person or animal.	including how to stand up for yourself, negotiate and to resist peer pressure.	
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	EYFS	KS1	LKS2	Year 5	Year 6
 Healthy me	To understand that we all grow from babies to adults To be able to name parts of the body	Cycle A (2024-2025) To be able to compare how you are now to when you were a baby and explain some of the changes that will happen to me as you get older. To be able to use the correct names for	Cycle A (2024-2025) To be able to explain how boys' and girls' bodies change on the inside/outside during the growing up process and can explain why these changes are necessary so that your bodies can make babies when you grow up.	To be able to explain how boys and girls change during puberty and why looking after yourself physically and emotionally is important.	To be able to describe how a baby develops from conception through the nine months of pregnancy, and how it is born.

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Summer 2		private parts of the body and give reasons why they are private.		To be able to also summarise the process of conception.	
		Cycle B (2025-2026) To be able to explain why some types of touches feel OK and others don't.	Cycle B (2025-2026) To be able to summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.		