Personal Development Long-Term Map 2026/2027

Units by term, with key vocabulary for each year group

The Units row lists each term's units in teaching order. Each year group row shows the key vocabulary taught in that unit; the numbers match the units above.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Units	1 **Choices, Consequences & Behaviour** (Wk 1) 2 **Rights & Responsibilities** (Wk 2) 3 **British Values** (Wks 3-4) 4 **Equality, Diversity & Protected Characteristics** (Wks 5-6) 5 **Managing My Feelings & Giving Me Space** (Wk 7)	1 **Personal Boundaries, Safety & Pressure** (Wk 1) 2 **Managing Change** (Wk 2) 3 **Family & Relationships** (Wk 3) 4 **Morally Brave** (Wk 4) 5 **Self-Awareness & Finding My Passions** (Wk 5) 6 **Spiritually Informed** (Wk 6)	1 **Socially confident** (Wk 1) 2 **Positive communication** (Wk 2) 3 **Social Safety** (Wk 3) 4 **Online Safety** (Wk 4-5)	1 **Building positive relationships (RSE)** (Wks 1-2) 2 **British Values** (Wks 3-4) 3 **Equality & Diversity & Protected Characteristics** (Wks 5-6)	1 **Drug & Alcohol Awareness** 2 **Body Confident and Changing Me (Health education: puberty)** 3 **Sex Education: How Babies Are Made (Year 6)** 4 **Physical Health and Prevention** 5 **Healthy Eating**	1 **Mental Health and Emotional Wellbeing** 2 **First Aid** 3 **Citizenship** 4 **Life Skills** 5 **Money Sense**
Year 3	1 Choice, Warning, Behaviour, Rule, Change, Fair 2 Rights, Responsibilities, Choices, Consequences, Respect 3 Vote, Rules, Choice, Respect, Different 4 Fair, Respect, Kindness, Different, Equal 5 Feeling, Happy, Sad, Angry, Calm, Safe	1 Body, Space, Safe, Friend, Touch, Respect 2 Change, Feeling, New, Different, Adapt, Prepare 3 Family, Home, Love, Care, Parent, Brother/Sister 4 Morals, Right, Wrong, Good, Bad, Choice 5 Career, Job, Community, Contribution, Responsibility, Earnings 6 Feeling, Thought, Belief, Caring, Wonder, Respect	1 kind, helpful, share, listen, caring, polite 2 Talk, Listen, Kind, Share, Help, Polite 3 Pedestrian, Zebra crossing, Traffic lights, Helmet, Seatbelt, Road sign 4 Password, Privacy, Friend, Share, Block, Report	1 Friend, Kindness, Trust, Share, Respect, Privacy 2 Vote, Rules, Choice, Respect, Different 3 Fair, Respect, Kindness, Different, Equal	1 Not taught in this year group 2 Growth, Unique, Personal qualities, Hygiene, Friendships, Feelings 3 Not taught in this year group 4 Exercise, Active, Inactive, Obesity, Health professional, Wellbeing, Sleep 5 Healthy, Sugar, Balanced diet, Fruit, Vegetables, Teeth	1 Feelings, Happy, Sad, Angry, Calm, Help 2 First aid, Cut, Grazes, Burn, Safe, Help 3 Rule, Safe, Care, Same, Fair 4 Responsibility, Respect, Belongings, Care, Resources 5 Money, Spending, Saving, Needs, Wants, Goals
Year 4	1 Reflection, Consequence, Fairness, Feelings, Responsibility, Apology 2 Community, Citizenship, Responsibility, Equality, Cooperation 3 Democracy, Laws, Freedom, Respectful, Beliefs 4 Equality, Diversity, Protected, Identity, Respectful, Discrimination 5 Boundary, Trigger, Upset, Comfortable, Emotions, Express	1 Privacy, Secret, Boundary, Trust, Safe adult, Permission 2 Transition, Strategy, Adjust, Step, Plan, Support 3 Step-parent, Blended family, Foster parent, Stability, Respect, Commitment 4 Challenge, Decision, Consequence, Responsibility, Respect, Fair 5 Goal, Aspirations, Qualities, Experience, Progress, Opportunity 6 Values, Faith, Meaning, Reflection, Gratitude, Compassion	1 support, honest, patient, caring, trust, include 2 Respect, Explain, Friendly, Understand, Encourage, Teamwork 3 Flammable, Smoke alarm, Evacuation, Fire extinguisher, Hazard, Emergency exit 4 Profile, Comment, Stranger, Content, Reliable, Respect	1 Loyalty, Inclusion, Argument, Feelings, Help, Safe 2 Democracy, Laws, Freedom, Respectful, Beliefs 3 Equality, Diversity, Protected, Identity, Respectful, Discrimination	1 Not taught in this year group 2 Puberty, Changes, Body, Emotions, Independence, Hygiene routines, Periods, Menstruation 3 Not taught in this year group 4 Active, Lifestyle, Teeth, Dentist, Hygiene, Nutrition 5 Nutrition, Obesity, Wellbeing, Protein, Carbohydrates, Fats	1 Nervous, Surprised, Lonely, Express, Behaviour, Mood 2 Head injury, Choking, Fainted, Calm, Support, Breathing 3 Responsibility, Law, Environment, Different, Respect 4 Teamwork, Collaboration, Listen, Support, Cooperation 5 Money, Safe, Saving, Payment, Cash, Card, Online
Year 5	1 Behaviour, Decision, Impact, Respect, Empathy, Consequence 2 Choices, Consequences, Rights, Responsibility, Accountability 3 Democracy, Rule of Law, Liberty, Mutual Respect, Tolerance 4 Protected Characteristics, Stereotype, Bias, Diversity, Inclusion 5 Boundary, Trigger, Suppress, Frustration, Awareness, Reflect	1 Consent, Confidential, Responsibility, Support, Advice, Safe space 2 Response, Emotion, Coping, Challenge, Manage, Reflect 3 Caring relationship, Security, Shared time, Support, Trusted adult, Role 4 Values, Inspire, Role model, Influence, Learn, Teach 5 Strength, Skill, Achievement, Interest, Self-worth, Talent 6 Conscience, Purpose, Awareness, Mindfulness, Empathy, Spirituality	1 empathy, reliable, considerate, encourage, respect, loyal 2 Cooperation, Clarify, Feedback, Support, Empathy, Confident 3 Profile, Privacy, Post, Comment, Friend request, Block 4 Cyberbullying, Scam, Digital footprint, Permission, Targeted, Inappropriate, Location settings	1 Peer pressure, Boundaries, Stereotype, Cyberbullying, Support, Conflict 2 Democracy, Rule of Law, Liberty, Mutual Respect, Tolerance 3 Protected Characteristics, Stereotype, Bias, Diversity, Inclusion	1 Substance, Legal, Illegal, Habit, Risk, Support, Vaping, Nicotine 2 Menstruation, Erections, Wet dreams, Reproduction, Personal hygiene, Respect 3 Not taught in this year group 4 Exercise, Lifestyle, Medicine, Vaccination, Allergy, Safety 5 Vitamins, Minerals, Processed food, Dietary choices, Energy, Hydration	1 Emotions, Strong, Weak, Strategies, Support, Change 2 Emergency, Reassure, Report, Accident, Minor injury, Technique 3 Rights, Stereotype, Diversity, Consequence, Protect 4 Hygiene, Neat, Appearance, Confidence, Present 5 Good value, Priorities, Environment, Fair trade, Spending choices, In-game purchase, Scam, Fraud
Year 6	1 Responsibility, Internet, Consequence, Digital footprint, Privacy, Respect 2 Global citizen, Human rights, Equality, Diversity, Tolerance 3 Democracy, Justice, Rights, Equality, Diversity 4 Discrimination, Prejudice, Equality Act, Protected Characteristics, Inclusion, Diversity 5 Boundary, Trigger, Emotions, Suppress, Self-awareness, Coping	1 Pressure, Stranger, Online safety, Acceptable, Unacceptable, Response 2 Adaptation, Resilience, Strategy, Progress, Support network, Reflection 3 Different family types, Happiness, Responsibility, Relationship, Friendship, Online relationships 4 School morals, Behaviour, Rules, Guideline, Community, Respect 5 Stereotype, Ambition, Voluntary work, Communication, Teamwork, Pathway 6 Self-reflection, Ethics, Transcendence, Interconnectedness, Inner peace, Spiritually informed	1 accountable, reflective, dependable, trustworthy, compassionate, adaptable 2 Dialogue, Debate, Negotiation, Constructive, Persuasion, Positive communication 3 Lifebuoy, Lifeguard, Drowning, Swimming pool, Current, Floatation device, Railway, Level crossing 4 Misinformation, Privacy settings, Identity theft, Evaluate, Manipulated, Responsible, Pressure	1 Wellbeing, Discrimination, Consent, Diversity, Online safety, Responsibility 2 Democracy, Justice, Rights, Equality, Diversity 3 Discrimination, Prejudice, Equality Act, Protected Characteristics, Inclusion, Diversity	1 Substance, Legal, Illegal, Habit, Risk, Support, Vaping, Nicotine 2 Reproductive organs, Menstrual wellbeing, Responsibilities, Independence, Emotional changes 3 Reproduction, Conception, Pregnancy, Birth, Caring for a baby 4 Balanced, Habits, Exercise, Health, Illness, Rest 5 Poor diet, Tooth decay, Alcohol, Health risk, Long-term effects, Nutritionally rich	1 Conflicting feelings, Mental wellbeing, Coping, Recognise, Loss, Problem-solving 2 Incident, Confident, Assessment, Risk, Record, Response 3 Prejudice, Equality, Liberty, Discrimination, Human Rights 4 Plan, Organise, Time, Efficient, Goal 5 Budget, Gambling, Financial safety, Emotions, Money risks, Records