



Eynesbury Church of England Primary School  
Personal Development (PD) Progression by topic theme 2024-2025

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Beginning and belonging	<ul style="list-style-type: none"><li>• Do I understand simple ways to make sure my school is a safe, happy place? RR</li><li>• How can I get to know the people in my class? CF</li><li>• How do I feel when I am doing something new? MW</li><li>• How can I make someone feel welcome in class? MW</li><li>• What helps me manage in new situations? MW</li><li>• Who can help me at home and at school? BS</li></ul>		<ul style="list-style-type: none"><li>• What is my role in making my school a place where we can learn happily and safely? RR</li><li>• How can we build relationships in our class and how does this benefit me? CF</li><li>• What does it feel like to be new or to start something new? MW</li><li>• How can I help children and adults feel welcome in school? RR</li><li>• What helps me manage a new situation or learn something new? MW</li><li>• Who are the different people in my network who I can ask for help? BS</li></ul>			



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My emotions			<ul style="list-style-type: none"><li>• Why is it important to accept and feel proud of who we are? RR</li><li>• What does the word 'unique' mean and what do I feel proud of about myself? RR</li><li>• Why is mental wellbeing as important as physical wellbeing? MW</li><li>• How can I communicate my emotions? MW</li><li>• Can I recognise some simple ways to manage difficult emotions? MW</li><li>• What does it mean when someone says I am "over reacting" and how do I show understanding towards myself and others? MW</li><li>• How do my actions and feelings affect the way I and others feel? MW</li><li>• How do I care for other people's feelings? MW</li><li>• Who can I talk to about the way I feel? MW</li><li>• How can I disagree without being disagreeable? RR</li></ul>			<ul style="list-style-type: none"><li>• How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing? MW</li><li>• What does it mean to have a 'strong sense of identity' &amp; 'self-respect'? RR</li><li>• What can I do to boost my self-respect? RR</li><li>• How do I manage strong emotions? MW</li><li>• How can I judge if my own feelings and behaviours are appropriate &amp; proportionate? MW</li><li>• How do I recognise how other people feel and respond to them?</li><li>• What is loneliness and how can we manage feelings of isolation? MW</li><li>• How common is mental ill health and what self-care techniques can I use? MW</li><li>• What kinds of problems can be caused by impulsive online communication? IS</li><li>• How and from whom do I get support when things are difficult? MW</li></ul>	



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Working together	<ul style="list-style-type: none"><li>• What am I and other people good at?</li><li>• What new skills would I like to develop?</li><li>• How can I listen well to other people? RR</li><li>• How can I work well in a group? RR</li><li>• Why is it important to take turns? RR</li><li>• How can I negotiate to sort out disagreements? CF</li><li>• How are my skills useful in a group?</li><li>• What is a useful evaluation? RR</li></ul>		<ul style="list-style-type: none"><li>• What am I good at and what are others good at?</li><li>• What new skills would I like or need to develop?</li><li>• How well can I listen to other people? RR</li><li>• How do I ask open questions? RR</li><li>• How can I share my views and opinions effectively? RR</li><li>• How can different people contribute to a group task?</li><li>• How can I persevere and overcome obstacles to my learning? CF</li><li>• How can I work well in a group? CF</li><li>• What is useful evaluation?</li><li>• How do I give constructive feedback and receive it from others? RR</li></ul>			<ul style="list-style-type: none"><li>• What are my strengths and skills and how are they seen by others?</li><li>• What helps me learn new skills effectively?</li><li>• What would I like to improve and how can I achieve this?</li><li>• How could my skills and strengths be used in future employment?</li><li>• What are some of the jobs that people do?</li><li>• How can I be a good listener to other people? CF</li><li>• How can I share my views effectively and negotiate with others to reach agreement? RR</li><li>• How can I persevere and help others to do so? CF</li><li>• How can I give, receive and act on sensitive and constructive feedback? RR</li></ul>	



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Diversity and communities	<ul style="list-style-type: none"> <li>• What makes me 'me', what makes you 'you'? RR</li> <li>• Do all boys and all girls like the same things? RR</li> <li>• What is my family like and how are other families different? FP</li> <li>• What different groups do we belong to? RR</li> <li>• What is a stereotype and can I give some examples? RR</li> <li>• Who helps people in my locality and what help do they need? MW</li> <li>• What does 'my community' mean and how does it feel to be part of it? MW</li> <li>• How do people find out about what is happening in my community? MW</li> <li>• How do we care for animals and plants?</li> <li>• How can I help look after my school?</li> </ul>		<ul style="list-style-type: none"> <li>• What have we got in common and how are we different? RR</li> <li>• How might others' expectations of girls and boys affect people's feelings and choices? RR</li> <li>• How are our families the same and how are they different? FP</li> <li>• Do people who live in my locality have different traditions, cultures and beliefs? RR</li> <li>• How does valuing diversity benefit everyone? RR</li> <li>• Why are stereotypes unfair and how can I challenge them? RR</li> <li>• How do people in my locality benefit from being part of different groups? MW</li> <li>• What are the roles of people who support others with different needs in my community? MW</li> <li>• How does the media work in my community? MW</li> <li>• How can we care for the local environment and what are the benefits?</li> <li>• What do animals need, and what are our responsibilities?</li> </ul>		<ul style="list-style-type: none"> <li>• How do other people's perceptions, views and stereotypes influence my sense of identity? RR</li> <li>• How do views of gender affect my identity, friendships, behaviour &amp; choices? RR</li> <li>• What are people's different identities, locally and in the UK? FP</li> <li>• How can I show respect to those with different lifestyles, beliefs &amp; traditions? RR</li> <li>• What are the negative effects of stereotyping? RR</li> <li>• Which wider communities &amp; groups am I part of &amp; how does this benefit me? MW</li> <li>• What are voluntary organisations and how do they make a difference? MW</li> <li>• What is the role of the media and how does it influence me and my community?</li> <li>• Who cares for the wider environment and what is my contribution?</li> </ul>	



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Digital lifestyles	<ul style="list-style-type: none"> <li>• What are some examples of ways in which I use technology and the internet and what are the benefits? OR</li> <li>• What is meant by “identity” and how might someone’s identity online be different from their identity in the physical world? OR</li> <li>• What are some examples of online content or contact which might mean I feel unsafe, worried or upset? OR</li> <li>• What sort of information might I choose to put online and what do I need to consider before I do so? OR</li> <li>• When might I need to report something and how would I do this? OR</li> <li>• What sort of rules can help to keep us safer and healthier when using technology? IS</li> <li>• Who can help me if I have questions or concerns about what I experience online or about others’ online behaviour?</li> </ul>		<ul style="list-style-type: none"> <li>• Can I explain the difference between “liking” and “trusting” someone online? OR</li> <li>• What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact? OR</li> </ul>		<ul style="list-style-type: none"> <li>• What are some examples of how I use the internet, the services it offers, and how do I make decisions? OR</li> <li>• What are the principles for my contact and conduct online, including when I am anonymous? OR</li> <li>• How can I critically consider my online friendships, contacts and sources of information, and make positive contributions? OR</li> <li>• How might the media shape my ideas about various issues and how can I challenge or reject these? OR</li> <li>• Can I explain some ways in which information and data is shared and used online? OR</li> <li>• How can online content impact on me positively or negatively? OR</li> <li>• What are my responsibilities for my own and others’ mental and physical wellbeing online and how can I fulfil these? IS</li> <li>• What are some ways of reporting concerns and why is it important to persist in asking? IS</li> <li>• Can I identify, flag and report inappropriate content? IS</li> </ul>	



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Healthy lifestyles	<ul style="list-style-type: none"> <li>• How can I stay as healthy as possible? HP</li> <li>• What does it feel like to be healthy? MW</li> <li>• What does healthy eating mean and why is it important? HE</li> <li>• Why is it important to be active &amp; what are the opportunities for physical activity? PHF</li> <li>• What foods do I like and dislike and why?</li> <li>• What can help us eat healthily? HE</li> <li>• Why do we need food?</li> <li>• What healthy choices can I make?</li> </ul>		<ul style="list-style-type: none"> <li>• What does healthy eating and a balanced diet mean? HE</li> <li>• What is an active lifestyle and how does it help me to be healthier? PHF</li> <li>• What is mental wellbeing and how is it affected by my physical health? MW</li> <li>• How much sleep do I need &amp; what happens if I don't have enough? HP</li> <li>• How do nutrition and physical activity work together?</li> <li>• How can I plan and prepare simple, healthy meals safely? HE</li> <li>• How can I look after my teeth and why is it important? HP</li> <li>• Who is responsible for my lifestyle choices and how are these choices influenced?</li> </ul>		<ul style="list-style-type: none"> <li>• How does physical activity help me &amp; what might be the risks of not engaging in it? MW</li> <li>• What could characterise a balanced or unbalanced diet and what are the associated benefits and risks? HE</li> <li>• What are the different aspects of a healthy lifestyle and how could I become healthier? PHF/HP</li> <li>• What are the factors influencing me when I'm making lifestyle choices and how might these change over time?</li> <li>• What might be the signs of physical illness and how might I respond? HP</li> <li>• What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health? IS</li> <li>• Why are online apps and games age restricted? IS</li> </ul>	



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Personal safety	<ul style="list-style-type: none"> <li>• Can I identify different feelings and tell others how I feel? MW</li> <li>• Which school/classroom rules are about helping people to feel safe? BS</li> <li>• Can I name my own Early Warning Signs? BS</li> <li>• How do I know which adults and friends I can trust? CF</li> <li>• Who could I talk with if I have a worry or need to ask for help? BS</li> <li>• What could I do if a friend or someone in my family isn't kind to me? BS</li> <li>• Can I identify private body parts and say 'no' to unwanted touch? BS</li> <li>• What could I do if I feel worried about a secret? BS</li> <li>• What could I do if something worries or upsets me when I am online? BS</li> </ul>		<ul style="list-style-type: none"> <li>• How do I recognise my own feelings and communicate them to others? MW</li> <li>• Which school/classroom rules are about helping people to feel safe? RR</li> <li>• Can I recognise when my Early Warning Signs are telling me I don't feel safe? BS</li> <li>• What qualities do trusted adults and trusted friends have? CF</li> <li>• Who is on my personal network and how can I ask them for help? BS</li> <li>• What could I do if I feel worried about a friendship or family relationship? BS</li> <li>• What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted? BS</li> <li>• How can I decide if a secret is safe or unsafe? BS</li> <li>• How can I keep safe online? BS</li> </ul>		<ul style="list-style-type: none"> <li>• How do I recognise my own feelings and consider how my actions may affect the feelings of others? MW</li> <li>• Can I use my Early Warning Signs to judge how safe I am feeling? BS</li> <li>• How do I judge who is a trusted adult or trusted friend? CF</li> <li>• How can I seek help or advice from someone on my personal network and when should I review my network? BS</li> <li>• How could I report concerns of abuse or neglect? BS</li> <li>• Can I identify appropriate &amp; inappropriate or unsafe physical contact? BS</li> <li>• How do I judge when it is not right to keep a secret and what action could I take? BS</li> <li>• How can I recognise risks online and report concerns? BS</li> <li>• What strategies can I use to assess risk and help me feel safer when I am feeling unsafe? BS</li> </ul>	



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Relationship and sex education	<ul style="list-style-type: none"> <li>• What are the names of the main parts of the body? BS</li> <li>• What can my amazing body do?</li> <li>• When am I in charge of my actions and my body? BS</li> <li>• How can I keep my body clean? HP</li> <li>• How can I avoid spreading common illnesses and diseases? HP</li> </ul>	<ul style="list-style-type: none"> <li>• How do babies change and grow? (Statutory NC Science Y2)</li> <li>• How have I changed since I was a baby? (Statutory NC Science Y2)</li> <li>• What's growing in that bump? (Sex Education/NC Science)</li> <li>• What do babies and children need from their families? FP</li> <li>• Which stable, caring relationships are at the heart of families I know? FP</li> <li>• What are my responsibilities now I'm growing up? CAB</li> </ul>	<ul style="list-style-type: none"> <li>• How are male and female bodies different and what are the different parts called? BS</li> <li>• When do we talk about our bodies, how they change, and who do we talk to? BS</li> <li>• What can my body do and how is it special?</li> <li>• Why is it important to keep myself clean? HP</li> <li>• What can I do for myself to stay clean and how will this change in the future? HP</li> <li>• How do different illnesses and diseases spread and what can I do to prevent this? HP</li> </ul>	<ul style="list-style-type: none"> <li>• What are the main stages of the human life cycle? Science</li> <li>• How did I begin? Sex Education</li> <li>• What does it mean to be 'grown up'? CAB</li> <li>• What am I responsible for now and how will this change? CAB</li> <li>• How do different caring, stable, adult relationships create a secure environment for children to grow up? FP</li> </ul>	<ul style="list-style-type: none"> <li>• What are male and female sexual parts called and what are their functions? BS</li> <li>• How can I talk about bodies confidently and appropriately? BS</li> <li>• What happens to different bodies at puberty? CAB</li> <li>• What might influence my view of my body?</li> <li>• How can I keep my growing and changing body clean? HP</li> <li>• How can I reduce the spread of viruses and bacteria? HP</li> </ul>	<ul style="list-style-type: none"> <li>• What are different ways babies are conceived and born? (Sex Education)</li> <li>• What effect might puberty have on people's feelings and emotions? CAB</li> <li>• How can my words or actions affect how others feel, and what are my responsibilities? MW</li> <li>• What should adults think about before they have children? FP</li> <li>• Why might people get married or become civil partners? FP</li> <li>• What are different families like? FP</li> </ul>



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Managing safety and risk		<ul style="list-style-type: none"> <li>• What are risky situations and how do they make me feel? MW</li> <li>• What is my name, address and phone number and when might I need to give them? BFA</li> <li>• What is an emergency and who can help? BFA</li> <li>• What makes a place or activity safe for me? MW</li> <li>• What are the benefits and risks for me when walking near the road, and how can I stay safer? MW</li> <li>• What are the benefits and risks for me in the sun and how can I stay safer? HP</li> <li>• What do I enjoy when I'm near water and how can I stay safer? MW</li> <li>• What are the risks for me if I am lost and how can I get help? BS</li> <li>• How can I help to stop simple accidents from happening and how can I help if there is an accident? BFA</li> </ul>		<ul style="list-style-type: none"> <li>• How do I feel in risky situations and how might my body react? MW</li> <li>• Can I make decisions in risky situations and might my friends affect these decisions?</li> <li>• When might I meet adults I don't know &amp; how can I respond safely? BS</li> <li>• What actions could I take in an emergency or accident and how can I call the emergency services? BFA</li> <li>• What are the benefits of using the roads and being near water and how can I reduce the risks? MW</li> <li>• How is fire risky and how can I reduce the risks?</li> <li>• How do I keep myself safe during activities and visits?</li> <li>• How can I stop accidents happening at home and when I'm out?</li> </ul>		<ul style="list-style-type: none"> <li>• When might it be good for my mental health for me to take a risk? MW</li> <li>• What are the possible benefits and consequences of taking physical, emotional and social risks? MW</li> <li>• When am I responsible for my own safety as I get older and how can I keep others safer? BS</li> <li>• How can I safely get the attention of a known or unknown adult in an emergency? BS</li> <li>• Can I carry out basic first aid in common situations, including head injuries? BFA</li> <li>• What are the benefits of cycling and walking on my own and how can I stay safer? MW</li> <li>• How can being outside support my wellbeing &amp; how do I keep myself safe in the sun? HP</li> <li>• What are the benefits of using public transport and how can I stay safe near railways?</li> <li>• How can I prevent accidents at school and at home, now that I can take more responsibility?</li> </ul>



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Rights, Rules and Responsibilities		<ul style="list-style-type: none"><li>• How do rules make me feel happy and safe?</li><li>• How do I take part in making rules?</li><li>• Who looks after me and what are their responsibilities?</li><li>• What jobs and responsibilities do I have in school and at home?</li><li>• Can I listen to other people, share my views and take turns? RR</li><li>• Can I take part in discussions and decisions in class?</li></ul>		<ul style="list-style-type: none"><li>• What does it mean to be treated and to treat others with respect? RR</li><li>• Who are those in positions of authority within our school and communities and how can we show respect? RR</li><li>• Why do we need rules at home and at school? RR</li><li>• What part can I play in making and changing rules?</li><li>• What do we mean by rights and responsibilities?</li><li>• What are my responsibilities at home and at school?</li><li>• How do we make democratic decisions in school?</li><li>• What is a representative and how do we elect them?</li></ul>		<ul style="list-style-type: none"><li>• What are the conventions of courtesy &amp; manners and how do these vary? RR</li><li>• How does my behaviour online affect others &amp; how can I show respect? IS</li><li>• Why is it important to keep my personal information private, especially online? OR</li><li>• How can I contribute to making and changing rules in school?</li><li>• How else can I make a difference in school?</li><li>• Are there places or times when I have to behave differently? RR</li><li>• What are the basic rights of children and adults?</li><li>• Why do we have laws in our country?</li><li>• How does democracy work in our community and in our country?</li><li>• What do councils, councillors, parliament and MPs do?</li><li>• Can I take part in a debate and listen to other people's views? RR</li></ul>



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Family and Friends		<ul style="list-style-type: none"><li>• Can I describe what a good friend is and does? CF</li><li>• What strategies do I need for making and keeping friends? CF</li><li>• How might friendship patterns change and how can I develop strategies to cope with this? CF</li><li>• How am I similar and how am I different to my friends? CF</li><li>• Why are families special and what is special about my family? FP</li></ul> What are some of the different family structures? FP <ul style="list-style-type: none"><li>• Who is special to me and what makes them special? FP</li><li>• Where and how can I seek help and support? FP</li></ul>		<ul style="list-style-type: none"><li>• How do good friends behave on and offline and how do I feel as a result? OR</li><li>• What is a healthy friendship and how does trust play an essential part? CF</li><li>• What skills do I need for choosing, making and developing friendships and how effective are they? CF</li><li>• How can I help to resolve disagreements positively by listening and compromising? CF</li><li>• Can I empathise with other people in a disagreement? CF</li><li>• How can I check with my friends that their personal boundaries have not been crossed? BS</li><li>• How do my family members help each other to feel safe and secure even when things are tough? FP</li><li>• Who is in my network of special people now and how do we affect and support each other? FP</li></ul>			



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Anti- bullying		<ul style="list-style-type: none"> <li>• Why might people fall out with their friends? CF</li> <li>• Can I describe what bullying is? RR</li> <li>• Do I understand some of the reasons people bully others? RR</li> <li>• Why is bullying never acceptable or respectful? RR</li> <li>• How might people feel if they are being bullied? MW</li> <li>• Who can I talk to if I have worries about friendship difficulties or bullying? RR</li> <li>• How can I be assertive? RR</li> <li>• Do I know what to do if I think someone is being bullied? RR</li> <li>• How do people help me to build positive and safe relationships? CF</li> <li>• What does my school do to stop bullying? RR</li> </ul>		<ul style="list-style-type: none"> <li>• How are falling out and bullying different? CF</li> <li>• How do people use power when they bully others? RR</li> <li>• What are the key characteristics of different types of bullying? RR</li> <li>• How can lack of respect and empathy towards others lead to bullying? RR</li> <li>• What is the difference between direct and indirect forms of bullying? RR</li> <li>• What are bystanders and followers and how might they feel? MW</li> <li>• Do I understand that bullying might affect how people feel for a long time? MW</li> <li>• How can I support people I know who are being bullied by being assertive? RR</li> <li>• How does my school prevent bullying and support people involved? RR</li> </ul>		<ul style="list-style-type: none"> <li>• Can I explain the differences between friendship difficulties and bullying? CF</li> <li>• Can I define the characteristics and different forms of bullying? RR</li> <li>• How do people use technology &amp; social media to bully others and how can I help others to prevent and manage this? RR</li> <li>• What do all types of bullying have in common? RR</li> <li>• Might different groups experience bullying in different ways? MW</li> <li>• How can people’s personal circumstances affect their experiences? MW</li> <li>• How does prejudice sometimes lead people to bully others? CF</li> <li>• Can I respond assertively to bullying, online and offline? RR</li> <li>• How might bullying affect people’s mental wellbeing and behaviour? MW</li> <li>• How and why might peers become colluders or supporters in bullying situations? RR</li> <li>• Can I identify ways of preventing bullying in school and the wider community? RR</li> </ul>



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Financial capability		<ul style="list-style-type: none"> <li>• What is a charity?</li> </ul>		<ul style="list-style-type: none"> <li>• What different ways are there to earn and spend money?</li> <li>• What do saving, spending and budgeting mean to me?</li> <li>• How can I decide what to spend my money on and choose the best way to pay?</li> <li>• What might my family have to spend money on?</li> <li>• What is 'value for money'?</li> <li>• How do my feelings about money change?</li> <li>• How do my choices affect my family, the community, the world and me?</li> </ul>		<ul style="list-style-type: none"> <li>• What different ways are there to gain money?</li> <li>• What sort of things do adults need to pay for?</li> <li>• How can I afford the things I want or need?</li> <li>• How can I make sure I get 'value for money'?</li> <li>• Why don't people get all the money they earn?</li> <li>• How is money used to benefit the community or the wider world?</li> <li>• What is poverty?</li> </ul>
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Drug education		<ul style="list-style-type: none"> <li>• Which substances might enter our bodies, how do they get there and what do they do? DAT</li> <li>• What are medicines and why and when do some people use them? DAT</li> <li>• When and why do people have an injection from a doctor or a nurse? HP</li> <li>• Who is in charge of what medicine I take? DAT</li> <li>• What different things can help me feel better if I feel poorly? DAT</li> <li>• How can I keep safe with medicines and substances at home and at school? DAT</li> <li>• What is persuasion and how does it feel to be persuaded? MW</li> </ul>		<ul style="list-style-type: none"> <li>• What medical &amp; legal drugs do I know about, and what are their effects? DAT</li> <li>• Who uses and misuses legal drugs? DAT</li> <li>• Why do some people need medicine and who prescribes it? DAT</li> <li>• What are immunisations and have I had any? HP</li> <li>• What are the safety rules for storing medicine and other risky substances? DAT</li> <li>• What should I do if I find something risky, like a syringe? DAT</li> <li>• What do I understand about how friends and the media persuade and influence me? CF</li> </ul>		<ul style="list-style-type: none"> <li>• What do I know about medicines, alcohol, smoking, solvents and illegal drugs and why people use them? DAT</li> <li>• How does drug use affect the way a body or brain works? DAT</li> <li>• How do medicines help people with different illnesses? DAT</li> <li>• What immunisations have I had or may I have in future and how do they keep me healthy? HP</li> <li>• What is drug misuse? DAT</li> <li>• What are some of the laws about drugs? DAT</li> <li>• When and how should I check information about drugs? DAT</li> </ul>



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Personal Development (PD) Progression by topic theme 2024-2025

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Managing change		<ul style="list-style-type: none"><li>• How are my achievements, skills and responsibilities changing and what else might change?</li><li>• How might people feel during times of loss and change? MW</li><li>• How do friendships change? CF</li><li>• What helps me to feel calmer when I am experiencing strong emotions linked to loss and change? MW</li><li>• How might people feel when they lose a special possession?</li><li>• When can I make choices about changes?</li></ul>		<ul style="list-style-type: none"><li>• How might I behave when I feel strong emotions linked to loss and change? MW</li><li>• How might people feel when loved ones or pets die, or they are separated from them for other reasons?</li></ul>		<ul style="list-style-type: none"><li>• What positive and negative changes might people experience? CAB</li><li>• How do people's emotions evolve over time as they experience loss and change? MW</li><li>• How can I manage the changing influences and pressures on my friendships and relationships? CF</li><li>• What different strategies do people use to manage feelings linked to loss and change and how can I help? MW</li><li>• How might people whose families change feel?</li><li>• When might change lead to positive outcomes for people?</li><li>• What positive and negative changes have I experienced and how have these experiences affected me? CAB</li><li>• What strategies will help me to thrive when I move to my next school? MW</li></ul>