






St. Matthew's Catholic Primary School – Personal Development Curriculum

EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cornerstones	Communication 	Confidence 	Creativity 	Challenge 	Change 	
Fundamental British Values Focus	Rule of Law	Mutual Respect	Democracy	Tolerance	Liberty	
Catholic Social Teaching			Creation and environment			
Lifesong Legacy (whole school)	St. Matthew / Matthew and Susanna Liddell	Mother Teresa / St Francis of Assisi	Nicholas Winton / Corrie ten Boom	Malala Yousafzai / Ruby Bridges	Vanessa Nakate / Licypriya Kangujam	Jean Vanier / Oscar Romero
Reception – <u>Pol-Ed</u>	How can I be a good friend? How can I make other children feel happy? How can I play nicely with others?	How can adults at school help me? How can I play safely? How can I keep safe at school? How can I keep safe at home?	What are rules? What are consequences? What can I do if I'm feeling big emotions? Who are the police and how do they help us?	How can I be a germ buster? How does exercise help me? How does food help me?	What are emotions? What is empathy? What is respect?	What is self-worth? What is resilience? What is risk?
Reception – Careers and aspirations						Aspirations check-in
Reception – Life to the Full		Handmade with love I am Me Heads, shoulders, knees and toes	I like, You like, We all like! All the feelings! Let's get real!	Role Model Who's who? You've got a friend in me	Safe inside and out My Body, My Rules Feeling poorly People who help us	God is love Loving God, Loving Others Me, You, Us

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		Ready Teddy?	Growing up!	Forever friends! What is the internet? Playing online		
Reception – Wider opportunities and events	8-12 th Sep – British Values Week 10 th Oct – World Mental Health Day	Black history month (October) Bonfire Night – visit from fire service Anti-bullying week	Safer internet day Self-esteem month (Feb)	National careers week (March) World Downs Syndrome Day Autism Awareness	Mental health awareness week (May) World day for cultural diversity (May) Cornerstones Week	Loneliness Awareness Week (June) Refugee Week (June)

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Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cornerstones	Communication 	Confidence 	Creativity 	Challenge 	Change 	
Fundamental British Values Focus	Rule of Law	Mutual Respect	Democracy	Tolerance	Liberty	
Catholic Social Teaching	Option for the poor			Peace		
Lifesong Legacy (whole school)	St. Matthew / Matthew and Susanna Liddell	Mother Teresa / St Francis of Assisi	Nicholas Winton / Corrie ten Boom	Malala Yousafzai / Ruby Bridges	Vanessa Nakate / Licypriya Kangujam	Jean Vanier / Oscar Romero
Year 1 – <u>Pol-Ed</u>	Why are safe hands important? Who are my trusted adults? How can I use things at home safely? What makes me special?	What is bullying? How can I be an ally? How can I keep safe in new places? What is private information? What do feelings feel like?	How can I make friends? Why is name calling unkind? How can I speak up? How can I share my feelings?	What if my friends are making me sad? How can I be responsible? What can happen when rules are broken?	What is 999? What do the police do? Why have different rules in different places? How can I be an empathy expert?	
Year 1 – <u>My Path Careers</u>	Job Spotlight – Artist Job Spotlight – Construction Worker	Job Spotlight – Firefighter Job Spotlight – Doctor What is a job? Part 1	Job Spotlight – Farmer Job Spotlight – Dentist What is a job? Part 2	Job Spotlight – Nurse Job Spotlight – Plumber What is a job? Part 3	Job Spotlight – Police officer Job Spotlight – Teacher	Job Spotlight – Vet Job Spotlight – Priest Aspirations check-in
Year 1 – <u>Life to the Full</u>	Let the children come I am unique Girls and Boys	Feelings, likes and dislikes Feeling inside out Super Susie gets angry!	The cycle of Life Beginnings and endings	God loves you Special People Treating others well...	Good and bad secrets Physical contact Harmful substances	Three in one Who is my neighbour? The communities we live in.

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	Clean and Healthy (My Body)			...and say sorry Real life online Rules to help us	Can you help me? (Parts 1 and 2)	
Year 1 – Wider opportunities and events	8-12 th Sep – British Values Week 10 th Oct – World Mental Health Day	Black history month (October) Bonfire Night – visit from fire service Anti-bullying week	Safer internet day Self-esteem month (Feb)	National careers week (March) World Downs Syndrome Day Autism Awareness	Mental health awareness week (May) World day for cultural diversity (May) Cornerstones Week	Loneliness Awareness Week (June) Refugee Week (June)






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Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cornerstones	Communication 	Confidence 	Creativity 	Challenge 	Change 	
Fundamental British Values Focus	Rule of Law	Mutual Respect	Democracy	Tolerance	Liberty	
Catholic Social Teaching	Option for the poor			Peace		
Lifesong Legacy (whole school)	St. Matthew / Matthew and Susanna Liddell	Mother Teresa / St Francis of Assisi	Nicholas Winton / Corrie ten Boom	Malala Yousafzai / Ruby Bridges	Vanessa Nakate / Licypriya Kangujam	Jean Vanier / Oscar Romero
Year 2 – <u>Pol-Ed</u>	How do I share family worries? How are we the same? How are we different? What is the internet?	How can I work with different people? What is a family? Why are relationships important? What is fire safety?	What are different types of meetings? What are medicines? Why is sleep important? How can I keep safe online?	What are private body parts? * What are needs and wants? What is a job? What is money?	Why does age matter? How can I look after my body? What does it mean to be healthy? When do I need to take a break?	How can I deal with change? Pol-Ed KS1 Passport: - Empathy - Fact finding - Future planning - Informed decision making - Resilience - Respect - Self-worth - Understanding risk
Year 2 – <u>My Path Careers</u>	Job Spotlight – Engineer Job Spotlight – Fashion Designer	Job Spotlight – Flight attendant Job Spotlight – Games developer Stereotypes Part 1	Job Spotlight – Hairdresser Job Spotlight – Marine Biologist Stereotypes Part 2	Job Spotlight – Pharmacist Job Spotlight – Photographer Stereotypes Part 3	Job Spotlight – Professional singer Job Spotlight – TV presenter Job Spotlight – Train driver	Job Spotlight – Translator Job Spotlight – Travel agent Aspirations check-in
Year 2 – Life to the Full	Let the children come I am unique	Feelings, likes and dislikes	The cycle of Life Beginnings and endings	God loves you Special People	Good and bad secrets Physical contact	Three in one Who is my neighbour?

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	<p>Girls and Boys</p> <p>Clean and Healthy (My Body)</p>	<p>Feeling inside out</p> <p>Super Susie gets angry!</p>		<p>Treating others well...</p> <p>...and say sorry</p> <p>Real life online</p> <p>Rules to help us</p>	<p>Harmful substances</p> <p>Can you help me? (Parts 1 and 2)</p>	<p>The communities we live in.</p>
<p>Year 2 – Wider opportunities and events</p>	<p>8-12th Sep – British Values Week</p> <p>10th Oct – World Mental Health Day</p>	<p>Black history month (October)</p> <p>Bonfire Night – visit from fire service</p> <p>Anti-bullying week</p>	<p>Safer internet day</p> <p>Self-esteem month (Feb)</p>	<p>National careers week (March)</p> <p>World Downs Syndrome Day</p> <p>Autism Awareness</p>	<p>Mental health awareness week (May)</p> <p>World day for cultural diversity (May)</p> <p>Cornerstones Week</p>	<p>Loneliness Awareness Week (June)</p> <p>Refugee Week (June)</p>






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Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cornerstones	Communication 	Confidence 	Creativity 	Challenge 	Change 	
Fundamental British Values Focus	Rule of Law	Mutual Respect	Democracy	Tolerance	Liberty	
Catholic Social Teaching	Solidarity			The Common Good		
Lifesong Legacy (whole school)	St. Matthew / Matthew and Susanna Liddell	Mother Teresa / St Francis of Assisi	Nicholas Winton / Corrie ten Boom	Malala Yousafzai / Ruby Bridges	Vanessa Nakate / Licypriya Kangujam	Jean Vanier / Oscar Romero
Year 3 - <u>Pol-Ed</u>	What do we mean by consent in relationships? Who are my key people? How should we treat people? What can I do when friendships go wrong?	What is bullying? What do we mean by risk? What are emergency services? How can I share my worries?	What are emergency situations? When should I break a secret? How do we enforce the law? How can I be a responsible citizen?	What is the law and why do we have it? What are children's rights? How can intense feelings feel?	How does school help me? What am I good at?	What is mental health? What words can I use to talk about my feelings?
Year 3 – <u>My Path Careers</u>	Job Spotlight – Actor Job Spotlight – Archaeologist Job Spotlight – Weather presenter	Job Spotlight – Care worker Job Spotlight – Carpenter Job Spotlight – Teacher Networking Part 1	Job Spotlight – Chef Job Spotlight – Doctor Job Spotlight – Professional dancer Networking Part 2	Job Spotlight – Electrician Job Spotlight – Estate agent Job Spotlight – Professional footballer Networking Part 3	Job Spotlight – Lifeguard Job Spotlight – Paramedic Job Spotlight – Zookeeper	Job Spotlight – Pilot Job Spotlight – Police dog handler Job Spotlight – Supermarket assistant Aspirations check-in
Year 3 – Life to the Full		Get up! The Sacraments We don't have to be the same	What am I feeling? What am I looking at? I am thankful Life cycles	Jesus my friend Family, friends and others When things feel bad	Safe in my body Recognising Risk Drugs, Alcohol and Tobacco	A community of love What is the church? How do I love others?

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		Respecting our bodies What is puberty?	A time for everything	Balancing needs Sharing online Chatting online	First Aid Heroes	
Year 3 – Wider opportunities and events	8-12 th Sep – British Values Week 10 th Oct – World Mental Health Day	Black history month (October) Bonfire Night – visit from fire service Anti-bullying week	Astro Camp Safer internet day Self-esteem month (Feb)	National careers week (March) World Downs Syndrome Day Autism Awareness	Mental health awareness week (May) World day for cultural diversity (May) Cornerstones Week	Loneliness Awareness Week (June) Refugee Week (June)





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Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cornerstones	Communication 	Confidence 	Creativity 	Challenge 	Change 	
Fundamental British Values Focus	Rule of Law	Mutual Respect	Democracy	Tolerance	Liberty	
Catholic Social Teaching	Solidarity			The Common Good		
Lifesong Legacy (whole school)	St. Matthew / Matthew and Susanna Liddell	Mother Teresa / St Francis of Assisi	Nicholas Winton / Corrie ten Boom	Malala Yousafzai / Ruby Bridges	Vanessa Nakate / Licypriya Kangujam	Jean Vanier / Oscar Romero
Year 4 - Pol-Ed	What is discrimination? How can we be role models? What is a healthy friendship?	What is diversity? What is peer influence? Who makes up my community?	How can we keep safe on the road? How can I keep safe in my local area? What are hazards in my home?	What is first aid? Who do I encounter? What are protected characteristics? What is hate crime?	How can I respect my environment? What can I be? How can I be a hygiene hero? How do my choices help me to be healthy?	How does school build my character? What are healthy habits? Why is food fuel?
Year 4 – My Path Careers	Job Spotlight – Beautician Job Spotlight – Butcher Job Spotlight – Costume designer	Job Spotlight – Fashion designer Job Spotlight – Graphic designer Job Spotlight – Interior designer Professionalism Part 1	Job Spotlight – Landscaper Job Spotlight – Librarian Job Spotlight – Mechanical engineer Professionalism Part 2	Job Spotlight – Meteorologist Job Spotlight – Pharmacist Job Spotlight – Physiotherapist Professionalism Part 3	Job Spotlight – Plumber Job Spotlight – Prison officer Job Spotlight – Referee	Job Spotlight – Tour guide Job Spotlight – Veterinarian Job Spotlight – Website developer Aspirations check-in
Year 4 – Life to the Full		Get up! The Sacraments We don't have to be the same	What am I feeling? What am I looking at? I am thankful Life cycles	Jesus my friend Family, friends and others When things feel bad	Safe in my body Recognising Risk Drugs, Alcohol and Tobacco	A community of love What is the church? How do I love others?

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		<p>Respecting our bodies</p> <p>What is puberty?</p> <p>Changing bodies (Y4 only)</p> <p>Male and female discussion groups (Y4 only)</p>	<p>A time for everything</p>	<p>Balancing needs</p> <p>Sharing online</p> <p>Chatting online</p>	<p>First Aid Heroes</p>	
<p>Year 4 – Wider opportunities and events</p>	<p>British Values Week</p> <p>10th Oct – World Mental Health Day</p>	<p>YMT retreat</p> <p>Black history month (October)</p> <p>Bonfire Night – visit from fire service</p> <p>Anti-bullying week</p>	<p>Safer internet day</p> <p>Self-esteem month (Feb)</p>	<p>National careers week (March)</p> <p>World Downs Syndrome Day</p> <p>Autism Awareness</p>	<p>Mental health awareness week (May)</p> <p>World day for cultural diversity (May)</p> <p>Cornerstones Week</p>	<p>Loneliness Awareness Week (June)</p> <p>Refugee Week (June)</p>






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Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cornerstones	Communication 	Confidence 	Creativity 	Challenge 	Change 	
Fundamental British Values Focus	Rule of Law	Mutual Respect	Democracy	Tolerance	Liberty	
Catholic Social Teaching	Dignity			Dignity of work and participation		
Lifesong Legacy (whole school)	St. Matthew / Matthew and Susanna Liddell	Mother Teresa / St Francis of Assisi	Nicholas Winton / Corrie ten Boom	Malala Yousafzai / Ruby Bridges	Vanessa Nakate / Licypriya Kangujam	Jean Vanier / Oscar Romero
Year 5 - <u>Pol-Ed</u>	What is grooming? How can my adult relationships affect my future? How do words have power? What are my personal boundaries?	What are online friendships? What is media influence? What is peer pressure?	How can we use our phones sensibly? How can we keep our things safe? What are deep fakes? What are the risks with money?	What do I know about drugs? Why are our special people important? How do rules help our community?	What can and can't I do on the internet? What is gambling? How might drugs and alcohol make people feel? How might being online affect the way I feel?	How might my activity levels affect the way that I feel? How might puberty affect the way that I feel? How might school affect the way that I feel? What is my personal identity?
Year 5 – <u>My Path Careers</u>	Job Spotlight – Accountant Job Spotlight – Air traffic controller Job Spotlight – Archaeologist	Job Spotlight – Architect Job Spotlight – Astrophysicist Job Spotlight – Building surveyor Entrepreneurship Part 1	Job Spotlight – Computer scientist Job Spotlight – Counsellor Job Spotlight – DJ Entrepreneurship Part 2	Job Spotlight – Games developer Job Spotlight – Health and safety officer Job Spotlight – Journalist Entrepreneurship Part 3	Job Spotlight – Nutritionist Job Spotlight – Paramedic Job Spotlight – Police detective	Job Spotlight – Sales representative Job Spotlight – Priest Job Spotlight – Zookeeper Aspirations check-in
Year 5 – Life to the Full		Calming the storm Gifts and Talents Girls' Bodies	Body image Peculiar feelings Emotional changes	Hope beyond death God is calling you Under pressure	Sharing isn't always caring Cyberbullying	The Holy Trinity Catholic Social Teaching Reaching out

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		<p>Boys' Bodies</p> <p>Spots and sleep</p>	<p>Seeing stuff online</p> <p>Making babies (Parts 1 and 2)</p> <p>Menstruation</p>	<p>Do you want a piece of cake?</p> <p>Self-talk</p> <p>Confidence vs. control</p>	<p>Types of abuse</p> <p>Impacted lifestyles</p> <p>Making good choices</p> <p>Giving assistance</p>	
<p>Year 5 – Wider opportunities and events</p>	<p>Ford Castle</p> <p>British Values Week</p> <p>10th Oct – World Mental Health Day</p>	<p>Black history month (October)</p> <p>Bonfire Night – visit from fire service</p> <p>Anti-bullying week</p>	<p>Safer internet day</p> <p>Self-esteem month (Feb)</p>	<p>National careers week (March)</p> <p>World Downs Syndrome Day</p> <p>Autism Awareness</p>	<p>Mental health awareness week (May)</p> <p>World day for cultural diversity (May)</p> <p>Cornerstones Week</p>	<p>Loneliness Awareness Week (June)</p> <p>Refugee Week (June)</p>

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Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cornerstones	Communication 	Confidence 	Creativity 	Challenge 	Change 	
Fundamental British Values Focus	Rule of Law	Mutual Respect	Democracy	Tolerance	Liberty	
Catholic Social Teaching	Dignity			Dignity of work and participation		
Lifesong Legacy (whole school)	St. Matthew / Matthew and Susanna Liddell	Mother Teresa / St Francis of Assisi	Nicholas Winton / Corrie ten Boom	Malala Yousafzai / Ruby Bridges	Vanessa Nakate / Licypriya Kangujam	Jean Vanier / Oscar Romero
Year 6 - <u>Pol-Ed</u>	How can I get ready for secondary relationships? How can we be allies against racism? How can we challenge sexism? How can we respect different relationships?	What is a debate? What is my relationship with authority? Bonfire Night and Firework Safety lesson Halloween: trick or treat? How is my data shared?	Why does media have age restrictions? What is the issue with addiction? (Vaping/Smoking) What is spiking? What is shop theft?	What is anti-social behaviour? What does the law say about legal drugs? What does the law say about marriage? What is a weapon? How can I manage moving to high/secondary school positively?	How can I re-frame my thinking? How can I seek support for my mental health? What does adulthood look like?	Pol-Ed KS2 Passport: - Empathy - Fact finding - Future planning - Informed decision making - Resilience - Respect - Self-worth - Understanding risk
Year 6 – <u>My Path Careers</u>	Job Spotlight – Cartographer Job Spotlight – Choreographer Job Spotlight – Content creator	Job Spotlight – Electrician Job Spotlight – Engineer Job Spotlight – Food scientist Leadership Part 1	Job Spotlight – Holiday rep Job Spotlight – Lawyer Job Spotlight – Make-up artist Leadership Part 2	Job Spotlight – Marine Biologist Job Spotlight – Midwife Job Spotlight – Personal trainer Leadership Part 3	Job Spotlight – Politician Job Spotlight – Psychiatrist Job Spotlight – Quarry worker	Job Spotlight – Town planner Job Spotlight – Tree surgeon Job Spotlight – Writer Aspirations check-in
Year 6 – Life to the Full		Calming the storm Gifts and Talents	Body image Peculiar feelings	Hope beyond death God is calling you	Sharing isn't always caring Cyberbullying	The Holy Trinity Catholic Social Teaching

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		<p>Girls' Bodies</p> <p>Boys' Bodies</p> <p>Spots and sleep</p>	<p>Emotional changes</p> <p>Seeing stuff online</p> <p>Making babies (Parts 1 and 2)</p> <p>Menstruation</p>	<p>Under pressure</p> <p>Do you want a piece of cake?</p> <p>Self-talk</p> <p>Confidence vs. control</p> <p>Building others up (Y6 only)</p>	<p>Types of abuse</p> <p>Impacted lifestyles</p> <p>Making good choices</p> <p>Giving assistance</p>	<p>Reaching out</p>
<p>Year 6 – Wider opportunities and events</p>	<p>8-12th Sep – British Values Week</p> <p>10th Oct – World Mental Health Day</p>	<p>Black history month (October)</p> <p>Bonfire Night – visit from fire service</p> <p>Anti-bullying week</p>	<p>Shakespeare Schools' Festival</p> <p>Safer internet day</p> <p>Self-esteem month (Feb)</p>	<p>National careers week (March)</p> <p>World Downs Syndrome Day</p> <p>Autism Awareness</p>	<p>Mental health awareness week (May)</p> <p>World day for cultural diversity (May)</p> <p>Cornerstones Week</p>	<p>Field Study</p> <p>YMT festival</p> <p>Loneliness Awareness Week (June)</p> <p>Refugee Week (June)</p>