



Personal Development Long Term Plan Overview (adapted from Jigsaw Education)

Age Group	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5 (EYFS)	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Achieving and setting goals Overcoming obstacles Seeking help Jobs	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6 (Year 1)	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and Celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/ safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology -use of NSPC PANTS resources to support) Linking growing and learning Coping with change Transition

Age Group	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 6-7 (Year 2)	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Celebrating difference and remaining friends	Achieving realistic goals Staying healthy to achieve goals Perseverance and strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Healthy eating and nutrition Safety in the home Safety out and about Medicines	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness (use of NSPC PANTS to support) Preparing for transition
Ages 7-8 (Year 3)	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning Processes Contributing to the community Managing feelings Simple budgeting	Exercise Food labelling and healthy swaps Attitudes towards drugs Keeping safe online and off line Respect for myself and others Healthy and safe choices outdoors Water safety Asking for help	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Media influence Being a global citizen How my choices affect others Awareness of other children's different lives Expressing appreciation for family and friends	How babies grow (general not sex education) Differences in female and male bodies- (correct terminology) Assertiveness (use of Year 2 Jigsaw resources to support) Personal hygiene Family stereotypes Challenging my ideas Preparing for transition

Age Group	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9 (Year 4)	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Peer influences Railway safety Staying safe with friends Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Friendship issues Showing appreciation to people and animals	Being unique (not sex education part) Puberty Boys and Girls (general not sex education part) Being part of a family Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10 (Year 5)	Planning the year ahead Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures	Future dreams Spending, saving and value of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition/ self worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and risks Reducing screen time Dangers of online grooming Internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys (Jigsaw portal- lessons in previous years can be used to support) Growing responsibility Coping with change Preparing for transition

Age Group	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 10-11 (Year 6)	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image & Body-image Puberty and feelings Reflections about change Physical attraction Respect and consent Adolescent Friendships Online safety Transition Sex Education: with parents/ carers permission Conception to birth) (to use Year 5 planning as well to support)

Relationships Unit: Lesson Breakdown

Age Group	Changing Me	Lessons	Vocabulary
Ages 3-5 (EYFS) Nursery	Family life	1. My Family and Me! I can tell you about my family	Angry Argue Calm Family Friend Feelings Jobs Lonely Relationships Upset
	Friendships	2. Make friends, make friends, never ever break friends Part 1 I understand how to make friends if I feel lonely	
	Breaking friendships	3. Make friends, make friends, never ever break friends Part 2 I can tell you some of the things I like about my friends	
	Falling out	4. Falling Out and Bullying Part 1 I know what to say and do if somebody is mean to me	
	Dealing with bullying	5. Falling Out and Bullying Part 2 I can use Calm Me time to manage my feeling	
	Being a good friend	6. Being the best friends we can be I can work together and enjoy being with my friends	
Ages 4-5 (EYFS) Reception	Family life	1. My Family and Me! I can identify some of the jobs I do in my family and how I feel like I belong	Angry Argue Calm Family Friend Feelings Jobs Lonely Relationships Upset
	Friendships	2. Make friends, make friends, never ever break friends Part 1 I know how to make friends to stop myself from feeling lonely	
	Breaking friendships	3. Make friends, make friends, never ever break friends Part 2 I can think of ways to solve problems and stay friends	
	Falling out	4. Falling Out and Bullying Part 1 I am starting to understand the impact of unkind words	
	Dealing with bullying	5. Falling Out and Bullying Part 2 I can use Calm Me time to manage my feelings	
	Being a good friend	6. Being the best friends we can be I know how to be a good friend	

Age Group	Changing Me	Lessons	Vocabulary	
Ages 5-6 (Year 1)	Belonging to a family	1. Families I can identify the members of my family and understand that there are lots of different types of families	Appreciate	Help
	Making friends/being a good friend	2. Making Friends I can identify what being a good friend means to me	Belong	Helpful
	Physical contact preferences	3. Greetings I know appropriate ways of physical contact to greet my friends and know which ways I prefer	Celebrate	Incredible
	People who help us	4. People Who Help Us I know who can help me in my school community	Community	Kind
	Qualities as a friend and person	5. Being My Own Best Friend I can recognise my qualities as a person and a friend	Confidence	Like
	Self-acknowledgement Being a good friend to myself	6. Celebrating My Special Relationships I can tell you why I appreciate someone who is special to me	Different	Praise
	Celebrating special relationships		Dislike	Proud
			Family	Qualities
			Feel	Relationships
			Feelings	Same
			Friendship	Skills
			Friends	Special
			Greeting	Texture
				Touch

Age Group	Changing Me	Lessons	Vocabulary		
Ages 6-7 (Year 2)	Different types of family	1. Families I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate	Acceptable	Like	
	Physical contact boundaries	2. Keeping Safe - exploring physical contact I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not	Adult	Negative	
			Appreciate	Not acceptable	
	Friendship and conflict		3. Friends and Conflict I can identify some of the things that cause conflict with my friends	Celebrate	Physical
				Communication	contact
	Secrets	4. Secrets I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret	Compliments	Point of view	
			Conflict	Positive	
Trust and appreciation	5. Trust and Appreciation I recognise and appreciate people who can help me in my family, my school and my community	Cooperate	Problem solving		
		Different	Relationship		
		Dislike	Reliability		
		Diverse	Sad		
		Family	Secret		
		Frightened	Special		
Expressing appreciation for special relationships	6.Celebrating My Special Relationships I can express my appreciation for the people in my special relationships	Friends	Stereotype		
		Good secret	Surprise		
		Happy	Touch		
		Honesty	Trust		
		Hugs	Trustworthy		
		Important	Worry secret		

Age Group	Changing Me	Lessons	Vocabulary	
Ages 7-8 (Year 3)	Family roles and responsibilities	1. Family Roles and Responsibilities I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and female	Age restriction	Needs
	Friendship and negotiation	2. Friendship I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener	Appreciation	Personal information
	Keeping safe online and who to go to for help	3. Keeping Myself Safe Online I know and can use some strategies for keeping myself safe online	Careers	Privacy
	Media influence	4. Being a Global Citizen 1 I can explain how some of the actions and work of people around the world help and influence my life	Celebrating	Problem solving
	Being a global citizen How my choices affect others	5. Being a Global Citizen 2 I understand how my needs and rights are shared by children around the world and can identify how our lives may be different	Conflict	Relationships
	Awareness of other children's different lives	6. Celebrating My Web of Relationships I know how to express my appreciation to my friends and family	Culture	Respect
	Expressing appreciation for family and friend		Deprivation	Responsibilities
			Differences	Rights
			Fairness	Risky
			Family	Role
			Feelings/emotions	Safe/unsafe
			Female	Sex (male and female)
			Friendship	Social media
			Gaming/apps	Solution
			Global	Stereotype
			Happiness	Support
			Influence	Trade
			Inequality	Trusted adult
			In-app purchases	Trust
			Internet	United Nations
			Interconnected	Unisex
			Job	Wants
			Location	Wellbeing
			settings	Win-win
			Male	
			Manners	
			Media	
			Messaging	

Age Group	Changing Me	Lessons	Vocabulary	
Ages 8-9 (Year 4)	Jealousy	1. Jealousy I can recognise situations which can cause jealousy in relationships	Relationship Close Jealousy Problem-solve Emotions Positive Negative Souvenir Memento Loss Memories Special Remember	Friendships Negotiate Compromise Trust Loyalty Anger Betrayal Empathy Love Appreciation Symbol Care
	Love and loss	2. Love and Loss I can identify someone I love and can express why they are special to me		
	Memories of loved ones	3. Memories I can tell you about someone I know that I no longer see		
	Getting and Falling Out	4. Getting on and Falling Out I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends		
	Friendships	5. Friendship issues I can begin to understand my feelings and others		
	Showing appreciation to people and animals	6. Celebrating My Relationships with People and Animals I know how to show love and appreciation to the people and animals who are special to me		

Age Group	Changing Me	Lessons	Vocabulary	
Ages 9-10 (Year 5)	Self-recognition/ self worth Building self-esteem	1. Recognising Me I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities	Addiction Age restriction Appropriate Assertive Being responsible Bullying Characteristics Choices Community Controlling Data Data protection Devices Fake online hoaxes Gambling / betting Grooming Harassed Hobbies Interests Location settings Lonely Loot boxes Mental health Offline Online	Personal information Personal qualities Physical health Privacy Reliable Reporting Responsibility Responsibilities Rights Risk Risky Safe Screen time Self-esteem Self-perception Social Social network Targeting Troll Trustworthy Vulnerable Wellbeing
	Safer online communities	2. Safety with Online Communities I understand that belonging to an online community can have positive and negative consequences		
	Rights and responsibilities online	3. Being in an Online Community I understand there are rights and responsibilities in an online community or social network		
	Online gaming and risks	4. Online Gaming I know there are rights and responsibilities when playing a game online		
	Reducing screen time	5. My Relationship with Technology: screen time I can recognise when I am spending too much time using devices (screen time)		
	Dangers of online grooming	6. Relationships and Technology I can explain how to stay safe when using technology to communicate with my friends		
	Internet safety rules			

Age Group	Changing Me	Lessons	Vocabulary	
Ages 10-11 (Year 6)	Mental health	1. What is Mental Health? I know that it is important to take care of my mental health	Age restrictions	Personal data
	Identifying mental health worries and sources of support	2. My Mental Health I know how to take care of my mental health	AI (artificial intelligence)	Power
	Love and loss	3. Love and Loss I understand that there are different stages of grief and that there are different types of loss that cause people to grieve	Anxiety	Pressure
	Managing feelings		Ashamed	Privacy
	Power and control	4. Power and Control I can recognise when people are trying to gain power or control	Assertive	Real / fake
	Assertiveness		Authority	Respect
	Technology safety	5. Being Online: Real or Fake? Safe or Unsafe? I can judge whether something online is safe and helpful for me	Bullying	Risks
	Take responsibility with technology use	6. Using Technology Responsibly I can use technology positively and safely to communicate with my friends and family	Communication	Safety
			Consent	Self-care
			Control	Self-control
			Courtesy	Signs
			Digital rights	Stigma
			Early warning signs	Strategies
			Emotions	Stress
			Feelings	Support
			Grief	Targeting
			Influences	Technology
			Isolation	True / untrue
			Loneliness	Warning
			Mental health	

Changing Me Unit: Lesson Breakdown

Age Group	Changing Me	Lessons	Vocabulary	
Ages 3-5 (EYFS) Nursery	Bodies	1. My Body I can name parts of my body and show respect for myself	Eyebrow	Healthy
	Respecting my body	2. Respecting My Body I can tell you some things I can do and some food I can eat to be healthy	Forehead	Angry
	Growing up	3. Growing Up I understand that we all start as babies and grow into children and then adults	Tongue	Calm
	Growth and change	4. Growth and Change I know that I grow and change	Finger	Family
	Fun and fears	5. Fun and Fears I can talk about how I feel moving to School from Nursery	Stomach	Feelings
	Celebrations	6. Celebration I can remember some fun things about Nursery this year	Grown-up	Friends
Ages 3-5 (EYFS) Reception	Bodies	1. My Body I can name parts of the body	Change	Jobs
	Respecting my body	2. Respecting My Body I can tell you some things I can do and foods I can eat to be healthy	Worry	Lonely
	Growing up	3. Growing Up I understand that we all grow from babies to adults	Excited	Relationships
	Growth and change	4. Fun and Fears Part 1 I can express how I feel about moving to Year 1	Memories	Upset
	Fun and fears	5. Fun and Fears Part 2 I can talk about my worries and/or the things I am looking forward to about being in Year 1		
	Celebrations	6. Celebration I can share my memories of the best bits of this year in Reception		

Age Group	Changing Me	Lessons	Vocabulary
Ages 5-6 (Year 1)	Life cycles – animal and human	1. Life cycles I am starting to understand the life cycles of animals and humans	Changes Life cycle Baby Adulthood Growth Male Female Penis Testicles Vulva Vagina Anus Learn New Feelings Anxious Worried Excited Coping
	Changes in me	2. Changing Me I can tell you some things about me that have changed and some things about me that have stayed the same	
	Changes since being a baby	3. My Changing Body I can tell you how my body has changed since I was a baby	
	Differences between female and male bodies (correct terminology & use of NSPCC PANTS to support)	4. Boys' and Girls' Bodies I can identify the parts of the body that make boys different to girls and can use the correct names.	
	Linking growing and learning	5. Learning and Growing I understand that every time I learn something new I change a little bit	
	Coping with change	6. Coping with Changes I can tell you about changes that have happened in my life	
	Transition		

Age Group	Changing Me	Lessons	Vocabulary	
Ages 6-7 (Year 2)	Life cycles in nature	1. Life Cycles in Nature I can recognise cycles of life in nature	Change	Vagina
	Growing from young to old	2. Growing from Young to Old I can tell you about the natural process of growing from young to old and understand that this is not in my control	Grow	Anus
	Increasing independence	3. The Changing Me I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	Life cycle	Public
	Differences in female and male bodies (correct terminology)	4. Boys' and Girls' Bodies I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private	Control	Private
	Assertiveness (use of NSPCC PANTS to support)	5. Assertiveness I understand there are different types of touch and can tell you which ones I like and don't like	Baby	Touch
	Preparing for transition	6. Looking Ahead I can identify what I am looking forward to when I move to my next class	Adult	Hug
			Old	Like
			Young	Dislike
			Elderly	Comfortable
			Respect	Uncomfortable
			Toddler	Assertive
			Child	Looking forward
			Teenager	Excited
			Timeline	Nervous
			Freedom	Anxious
			Responsibilities	Cope
			Male	
			Female	
			Penis	
			Testicles	
			Vulva	

Age Group	Changing Me	Lessons	Vocabulary
Ages 7-8 (Year 3)	How babies grow (general not sex education)	1. How Babies Grow I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby	Male Female Changes Birth Animals Babies Mother Growing up Family Care Puberty Personal hygiene Genitals Stereotypes Task Roles Challenge Looking forward Worries
	Differences in female and male bodies (correct terminology)	2. Boys' and Girls' Bodies I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private (use Year 2 resources)	
	Assertiveness (Year 2 Jigsaw resources to use)	3. Keeping Ourselves Clean I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy	
	Personal hygiene	I know some simple ways of keeping clean which can keep me healthy and protect me from some infections	
	Family stereotypes	4. Family Stereotypes I can start to recognise stereotypical ideas I might have about parenting and family roles	
	Challenging my ideas		
	Preparing for transition	5. Looking Ahead I can identify what I am looking forward to when I move to my next class	

Age Group	Changing Me	Lessons	Vocabulary
Ages 8-9 (Year 4)	Being unique (not sex education part)	1. Unique Me I understand that lots of things make up a person's identity and this what makes them unique	Identity Choices Hobbies Interests Skills Proud Values Unique Characteristics Personality Menstruation Puberty Changes Personal Hygiene Family Inner circle Belonging Support Trusted adult Anxious Care Love Circle Seasons Acceptance Reliable Unreliable Trustworthy Support Inner circle Looking forward
	Puberty Boys and Girls (general not sex education part) Adapted for HPS (elements of Year 4 jigsaw & the hygiene lesson from Year 3)	2. Changes and keeping ourselves clean (Adapted to HPS) I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy. (they may need a recap of body parts- including private)	
	Being part of a family	3. Being Part of a Family I know there are many types of family and that often our family members form part of our inner circle I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty	
	Confidence in change	4. Circles of Change I know how the circle of change works and can apply it to changes I want to make in my life	
	Accepting change	5. Accepting Change I can identify changes that have been and may continue to be outside of my control that I learnt to accept	
	Preparing for transition	6. Looking Ahead I can identify what I am looking forward to when I move to a new class	
	Environmental change		

Age Group	Changing Me	Lessons	Vocabulary	
Ages 9-10 (Year 5)	Self- and body image	1. Self and Body Image I am aware of my own self-image and how my body image fits into that	Self-image	Semen
	Influence of online and media on body image		Body image	Testicles /
	Puberty for girls Puberty for boys (Jigsaw lessons in previous years can be used to support)	2. Puberty for Girls I can explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally	Self-esteem	Testes
	Growing responsibility	3. Puberty for boys I can describe how boys' and girls' bodies change during puberty	Perception	Scrotum
	Coping with change	4. Looking Ahead 1 I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities	Filter	Erection
	Preparing for transition	6. Looking Ahead 2 I can identify what I am looking forward to when I move to my next class.	Health / wellbeing	Wet dream
			Puberty	Larynx
			Periods	Facial hair
			Menstrual pads	Growth spurt
			Tampons	Hormones
			Ovary	Testosterone
			Vagina	Teenager
			Oestrogen	Milestone
			Vulva	Media
			Womb/Uterus	Influences
			Hormone	Reliable
			Fallopian tube	sources
			Menstrual cycle	Change
			Puberty	Manage
			Sperm	Emotions

Age Group	Changing Me	Lessons	Vocabulary
Ages 10-11 (Year 6)	Self-image & Body-image	1. My Self Image I am aware of my own self-image and how my body image fits into that	Self-image Self-esteem Criticise Real self Celebrity Opportunities Freedoms Responsibilities Puberty vocabulary Independence Identity Values Relationships Pressure Adolescent Assertive Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health Transition Secondary Looking forward Journey Worries
	Puberty and feelings	2. Puberty I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	
	Reflections about change	3. Babies: Conception to Birth (Parents/ Carers permission) I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born Vocabulary: Pregnancy; Embryo; Foetus; Placenta; Umbilical cord; Labour Contractions; Cervix; Midwife; Caesarean	
	Physical attraction		
	Respect and consent	4. Adolescent Friendships I know myself well enough to maintain positive relationships with others whilst still keeping my own identity	
	Adolescent Friendships		
	Online safety	5. Real self and ideal self I am aware of the importance of a positive self-esteem and what I can do to develop it	
	Transition Sex Education: with parents/ carers permission Conception to birth) (to use Year 5 planning as well to support)	6. The Year Ahead I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	