



PSHE LTP Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Me and my feelings	Me and my actions	Me and my relationships	Me and my well-being	Me and my safety	Me and living in the wider world
← TO UNDERSTAND THE CONVENTIONS OF COURTESY AND MANNERS →						
Class 1	How can I describe how I am feeling?	How can we make our classroom a happy place to work and play?	Who are my special people?	How do we keep ourselves healthy?	How can I begin to keep myself safe as I get bigger?	How can I help to look after other living things in my local environment?
Class 2	What can I do when I feel uncomfortable?	What is bullying?	How am I unique?	How can we stay healthy?	How do I keep myself safe at home and in my local area?	What is democracy and how does it impact on my life now?
Class 3	How can I use my toolkit to help me deal with uncomfortable feelings?	How can I resolve arguments with my friends and family?	What is diversity?	How can I be emotionally and mentally healthy?	What should I do if I feel unsafe?	How do rules keep us safe?
Class 4	What impact do my actions have on others?	How can I step into someone else's shoes to help resolve disputes?	How can I develop respectful relationships?	What are the positive and negative effects on my physical, emotional and mental health?	What does 'permission' mean?	What does community mean?