



PSHE LTP Cycle B

	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 →						
<b>Class 1</b>	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?
<b>Class 2</b>	What can I do when I feel uncomfortable?	What is bullying?	Why are my family and friendships important to me?	How can we stay healthy?	What do I feel if I feel uncomfortable?	How can I help look after my local environment and the living things in it?
<b>Class 3</b>	How do I feel when things change?	How can I resolve arguments with my friends and family?	What is a relationship?	How can I be emotionally and mentally healthy?	What pressures might affect my behaviour and actions?	When do I need money?
<b>Class 4</b>	How can I use my toolkit to help me deal with uncomfortable feelings?	What is discrimination?	How can I develop respectful relationships?	How will my body change?	How can I manage risk and dares	How can I manage my money?