

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
Strand	<i>Mental wellbeing, friendships (MH1, MH2, R13)</i>	<i>Respectful relationships, behaviour, consent (R10, R11, R12, R15)</i>	<i>Families, friendships, consent (R1, R2, R5, R15)</i>	<i>Physical health, mental wellbeing, puberty (H1, H2, H3, H5)</i>	<i>Being safe, online safety, safeguarding (R16, R17, R18, H6, H7)</i>	<i>Equality, diversity, community, money (R20, L1, L5, L6)</i>
TO UNDERSTAND THE CONVENTIONS OF COURTESY AND MANNERS 						
Class 1	Describe feelings; trusted adults	Kindness, sharing, class rules	Special people and families	Basic health and hygiene	Staying safe; trusted adults	Care for environment
Class 2	Managing uncomfortable feelings	Bullying and consent basics	Importance of family and friends	Healthy routines	Recognise unsafe feelings	Looking after environment
Class 3	Feelings and change	Resolving conflict	Types of relationships and boundaries	Mental health and intro to body changes	Peer pressure	Understanding money
Class 4	Emotional regulation toolkit	Discrimination and respect	Develop respectful relationships and consent	Puberty changes	Risk, safety, online relationships	Managing money and diversity



Statutory Reference Key (DfE Relationships & Health Education)

R – Relationships Education

H – Health Education

L – Living in the Wider World (non-statutory PSHE strand)

MH – Mental Health

Example Statutory Statements

R1 – Families provide love, care and stability

R2 – Respect for different types of families

R5 – Importance of friendships

R10 – Respectful behaviour

R11 – Self-respect and respect for others

R12 – Bullying (including online)

R15 – Permission-seeking and giving (consent)

R16 – Personal boundaries

R17 – Privacy and body ownership

R18 – Secrets vs surprises

R20 – Respect for others and differences

H1 – Mental wellbeing

H2 – Healthy lifestyles

H3 – Hygiene

H5 – Puberty

H6 – Keeping safe

H7 – Online safety

L1 – Belonging to a community

L5 – Managing money

L6 – Economic awareness

MH1 – Recognising emotions

MH2 – Links between feelings and behaviour