



Long-Term Mapping PSHE/RSHE

		KS3			KS4	
		Cycle A 2026-27	Cycle B 2027-28	Cycle C 2028-29	Cycle A 2026-27	Cycle B 2027-28
PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Encountering Exploring(KS1) Foundation(KS2) Core Development(KS3) Enrichment (KS4) Enhancement						
Autumn	1	Self-awareness How do we learn? Introduce pupils to skills for learning and how to get help from adults in school. SA2 SA5	Self-awareness What makes us special? Pupils celebrate everyone's uniqueness and identify their personal strengths. SA1 SA3	Self-awareness What is pressure? Pupils explore when people might be under pressure and how to respond or get support. SA4 SA5	Self-awareness What is prejudice? Pupils consider the protected characteristics and how to treat others fairly. SA3	Self-awareness How can we respond to pressure? Pupils revisit peer pressure, rehearsing skills to respond. SA4 SA5
	2	Self-care, support and safety What's public and private in school, and who helps us? Pupils learn how to navigate public and private spaces, and what to do if feeling unwell in school. SSS1 SSS6	Self-care, support and safety What is safe online contact? Pupils learn ways to safely communicate with others online, including what information to keep private. SSS4 SSS6	Self-care, support and safety What is gambling? Pupils explore the risks related to gambling money. SSS7	Self-care, support and safety What is personal space? Pupils learn how to assert their own and respect others' personal space and privacy. SSS8 SSS2 SSS6	Self-care, support and safety How can I manage risk? Pupils learn how to respond in risky and emergency situations, including with first aid, and for medical concerns. SSS3 SSS5 SSS1
Spring	1	Managing feelings What is mental wellbeing? Pupils learn about strong feelings and how they can affect wellbeing. MF1 MF5	Managing feelings How do I feel about myself? Pupils learn skills to maintain self-esteem and respond to unkind MF2	Managing feelings How do I feel about others? Pupils explore what romantic feelings are and situations involving attraction. MF3	Managing feelings How can I keep mentally well? Pupils revisit skills for emotional regulation and learn about mental health concerns MF5 MF6	Managing feelings What are romantic relationships like? Pupils explore what might shape our expectations of romantic relationships. MF4
	2	Changing and growing Who are our friends? Pupils explore what makes a healthy friendship and how to make friends. CG2	Changing and growing What is puberty? Pupils learn how to help manage the changes of puberty CG1	Changing and growing What is a healthy relationship? Pupils learn about healthy and unhealthy relationship CG3	Changing and growing What is sexual intimacy? Pupils learn about sexually intimate relationships, including consent and contraception CG4	Changing and growing What makes a parent? Pupils learn about committed relationships, including marriage and parenthood. CG5 CG3
Summer	1	Healthy lifestyles How can we keep healthy? Pupils learn how to stay healthy, including safe use of medicines. HL1 HL5	Healthy lifestyles What is body image? Pupils explore what affects body image as people grow older. HL4	Healthy lifestyles What is a healthy lifestyle? Pupils rehearse skills for staying active and preparing healthy meals. HL2 HL3	Healthy lifestyles What can harm our bodies? Pupils recap the use of medicines and learn about. HL5 HL6	Healthy lifestyles Is it hard to stay healthy? Pupils consider challenges and build skills to maintain a healthy lifestyle with more independence. HL1 HL2 HL3 HL4



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	2	The world I live in How can we care for our environment? Pupils explore why and how to protect the planet. WILI5	The world I live in How can we buy things online? Pupils explore money and safe ways to spend online. WILI4 WILI2	The world I live in What is equality? Pupils learn about people's rights and responsibilities in an equal, diverse society. WILI1	The world I live in What risks are there online? Pupils learn how to manage online harms, including AI and sharing images. WILI3	The world I live in What is it adulthood like? Pupils practise skills for managing money and for participating in work. WILI6 WILI4
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