

The Rackham's Long Term Personal Development Programme, devised and adapted from the Cambridgeshire PDP

Two Year Rolling Programme Updated Spring 2024 - CH

Cycle A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Beginning and Belonging BBF	Family and Friends (incl. anti-bullying) FFF My Emotions MEF	Me and My World MWF	My Body and Growing Up BGF	Keeping Safe (incl. Drug Education) KSF	Healthy Lifestyles HLF
Year 1 and 2	Beginning and Belonging BB12 BB34 BB56	Family Friends	Working Together	Managing Safety and Risk	Healthy Lifestyles	Relationships and Sex Education
Year 3 and 4		FF12 FF34	WT12 WT34	MSR12 MSR34	HL12 HL34	RS1 RS2
Year 5 and 6		FF56 Anti-Bullying AB12 AB34 AB56	WT56 Financial Capacity FC12 FC34 FC56	MSR56	HL56	RS3 RS4 RS5 RS6 Year 4 Girls Menstruation Education
Cycle B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Beginning and Belonging BBF	Family and Friends (incl. anti-bullying) FFF My Emotions MEF	Me and My World MWF	My Body and Growing Up BGF	Keeping Safe (incl. Drug Education) KSF	Healthy Lifestyles HLF
Year 1 and 2	Rights Rules and Responsibilities RR12 RR34 RR56	My Emotions	Diversity and Communities	Drug Education	Digital Lifestyles	Personal Safety
Year 3 and 4		ME12 ME34	DC12 DC34	DE12 DE34 DE56	Managing Change MC12 MC34 MC56	PS12 PS34 PS56
Year 5 and 6		ME56 Anti-bullying AB12 AB34	DC56			Relationships and Sex Education RS5 RS6

		AB56				Year 4 Girls Menstruation Education
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