

Intent:

We will promote, develop, equip and prepare healthy learners for life

		CYCLE A - 2025-2026	CYCLE B – 2026-2027	Running throughout each cycle	
Autumn	1	Self-awareness What can we do? Rehearse learning skills, including working with others and celebrating strengths. SA1 SA3 Topic- Things we are good at/ Playing and working together <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self-awareness Who is special to us? Pupils learn about family members and school staff who help them. SA4 SA6 Topic- People who are special to us/ Getting help <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self Awareness • Playing and working together • Getting on with others	Managing feelings • Identifying and expressing feelings • Managing strong feelings
	2	Self-care, support and safety Who looks after us? Revisit people who look after us and the role they play in our lives. SSS1 Topic- Taking a care of ourselves <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self-care, support and safety Who can we trust? Explore who we can trust; and what makes something mine or yours. SSS3 Topic -Trust <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>		
Spring	1	Managing feelings How do I feel? Help pupils identify feelings and how to express them. MF1 Topic- Identifying and expressing feelings <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Managing feelings How can we manage our feelings? Introduce pupils to self-regulation strategies to manage their feelings. MF2 Topic-Managing strong feelings <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>		

Summer	2	Changing and growing What is safe touch? Introduce pupils to safe touch, (e.g. during care routines or play). CG3 Topic-Dealing with touch <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Changing and growing How do we grow? Pupils learn how people change from a baby to an adult as they grow. CG1 Topic- Baby to Adult <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>		
	1	Healthy lifestyles What do we eat? Introduce pupils to food choices and healthy food. HL1 Topic- Healthy Eating <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Healthy lifestyles How do we keep well? Pupils learn about keeping well and what to do if they are hurt or feel unwell. HL4 Topic- Keeping Well <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>		
	2	The world I live in Who is in our school? Pupils learn about similarities and differences in the school community. WILI1 WILI4 Topic-Respecting differences between people/ Rules and Laws <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	The world I live in What is a community? Pupils learn about being part of a community, in school and beyond. WILI2 Topic-Belonging to a community <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>		