

Intent:

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

		Cycle A (2027-2028)	Cycle B (2028-2029)	Cycle C (2025-2026)	Cycle D (2026-2027)	Running throughout each cycle	
Autumn	1	Self-awareness How do we treat others? Pupils explore kind and unkind behaviours among peers, and how to get help. SA2 SA6 Topic- Kind and Unkind behaviours/ Getting help <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self-awareness How can we be friends? Pupils build skills for making friends and managing disagreements. SA5 Topic- Getting on with others <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self-awareness Who do I care about? Pupils revisit and reflect on their closest relationships, with friends and family. SA4 Topic- People who are special to us <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self-awareness What have we achieved? An opportunity to celebrate successes and skills learnt as pupils move towards the end of the primary phase. SA1 SA5 Topic- Things we are good at/ Getting on with others. <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 What is private? Pupils explore public and private and who to trust with private things. SSS5 SSS3 Topic- Public and Private/ Trust <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self-care, support and safety What is being online? Introduce pupils to uses of the internet in daily life. SSS4 Topic- Keeping safe online <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self-care, support and safety How can we be safe online? Pupils explore risks online and how to stay safe when looking at online content. SSS4 SSS1 Topic- Taking care of ourselves/Keeping safe online <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Self-care, support and safety How can we be safe? Pupils explore how to be safe in the school and wider environment. SSS2 Topic:- Keeping safe <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>		

Spring	1	Managing feelings What are difficult feelings? Pupils begin to explore difficult or unpleasant feelings and how to cope. MF3 Topic- Difficult feelings <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Managing feelings What are these feelings? Revisit skills to identify more complex feelings as pupils get older. MF1 Topic- Identifying and expressing feelings <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Managing feelings How do we express emotions? Help pupils express a wider range of complex or difficult feelings. MF2 MF3 Topic- Managing and express feelings <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Managing feelings What is mental health? Moving beyond feelings to help pupils understand the concept of mental health. MF4 Topic:- Mental health <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	
	2	Changing and growing How am I changing? learn about the physical changes of puberty and how to manage these. CG2 Topic- Changes at puberty <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Changing and growing How do I feel about others? Pupils learn about the emotional changes of puberty and about love, romance and marriage. CG4 CG2 Topic- Changes in puberty and different types of relationships <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Changing and growing When can we touch? Pupils revisit touch, and differences between safe and unsafe touch. CG3 Topic- Dealing with touch <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Changing and growing How are relationships different? Pupils explore differences in their relationships with friends, family and others. CG4 Topic:- Different types of relationships <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	
Summer	1	Healthy lifestyles How do we keep well? Pupils learn about keeping well and what to do if they are hurt or feel unwell. HL3 HL4 Topic- Being Active/Keeping well <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Healthy lifestyles Why should we be healthy ? Introduce pupils to food choices and healthy food. HL1 HL2 Topic- Healthy Eating <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Healthy lifestyles How can we be active? Pupils explore a range of ways to be active and how it helps our bodies. HL2 Topic- Taking care pf physical health <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	Healthy lifestyles How can we look after our bodies? Pupils build skills around hygiene routines, including sleep, dental health, personal hygiene. HL3 Topic:- Being active <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	

	2	The world I live in How can we talk online? Pupils explore safe ways to communicate with others online. WILI2 WILI7 Topic- Online Habits <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	The world I live in How can we earn money? Pupils explore money, how it can be earned and spent, and jobs people do. WILI3 WILI6 Topic- Jobs people do and how to earn money <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	The world I live in What are online rules? Pupils learn about rules and how these protect children online. WILI7 WILI4 Topic- Rules and Laws and online habits. <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>	The world I live in How can we help? Pupils explore ways to take care of plants, pets and the environment. WILI5 Topic:- Taking care of the environment <i>'PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps'</i>		
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