


KS1 Long Term Plan for Personal, Social, Health and Economic Education (PSHE) (RCP)

		Cycle 1	Cycle 2
Autumn	1	<i>Self-Awareness</i> SA1 Things we are good at	<i>Self-Awareness</i> SA2 Kind and unkind behaviour
	2	<i>Self-Care, Support & Safety</i> SSS1 Taking care of ourselves	<i>Self-Care, Support & Safety</i> SSS2 Keeping safe
Spring	1	<i>Managing Feelings</i> MF1 – Identifying and expressing feelings	<i>Managing Feelings</i> MF 2 – Managing strong feelings
	2	My body (Non-PSHE Association Unit)	<i>Changing & Growing</i> CG1 – Baby to adult
Summer	1	<i>Healthy Lifestyles</i> HL1 – Healthy Eating	<i>Healthy Lifestyles</i> HL2 – Taking care of physical health
	2	<i>The World I live In</i> WILI1 – Respecting difference between people	<i>The World I live In</i> WILI2 – Jobs people do