



Long term planning (LTP)

PSHE Long Term Plan Cycle A & B (2025-2026 Cycle B)

Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 2	Maple	A (Class themes)	A: All About Me Ourselves – Personal development	A: Exploring & Adventures Ourselves: Relationships.	A: Bury St Edmunds Lifestyles: Healthy living	A: Famous People Lifestyles: Medicine safety Road safety	A: Space Citizenship - School community	A: Holidays - Seaside Citizenship: Local community.
Key Stage 2	Maple	B (Class themes).	Superheroes Ourselves: Personal Development.	A journey to... Ourselves: Relationships	Inspirational people Healthy lifestyles: Healthy Living	Once upon a time Healthy lifestyles: How to keep ourselves safe.	A rumble in the jungle Citizenship – School community: Understanding our role in the school community. British values	Going green The world I live in. Citizenship – Local Community: Understanding of what is a local community. British values



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 2	Rowan	A (class themes)	<p>A: All About Me</p> <p>Families and friendships</p> <p>Roles of different people</p> <p>Safe relationships</p>	<p>A: Exploring & Adventures</p> <p>Safe relationships: Recognising privacy</p> <p>Respecting ourselves and others</p>	<p>A: London</p> <p>Living in the wider world: Belonging to a community.</p> <p>Media literacy and digital resilience.</p>	<p>A: Famous People</p> <p>Living in the wider world: Media literacy and digital resilience.</p> <p>Money and work</p>	<p>A: Space</p> <p>Health and wellbeing: Physical health and mental wellbeing.</p> <p>Growing and changing.</p>	<p>A: Holidays</p> <p>Health and wellbeing: Growing and changing.</p> <p>Keeping safe</p>
	Rowan	B (Class themes).	<p>Superheroes</p> <p>Relationships: Families and friendships.</p> <p>Safe relationships.</p>	<p>A journey to...</p> <p>Relationships: Safe relationships.</p> <p>Respecting ourselves and others. British values</p>	<p>Inspirational people</p> <p>Living in the wider world: Belonging to a community. British values</p> <p>Media literacy and digital resilience.</p>	<p>Once upon a time</p> <p>Living in the wider world: Media literacy and digital resilience.</p> <p>Money and work.</p>	<p>Going green</p> <p>Health and wellbeing: Physical health and mental wellbeing.</p> <p>Growing and changing.</p>	<p>A rumble in the jungle</p> <p>Health and wellbeing: Growing and changing.</p> <p>Keeping safe.</p>



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	Willow	A (class themes)	<p>A: All About Me - our school</p> <p>Families and friendships Making friends</p> <p>Safe relationships</p>	<p>A: Exploring & Adventures</p> <p>Safe relationships Managing secrets</p> <p>Respecting ourselves and others</p>	<p>A: Great Britain</p> <p>Living in the wider world Belonging to a community</p> <p>Media and digital resilience</p>	<p>A: Famous People</p> <p>Living in the wider world</p> <p>Money and work</p>	<p>A: Space</p> <p>Health and wellbeing Physical health and mental wellbeing</p> <p>Growing and changing</p>	<p>A: Holidays</p> <p>Health and wellbeing Growing and changing</p> <p>Keeping safe</p>
	Willow	B (Class themes).	<p>Superheroes.</p> <p>Relationships: Families and friendships.</p> <p>Safe relationships.</p>	<p>A journey to...</p> <p>Relationships: Safe relationships.</p> <p>Respecting ourselves and others. British values</p>	<p>Inspirational people</p> <p>Living in the wider world: Belonging to a community. British values</p> <p>Media literacy and digital resilience.</p>	<p>A rumble in the jungle.</p> <p>Living in the wider world: Media literacy and digital resilience.</p> <p>Money and work.</p>	<p>Once upon a time.</p> <p>Health and wellbeing: Physical health and mental wellbeing.</p> <p>Growing and changing.</p>	<p>Going green</p> <p>Health and wellbeing: Growing and changing.</p> <p>Keeping safe.</p>

Commented [AK1]: Colour code your rotation cycle for topics



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Oak	A (class themes)	<p>A: All About Me - Local Area</p> <p>Relationships:</p> <p>Families and friendships</p> <p>Safe relationships</p>	<p>A: Castles & Nights</p> <p>Relationships:</p> <p>Safe relationships</p> <p>Respecting ourselves and others</p>	<p>A: City & Country</p> <p>Living in the wider world:</p> <p>Belonging to a community.</p> <p>Media literacy and digital resilience.</p>	<p>A: WWI</p> <p>Living in the wider world:</p> <p>Media literacy and digital resilience.</p> <p>Money and work</p>	<p>A: Space</p> <p>Health and wellbeing:</p> <p>Physical health and mental wellbeing.</p> <p>Healthy choices and habits</p>	<p>A: Maps & Mapping</p> <p>Health and wellbeing:</p> <p>Growing and changing.</p> <p>Keeping safe.</p>
	Oak	B (Class themes).	<p>Superheroes.</p> <p>Relationships:</p> <p>Families and friendships.</p> <p>Safe relationships.</p>	<p>A journey to...</p> <p>Relationships:</p> <p>Safe relationships.</p> <p>Respecting ourselves and others.</p> <p>British values</p>	<p>Inspirational people</p> <p>Living in the wider world:</p> <p>Belonging to a community.</p> <p>British values</p> <p>Media literacy and digital resilience.</p>	<p>Once upon a time</p> <p>Living in the wider world:</p> <p>Media literacy and digital resilience.</p> <p>Money and work.</p>	<p>Going green</p> <p>Health and wellbeing:</p> <p>Physical health and mental wellbeing.</p> <p>Growing and changing.</p>	<p>A rumble in the jungle.</p> <p>Health and wellbeing:</p> <p>Growing and changing.</p> <p>Keeping safe.</p>



Long term planning (LTP)

Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 3	Mount Road	A	Families and friendships: Attraction to others Safe relationships	Safe Relationships: Physical contact and feeling safe. Respecting ourselves and others	Belonging to a community: Valuing diversity. Media literacy and digital resilience	Living in the wider world: Media literacy and digital resilience Money and work	Health and wellbeing: Physical health and mental wellbeing	Health and wellbeing: Growing and changing. Keeping safe.



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 3	Mount Road	B	<p>Relationships: Managing friendships and peer influence. (weeks 1-4). Safe relationships Physical contact and feeling safe (weeks 5-7).</p> <p>British values</p>	<p>Relationships: Discrimination. Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia British values</p>	<p>Living in the wider world: Belonging to a community: Protecting the environment; compassion towards others. British values</p> <p>Media literacy and Digital resilience: How information online is targeted; different media types, their role and impact</p>	<p>Health and wellbeing: Emotional wellbeing.</p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>	<p>Relationships: Identity and relationships.</p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p>Living in the wider world: Digital literacy.</p> <p>Online safety, digital literacy, media reliability, and gambling hooks.</p>



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Priory at Thurston	A	Relationships Families and friendships Safe relationships	Safe relationships Respecting ourselves and others	Living in the Wider World Belonging to a community Media literacy and digital resilience	Living in the Wider World Media literacy and digital resilience Money and Work	Health and Wellbeing Physical health and mental wellbeing Growing and changing	Health and Wellbeing Growing and changing Keeping safe
	Priory at Thurston	B	Relationships – Managing friendships Safe relationships	Relationships – Physical contact Respecting ourselves and others British values	Living in the wider world – Belonging to a community British values Media literacy and digital resilience	Living in the wider world – Media literacy and digital resilience Money and work	Health and wellbeing – Physical health and mental wellbeing	Health and wellbeing – Growing and changing Keeping safe



Long term planning (LTP)

Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Aspire	A	Relationships Families and friendships Safe relationships – consent, managing pressures	Safe relationships Physical contact and feeling safe Respecting ourselves and others	Living in the Wider World Belonging to a community Media literacy and digital resilience	Living in the Wider World Media literacy and digital resilience Money and Work	Health and Wellbeing Physical health and mental wellbeing	Health and wellbeing Growing and changing Keeping safe
	Aspire	B	Families and friendships – Attraction to others Safe relationships	Safe relationships – Physical contact Respecting ourselves and others British values	Belonging to a community – Valuing diversity British values Media literacy and digital resilience	Living in the wider world – Media literacy and digital resilience Money and work	Health and wellbeing – Physical health and mental wellbeing	Health and wellbeing – Growing and changing Keeping safe
	Year 7/8	A	Relationships Families and friendships Safe relationships	Safe relationships Respecting ourselves and others	Living in the Wider World Belonging to a community	Living in the Wider World Media literacy and digital resilience	Health and Wellbeing Physical health and mental wellbeing	Health and Wellbeing Growing and changing Keeping Safe



Long term planning (LTP)

Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					Media literacy and digital resilience	Money and Work	Growing and changing	
	Year 7/8	B	Relationships: Families and friendships. Safe relationships.	Relationships: Safe relationships. Respecting ourselves and others. British values	Living in the wider world: Belonging to a community. British values Media literacy and digital resilience.	Living in the wider world: Media literacy and digital resilience. Money and work.	Health and wellbeing: Physical health and mental wellbeing. Growing and changing.	Health and wellbeing: Growing and changing. Keeping safe.
	Year 9	A	Families and friendships: Attraction to others Safe relationships	Safe relationships: Physical contact Respecting ourselves and others	Belonging to a community: Valuing diversity Media literacy and digital resilience	Living in the wider world: Media literacy and digital resilience. Money and work.	Health and wellbeing: Physical health and mental wellbeing.	Health and wellbeing: Growing and changing. Keeping safe.
	Year 9	B	Relationships: Families and friendships. Safe relationships.	Relationships: Safe relationships. Respecting ourselves and others. British values	Living in the wider world: Belonging to a community. British values	Living in the wider world: Media literacy and digital resilience.	Health and wellbeing: Physical health and mental wellbeing. Growing and changing.	Health and wellbeing: Growing and changing. Keeping safe.



Long term planning (LTP)

Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					Media literacy and digital resilience.	Money and work.		
Key Stage 4	Year 10/11	A	<p>Personal action planning: To begin to develop skills in relation to action planning and self-review.</p> <p>Personal finance: To develop the learner's personal finance skills</p>	<p>Personal finance: To develop the learners personal finance skills</p> <p>Being a critical consumer: To develop the learner's basic awareness and understanding of critical consumerism</p>	<p>Personal action planning: To begin to develop skills in relation to action planning and self-review</p> <p>Being a critical consumer: To develop the learners basic awareness and understanding of critical consumerism.</p> <p>Sex and relationships education: To develop the learner's knowledge of personal relationships.</p>	<p>RSE & Health To develop the learners knowledge of personal relationships</p>	<p>Personal action planning: To begin to develop skills in relation to action planning and self-review.</p> <p>Personal Safety: To develop the learner's ability to recognise threats to personal safety in a range of contexts.</p>	<p>Personal safety: To develop the learner's ability to recognize threats to personal safety in a range of contexts</p>



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 4	Year 10/11	B	<p>Personal action planning: To begin to develop skills in relation to action planning and self-review.</p> <p>Introduction to diversity, prejudice and discrimination: To develop the learner's knowledge of diversity, prejudice and discrimination in society. British values</p>	<p>Healthy lifestyles: To enable the learner to develop knowledge and understanding of health-related issues and to make healthy decisions in relation to diet, exercise and other lifestyle choices.</p> <p>Emotional Wellbeing: To develop the learner's understanding of emotional experiences and their effects.</p>	<p>Personal action planning: To begin to develop skills in relation to action planning and self-review</p> <p>RSE & Health Emotional Wellbeing: To develop the learner's understanding of emotional experiences and their effects.</p> <p>Sex and relationships education: To develop the learner's knowledge of personal relationships. British values</p>	<p>RSE & Health To know about puberty, reproduction and contraception. To know about sexually transmitted infections and how to prevent their transmission.</p> <p>To know that the online and media world have an impact on relationships and sex education.</p>	<p>Personal action planning: To begin to develop skills in relation to action planning and self-review.</p> <p>Personal Safety: To develop the learner's ability to recognise threats to personal safety in a range of contexts.</p>	<p>Emotional wellbeing: To develop the learner's understanding of emotional experiences and their effects.</p> <p>Drugs education: To develop the learner's knowledge and understanding of illegal drugs, alcohol and tobacco.</p>

Commented [AK2]: In Key Stage 4/5 separate content by entry level but all remain part of the 'red' pathway



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Year 10/11	A	Personal development: DSA 3 Developing self awareness: All about me.	Personal development: ISPR 2 Using interpersonal skills to contribute to positive relationships.	Personal action planning To begin to develop skills in relation to action planning and self-review. Being a critical consumer - To develop the learners basic awareness and understanding of critical consumerism Sex and relationships education - To develop the learners knowledge of personal relationships.	Personal development: GOP 4 Getting on with other people.	Personal development: NCA 3 Engaging in new creative activities.	Personal safety To develop the learners ability to recognise threats to personal safety in a range of contexts
	Year 10/11	B	Personal development: DSA 3 Developing self	Personal development: ISPR 2 Using interpersonal skills to	Personal action planning To begin to develop skills in relation to	Personal development:	Personal development: NCA 3 Engaging in new creative activities.	Personal safety



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
			awareness: All about me.	contribute to positive relationships. British values	action planning and self-review. Being a critical consumer - To develop the learners basic awareness and undering of critical consumerism Sex and relationships education - To develop the learners knowledge of personal relationships.	GOP 4 Getting on with other people. British values		To develop the learners ability to recognise threats to personal safety in a range of contexts
	E1/2	A	E2 Managing social relationships E1/E2 Healthy living	E1/E2 Managing own money	E1 Preparation for Work	E1/E2 Parenting awareness E2 Individual rights and responsibilities	E1/2 Making the most of leisure time	E1/E2 Using technology in the home and community



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	E3/L1	A	E3/L1 Managing social relationships	E3/L Managing own money	E3/L1 Personal safety in the home and community	E3/L1 Parenting awareness	E3/L1 Making the most of leisure time	E3 Using technology in the home and community
Key Stage 5	E1/2	B	E2 Developing Self	E2 Working as Part of a Group British values	E1 Preparation for Work – 2 credits	E2 Dealing with Problems in Daily Life British values	E1/2 Community Action – 2 credits	E2 Working Towards Goals
	E3/L1	B	E3/L1 Healthy living	E3/L1 Individual rights and responsibilities British values	E3/L1 Preparation for work	E3/L1 Environmental awareness	E3/L1 Community Action British values	E3 Working towards goals

Commented [AK3]: If Key Stage 5 do not do your subject then please delete these rows.

Commented [AK4]: Colour code your rotation cycle for topics