

Milton Road Primary School PSHE long term planning

Cycle A 2023-4, 2025-6	Autumn		Spring			Summer		
Foundation	Myself and my relationships		Citizenship	Healthy and Safer Lifestyles	Myself and my relationships	Myself and my relationships	Healthy and Safer Lifestyles	Healthy and Safer Lifestyles - RSE
Foundation topics	This is Me	I wonder why we celebrate- Citizenship (identities and diversity)	Once Upon a time Citizenship (me and my world)	Adventurers and Heroes- Citizenship (me and my world)		All things big and small- Citizenship (me and my world)		Our World- Citizenship (me and my world)
Years 1-6	Beginning and Belonging	Family and Friends Anti-bullying Lost and Found KSI	Working Together Financial Capability	Relationships & Sex Education		Managing Risk Safety Contexts		Healthy Lifestyles Y6 Relationships & Sex Education update

Cycle B 2022-3, 2024-5	Autumn		Spring			Summer		
Foundation	Myself and my relationships		Citizenship	Healthy and Safer Lifestyles	Myself and my relationships	Myself and my relationships	Healthy and Safer Lifestyles	Healthy and Safer Lifestyles - RSE
Foundation topics	This is Me	I wonder why we celebrate- Citizenship (identities and diversity)	Once Upon a time Citizenship (me and my world)	Adventurers and Heroes- Citizenship (me and my world)		All things big and small- Citizenship (me and my world)		Our World- Citizenship (me and my world)
Years 1 -6	Rights, Rules and Responsibilities	My Emotions Anti-bullying	Diversity and Communities	Drug Education Relationships & Sex Education Year 5 Body Image		Personal Safety E Safety		Managing Change Relationships & Sex Education Y6 update