

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Mostly teaching, educators focusing on curiosity	Unit 1 Self-awareness: All about me. SMSC: Spiritual Development	Unit 2 Self-care, support and safety: basic communication: GRID/PECS etc. (AAC) Independent skills. SMSC: Spiritual Development	Unit 3 Relationships: How do we feel? Building resilience in early stages. SMSC: Spiritual Development	Unit 4 Relationships: what are some simple rules we follow? School rules. Kind hands. Consent. SMSC: Moral and Social Development	Unit 5 Healthy Lifestyles: Things we like eating, things we should try. Looking after our teeth. SMSC: Social Development	Unit 6 The world I live in: People who help us (within community) SMSC: Cultural and Moral Development
LKS2 Mostly teaching, expect discussion	Unit 1 Self-awareness: talents and interests. SMSC: Spiritual Development	Unit 2 Self-care, support and safety: using and downloading APPs/using YouTube etc. Independent skills. SMSC: Social Development	Unit 3 Relationships: Understanding and describing feelings. SMSC: Moral Development	Unit 4 Relationships: How do we decide how to behave? Rights and responsibilities. My body, my rights. Acting out SMSC: Moral Development	Unit 5 Healthy Lifestyles: How can we be healthy? How can we eat well? Looking after our body. Why should we keep active and sleep well? SMSC: Social Development	Unit 6 The world I live in: Finding out about occupations of people who help us. What jobs would we like? SMSC: Cultural Development
UKS2 When appropriate: Introduction only: mostly discussion based on questions	Unit 1 Self-awareness: Developing Confidence (Resilience) SMSC: Spiritual Development	Unit 2 Self-care, support and safety: How can we be safe online and when using social media? Independent skills. SMSC: Social Development	Unit 3 Relationships: managing own feelings My fears: bereavement and other fears; Change and loss: how it feels? SMSC: Spiritual and Social Development	Unit 1 Self-awareness: RSE: Changing and growing; Drama SMSC: Spiritual and Social Development	Unit 5 Healthy Lifestyles: Keeping safe at home and in school. Including road safety. SMSC: Social Development	Unit 6 The world I live in: Managing money, how can money affect us? What can we do with money? Transition. SMSC: Spiritual, Cultural, Social and Moral Development

Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Mostly teaching, educators focusing on curiosity	Unit 1 Self-awareness: What makes us special? SMSC: Spiritual Development	Unit 2 Self-care, support and safety: Keeping safe around household products; School rules on health and safety; SMSC: Social Development	Unit 3 Relationships: Adults who help us at home and in school. SMSC: Moral and Social Development	Unit 4 Relationships: working collaboratively, building trust. Team building SMSC: Social Development	Unit 5 Healthy Lifestyles: How can we stay healthy? Physical activities. SMSC: Social Development	Unit 6 The world I live in: Environment: looking after the living things (animals and plants); SMSC: Cultural Development
LKS2 Mostly teaching, expect discussion	Unit 1 Self-awareness: Looking after yourself: (personal skills): What am I good at? SMSC: Spiritual Development	Unit 2 Self-care, support and safety: what is bullying, how do we deal with bullying? SMSC: Moral and Social Development	Unit 3 Relationships: How do we keep safe, who do we trust? Keeping safe in familiar and unfamiliar situations. SMSC: Moral and Social Development	Unit 4 Relationships: Secrets and keeping safe; special people in their lives; SMSC: Spiritual and Social Development	Unit 5 Healthy Lifestyles: What choices help health? Keeping fit. Water safety. Sun Risk. SMSC: Spiritual and Social Development	Unit 6 The world I live in: What makes a community? Health and well-being issues; SMSC: Cultural Development
UKS2 When appropriate: Introduction only: mostly discussion based on questions	Unit 1 Self-awareness: What is the same and different about us? What is diversity? SMSC: Spiritual, Cultural and Moral Development	Unit 2 Self-care, support and safety: how can we manage risk? Including homophobic, cyber bullying and racist bullying SMSC: Social and Moral Development	Unit 3 Relationships: What makes a healthy and happy friendship? Having your say. Team building. SMSC: Social and Moral Development	Unit 1 Self-awareness: RSE: Changing and growing; Drama SMSC: Spiritual and Social Development	Unit 5 Healthy Lifestyles: personal hygiene routines and why these are important. How to protect ourselves from bacteria? SMSC: Spiritual and Social Development	Unit 6 The world I live in: what things spoil the local environment and the world? Transition. SMSC: Spiritual, Cultural, Social and Moral Development

SMSC

Determination
and Positivity

Cooperation and
Caring

Friendship and
Honesty

Respect and
Responsibility

Tolerance and
Appreciation

Trust and
Happiness

Our broad and balanced PSHEC curriculum promotes the spiritual, moral, cultural, mental and physical development of pupils at Fort Royal and of the local society, and prepares our pupils for the opportunities, responsibilities and experiences of later life.