

**KLT LTM for PSHE – Two-year cycle (2025 – 2026 and 2026 – 2027)**

	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
	<b>Me and My Community</b>	<b>Once Upon a Time</b>	<b>Starry Night</b>	<b>Dangerous Dinosaurs</b>	<b>Sunshine and Sunflowers</b>	<b>Big Wide World</b>
<b>Nursery/Reception Cycle A (Cornerstones) (2025 – 2026)</b>	<b>Pink</b> <ul style="list-style-type: none"> <li>Goes to school</li> <li>Has a new brother</li> <li>Feeling sad</li> <li>Misses mummy</li> <li>Screen time</li> </ul>	<b>Orange</b> <ul style="list-style-type: none"> <li>Brushes her teeth</li> <li>Feels worried</li> <li>Helps out</li> <li>Moves house</li> <li>Sleeps over</li> </ul> <b>Red</b> <ul style="list-style-type: none"> <li>Goes swimming</li> <li>Needs the toilet</li> <li>Visits the dentist</li> <li>Hearing aid</li> <li>Nut allergy</li> </ul>	<b>Blue</b> <ul style="list-style-type: none"> <li>Explores road safety</li> <li>Gets lost</li> <li>Learns to share</li> <li>Best friend</li> <li>Indoor voice</li> </ul>	<b>Purple</b> <ul style="list-style-type: none"> <li>Is poorly</li> <li>The passenger</li> <li>Watches the news</li> <li>Pet bird</li> <li>Why does purple play differently</li> </ul>	<b>Yellow</b> <ul style="list-style-type: none"> <li>Goes on holiday</li> <li>Learns about germs</li> <li>Play fights</li> <li>Wants to play with Orange</li> <li>Bed time</li> </ul>	<b>Green</b> <ul style="list-style-type: none"> <li>Gets glasses</li> <li>Moves up a year</li> <li>Stays in hospital</li> <li>Green's Greens</li> <li>Daddy moves out</li> </ul> <b>Rainbow</b> <ul style="list-style-type: none"> <li>Feels angry</li> <li>Visits the seaside</li> <li>Helps at home</li> <li>Food journey</li> <li>Day out</li> </ul>
	<b>Let's Explore - Build it Up</b>	<b>Marvelous Machines – Puppets &amp; Pop Ups</b>	<b>Long Ago</b>	<b>Ready Steady Grow</b>	<b>Animal Safari</b>	<b>On the Beach</b>
<b>Nursery/Reception Cycle B (Cornerstones) (2026 – 2027)</b>	<b>Pink</b> <ul style="list-style-type: none"> <li>Goes to school</li> <li>Has a new brother</li> <li>Feeling sad</li> <li>Misses mummy</li> <li>Screen time</li> </ul>	<b>Orange</b> <ul style="list-style-type: none"> <li>Brushes her teeth</li> <li>Feels worried</li> <li>Helps out</li> <li>Moves house</li> <li>Sleeps over</li> </ul> <b>Red</b> <ul style="list-style-type: none"> <li>Goes swimming</li> <li>Needs the toilet</li> <li>Visits the dentist</li> <li>Hearing aid</li> <li>Nut allergy</li> </ul>	<b>Blue</b> <ul style="list-style-type: none"> <li>Explores road safety</li> <li>Gets lost</li> <li>Learns to share</li> <li>Best friend</li> <li>Indoor voice</li> </ul>	<b>Purple</b> <ul style="list-style-type: none"> <li>Is poorly</li> <li>The passenger</li> <li>Watches the news</li> <li>Pet bird</li> <li>Why does purple play differently</li> </ul>	<b>Yellow</b> <ul style="list-style-type: none"> <li>Goes on holiday</li> <li>Learns about germs</li> <li>Play fights</li> <li>Wants to play with Orange</li> <li>Bed time</li> </ul>	<b>Green</b> <ul style="list-style-type: none"> <li>Gets glasses</li> <li>Moves up a year</li> <li>Stays in hospital</li> <li>Green's Greens</li> <li>Daddy moves out</li> </ul> <b>Rainbow</b> <ul style="list-style-type: none"> <li>Feels angry</li> <li>Visits the seaside</li> <li>Helps at home</li> <li>Food journey</li> </ul>

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						• Day out
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<p><b>Year 1 / 2 Cycle A (2025 – 2026)</b></p>	<p><b>KEEPING/STAYING SAFE UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Road Safety</b></p> <p>OPTIONAL RESOURCES</p> <p>Road Safety Extension Personal Safety - Simply RSHE</p>	<p><b>KEEPING/STAYING HEALTHY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Washing Hands</b></p> <p>OPTIONAL RESOURCES</p> <p>Washing Hands Extension Healthy protection and prevention - Simply RSHE</p>	<p><b>A WORLD WITHOUT JUDGEMENT UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Democracy</b></p> <p>OPTIONAL RESOURCES</p> <p>Democracy Extension Respectful, kind relationships - Simply RSHE</p>
	<p><b>BEING RESPONSIBLE UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Water Spillage</b></p> <p>OPTIONAL RESOURCES</p> <p>Water Spillage Extension Personal Safety - Simply RSHE</p>	<p><b>RELATIONSHIPS UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Friendship</b></p> <p>OPTIONAL RESOURCES</p> <p>Friendship Extension Caring friendships - Simply RSHE</p>	<p><b>OUR WORLD UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Growing In Our World</b></p> <p>OPTIONAL RESOURCES</p> <p>Growing In Our World Extension Developing bodies - Simply RSHE</p>
	<p><b>FEELINGS AND EMOTIONS UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Jealousy</b></p> <p>OPTIONAL RESOURCES</p> <p>Jealousy Extension General wellbeing - Simply RSHE</p>	<p><b>COMPUTER SAFETY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Online Bullying</b></p> <p>OPTIONAL RESOURCES</p> <p>Online Bullying Extension Wellbeing online - Simply RSHE</p>	<p><b>FIRE SAFETY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>What I Know Now Hoax Calling</b></p> <p>OPTIONAL RESOURCES</p> <p>Hoax Calling Extension Basic first aid - Simply RSHE</p>

KLT LTM for PSHE – Two-year cycle (2025 – 2026 and 2026 – 2027)

<p>Year 1 / 2 Cycle B (2026 – 2027)</p>	<p><b>KEEPING/STAYING SAFE UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Tying Shoelaces Staying Safe</b></p> <p>OPTIONAL RESOURCES</p> <p>Tying Shoelaces Extension Staying Safe Extension Personal safety - Simply RSHE Being safe - Simply RSHE</p>	<p><b>KEEPING/STAYING HEALTHY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Healthy Eating Brushing Teeth</b></p> <p>OPTIONAL RESOURCES</p> <p>Healthy Eating Extension Brushing Teeth Extension Healthy eating - Simply RSHE Heath protection and prevention - Simply RSHE</p>	<p><b>A WORLD WITHOUT JUDGEMENT UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Individual Liberty Rule of Law</b></p> <p>OPTIONAL RESOURCES</p> <p>Individual Liberty Extension Rule of Law Extension Respectful, kind relationships - Simply RSHE</p>
	<p><b>BEING RESPONSIBLE UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Practice Makes Perfect Helping Someone In Need</b></p> <p>OPTIONAL RESOURCES</p> <p>Practice Makes Perfect Extension Helping Someone In Need Extension General wellbeing - Simply RSHE Being safe - Simply RSHE</p>	<p><b>RELATIONSHIPS UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Bullying Body Language</b></p> <p>OPTIONAL RESOURCES</p> <p>Bullying Extension Body Language Extension Respectful, kind relationships - Simply RSHE Caring friendships - Simply RSHE</p>	<p><b>OUR WORLD UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Living in Our World Working in Our World</b></p> <p>OPTIONAL RESOURCES</p> <p>Living in Our World Extension Working in Our World Extension NO Simply RSHE Links</p>
	<p><b>FEELINGS AND EMOTIONS UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Worry Anger</b></p> <p>OPTIONAL RESOURCES</p> <p>Worry Extension Anger Extension General wellbeing - Simply RSHE Respectful, kind relationships - Simply RSHE</p>	<p><b>COMPUTER SAFETY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Image Sharing Computer Safety Documentary</b></p> <p>OPTIONAL RESOURCES</p> <p>Image Sharing Extension Computer Safety Documentary Extension Online safety and awareness - Simply RSHE Wellbeing online - Simply RSHE</p>	<p><b>FIRE SAFETY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Petty Arson Enya &amp; Deedee Visit the Fire St.</b></p> <p>OPTIONAL RESOURCES</p> <p>Petty Arson Extension Enya &amp; Deedee Visit the Fire St. Extension Personal safety - Simply RSHE</p>

KLT LTM for PSHE – Two-year cycle (2025 – 2026 and 2026 – 2027)

**Year 3 / 4**  
 Cycle B  
 (2025 – 2026)

**KEEPING/STAYING SAFE UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 Cycle Safety**

OPTIONAL RESOURCES

Cycle Safety Extension  
 Personal safety - Simply RSHE

**BEING RESPONSIBLE UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 Coming Home on Time**

OPTIONAL RESOURCES

Coming Home on Time Extension  
 Respectful, kind relationships - Simply RSHE

**FEELINGS AND EMOTIONS UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 Jealousy**

OPTIONAL RESOURCES

Jealousy Extension  
 General wellbeing - Simply RSHE

**KEEPING/STAYING HEALTHY UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 Healthy Living**

OPTIONAL RESOURCES

Healthy Living Extension  
 Healthy eating - Simply RSHE

**GROWING AND CHANGING UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 Appropriate Touch (Relationships)**

OPTIONAL RESOURCES

Appropriate Touch (Relationships) Extension  
 Being safe - Simply RSHE

**COMPUTER SAFETY UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 Online Bullying**

OPTIONAL RESOURCES

Online Bullying Extension  
 Wellbeing online - Simply RSHE

**A WORLD WITHOUT JUDGEMENT UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 Breaking Down Barriers**

OPTIONAL RESOURCES

Breaking Down Barriers Extension  
 Respectful, kind relationships - Simply RSHE

**THE WORKING WORLD UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 Chores at Home**

OPTIONAL RESOURCES

Chores at Home Extension  
 General wellbeing - Simply RSHE

**FIRST AID UNIT**

CORE COMPREHENSIVE TOPICS

**What I Know Now  
 First Aid Year 4**

OPTIONAL RESOURCES

First Aid Year 4 Extension  
 Basic first aid - Simply RSHE

KLT LTM for PSHE – Two-year cycle (2025 – 2026 and 2026 – 2027)

<p><b>Year 3 / 4</b> Cycle A (2026 – 2027)</p>	<p><b>KEEPING/STAYING SAFE UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Leaning Out of Windows What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Leaning Out of Windows Extension Personal safety - Simply RSHE</p>	<p><b>KEEPING/STAYING HEALTHY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Medicine What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Medicine Extension Drugs, Alcohol, Tobacco and Vaping - Simply RSHE</p>	<p><b>A WORLD WITHOUT JUDGEMENT UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Tolerance What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Tolerance Extension Respectful, kind relationships - Simply RSHE</p>
	<p><b>BEING RESPONSIBLE UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Stealing What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Stealing Extension NO Simply RSHE Links</p>	<p><b>RELATIONSHIPS UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Touch What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Touch Extension Being safe - Simply RSHE</p>	<p><b>OUR WORLD UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Looking After Our World What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Looking After Our World Extension NO Simply RSHE Links</p>
	<p><b>FEELINGS AND EMOTIONS UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Grief What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Grief Extension General wellbeing - Simply RSHE</p>	<p><b>COMPUTER SAFETY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Making Friends Online What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Making Friends Online Extension Online safety and awareness - Simply RSHE</p>	<p><b>FIRE SAFETY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Texting Whilst Driving What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Texting Whilst Driving Extension Personal safety - Simply RSHE</p>

KLT LTM for PSHE – Two-year cycle (2025 – 2026 and 2026 – 2027)

<p><b>Year 5 / 6</b> Cycle B (2025 – 2026)</p>	<div data-bbox="219 220 685 504"> <p><b>KEEPING/STAYING SAFE UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Water Safety</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Water Safety Extension Personal safety - Simply RSHE</p> </div> <div data-bbox="219 523 685 807"> <p><b>BEING RESPONSIBLE UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Stealing</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Stealing Extension Respectful, kind relationships - Simply RSHE</p> </div> <div data-bbox="219 826 685 1110"> <p><b>FEELINGS AND EMOTIONS UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Worry</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Worry Extension General wellbeing - Simply RSHE</p> </div>	<div data-bbox="920 236 1400 528"> <p><b>KEEPING/STAYING HEALTHY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Alcohol</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Alcohol Extension Drugs, alcohol, tobacco, and vaping - Simply RSHE</p> </div> <div data-bbox="920 547 1400 839"> <p><b>THE WORKING WORLD UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>In-App Purchases</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>In-App Purchases Extension Respectful, kind relationships - Simply RSHE</p> </div> <div data-bbox="920 858 1400 1150"> <p><b>COMPUTER SAFETY UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Making Friends Online</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Making Friends Online Extension Online safety and awareness - Simply RSHE</p> </div>	<div data-bbox="1585 204 2029 472"> <p><b>A WORLD WITHOUT JUDGEMENT UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>British Values</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>British Values Extension NO Simply RSHE Links</p> </div> <div data-bbox="1585 491 2029 767"> <p><b>GROWING AND CHANGING UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>Conception</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>Conception Extension NO Simply RSHE Links</p> </div> <p data-bbox="1585 786 2107 839">                 Year 5 children within the year group will complete Puberty                  Year 6 will complete conception             </p> <div data-bbox="1585 850 2051 1142"> <p><b>FIRST AID UNIT</b></p> <p>CORE COMPREHENSIVE TOPICS</p> <p><b>First Aid Year 6 (Part 1 &amp; 2)</b> <b>What I've Learnt</b></p> <p>OPTIONAL RESOURCES</p> <p>First Aid Year 6 (Part 1 &amp; 2) Extensions Basic first aid - Simply RSHE</p> </div>
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KLT LTM for PSHE – Two-year cycle (2025 – 2026 and 2026 – 2027)

Year  
5 / 6  
Cycle  
A  
(2026  
–  
2027)

**KEEPING/STAYING SAFE UNIT**

CORE COMPREHENSIVE TOPICS

**Peer Pressure  
Adults' & Children's Views**

OPTIONAL RESOURCES

Peer Pressure Extension  
Being safe - Simply RSHE

**BEING RESPONSIBLE UNIT**

CORE COMPREHENSIVE TOPICS

**Looking Out for Others  
Adults' & Children's Views**

OPTIONAL RESOURCES

Looking Out for Others Extension  
General wellbeing - Simply RSHE

**FEELINGS AND EMOTIONS UNIT**

CORE COMPREHENSIVE TOPICS

**Anger  
Adults' & Children's Views**

OPTIONAL RESOURCES

Anger Extension  
General wellbeing - Simply RSHE

**KEEPING/STAYING HEALTHY UNIT**

CORE COMPREHENSIVE TOPICS

**Smoking  
Adults' & Children's Views**

OPTIONAL RESOURCES

Smoking Extension  
Drugs, alcohol, tobacco and vaping - Simply RSHE

**THE WORKING WORLD UNIT**

CORE COMPREHENSIVE TOPICS

**Enterprise  
Adults' & Children's Views**

OPTIONAL RESOURCES

Enterprise Extension  
NO Simply RSHE Links

**COMPUTER SAFETY UNIT**

CORE COMPREHENSIVE TOPICS

**Image Sharing  
Adults' & Children's Views**

OPTIONAL RESOURCES

Image Sharing Extension  
Online safety and awareness - Simply RSHE

**A WORLD WITHOUT JUDGEMENT UNIT**

CORE COMPREHENSIVE TOPICS

**Inclusion & Acceptance  
Adults' & Children's Views**

OPTIONAL RESOURCES

Inclusion & Acceptance Extension  
Families and people who care for me - Simply RSHE

**GROWING AND CHANGING UNIT**

CORE COMPREHENSIVE TOPICS

**Puberty  
Adults' & Children's Views**

OPTIONAL RESOURCES

Puberty Extension  
Developing bodies - Simply RSHE

Year 5 children within the year group will complete Puberty  
Year 6 will complete conception

**FIRST AID UNIT**

CORE COMPREHENSIVE TOPICS

**First Aid Year 5**

OPTIONAL RESOURCES

First Aid Year 5 Extension  
Basic first aid - Simply RSHE

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