

PSHE/RHE Through the Curriculum Pathways
Three Year Cycle

Cycle A (Think equals level 1)

KS1- Cycle A	Pre- Formal	Semi-Formal	Developing Formal/Formal
Tooth brushing throughout the year SEE SEPARATE PLANNINGS			
Autumn A	PSHE for pre-formal pupils will not be taught as a discreet subject.	All about me Think Equals book: Me, Myself & I	Ourselves Think Equals book: How We Feel
Autumn B			Ourselves Think Equals book: Rainbows in Windows
Spring A	It will be threaded through all aspects of the curriculum and focus on things such as: <ul style="list-style-type: none"> • Choice making • Awareness of self • Expressing Emotions • Interactions with Peers • Interactions with Adults 	Moving my body Think Equals book: Diego's Great Idea	Food/Exercise/Healthy Choices Think Equals book: I Have A Plan
Spring B			Food/Exercise/Healthy Choices Think Equals book: Amazing Daisy
Summer A		Life skills personalised PSHE – cleaning the environment Think Equals book: I Love My Planet	Life skills personalised PSHE Think Equals book: Head, Heart and Hands
Summer B		Healthy living week/ Transition Think Equals book: Home	Healthy Living Week/Transition Think Equals book: Wally the Wave

Cycle B

KS1- Cycle B	Pre- Formal	Semi-Formal	Developing Formal/Formal
Tooth brushing throughout the year SEE SEPARATE PLANNING			
Autumn A	PSHE for pre-formal pupils will not be taught as a discreet subject.	Be aware of my ability Think Equals book: Is there anyone like me?	Playing and learning together Think Equals book: The Tale of Baby Beetroot
Autumn B			Keeping Safe Think Equals book: Home
Spring A	It will be threaded through all aspects of the curriculum and focus on things such as: <ul style="list-style-type: none">• Choice making• Awareness of self• Expressing Emotions• Interactions with Peers• Interactions with Adults	People who keep us healthy Think Equals book: Mum loves me so much/Dad loves me so much	Food/Exercise/Healthy Choices Think Equals book: The Wall
Spring B			Rights and choices Think Equals book: The Wall
Summer A		Life skills personalised PSHE – eating and drinking	Life skills personalised PSHE Think Equals book: Sizwe's Smile
Summer B		Healthy living week/ Transition Think Equals book: Anjali's Kite	Healthy Living Week/Transition Think Equals book: My Voice

Cycle C

KS1- Cycle C	Pre- Formal	Semi-Formal	Developing Formal/Formal
Tooth brushing throughout the year SEE SEPARATE PLANNING			
Autumn A	PSHE for pre-formal pupils will not be taught as a discreet subject.	Keeping safe Think Equals book: A Time To Be Noisy	What makes me special Think Equals book: Lara the Yellow Ladybird
Autumn B			
Spring A		What is good to eat? Think Equals book: Caring Animals	Food/Exercise/Healthy Choices Think Equal book: I have a plan
Spring B			Caring Think Equals book: Helping Hands
Summer A		Life skills personalised PSHE – dressing and undressing	Life skills personalised PSHE dressing and undressing Think Equal Book: Helping Hands
Summer B	It will be threaded through all aspects of the curriculum and focus on things such as: <ul style="list-style-type: none"> • Choice making • Awareness of self • Expressing Emotions • Interactions with Peers • Interactions with Adults 	Healthy living week/ Transition Think Equals book: Kitchi's Moccasins	Healthy Living Week/Transition Think Equals book: My Special Hair

KS2 Cycle A Think equals level 2

KS2- Cycle A	Pre- Formal	Semi-Formal	Developing Formal/Formal
Autumn A	PSHE for pre-formal pupils will not be taught as a discreet subject.	My family Think Equals book: Franciso's Family	People around me Think Equal Book: Faisal's not himself
Autumn B	It will be threaded through all aspects of the curriculum and focus on things such as: <ul style="list-style-type: none"> • Choice making • Awareness of self • Expressing Emotions • Interactions with Peers • Interactions with Adults 	Healthy eating Think Equals book: Biyu the Brave Pea	Friends Think Equals book: Nisha and the Tiger
Spring A			Healthy Eating Think Equal Book: Thabo and the Trees
Spring B			Physical Health and Fitness Think Equals book: Deji and Nnedi and the Very Large Cushion
Summer A		Life skills personalised PSHE – cleaning the environment Think Equals book: Our Home	Life Skills/Personalised PSHE Think Equals book: A Tiny Seed
Summer B		Healthy living week/ Transition Think Equals book: Reha to the Rescue	Healthy living week/ Transition Think Equals book: Zelda Goes on Holiday

Cycle B

KS2- Cycle B	Pre- Formal	Semi-Formal	Developing Formal/Formal
Autumn A	PSHE for pre-formal pupils will not be taught as a discreet subject.	Looking after myself Think Equals book: Ted the Tiger Tamer	Taking responsibility towards others Think Equals book: The Monster in the Smoke
Autumn B	It will be threaded through all aspects of the curriculum and focus on things such as: <ul style="list-style-type: none"> • Choice making • Awareness of self • Expressing Emotions • Interactions with Peers • Interactions with Adults 	My body*** Think Equals book: Curly the Chameleon	Think Equals book: Sydney the Seahorse
Spring A			Healthy Eating Think Equals book: Thabo and the Trees
Spring B			Keeping healthy- Life skills personalised PSHE – eating and drinking
Summer A		Life skills personalised PSHE – Hygiene Routines and Independence	Life Skills/Personalised PSHE Think Equals book: Passing Clouds
Summer B		Healthy living week/ Transition Think Equals book: Notando's Journey	Healthy living week/ Transition Think Equals book: Goku's Game

Cycle C

KS2- Cycle C	Pre- Formal	Semi-Formal	Developing Formal/Formal
Autumn A	PSHE for pre-formal pupils will not be taught as a discreet subject.	My friends in class Think Equals book: Yoshi Is Different	Knowing myself Think Equals book: Marvellous Me
Autumn B			Think Equals book and planning: These Feelings
Spring A		Playing and learning together Think Equals book: Faisal's Not Himself	First aid. Medication and Drugs
Spring B			
Summer A	It will be threaded through all aspects of the curriculum and focus on things such as: <ul style="list-style-type: none"> • Choice making • Awareness of self • Expressing Emotions • Interactions with Peers • Interactions with Adults 	Life skills personalised PSHE – dressing and undressing	Life Skills/Personalised PSHE- Hygiene and routines
Summer B		Healthy living week/ Transition Think Equals book: The Secret Adventures of Anonymouse	Healthy living week/ Transition Think Equals book: My Dream in the Drawer

