

PSHE/Jigsaw LTP						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1/FS2	<b>Being Me in My World</b> <ul style="list-style-type: none"> <li>Self-identity</li> <li>Understanding feelings</li> <li>Being in a classroom</li> <li>Rights and responsibilities</li> </ul>	<b>Celebrating Differences</b> <ul style="list-style-type: none"> <li>Talents</li> <li>Being special</li> <li>Families</li> <li>Where we live</li> <li>Making friends</li> <li>Standing up for yourself</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Perseverance</li> <li>Challenges</li> <li>Goal setting</li> <li>Seeking help</li> <li>Jobs</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Exercising</li> <li>Healthy food</li> <li>Keeping clean</li> <li>Sleep</li> <li>Safety</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Families</li> <li>Friendships</li> <li>Falling out</li> <li>Dealing with bullying</li> <li>Being a good friend</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Bodies</li> <li>Respecting my body</li> <li>Growing up</li> <li>Fun and fears</li> <li>Celebrations</li> </ul>
Year 1	<b>Being Me in My World</b> <ul style="list-style-type: none"> <li>Feeling special and safe</li> <li>Being part of a class</li> <li>Rights and responsibilities</li> <li>Rewards and feeling proud</li> <li>Consequences</li> <li>Owning the learning charter</li> </ul>	<b>Celebrating Differences</b> <ul style="list-style-type: none"> <li>Similarities and differences</li> <li>Understanding bullying and ways of dealing with it</li> <li>Making new friends</li> <li>Celebrating differences</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Setting goals</li> <li>Successes and achievements</li> <li>Learning styles</li> <li>Overcoming obstacles</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Keeping myself healthy (inc clean, safe)</li> <li>Healthy choices</li> <li>Medicine safety</li> <li>Road safety</li> <li>Health and happiness</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Belonging to a family</li> <li>Making friends</li> <li>Physical contact</li> <li>People who help us</li> <li>Qualities</li> <li>Self-acknowledgement</li> <li>Being a good friend to self</li> <li>Celebrating relationships</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Life cycles (animals, humans)</li> <li>Changes to me</li> <li>Differences between females and males</li> <li>Growing and learning</li> <li>Transition</li> </ul>
Year 2	<b>Being Me in My World</b> <ul style="list-style-type: none"> <li>Hopes and fears</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>Safe and fair learning environment</li> <li>Valuing contributions</li> <li>Choices</li> <li>Recognising feelings</li> </ul>	<b>Celebrating Differences</b> <ul style="list-style-type: none"> <li>Assumptions and stereotyping</li> <li>Gender diversity</li> <li>Understanding bullying</li> <li>Standing up for self and others</li> <li>Making new friends</li> <li>Celebrating differences and</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Achieving realistic goals</li> <li>Perseverance</li> <li>Own strengths</li> <li>Learning with others</li> <li>Cooperation</li> <li>Contributing to and sharing success</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Motivation</li> <li>Healthy choices</li> <li>Relaxation</li> <li>Healthy eating and nutrition</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Different types of families</li> <li>Physical contact boundaries</li> <li>Friendships and conflict</li> <li>Secrets</li> <li>Trust and appreciation</li> <li>Expressing appreciation for special relationships</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Life cycles in nature</li> <li>Growing up</li> <li>Increasing independence</li> <li>Differences in genders (bodies)</li> <li>Assertiveness</li> <li>Preparing for transition</li> </ul>

		remaining friends				
Year 3	<p><b>Being Me in My World</b></p> <ul style="list-style-type: none"> <li>• Setting personal goals</li> <li>• Self-identity and worth</li> <li>• Rules, rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• Group decision making</li> <li>• Having a voice</li> <li>• Behaviour motivations</li> </ul> <p><b>Celebrating Difference</b></p> <ul style="list-style-type: none"> <li>• Families and differences</li> <li>• Management of family conflicts</li> <li>• Witnessing bullying, management</li> <li>• Giving and receiving compliments</li> </ul>		<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>• Difficult challenges and achieving success</li> <li>• Dreams and ambitions</li> <li>• Motivation and enthusiasm</li> <li>• Evaluating learning processes</li> <li>• Managing feelings</li> <li>• Budgeting</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>• Fitness</li> <li>• Food labelling and healthy choices</li> <li>• Drugs and attitudes</li> <li>• Keeping safe (inc online and off line)</li> <li>• Respect for self and others</li> <li>• Healthy, safe choices</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Family roles and responsibilities</li> <li>• Friendships and negotiation</li> <li>• Keeping safe online, seeking help</li> <li>• Global citizenship</li> <li>• Choice awareness</li> <li>• Awareness of different lifestyles</li> <li>• Expressing appreciation for others</li> </ul>	<p><b>Changing Me</b></p> <ul style="list-style-type: none"> <li>• Baby development and needs</li> <li>• Body changes</li> <li>• Family stereotypes</li> <li>• Challenging my ideas</li> <li>• Transition (preparation)</li> </ul>
Year 4	<p><b>Being Me in My World</b></p> <ul style="list-style-type: none"> <li>• Being part of a team</li> <li>• School citizenship</li> <li>• Rights, responsibilities and democracy</li> <li>• Rewards and consequences</li> <li>• Group decision making</li> <li>• Having a voice</li> </ul>	<p><b>Dreams and Goals</b></p> <ul style="list-style-type: none"> <li>• Hope and dreams</li> <li>• Overcoming disappointment</li> <li>• Creating new, realistic dreams</li> <li>• Achieving goals</li> <li>• Teamwork</li> <li>• Celebrating contributions</li> <li>• Resilience</li> </ul>	<p><b>Celebrating Differences</b></p> <ul style="list-style-type: none"> <li>• Challenging assumptions</li> <li>• Judging by appearance</li> <li>• Acceptance</li> <li>• Understanding influences</li> <li>• Understanding bullying</li> <li>• Problem solving</li> <li>• Being unique</li> <li>• First impressions</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Jealousy</li> <li>• Love and loss</li> <li>• Getting on and falling out</li> <li>• Girlfriends and boyfriends</li> <li>• Showing appreciation to people and animals</li> </ul>	<p><b>Healthy Me</b></p> <ul style="list-style-type: none"> <li>• Healthy friendship</li> <li>• Group dynamics</li> <li>• Drugs and alcohol</li> <li>• Assertiveness</li> <li>• Peer pressure</li> <li>• Celebrating inner strength</li> </ul>	<p><b>Changing Me</b></p> <ul style="list-style-type: none"> <li>• Being unique</li> <li>• Having a baby</li> <li>• Girls and puberty</li> <li>• Confidence in change</li> <li>• Accepting change</li> <li>• Preparing for transition</li> <li>• Environmental change</li> </ul>

	<ul style="list-style-type: none"> <li>Behaviour motivation</li> </ul>	<ul style="list-style-type: none"> <li>Positive attitudes</li> </ul>				
Year 5	<b>Being Me in My World</b> <ul style="list-style-type: none"> <li>Planning the forthcoming year</li> <li>Being a citizen</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>Democracy</li> <li>Behaviour affecting others</li> </ul>	<b>Celebrating Differences</b> <ul style="list-style-type: none"> <li>Cultural differences and causing conflict</li> <li>Racism</li> <li>Rumours and name calling</li> <li>Types of bullying</li> <li>Materials, wealth and happiness</li> <li>Enjoying and respecting other cultures</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Future dreams</li> <li>Importance of money</li> <li>Jobs and careers</li> <li>Dream jobs</li> <li>Goals in different cultures</li> <li>Supporting charities</li> <li>Motivation</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Smoking, vaping and drugs</li> <li>Alcohol and anti-social behaviour</li> <li>Emergency aid</li> <li>Body image</li> <li>Healthy choices</li> <li>Relationships with food</li> <li>Motivation and behaviour</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Self-recognition and self-worth</li> <li>Building self-esteem</li> <li>Safe online communities</li> <li>Rights and responsibilities online</li> <li>Online gaming and gambling</li> <li>Reducing screen time</li> <li>Dangers of online grooming</li> <li>SMARRT internet safety</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Self and body image</li> <li>Influence of social media on body image</li> <li>Puberty</li> <li>Conceptions (inc IVF)</li> <li>Growing responsibility</li> <li>Coping with change</li> <li>Transition</li> </ul>
Year 6	<b>Being Me in My World</b> <ul style="list-style-type: none"> <li>Identifying goals for the year</li> <li>Global citizenship</li> <li>Children's universal rights</li> <li>Feeling welcome and valued</li> <li>Choices, consequences and rewards</li> <li>Group dynamics</li> <li>Democracy</li> <li>Anti-social behaviour</li> <li>Role-modelling</li> </ul>	<b>Celebrating Differences</b> <ul style="list-style-type: none"> <li>Assertiveness</li> <li>Prejudice and discrimination</li> <li>Values</li> <li>Challenging stereotypes</li> <li>Discrimination</li> <li>Prejudice and discrimination fuels bullying</li> <li>Inclusion</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Dreams and goals (mine)</li> <li>Steps to success</li> <li>Coping</li> <li>Dreams and rewards</li> <li>Intrinsic and extrinsic motivation</li> <li>Keeping dreams alive</li> <li>How dreams and goals change in response to life</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Health choices about my emotional health</li> <li>Managing stress</li> <li>Managing choices around substances</li> <li>Medicines and immunisation</li> <li>Healthy choices about physical activity (inc sleep and rest)</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Changing webs of friendship</li> <li>Finding support</li> <li>Positive relationships</li> <li>Relationships and their affects</li> <li>Assertiveness in relationships</li> <li>Changing role of families</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Changing body and feelings</li> <li>Self-image</li> <li>Coping during change</li> <li>Changing ways of thinking</li> <li>Managing changes in mood</li> <li>Moving forwards in my next year of education</li> </ul>