Kingsway Long Term Plan for **P.S.H.E JIGSAW**

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|  | **Mental health –** covered in **all** aspects of PSHE. **Do not** include children’s personal experiences or inform children of/ overly discuss irreversible or damaging choices.  |
| **Year group** | **Autumn 1**7 weeks | **Autumn 2**7 weeks | **Spring 1**6 weeks | **Spring 2**6 weeks | **Summer 1**5 weeks | **Summer 2**7 weeks |
| **Topic**  | **Being Me In My World****JIGSAW** | **Celebrating differences****JIGSAW** | **Dreams and Goals****JIGSAW** | **Healthy me****JIGSAW** | **Relationships****JIGSAW** | **Changing Me****JIGSAW****Including Sex Education** |
| **Topic structure** |
| **Year 3** | 1. **Getting to know each other.**

Recognising my worth and identifying positive things about myself. Setting my personal goals.1. **Our nightmare school**

Facing new challenges positively, making responsible choices and asking for help.1. **Our dream school.**

Understanding rules are needed and rights and responsibilities.1. **Rewards and consequences.**

Understanding actions affecting myself and others. Caring about people’s feelings.1. **Our Learning Charter**

Make responsible choices and take action.1. **Owning a learning Charter. (ASM)**

Understanding my actions affect others and seeing things from their point of view. | 1. **Families.**

I understand everyone’s family is different and important.1. **Family conflict.**

Understand differences and conflicts sometimes happen among family members.1. **Witness and feelings.**

Knowing what a witness to a bully is.1. **Witness and solutions.**

Witnesses can make situations better or worse.1. **Words that harm.**

I can recognise that some words are used in hurtful ways.1. **Celebrating difference: compliments. (ASM)**

I can tell you about when someone’s affected my feelings and the consequences. | 1. **Dreams and goals.**

I can tell you about a person who has faced difficult challenges and achieved success. 1. **My dreams and ambitions.**

I can identify a dream/ambition that is important to me.1. **A new challenge.**

I enjoy facing new learning challenges and working out the best ways for me to achieve them.1. **Our new challenge.**

I am motivated and enthusiastic about achieving our new challenge.1. **Our new challenge – overcoming obstacles.**

I can recognise obstacles which might hinder my achievement and can take steps to overcome them1. **Celebrating my learning.**

I can evaluate my own learning process and identify how it can be better next time. | 1. **Being fit and healthy.**

Understanding how exercise affects my bod and why my heart and lungs are important organs.1. **Being fit and healthy.**

The amount of calories, fat and sugar I put into my body will affect my health.1. **What do I know about drugs?**

I can tell my knowledge and attitude towards drugs.1. **Keeping safe.**

Identifying things, people and places I need to keep safe from and tell strategies for keeping myself safe including who to go to for help.1. **Safe or unsafe?**

I can identify when something feels safe or unsafe.1. **Amazing body.**

Understanding how complex my body is and the importance of taking care of it.) | 1. **Family roles and responsibilities.**

 Identify roles and responsibilities of family members and expectations of male and female. **2. Friendship.** Identify and put into practice skills of friendship. **3. Keeping myself safe online.**  I know and can use strategies to stay safe online.  **4. Being a global citizen 1.** Explain how actions and work or people around the world help influence my life. **5. Being a global citizen 2.** Understand how my needs and rights are shared by children around the world and identify how our lives may be different. **6. Celebrating my web of relationships.** I know how to express appreciation. | **1.** **How Babies grow.**To understand that in animals and humans lots of changes happen between conception and growing up and that usually it is the female who has the baby.1. **Babies.**

To understand how babies grow and develop in the uterus and what a baby needs to live.1. **Outside body changes.**

To understand that boys’ and girls’ bodies need change and how they change on the outside.1. **Inside body changes.**

To identify how boys’ and girls’ bodies change inside and why they are necessary to make babies when they grow up.1. **Family Stereotypes**

Recognise stereotypical ideas about parenting.1. **Looking ahead.**

Identify what I look forward to next year. |
| **Year 4** | 1. **Becoming a class ‘Team’.**

Knowing attitudes and actions make a difference to a class.1. **Being a school citizen.**

Understanding who is in the school community, the roles they play and how they fit in.1. **Rights, responsibilities and democracy.**

Understanding how democracy works through the school council.1. **Rewards and consequences.**

Understanding actions affecting myself and others. Caring about people’s feelings and empathising.1. **Our learning Charter.**

Understanding how groups come together to make decisions.1. **Owning our learning charter.**

Understanding democracy and how having a voice benefits the school community. | 1. **Judging by appearances.**

Understanding that sometimes we make assumptions based on what people look like.1. **Understanding influences.**

Understanding what influences me to make assumptions based on how people look.1. **Understanding bullying.**

Spotting bullying is hard and knowing what to do if I think it’s going on or I’m not sure.1. **Problem-solving.**

Understanding why witnesses sometimes join in with bullying and don’t tell.1. **Special me.**

Identifying what is special about me and valuing the ways I’m unique.1. **Celebrating difference: how we look.**

I can tell you a time when my first impression changed and I got to know them. | 1. **Hopes and Dreams**

I can tell you about some of my hopes and dreams.1. **Broken Dreams**

I understand that sometimes hopes and dreams do not come try and this can hurt.1. **Overcoming disappointment.**

I know that reflecting on positive and happy experiences can help me to counteract disappointment.1. **Creating new Dreams.**

I know how to make a new plan and set new goals even if I have been disappointed.1. **Achieving goals.**

I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group.1. **We did it!**

I can identify the contributions made by myself and others to the group’s achievement. | 1. **My friends and me.**

Recognising different friendships can be formed, how I fit in and value friends.1. **Group dynamics.**

Understanding there are people who take roles of leaders or followers in a group and I know the role I take on different situations.1. **Smoking.**

Understanding facts about smoking and its health effects and why people start to smoke.1. **Alcohol.**

Understanding the facts about alcohol and its health effects, particularly liver, and why people drink.1. **Health friendships.**

Recognising when people are putting me under pressure and explain ways to resist this.1. **Celebrating my inner strength and assertiveness.**

Knowing myself well enough to have a clear picture of what I believe is right or wrong. | 1. **Jealousy.**

Recognising situations which can cause jealousy in relationships.1. **Love and loss.**

Identifying someone I love and can express why they’re special.1. **Memories.**

Telling someone I know that I no longer see.1. **Getting on and falling out.**

Recognising how friendships change, know how to make new friends and manage falling out with friends.1. **Girlfriends and boyfriends.**

Understanding what having a boyfriend/girlfriend might mean and that it’s a special relationship for when I am older.1. **Celebrating my relationships with people and animals.**

Knowing how to show love and appreciation to people and animals that are special to me. | 1. **Unique Me.**

To understand personal characteristics from birth parents and the joining of the egg and sperm.1. **Having a baby.**

To correctly label internal and external parts for making a baby.1. **Girls and Puberty.**

To describe how a girls’ body changes for her to have babies and menstruation (having periods) is natural.1. **Circles of change.**

To know the circle of change and how change affects life.1. **Accepting Change.**

To identify changes that are out of my control.1. **Looking ahead.**

Identify what I’m looking forward to next year. |
| **Year 5** | 1. **My year ahead.**

I can face new challenges positively and know how to set personal goals.1. **Being a citizen of my country.**

Understanding rights and responsibilities as a citizen of my country.1. **Year 5 responsibilities.**

Understanding rights and responsibilities as a citizen of a country as a member of my school.1. **Rewards and consequences.**

I can make choices about my own behaviour, understanding how rewards and consequences feel.1. **Our learning charter.**

Understanding how an individual’s behaviour can impact a group.1. **Owning a learning charter.**

Understand how democracy and having a voice benefits the school community and how to participate.  | 1. **Different cultures.**

Understanding that cultural differences sometimes cause conflict.1. **Racism.**

Understand what racism is.1. **Rumours and name-calling.**

Understanding how rumour-spreading and name-calling can be bullying behaviours. 1. **Types of bulling.**

I can explain the difference between direct and indirect types of bullying.1. **Does money matter?**

I can compare my life with people in the developing world.1. **Celebrating difference across the world.**

Understanding different cultures from my own. | 1. **When I grow up (My dream lifestyle)**

**I understand that I will need money to help me achieve some of my dreams.**1. **Investigate jobs and careers.**

I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs.1. **My Dream job. Why I want it and the steps to get there.**

I can identify a job I would like to do when I grow up and understand what motivated me and what I need to do to achieve it.1. **Dreams and goals of young people in other cultures.**

I can describe the dreams and goals of young people in a culture different to mine.1. **How can we support each other?**

I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other.1. **Rallying support.**

I can encourage my peers to support young people here and abroad to meet their aspirations and suggest ways we may want to do this. E.g. through sponsorship. | 1. **Smoking**

I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.1. **Alcohol.**

I know some of the risks with misusing alcohol including anti-social behaviour, and how it affects the liver and heart.1. **Emergency Aid**

I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.1. **Body image.**

I understand how the media, social media and celebrity culture promotes certain body types.1. **My relationship with food**.

I can describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures.1. **Healthy me.**

I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy. | 1. **Recognising me.**

I have an accurate picture of who I am as a person, my characteristics and personal qualities.1. **Safety with online communities.**

Understanding that belonging to an online community can have positive and negative consequences. 1. **Being an online community.**

Understanding rights and responsibilities in an online community or social network.1. **Online gaming.**

Rights and responsibilities of gaming online. 1. **My relationship with technology: screen time**.

I can recognise when I am spending too much time using devices. 1. **Relationships with technology.**

I can explain how to stay safe when using technology to communicate with friends. | 1. **Self-body image.**

To be aware of self and body image.1. **Puberty for girls.**

To understand how a girls’ body changes during puberty and how to look after yourself physically and emotionally.1. **Puberty for boys.**

To describe how boys’ and girls’ bodies change during Puberty.1. **Conception.**

To understand sexual intercourse leads to how babies are usually made and IVF.1. **Looking ahead 1.**

Identify my growing responsibilities next year.1. **Looking ahead 2.**

Identify what I’m looking forward to next year. |
| **Year 6** | 1. **My year ahead.**

Identify my goals for this year, understand my fear and worries about the future and know how to express them.1. **Being a global citizen 1.**

I know the universal rights for all children but for many children these needs aren’t met.1. **Being a global citizen 2.**

Understand that my actions affect other people locally and globally.1. **The learning charter.**

Making choices about my own behaviour because I understand how these relate to rights and responsibilities. 1. **Our learning Charter.**

Understanding how individual’s behaviour can impact a group.1. **Owning a learning charter.**

Understanding how democracy and having a voice benefits the school community.  | 1. **Am I normal?**

I understand there are different perceptions about what normal means.1. **Understanding differences.**

Understanding how being different could affect someone’s life.1. **Power struggles.**

I can explain ways a person or group have power over another.1. **Why Bully?**

I know some reasons why people use bullying behaviours. 1. **Celebrating difference.**

I can give examples of people with disabilities who lead amazing lives.1. **Celebrating differences.**

I can explain ways in which differences can be a source of conflict and cause for celebration. | 1. **Personal learning goals**

I know my learning strengths and can set challenging but realistic goals for myself (e.g. one-in-school goal and one out-of-school goal)1. **Steps to success**

I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these.1. **My Dream for the world**

I can identify problems in the world that concern me and talk to other people about them.1. **Helping to make a difference**

I can work with other people to help make the world a better place.1. **Helping to make a difference.**

I can describe some ways in which I can work with other people to make the world a better place.1. **Recognising our achievements**

I know what some people in my class like or admire about me and can accept their praise.  | 1. **Taking responsibility for my health and wellbeing.**

I can take responsibility for my health and make choices that benefit my wellbeing.1. **Drugs.**

I know about different types of drugs, their uses and effects on the body particularly the liver and heart.1. **Exploitation.**

I understand that some people can be exploited and made to do things that are against the law.1. **Gangs.**

I know why some people join gangs and the risks involved. 1. **Emotional and mental health.**

I understand what it means to be emotionally well and explore people’s attitudes towards mental health/illness.1. **Managing stress and pressure.**

Recognise stress and the triggers that cause this and I understand how stress can cause drugs and alcohol misuse. | 1. **What is mental health?**

I know that it is important to take care of my mental health.1. **My mental health.**

I know how to take care of my mental health.1. **Love and loss.**

Understanding that there are different stages of grief and there are different types of less that cause people to grieve.1. **Power and control.**

I can recognise when people are trying to gain power.1. **Being online: real or fake, safe or unsafe?**

I can judge whether something online is safe or helpful for me.1. **Using technology responsibly.**

Using technology positively and safely to communicate with friends and family. | 1. **My self-image.**

To be aware of self-image and how body image fits into that.**2. Puberty**.To explain how girls’ and boys’ bodies change during puberty and to look after yourself physically and emotionally.**3. Babies: conception to birth.** To describe how a baby develops from conception to nine months of pregnancy to how it’s born.4**. Boyfriends and Girlfriends.**To understand how being physically attracted to someone can change the nature of a relationship and what it means.**5. Real self and ideal self.**To be aware of positive self-esteem and how to develop it. **6. The Year ahead**. To identify what I look forward to next year and what worries me about secondary school. |