

PSHE Long Term Plan 2020

		Autumn 1 2020 Covid Recovery Jigsaw	Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
	Whole school Values		Determination, self-belief, honesty, passion, team work, responsibility and respect					
	British Values		-Democracy -Rule of Law -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs	-Democracy -Rule of Law -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs	-Democracy (yr FS1/2, 1, 2,4, 5 and 6) -Rule of Law (yr 2, 5) -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs	Democracy (yr 4,5) -Rule of Law -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs (yr FS ½, 3, 4, 5, 6)	-Democracy (yr FS1/2, 1, 2, 3, 5, 6) -Rule of Law -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs	-Democracy (yr4) -Rule of Law (yr 1,2) -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs
FS 1/2	Jigsaw		Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Jigsaw	Explain social distancing and why we need to have a new rules about interacting with each other	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends	Setting goals Identifying successes and achievements Learning styles Working well and celebrating	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe	Belonging to a family Making friends/being a good friend Physical contact preferences	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and

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		<p>know what the Coronavirus is and why we have to do lots of things differently at the moment</p> <p>Find ways to be a good friend while we have to carry on social distancing</p> <p>Understand the importance of positive feelings</p> <p>Recognise when I feel worried or fearful and know what I can do and who to ask for help if I need it</p> <p>Understand the importance of saying thank you</p>	Owning the Learning Charter	Celebrating the differences in everyone	<p>achievement with a partner</p> <p>Tackling new challenges</p> <p>Identifying and overcoming obstacles</p> <p>Feelings of success</p>	<p>Medicine safety/safety with household items</p> <p>Road safety</p> <p>Linking health and happiness</p>	<p>People who help us</p> <p>Qualities as a friend and person</p> <p>Self-acknowledgement</p> <p>Being a good friend to myself</p> <p>Celebrating special relationships</p>	<p>male bodies- correct terminology (<i>Science</i>)</p> <p>Linking growing and learning</p> <p>Coping with change</p> <p>Transition</p>
	No Outsiders		<p>Elmer – To like the way I am – Linked to Confidence</p> <p>Ten Little Pirates – To play with boys and girls – Linked to Respect and Equality</p> <p>My Grandpa is amazing – to recognise that people are different – Linked to Respect and Equality</p> <p>Max the champion – To understand that our bodies work in different ways</p> <p>My world, Our World – To understand that we share our world with different people</p>					
Year 2	Jigsaw	<p>Explain social distancing and why we need to have a new rules about interacting with each other</p> <p>know what the Coronavirus is and why we</p>	<p>Hopes and fears for the year</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>Safe and fair learning environment</p> <p>Valuing contributions</p> <p>Choices</p>	<p>Assumptions and stereotypes about gender</p> <p>Understanding bullying</p> <p>Standing up for self and others</p> <p>Making new friends</p> <p>Gender diversity</p>	<p>Achieving realistic goals</p> <p>Perseverance</p> <p>Learning strengths</p> <p>Learning with others</p> <p>Group co-operation</p> <p>Contributing to and sharing</p>	<p>Motivation</p> <p>Healthier choices (<i>Science</i>)</p> <p>Relaxation</p> <p>Healthy eating and nutrition (<i>Science</i>)</p> <p>Healthier snacks and sharing</p> <p>Food (<i>Science</i>)</p>	<p>Different types of family</p> <p>Physical contact boundaries</p> <p>Friendship and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p>	<p>Life cycles in nature (<i>Science</i>)</p> <p>Growing from young to old</p> <p>Increasing independence</p> <p>Differences in female and male bodies (correct terminology)</p>

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		<p>have to do lots of things differently at the moment</p> <p>Find ways to be a good friend while we have to carry on social distancing</p> <p>Understand the importance of positive feelings</p> <p>Recognise when I feel worried or fearful and know what I can do and who to ask for help if I need it</p> <p>Understand the importance of saying thank you</p>	Recognising feelings	Celebrating difference and remaining friends	success		Expressing appreciation for special relationships	Assertiveness Preparing for transition
	No Outsiders		<p>The Great Big Book of Families – To understand what diversity is</p> <p>The First Slodge - To understand how we share the world – Linked to Cooperation and Respect and Equality</p> <p>The Odd Egg – To understand what makes someone proud – Linked to Ambition</p> <p>Just Because – To feel proud of being different – Linked to Confidence</p> <p>Blown Away – To be able to work with everyone in my class – Linked to Cooperation</p>					
Year 3	Jigsaw	<p>Identify what could help manage returning to school after a long absence</p> <p>Understand that the Coronavirus is a new virus and the ways that it can be spread from</p>	<p>Setting personal goals</p> <p>Self-identity and worth</p> <p>Positivity in challenges</p> <p>Rules, rights and responsibilities</p> <p>Rewards and consequences</p> <p>Responsible choices</p>	<p>Families and their differences</p> <p>Family conflict and how to manage it (child-centred)</p> <p>Witnessing bullying and how</p>	<p>Difficult challenges and achieving success</p> <p>Dreams and ambitions</p> <p>New challenges</p> <p>Motivation and enthusiasm</p>	<p>Exercise</p> <p>Fitness challenges</p> <p>Food labelling and healthy swaps</p> <p>Attitudes towards drugs</p>	<p>Family roles and responsibilities</p> <p>Friendship and negotiation</p> <p>Keeping safe online and who to go to for help</p>	<p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p>

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		<p>person to person Recognise what it can feel like to belong and to feel safe, and what to do if I don't feel safe Be a good friend and enjoy my friendships even though we have to play differently at the moment Recognise my feelings and understand what it is like to feel positive Identify my worries and fears and how I can help myself Identify some ways to show my appreciation for myself and others Know how people might express and manage grief and bereavement</p>	<p>Seeing things from others' perspectives</p>	<p>to solve it Recognising how words can be hurtful Giving and receiving compliments</p>	<p>Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p>	<p>Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices</p>	<p>Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends</p>	
	No Outsiders		<p>Oliver – To understand how difference can affect someone – Linked to Respect and Equality</p> <p>This is Our House – To understand what discrimination means – Linked to Respect and Equality</p> <p>Two Monsters – To find a solution to a problem – Linked to Perseverance</p> <p>The Hueys in the New Jumper – To use strategies to help someone who feels different – Linked to Respect and Equality October and Cooperation</p> <p>Beegu – To be welcoming – Linked to Thoughtfulness</p>					
Year 4	Jigsaw	<p>Identify what could help manage returning to school after a long absence</p>	<p>Being part of a class team Being a school citizen Rights, responsibilities and</p>	<p>Challenging assumptions Judging by appearance</p>	<p>Hopes and dreams Overcoming disappointment Creating new, realistic dreams</p>	<p>Healthier friendships Group dynamics Assertiveness Peer pressure</p>	<p>Jealousy Love and loss Memories of loved ones</p>	<p>Being unique Confidence in change Accepting change Preparing for transition</p>

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		<p>Understand that the Coronavirus is a new virus and the ways that it can be spread from person to person</p> <p>Recognise what it can feel like to belong and to feel safe, and what to do if I don't feel safe</p> <p>Be a good friend and enjoy my friendships even though we have to play differently at the moment</p> <p>Recognise my feelings and understand what it is like to feel positive</p> <p>Identify my worries and fears and how I can help myself</p> <p>Identify some ways to show my appreciation for myself and others</p>	<p>democracy (school council)</p> <p>Rewards and consequences</p> <p>Group decision-making</p> <p>Having a voice</p> <p>What motivates behaviour</p>	<p>Accepting self and others</p> <p>Understanding influences</p> <p>Understanding bullying</p> <p>Problem-solving</p> <p>Identifying how special and unique everyone is</p> <p>First impressions</p>	<p>Achieving goals</p> <p>Working in a group</p> <p>Celebrating contributions</p> <p>Resilience</p> <p>Positive attitudes</p>	<p>Celebrating inner strength</p>	<p>Getting on and Falling Out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals</p>	<p>Environmental change</p>
	No outsiders		<p>Dogs Don't Do Ballet – To know how to be assertive – Linked to Confidence</p> <p>King and King – To understand why people choose to get married – Linked to Independence and Individuality and Respect and Equality</p> <p>The Way Back Home – To overcome a language barrier – Linked to Thoughtfulness</p> <p>The Flower – To ask questions</p> <p>Red: A crayons story – To be who you want to be – Independence and Individuality</p>					
Year 5	Jigsaw	<p>Identify what could help manage returning to school after a long absence</p> <p>Understand that the Coronavirus is a new</p>	<p>Planning the forthcoming year</p> <p>Being a citizen</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p>	<p>Cultural differences and how they can cause conflict</p> <p>Racism</p> <p>Rumours and name-calling</p>	<p>Future dreams</p> <p>The importance of money</p> <p>Jobs and careers</p> <p>Dream job and how to get there</p>	<p>Emergency aid</p> <p>Body image</p> <p>Relationships with food</p> <p>Healthy choices</p> <p>Motivation and behaviour</p>	<p>Self-recognition and self-worth</p> <p>Building self-esteem</p> <p>Safer online communities</p>	<p>Self- and body image</p> <p>Influence of online and media on body image</p> <p>Puberty for girls</p> <p>Puberty for boys</p>

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		<p>virus and the ways that it can be spread from person to person</p> <p>Recognise what it can feel like to belong and to feel safe, and what to do if I don't feel safe</p> <p>Be a good friend and enjoy my friendships even though we have to play differently at the moment</p> <p>Recognise my feelings and understand what it is like to feel positive</p> <p>Identify my worries and fears and how I can help myself</p> <p>Identify some ways to show my appreciation for myself and others</p>	<p>How behaviour affects groups</p> <p>Democracy, having a voice, participating</p>	<p>Types of bullying</p> <p>Material wealth and happiness</p> <p>Enjoying and respecting other cultures</p>	<p>Goals in different cultures</p> <p>Supporting others (charity)</p> <p>Motivation</p>		<p>Rights and responsibilities online</p> <p>Online gaming and gambling</p> <p>Reducing screen time</p> <p>Dangers of online grooming</p> <p>SMART internet safety rules</p>	<p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition</p>
	No Outsiders		<p>Where the Poppies Now Grow – To learn from the Past – Linked to Remembrance Day –</p> <p>Rose Blanche – To justify my actions – Linked to Honesty –</p> <p>How to Heal a Broken Wing – To recognise when someone needs help – Linked to Thoughtfulness</p> <p>The Artist Who Painted a Blue Horse – To appreciate artistic freedom – Linked to Independence and Individuality</p> <p>And Tango Makes Three – To accept people who are different from me – Linked to Respect and Equality</p>					
Year 6	Jigsaw	<p>Identify what could help manage returning to school after a long absence</p> <p>Understand that the Coronavirus is a new</p>	<p>Identifying goals for the year</p> <p>Global citizenship</p> <p>Children's universal rights</p> <p>Feeling welcome and valued</p>	<p>Perceptions of normality</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Understanding bullying</p> <p>Inclusion/exclusion</p>	<p>Personal learning goals, in and out of school</p> <p>Success criteria</p> <p>Emotions in success</p>	<p>Taking personal responsibility</p> <p>Smoking, including vaping</p> <p>Alcohol and anti-social behaviour</p> <p>(Science)</p>	<p>Mental health</p> <p>Identifying mental health worries and sources of support</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness</p>	<p>Self-image</p> <p>Body image</p> <p>Puberty and feelings</p> <p>Conception to birth</p> <p>Reflections about change</p> <p>Respect and consent</p> <p>Boyfriends/girlfriends</p>

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	<p>virus and the ways that it can be spread from person to person</p> <p>Recognise what it can feel like to belong and to feel safe, and what to do if I don't feel safe</p> <p>Be a good friend and enjoy my friendships even though we have to play differently at the moment</p> <p>Recognise my feelings and understand what it is like to feel positive</p> <p>Identify my worries and fears and how I can help myself</p> <p>Identify some ways to show my appreciation for myself and others</p>	<p>Choices, consequences and rewards</p> <p>Group dynamics</p> <p>Democracy, having a voice</p> <p>Anti-social behaviour</p> <p>Role-modelling</p>	<p>Differences as conflict, difference as celebration</p> <p>Empathy</p>	<p>Making a difference in the world</p> <p>Motivation</p> <p>Recognising achievements</p> <p>Compliments</p>	<p>How substances affect the body (<i>Science</i>)</p> <p>Exploitation, including 'county lines' and gang culture</p> <p>Emotional and mental health</p> <p>Managing stress</p>	<p>Technology safety</p> <p>Take responsibility with technology use</p>	<p>Transition</p>
No Outsiders		<p>My Princess Boy – To promote diversity</p> <p>The Whisperer – To stand up to discrimination – Linked to Independence and Individuality</p> <p>The Island – To challenge the causes of racism – Linked to Peace – September and Respect and Equality</p> <p>Love You Forever – To consider how my life may change as I grow up – Linked to Ambition</p> <p>Dream of Freedom – To recognise freedom</p>					