



PSHE Long Term Curriculum Plan 2022-2023

JIGSAW Pieces.	Being me in my world	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me	Charity and community
EYFS	<p>Children will help each other feel welcome, try to make their nursery/pre-school community a better place, think about everyone's right to learn, care about other people's feelings, work well with others and choose to follow the learning charter.</p> <p>See themselves as a valuable individual. Identify and moderate their own feelings socially and emotionally.</p>	<p>Children will accept that everyone is different, include others when working at playing, know how to help if someone is being bullied, try to solve problems, try to use kind words and know how to give and receive compliments.</p> <p>Express their feelings and consider the feelings of others.</p> <p>I can model a positive behaviour and be kind and considerate.</p>	<p>Children will stay motivated when doing something challenging, keep trying even when it's difficult, work well with a partner or in a group, have a positive attitude, help others to achieve their goals and work hard to achieve their own dreams and goals.</p> <p>I can show resilience and perseverance in the face of challenge.</p> <p>I can set my own goals and know how to achieve them.</p>	<p>Children will make healthy choices, eat a healthy, balanced diet, being physically active, try to keep themselves and others safe, know how to be a good friend and enjoy healthy friendships and know how to keep calm and deal with difficult situations.</p> <p>I know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian.</p> <p>I can narrate my own decisions about healthy foods, highlighting the importance of eating plenty of fruits and vegetables.</p>	<p>Children will know how to make friends, try to solve friendship problems when they occur, help others to feel part of a group, show respect in how they treat others, know how to help themselves and others when they feel upset and hurt and know and show what makes a good relationship.</p> <p>I can build constructive and respectful relationships.</p> <p>I will think about the perspectives of others.</p>	<p>Children will understand that everyone is unique and special, express how they feel when change happens, understand and respect the change that they see in themselves, understand and respect the change they see in other people, know who to ask for help if they are worried about change or looking forward to change.</p> <p>I can manage my own needs.</p> <p>I will undertake specific activities that encourage talk about feelings and my opinions.</p>	<ul style="list-style-type: none"> • Home visits • Pre-school communication/ visits • Parents phonics meeting • Police visit • Lollipop man visit • Chinese community visit • Church (Christingle and Harvest) • Christmas Fair • Summer Fair • Stay and Read for parents • Christmas concert • Children in need • Remembrance day activities • Park visit • Anlaby Park library visit.



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Jigsaw Year 1	<p>Children will help others feel welcome, try to make our school community a better place , think about everyone's right to learn, care about other people's feelings, work well with others and choose to follow the learning charter.</p> <p><i>I can talk about one thing that makes me different from my friends</i></p> <p><i>I understand these differences make us all special and unique</i></p>	<p>Children will explore the terms the same as, different from. They will look at what is bullying, how to make new friends and celebrating differences amongst their class.</p> <p><i>I can tell you some ways I am different from my friends</i></p> <p><i>I understand these differences make us all special and unique</i></p>	<p>Children will create a treasure chest of success and create their own steps to goals. They will work on achieving together, overcoming obstacles and celebrating their own success.</p> <p><i>I can tell you how I felt when I succeeded in a new challenge and how I celebrated it</i></p> <p><i>I know how to store the feelings of success in my internal treasure chest</i></p>	<p>Children will understand the importance of being healthy, healthy choices, being clean, medicine safety, road safety and 'happy, healthy me'.</p> <p><i>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</i></p> <p><i>I can recognise how being healthy helps me to feel happy</i></p>	<p>Children will learn about families, making friends, people who help us, 'being my own best friend' and celebrating special relationships.</p> <p><i>I can tell you why I appreciate someone who is special to me and express how I feel about them</i></p>	<p>Children will learn about life cycles, changing me, my changing body, boy' and girls' bodies, learning and growing and coping with changes.</p> <p><i>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina</i></p> <p><i>I respect my body and understand which parts are private</i></p>	<ul style="list-style-type: none"> • Meet the parents transition day • Church (Christingle and Harvest) • Puppet making with parents • Christmas concert • Children in need • Anlaby park library visit • Christmas Fair • Summer Fair • Remembrance Day activities. • Toy donation to hospital • Toy workshop



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Year 2	<p>Children will explore their hopes and fears, rights and responsibilities, rewards and consequences, and create a learning charter.</p> <p><i>I can identify some ways in which my friend is different from me</i></p> <p><i>I can tell you why I value this difference about him/her</i></p>	<p>Children will learn about boys and girls, why bullying happens, standing up for themselves and others, making a new friend and celebrating differences and still being friends.</p> <p><i>I can identify some ways in which my friend is different from me</i></p> <p><i>I can tell you why I value this difference about him/her</i></p>	<p>Children will explore goals to success, their strengths, learning with others, group challenges and celebrating achievements.</p> <p><i>I can explain some of the ways I worked cooperatively in my group to create the end product</i></p> <p><i>I can express how it felt to be working as part of this group</i></p>	<p>Children will understand the importance of being healthy, being relaxed, medicine safety, healthy eating and the 'healthy me' café.</p> <p><i>I can make some healthy snacks and explain why they are good for my body</i></p> <p><i>I can express how it feels to share healthy food with my friends</i></p>	<p>Children will learn about families, keeping safe – exploring physical contact, friends and conflict, secrets, trust and appreciation and celebrating my special relationships.</p> <p><i>I can identify some of the things that cause conflict between me and my friends</i></p> <p><i>I can demonstrate how to use the positive problemsolving technique to resolve conflicts with my friends</i></p>	<p>Children will learn about life cycles in nature, growing from young to old, the changing me, boys' and girls' bodies, assertiveness and looking ahead.</p> <p><i>I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private</i></p> <p><i>I can tell you what I like/don't like about being a boy/ girl</i></p>	<ul style="list-style-type: none"> • Meet the parents transition day • Church (Christingle and Harvest) • Excellence and enjoyment. • Children in need • Anlaby park library visit • Christmas Fair • Summer Fair • Christmas carols (family/community/ residential home) • Fire man visit • Fire safety talk for family • Remembrance Day activities • Summer performance



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Year 3	<p>Children will focus on getting to know each other, their nightmare school, their dream school, rewards and consequences, their learning charter and owning their learning charter.</p> <p><i>I can tell you about a time when my words affected someone's feelings and what the consequences were</i></p> <p><i>I can give and receive compliments and know how this feels</i></p>	<p>Children will learn about families, family conflict, witness and feelings, witness and solutions, words that harm, compliments and celebrating differences.</p> <p><i>I can tell you about a time when my words affected someone's feelings and what the consequences were</i></p> <p><i>I can give and receive compliments and know how this feels</i></p>	<p>Children will explore dreams and goals, dreams and ambitions, a new challenge, their new challenge, overcoming obstacles and celebrating their own learning.</p> <p><i>I can evaluate my own learning process and identify how it can be better next time</i></p> <p><i>I am confident in sharing my success with others and know how to store my feelings of success in my internal treasure chest</i></p>	<p>Children will understand the importance of being fit and healthy, what do they know about drugs? Being safe, being safe at home and 'my amazing body'.</p> <p><i>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help</i></p> <p><i>I can express how being anxious or scared feels</i></p>	<p>Children will learn about family roles and responsibilities, friendship, keeping themselves safe, being a global citizen and celebrating their web of relationships.</p> <p><i>I can explain how some of the actions and work of people around the world help and influence my life and can show an awareness of how this could affect my choices</i></p>	<p>Children will learn about how babies grow, babies, outside body changes, inside body changes, family stereotypes and looking ahead.</p> <p><i>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up</i></p> <p><i>I recognise how I feel about these changes happening to me and know how to cope with these feelings</i></p>	<ul style="list-style-type: none"> • Meet the parents transition day • Christmas fair • Summer fair • Children in need • Anlaby park library visit • Pedestrian skills • Promote healthy eating in the local supermarket. • Remembrance day activities



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Year 4	<p>Children will learn about becoming a class team, being a school citizen, rights responsibilities and democracy, rewards and consequences, their learning charter and owning their learning charter.</p> <p><i>I can tell you a time when my first impression of someone changed as I got to know them</i></p> <p><i>I can explain why it is good to accept people for who they are</i></p>	<p>Children will learn about judging by appearances, understanding influences, understanding bullying, problem solving, special me and celebrating difference: 'how we look'.</p> <p><i>I can tell you a time when my first impression of someone changed as I got to know them</i></p> <p><i>I can explain why it is good to accept people for who they are</i></p>	<p>Children will explore hopes and dreams, broken dreams, overcoming disappointment, creating new dreams and achieving goals.</p> <p><i>I know how to make a new plan and set new goals even if I have been disappointed</i></p> <p><i>I know what it means to be resilient and to have a positive attitude</i></p>	<p>Children will learn about friends, group dynamics, smoking, alcohol, healthy friendships and celebrating inner strength and assertiveness.</p> <p><i>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to</i></p> <p><i>I can identify feelings of anxiety and fear associated with peer pressure</i></p>	<p>Children will learn about their relationship web, love and loss, memories, are animals special, special pets and celebrating relationships with people and animals.</p> <p><i>I can explain different points of view on an animal rights issue and express my own opinion and feelings on this</i></p>	<p>Children will learn about being unique, having a baby, girls and puberty, circles of change, accepting change and looking ahead.</p> <p><i>I can identify what I am looking forward to when I am in Year 5</i></p> <p><i>I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</i></p>	<ul style="list-style-type: none"> • Meet the parents transition day • Children in need • Anlaby park library visit • Christmas Fair • Summer Fair • Remembrance Day activities • Violin concert in school • Violin concert at city hall • Film night



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Year 5	<p>Children will learn about 'my year ahead', being me in Britain, Year 5 responsibilities, rewards and consequences, our learning charter and owning our learning charter.</p> <p><i>I can explain the differences between direct and indirect types of bullying</i></p> <p><i>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</i></p>	<p>Children will learn about different cultures, racism, rumours and name calling, types of bullying, money and celebrating differences across the world.</p> <p><i>I can explain the differences between direct and indirect types of bullying</i></p> <p><i>I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</i></p>	<p>Children will learn about their dream lifestyle, investigate jobs and careers, their dream job. Why they would want it and the steps to get there, dreams and goals of young people in other cultures, how people can support each other and rallying support.</p> <p><i>I can describe the dreams and goals of a young person in a culture different from mine and can reflect on how these relate to my own</i></p>	<p>Children will learn about smoking, alcohol, emergency aid, body image, their relationship with food and 'healthy me'.</p> <p><i>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 I respect and value my body</i></p>	<p>Children will learn about 'recognising me', getting on and falling out, girlfriends and boyfriends and relationships and technology.</p> <p><i>I can explain how to stay safe when using technology to communicate with my friends</i></p> <p><i>I can recognise and resist pressures to use technology in ways that may be risky or cause harm to myself or others</i></p>	<p>Children will learn about self and body image, puberty for girls, puberty for boys, conception, looking ahead and looking ahead to year 6.</p> <p><i>I can describe how boys' and girls' bodies change during puberty I can express how I feel about the changes that will happen to me during puberty</i></p>	<ul style="list-style-type: none"> • Meet the parents transition day • Children in need • Anlaby park library visit • Christmas Fair • Summer Fair • Remembrance Day activities • Bike Ability • Hessle High School visit • Sirius Academy visit • Y5/6 Respectful Relationships - session in school.



Year 6	<p>Children will learn about 'my year ahead', being a global citizen, the learning charter, their learning charter and owning their learning charter.</p> <p><i>I can explain ways in which difference can be a source of conflict or a cause for celebration and can show empathy with people in either situation</i></p>	<p>Children will explore disability, 'am I normal?', power struggles, why bullying happens and celebrating differences.</p> <p><i>I can explain ways in which difference can be a source of conflict or a cause for celebration and can show empathy with people in either situation</i></p>	<p>Children will explore personal learning goals, steps to success, my dream for the world, helping to make a difference and recognising achievements.</p> <p><i>I can describe some ways in which I can work with other people to help make the world a better place I can identify why I am motivated to do this</i></p>	<p>Children will learn about food, drugs, alcohol, emergency aid, emotional and mental health and managing stress.</p> <p><i>I can evaluate when alcohol is being used responsibly, antisocially or being misused I can tell you how I feel about using alcohol when I am older and my reasons for this</i></p>	<p>Children will learn about their relationship web, love and loss, power and control and being safe with technology.</p> <p><i>I can recognise when people are trying to gain power or control I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</i></p>	<p>Children will learn about self-image, puberty, girl talk/boy talk, babies – conception to birth, attraction and transition to secondary school.</p> <p><i>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born and I recognise how I feel when I reflect on the development and birth of a baby</i></p>	<ul style="list-style-type: none"> • Meet the parents transition day • Hinduism workshop • Year 6 play • Year 6 leavers ceremony • Kid alert visit • Internet safety (KCOM) • Speed awareness with PCSOs • Children in need • Anlaby park library visit • Christmas Fair • Summer Fair • Remembrance Day activities • Eden Camp visit
SMART VALUES	<p><u>Social</u> Initiative Independence</p>	<p><u>Motivated</u> Determination, Courage Perseverance</p>	<p><u>Ambition</u> Resilience, Enthusiasm Risk-taking</p>		<p><u>Resilient</u> Justice Compassion Honesty</p>	<p><u>Thoughtful</u> Respect Humility Gratitude Positivity Teamwork</p>	