



PSHE Long Term Curriculum Plan

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.</p> <p>Identify and moderate their own feelings socially and emotionally.</p>	<p>Children will accept that everyone is different, 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. I can express my feelings and consider the feelings of others.</p> <p>I can model 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) • Excellence and enjoyment. • Christmas Fair • Summer Fair • Stay and Read for parents • Christmas concert • Children in need • Remembrance day activities • Park visit • Anlaby Park library visit.



JIGSAW Pieces.	Being me in my world	Celebrating differences	Dreams and goals	Healthy me	Relationships	Changing me	Charity and community
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 can explain why my class is a happy and safe place to learn.</p> <p>I can give different examples to make my class happy and safe.</p>	<p>Children will explore the terms the same as, different from. They will look at what bullying is, how to make new friends and celebrating differences amongst their class.</p> <p>I can tell you some ways I am different from my friends.</p> <p>I understand these differences make us all special and unique.</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 can tell you how I felt when I succeeded in a new challenge and how I celebrated it.</p> <p>I know how to store the feelings of success in my internal treasure chest.</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 can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>I can give examples of when being healthy can help me feel happy.</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 can tell you why I appreciate someone who is special to me.</p> <p>I can give examples of behaviour in other people that I appreciate and behaviours that I don't like</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 can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina</p> <p>I can explain why some changes I might experience might feel better than others.</p>	<ul style="list-style-type: none"> • Meet the parents transition day • Church (Christingle and Harvest) • Excellence and enjoyment puppet making • Christmas concert • Children in need • Anlaby park library visit • Christmas Fair • Summer Fair • Remembrance Day activities. • Toy donation to hospital • Toy workshop



<p>Year 2</p>	<p>Children will explore their hopes and fears, rights and responsibilities, rewards and consequences, and create a learning charter. I can explain why my behaviour can impact on other people in my class. I can compare my own and my friends' choices and can express why some choices are better than others.</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. I can explain that sometimes people get bullied because they are seen to be different. I can explain how it feels to have a friend and be a friend.</p>	<p>Children will explore goals to success, their strengths, learning with others, group challenges and celebrating achievements. I can explain some of the ways I worked cooperatively in my group to create the end product. I can express how it felt to be working as part of this group.</p>	<p>Children will understand the importance of being healthy, relaxed, medicine safety, healthy eating and the 'healthy me' café. I can make some healthy snacks and explain why they are good for my body. I can express how it feels to make healthy and safe choices.</p>	<p>Children will learn about families, keeping safe – exploring physical contact, friends and conflict, secrets, trust and appreciation and celebrating my special relationships. I can identify some of the things that cause conflict between me and my friends. I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.</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. 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 can tell you what I like/don't like about being a boy/ girl.</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) • Great fire of London dance with Sarah Brumpton • 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, rewards and consequences, their learning charter and owning their learning charter.</p> <p><i>I can explain how my behaviours can affect how others feel.</i></p> <p><i>I can explain why it is important to have rules and how it helps me.</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 describe different conflicts that might happen and how words can be used in hurtful or kind ways when conflicts happen. I can tell you how being involved with a conflict makes me feel.</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 explain the different ways that help me learn. 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. I can explain why my choices might affect my family and friendships.</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 • Excellence and enjoyment • Pedestrian skills • Promote healthy eating in the local supermarket. • Paper use campaign. • Remembrance day activities



<p>Year 4</p>	<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. <i>I can explain why being listened to and listening to others is important in my school community. I can explain why being democratic is important and can help me and others feel valued.</i></p>	<p>Children will learn about judging by appearances, understanding influences, understanding bullying, problem solving, special me and celebrating difference: 'how we look'. <i>I can tell you a time when my first impression of someone changed as I got to know them</i> <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. <i>I know how to make a new plan and set new goals even if I have been disappointed</i> <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. <i>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to</i> <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. <i>I can recognise how people feel when they miss a special person or animal. I can give wats that might help me mangae my feelings.</i></p>	<p>Children will learn about being unique, having a baby, girls and puberty, personal hygiene, circles of change, accepting change and looking ahead. <i>I can summarise the changes that happen to boys' and girls' bodies that prepare them when they are older. I can offer some suggestions about how I might manage my feelings when changes happen.</i></p>	<ul style="list-style-type: none"> • Meet the parents transition day • Excellence and enjoyment. • Children in need • Anlaby park library visit • Christmas Fair • Summer Fair • Remembrance Day activities • RSPCA visit • Sewing with parents • 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 can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place. I can explain how actions of one person can affect another.</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 can explain the differences between direct and indirect types of bullying</p> <p>I can explain why racism and other forms of discrimination are unkind.</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 can compare my hopes and dreams with those from different cultures.</p> <p>I can reflect on how these relate to my own.</p>	<p>Children will learn about smoking, alcohol, emergency aid, body image, their relationship with food and ‘healthy me’.</p> <p>I can explain the different roles food and substances can play in people’s lives. I can summarise different ways that I respect and value my body.</p>	<p>Children will learn about ‘recognising me’, getting on and falling out, girlfriends and boyfriends and relationships and technology.</p> <p>I can compare different types of friendships and the feelings associated with them. I know how to stay safe when using technology to communicate with my friends, including how to stand up for myself. I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</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 can explain how boys’ and girls’ bodies change during puberty. I can express how I feel about the changes that will happen to me during puberty.</p>	<ul style="list-style-type: none"> • Meet the parents transition day • Excellence and enjoyment. • Children in need • Anlaby park library visit • Christmas Fair • Summer Fair • Remembrance Day activities • Bike Ability • Hessle High School visit • Sirius Academy visit • Humber Bridge sponsored walk • Y5/6 Respectful Relationships - session in school.



<p>Year 6</p>	<p>Children will learn about 'my year ahead', being a global citizen, the learning charter, their learning charter and owning their learning charter. I can explain how my choices can have an impact on people in my immediate community and globally. I can show empathy with people in my community and globally and explain how this can influence the choices I make.</p>	<p>Children will explore disability and why different forms of positive and negative prejudice and discrimination happen. I can challenge my own and others' attitudes and values and accept differences in others. I can show empathy with people in either situation.</p>	<p>Children will explore personal learning goals, steps to success, my dream for the world, helping to make a difference and recognising achievements. I can explain 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 make the world a better place.</p>	<p>Children will learn about drugs, exploitation as well as gang culture and the associated risks. They also learn about mental health/illness and recognise the feelings of being stressed. I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have. I can identify and apply skills to keep myself emotionally healthy and to manage stress.</p>	<p>Children will learn about mental health, love and loss, power and control and being safe with technology. I can identify when people may be experiencing feelings associated with loss and recognise when people are trying to gain power or control. I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself in real or online situations.</p>	<p>Children will learn about self-image, puberty, girl talk/boy talk, babies – conception to birth, attraction and transition to secondary school. I can understand how a baby develops from conception through the nine months of pregnancy. I recognise how I feel when I reflect on becoming a teenager and how I feel about the development and birth of a baby.</p>	<ul style="list-style-type: none"> • Meet the parents transition day • Excellence and enjoyment WW2 (British Legion) • Remembrance church visit • 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 • SEED sessions x3
<p>SMART VALUES</p>	<p>Social Initiative Independence</p>	<p>Motivated Determination, Courage Perseverance</p>	<p>Ambition Resilience, Enthusiasm Risk-taking</p>	<p>Resilient Justice Compassion Honesty</p>	<p>Thoughtful Respect Humility Gratitude Positivity Teamwork</p>		