

# PSHE Long Term Plan



## Personal, Social and Emotional Development in the Early Years

In Nursery and Reception, the vital learning experiences required to allow children access to our PSHE curriculum, starts in EYFS where children’s personal, social and emotional development (PSED) is taught to further develop children’s ability to self-regulate, build relationships and manage themselves.

We have designed our Early Years curriculum to provide our children with the knowledge, skills and understanding required for them to lead happy and healthy lives and make safe and informed decisions both now and in their futures. PSHE is taught through social interaction and with some links to the PSHE Jigsaw scheme of work where possible.

PSHE in Key Stage One and Two is a non-statutory subject, however we believe that PSHE education is an important and necessary part of all pupils’ education. We teach PSHE in half termly units of work following the progression outlined in the Jigsaw PSHE Scheme of Work. On our Subject Long Term Plan, learning is presented in a consistent manner as detailed below:

### Autumn One: Being Me in the World

*In this Puzzle (unit), the children are introduced to their Jigsaw Journals and discuss their Jigsaw Charter. As part of this they discuss rights and responsibilities, choices and consequences. The children talk about being special and how to make everyone feel safe in their class as well as recognising their own safety.*

**Who am I and how do I fit?**

#### **Themes:**

- Help others to 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
- Choose to follow the Learning Charter

**Term Coverage and Unit Name**

**Unit Overview**

**Unit Enquiry Question(s)**

**Theme Outcomes**

## PSHE in Key Stage One and Key Stage Two

# PSHE Long Term Plan



SPRING GROVE  
PRIMARY SCHOOL

	Autumn Term	Spring Term	Summer Term
<b>Nursery</b>	<p><b>Self-regulation</b>                      Develop an awareness of different feelings                      Begin to identify coping strategies in the moment                      Think about how others might be feeling                      Achieve a goal they have chosen, or one which is suggested to them                      Develop appropriate ways of being assertive                      Show resilience and perseverance in the face of challenge</p> <p><b>Managing self</b>                      To begin to know how we are feeling                      Changing Independently                      Understanding why rules are important and to follow them without adult support                      Importance of Personal hygiene: Oral Hygiene and Hand Hygiene                      Stranger Danger                      Sun Safety</p> <p><b>Building Relationships</b>                      To feel safe and secure with particular children and Nursery adults                      To talk about their immediate family and their relationships with them                      Develop their sense of responsibility and membership of a community                      Find solutions to conflicts and rivalries</p>		
<b>Reception</b>	<p><b>Self-regulation</b>                      Discuss a variety of feeling                      Discuss how others may be feeling and why                      Identify aspirations, how to achieve goals and understanding the emotions that go with this                      Show resilience and perseverance in the face of challenge                      Acknowledge and moderate their own feelings socially and emotionally                      Think about the perspectives of others</p> <p><b>Managing self</b>                      Importance of Personal hygiene: Oral Hygiene and Hand Hygiene                      Awareness of what makes them happy                      Healthy choices                      Road Safety                      Sun Safety</p> <p><b>Building Relationships</b>                      To develop friendship groups and feel safe and secure with particular children and significant adults                      Confidently talk about what makes them special and unique                      To discuss thoughts and ideas as well as well as explore what they look for in a friendship                      Building Empathy                      Express their feelings and consider the feelings of others</p>		

# PSHE Long Term Plan



**Year One**

## Autumn One: Being Me in the World

*In this Puzzle (unit), the children are introduced to their Jigsaw Journals and discuss their Jigsaw Charter. As part of this they discuss rights and responsibilities, choices and consequences. The children talk about being special and how to make everyone feel safe in their class as well as recognising their own safety.*

**Who am I and how do I fit?**

### Themes:

Help others to 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  
Choose to follow the Learning Charter

## Autumn Two: Celebrating Difference

*In this Puzzle (unit) the class talk about the similarities and differences between people and that these make us unique and special. The children learn what bullying is and what it isn't. They talk about how it might feel to be bullied and when and who to ask for help. The children talk about friendship, how to make friends and that it is OK to have differences from their friends. The children also talk about being nice to and looking after other children you might be being bullied.*

**What am I good at?**

**What makes a good friend?**

### Themes:

Accept that everyone is different  
Include others when working and playing  
Know how to help if someone is being bullied  
Try to solve problems  
Use kind words  
Know how to give and receive compliments

## Spring One: Dreams and Goals

*In this Puzzle the class talk about setting simple goals, how to achieve them as well as overcoming difficulties when they try. The children learn to recognise the feelings associated with facing obstacles to achieving their goals as well as when they achieve them. They discuss partner working and how to do this well.*

**What are my goals and how can I achieve them?**

### Themes:

Stay motivated when doing something challenging  
Keep trying even when it is difficult  
Work well with a partner or in a group  
Have a positive attitude  
Help others to achieve their goals  
Are working hard to achieve their own dreams and goals

## Spring Two: Healthy Me

*In this Puzzle the class talk healthy and unhealthy choices and how these choices make them feel. They talk about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety as well as people who can help them to stay safe.*

**What makes a healthy body and mind?**

**How can I keep myself safe?**

### Themes:

Have made a healthy choice  
Have eaten a healthy, balanced diet  
Have been physically active  
Have tried to keep themselves and others safe  
Know how to be a good friend and enjoy healthy friendships  
Know how to keep calm and deal with difficult situations

## Summer One: Relationships

*Children's breadth of relationships is widened to include people they may find in their school community. They consider their own significant relationships (family, friends and school community) and why these are special and important. As part of the learning on healthy and safe relationships, children learn that touch can be used in kind and unkind ways. This supports later work on safeguarding. Pupils also consider their own personal attributes as a friend, family member and as part of a community, and are encouraged to celebrate these.*

**What are feelings and how can they be managed?**

### Themes:

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 or hurt  
Know and show what makes a good relationship

## Summer Two: Changing Me

*Coping positively with change*

**How does our body change from being a baby to an adult?  
How can I remain healthy?**

### Themes:

Understand that everyone is unique and special  
Can express how they feel when change happens  
Understand and respect the changes that they see in themselves  
Know who to ask for help if they are worried about change  
Are looking forward to change

# PSHE Long Term Plan



## Autumn One: Being Me in the World

*In this Puzzle (unit) the children discuss their hopes and fears for the year ahead – they talk about feeling worried and recognising when they should ask for help and who to ask. They talk about rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place. The children talk about choices and the consequences of making different choices..*

**What are my rights and responsibilities for being a member of my class?**

### Themes:

Help others to 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  
Choose to follow the Learning Charter

## Autumn Two: Celebrating Difference

*In this Puzzle (unit) the class talk about gender stereotypes, that boys and girls can have differences and similarities and that is OK. They talk about children being bullied because they are different, that this shouldn't happen and how to support a classmate who is being bullied. The children talk about feelings associated with bullying and how and where to get help. They talk about similarities and differences and that it is OK for friends to have differences without it affecting their friendship.*

**Who could you talk to if you were feeling unhappy or being bullied?**

**How are you different to your friends?**

### Themes:

Accept that everyone is different  
Include others when working and playing  
Know how to help if someone is being bullied  
Try to solve problems  
Try to use kind words  
Know how to give and receive compliments

## Spring One: Dreams and Goals

*In this Puzzle the class talk about setting realistic goals and how they can achieve them. They discuss perseverance when they find things difficult as well as recognising their strengths as a learner. The children talk about group work and reflect on who they work well with and who they don't. They also talk about sharing success with other people.*

**What obstacles make it more difficult to achieve your challenge and how can you work out how to overcome them?**

### Themes:

Stay motivated when doing something challenging  
Keep trying even when it is difficult  
Work well with a partner or in a group  
Have a positive attitude  
Help others to achieve their goals  
Are working hard to achieve their own dreams and goals

## Spring Two: Healthy Me

*In this Puzzle the class learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children talk about things that make them feel relaxed and stressed. They talk about medicines, how they work and how to use them safely. The children have a go at making healthy snacks and also discuss why they are good for their bodies.*

**What are the differences between being healthy and unhealthy? How can you keep yourself safe whilst crossing the road?**

### Themes:

Have made a healthy choice  
Have eaten a healthy, balanced diet  
Have been physically active  
Have tried to keep themselves and others safe  
Know how to be a good friend and enjoy healthy friendships  
Know how to keep calm and deal with difficult situations

## Summer One: Relationships

*Learning about family relationships widens to include roles and responsibilities in a family and the importance of co-operation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise two different strategies for conflict resolution (Solve-it-together and Mending Friendships). Children consider the importance of trust in relationships and what this feels like. They also learn about two types of secret, and why 'worry secrets' should always be shared with a trusted adult. Children reflect upon different types of physical contact in relationships, which are acceptable and which ones are not. They practise strategies for being assertive when someone is hurting them or being unkind. The children also discuss people who can help them if they are worried or scared.*

**What is a family?**

**How can you help others to be part of a group?**

**What makes a good friend?**

### Themes:

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 or hurt  
Know and show what makes a good relationship

## Summer Two: Changing Me

*Coping positively with change*

**What things have changed about you and what things have remained the same?**

### Themes:

Understand that everyone is unique and special  
Can express how they feel when change happens  
Understand and respect the changes that they see in themselves  
Understand and respect the changes that they see in other people  
Know who to ask for help if they are worried about change  
Are looking forward to change

Year Two

# PSHE Long Term Plan



## Year Three

### Autumn One: Being Me in the World

*In this Puzzle (unit) the children learn to recognise their self-worth and identify positive things about themselves and their achievements. They talk about new challenges and how to face them with positivity. The children talk about the need for rules and how these relate to rights and responsibilities. They talk about choices and consequences, working collaboratively and seeing things from other people's points of view. The children talk about different feelings and the ability to recognise these feelings in themselves and others.*

**What are the consequences for the choices you have made?**

#### Themes:

Help others to 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  
Choose to follow the Learning Charter

### Autumn Two: Celebrating Difference

*In this Puzzle (unit) the class learn about families, that they are all different and that sometimes they fall out with each other. The children talk about techniques to calm themselves down and discuss a technique called 'solve it together.' The children revisit the topic of bullying and talk about being a witness (bystander), they talk about how a witness has choices and how these choices can affect the bullying that is taking place. The children also talk about using problem-solving techniques in bullying situations. They talk about name-calling and choosing not to use hurtful words. They also talk about giving and receiving compliments and the feelings associated with this.*

**Are boys and girls the same?**

#### Themes:

Accept that everyone is different  
Include others when working and playing  
Know how to help if someone is being bullied  
Try to solve problems  
Try to use kind words  
Know how to give and receive compliments

### Spring One: Dreams and Goals

*In this Puzzle the class look at examples of people who have overcome challenges to achieve success and discuss what they can learn from these stories. The children identify their own dreams and ambitions and discuss how it will feel when they achieve them. They talk about facing learning challenges and identify their own strategies for overcoming these. The children talk about obstacles which might stop them from achieving their goals and how to overcome these. They reflect on their progress and successes and identify what they could do better next time.*

**How can someone work well in a group?**

#### Themes:

Stay motivated when doing something challenging  
Keep trying even when it is difficult  
Work well with a partner or in a group  
Have a positive attitude  
Help others to achieve their goals  
Are working hard to achieve their own dreams and goals

### Spring Two: Healthy Me

*In this Puzzle the class talk about the importance of exercise and how it helps your body to stay healthy. They also talk about their heart and lungs, discuss what they do and that they are very important. The children talk about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The class talk about different types of drugs, the ones you take to make you better as well as other drugs. The children think about things, places and people that are dangerous and link this to strategies for keeping themselves safe.*

**Which foods help give your body energy?**

**What is a healthy snack?**

#### Themes:

Have made a healthy choice  
Have eaten a healthy, balanced diet  
Have been physically active  
Have tried to keep themselves and others safe  
Know how to be a good friend and enjoy healthy friendships  
Know how to keep calm and deal with difficult situations

### Summer One: Relationships

*In this Puzzle children revisit family relationships and identify the different expectations and roles that exist within the family home. They identify why stereotypes can be unfair and may not be accurate e.g. Mum is the carer, Dad goes to work. They also look at careers and why stereotypes can be unfair in this context. They learn that families should be founded on love, respect, appreciation, trust and cooperation. Children are reminded about the solve-it-together technique for negotiating conflict situations and the concept of a win-win outcome is introduced. Online relationships through gaming and Apps is explored and children are introduced to some rules for staying safe online. Children also learn that they are part of a global community and they are connected to others they don't know in many ways e.g. through global trade. They investigate the wants and needs of other children who are less fortunate and compare these with their own. Children's universal rights are also revisited.*

**How can you keep yourself safe?**

**What is a secret and should they be shared?**

#### Themes:

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 or hurt  
Know and show what makes a good relationship

### Summer Two: Changing Me

*Coping positively with change*

**Can you control getting older?**

**What is the difference between a boy and a girl?**

#### Themes:

Understand that everyone is unique and special  
Can express how they feel when change happens  
Understand and respect the changes that they see in themselves  
Know who to ask for help if they are worried about change  
Are looking forward to change

# PSHE Long Term Plan



## Autumn One: Being Me in the World

*In this Puzzle (unit) the children talk about being part of a team. They talk about attitudes and actions and their effects on the whole class. The children learn about their school and its community, who all the different people are and what their roles are. They discuss democracy and link this to their own School Council, what its purpose is and how it works. The children talk about group work, the different roles people can have, how to make positive contributions, how to make collective decisions and how to deal with conflict. They also talk about considering other people's feelings.*

**Who is in your school community and what roles do they play?  
What is democracy?**

### **Themes:**

Help others to 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  
Choose to follow the Learning Charter

## Autumn Two: Celebrating Difference

*In this Puzzle (unit) the children talk about judging people by their appearance, first impressions and what influences their thinking on what is normal. They talk about bullying, including online bullying and what to do if they suspect or know that it is taking place. They discuss the pressures of being a witness and why some people choose to join in or choose to not tell anyone about what they have seen. The children talk about their own uniqueness and what is special about themselves. They talk about first impressions and when their own first impressions of someone have changed.*

**How can you spot bullying and what might you do if you think it is going on?**

**How are you special and unique?**

### **Themes:**

Accept that everyone is different  
Include others when working and playing  
Know how to help if someone is being bullied  
Try to solve problems  
Try to use kind words  
Know how to give and receive compliments

## Spring One: Dreams and Goals

*In this Puzzle the children talk about their hopes and dreams. They discuss how it feels when dreams don't come true and how to cope with / overcome feelings of disappointment. The children talk about making new plans and setting new goals even if they have been disappointed. The class talk about group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.*

**What are your hopes and dreams?  
What steps can you take to achieve your goals and hopes?**

### **Themes:**

Stay motivated when doing something challenging  
Keep trying even when it is difficult  
Work well with a partner or in a group  
Have a positive attitude  
Help others to achieve their goals  
Are working hard to achieve their own dreams and goals

## Spring Two: Healthy Me

*In this Puzzle the class look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them. The children are asked to reflect on their friendships, how different people make them feel and which friends they value the most. The class also look at smoking and vaping and its effects on health, they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they talk about peer pressure and how to deal with it*

**What affects does smoking and alcohol have on your health?  
How can you recognise when people are putting you under pressure and how can you resist these pressures?**

### **Themes:**

Have made a healthy choice  
Have eaten a healthy, balanced diet  
Have been physically active  
Have tried to keep themselves and others safe  
Know how to be a good friend and enjoy healthy friendships  
Know how to keep calm and deal with difficult situations

## Summer One: Relationships

*Learning in this year group starts focussing on the emotional aspects of relationships and friendships. With this in mind, children explore jealousy and loss/ bereavement. They identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change. The children learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes. Children revisit skills of negotiation particularly to help manage a change in a relationship. They also learn that sometimes it is better if relationships end, especially if they are causing negative feelings or they are unsafe. Children are taught that relationship endings can be amicable.*

**How can you show love and appreciation to the people and animals who are special to you?**

### **Themes:**

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 or hurt  
Know and show what makes a good relationship

## Summer Two: Changing Me

*Coping positively with change*

**Can you explain the difference between a boy and a girl using the correct terminology?**

### **Themes:**

Understand that everyone is unique and special  
Can express how they feel when change happens  
Understand and respect the changes that they see in themselves  
Understand and respect the changes that they see in other people  
Know who to ask for help if they are worried about change  
Are looking forward to change

# PSHE Long Term Plan



Year Five

## Autumn One: Being Me in the World

*In this Puzzle (unit) the children think and talk about the year ahead, goals they could set for themselves as well as the challenges they may face. They learn and talk about their rights and responsibilities as a member of their class, school, wider community and the country they live in. The children talk about their own behaviour and its impact on a group as well as choices, rewards, consequences and the feelings associated with each. They also talk about democracy, how it benefits the school and how they can contribute towards it.*

**What are your rights and responsibilities as a citizen of our country and as a member of our school?  
How does democracy and having a voice benefit the school community and how can you participate in this?**

### Themes:

Help others to 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  
Choose to follow the Learning Charter

## Autumn Two: Celebrating Difference

*In this Puzzle (unit) the class explore culture and cultural differences. They link this to racism, talking about what it is and how to be aware of their own feelings towards people from different cultures. They revisit the topic of bullying and discuss rumour spreading and name-calling. The children talk about direct and indirect bullying as well as ways to encourage children to not using bullying behaviours. The class talk about happiness regardless of material wealth and respecting other people's cultures.*

**How can cultural differences sometimes cause conflict?  
What is racism?**

### Themes:

Accept that everyone is different  
Include others when working and playing  
Know how to help if someone is being bullied  
Try to solve problems  
Try to use kind words  
Know how to give and receive compliments

## Spring One: Dreams and Goals

*In this Puzzle the class talk about their dreams and goals and how they might need money to help them achieve them. They look at jobs that people they know do, they look at the fact that some jobs pay more money than others and reflect on what types of jobs they might like to do when they are older. The children look at the similarities and differences between themselves (and their dreams and goals) and someone from a different culture.*

**What job would like to do when you grow up and what do you need to do to achieve it?  
How can you support others to achieve their dreams and aspirations?**

### Themes:

Stay motivated when doing something challenging  
Keep trying even when it is difficult  
Work well with a partner or in a group  
Have a positive attitude  
Help others to achieve their goals  
Are working hard to achieve their own dreams and goals

## Spring Two: Healthy Me

*In this Puzzle the class look at the risks linked to smoking and how this affects the lungs, liver and heart. They do the same with the risks associated with alcohol misuse. They are taught a range of basic emergency procedures (including the recovery position) and learn how to contact the emergency services when needed. The children look at how body types are portrayed in the media, social media and celebrity culture. They also talk about negative body image pressures and the importance of making informed decisions about food and exercise.*

**How does tobacco affects the lungs, liver and heart?  
What are the effects of alcohol on society, your health and your behavior?  
How the media, social media and celebrity culture does promotes certain body types?**

### Themes:

Have made a healthy choice  
Have eaten a healthy, balanced diet  
Have been physically active  
Have tried to keep themselves and others safe  
Know how to be a good friend and enjoy healthy friendships  
Know how to keep calm and deal with difficult situations

## Summer One: Relationships

*Children learn about the importance of self-esteem and ways this can be boosted. This is important in an online context as well as off-line, as mental health can be damaged by excessive comparison with others. This leads onto a series of lessons that allow the children to investigate and reflect upon a variety of positive and negative online/social media contexts including gaming and social networking. They learn about age -limits and also age-appropriateness. Within these lessons, children are taught the SMARRT internet safety rules and they apply these in different situations. Risk, pressure and influences are revisited with a focus on the physical and emotional aspects of identifying when something online or in social media feels uncomfortable or unsafe. Children are taught about grooming and how people online can pretend to be whoever they want. Rights, responsibilities and respect are revisited with an angle on technology use. Screen time is also discussed and children find ways to reduce their own screen time. This Puzzle aims to help children to be more discerning when viewing anything online or on social media.*

**What are the positive and negative consequences of belonging to an online community?  
How can you stay safe when using technology to communicate with your friends?**

### Themes:

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 or hurt  
Know and show what makes a good relationship

## Summer Two: Changing Me and RSE(YR5)

*Coping positively with change*

**Can you explain the difference between a boy and a girl using the correct terminology?**

### Themes:

Understand that everyone is unique and special  
Can express how they feel when change happens  
Understand and respect the changes that they see in themselves  
Know who to ask for help if they are worried about change  
Are looking forward to change



# PSHE Long Term Plan



Year Six	<p><b><u>Autumn One: Being Me in the World</u></b></p> <p><i>In this Puzzle (unit) the children discuss their year ahead, they learnt to set goals and discuss their fears and worries about the future. The class learn about the United Nations Convention on the Rights of the Child and that these are not met for all children worldwide. They talk about their choices and actions and how these can have far-reaching effects, locally and globally. The children talk about their own behaviour and how their choices can result in rewards and consequences and how these feel. They talk about how an individual's behaviour and the impact it can have on a group. They also talk about democracy, how it benefits the school and how they can contribute towards it</i></p> <p><b>How do your actions affect other people locally and globally? How does an individual's behavior impact on a group?</b></p> <p><b>Themes:</b> Help others to 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 Choose to follow the Learning Charter</p>	<p><b><u>Spring One: Dreams and Goals</u></b></p> <p><i>In this Puzzle the class talk about their own strengths and further stretching themselves by setting challenging and realistic goals. They discuss the learning steps they'll need to take as well as talking about how to stay motivated. The children explore various global issues and explore places where people may be suffering or living in difficult situations – whilst doing this they reflect on their own emotions linked to this learning. The class also talk about what they think their classmates like and admire about them as well as working on giving others praise and compliments.</i></p> <p><b>Themes:</b> Stay motivated when doing something challenging Keep trying even when it is difficult Work well with a partner or in a group Have a positive attitude Help others to achieve their goals Are working hard to achieve their own dreams and goals</p> <p><b>What learning steps do you need to take to reach your goal? What do you need to do to motivate yourself? How can you work with others to help make the world a better place?</b></p>	<p><b><u>Summer One: Relationships</u></b></p> <p><i>In this Puzzle the class look at mental health and how to take care of their own mental well-being. They talk about the grief cycle and its various stages, they also discuss the different causes of grief and loss. The children talk about people who can try to control them or have power over them. They look at online safety, learning how to judge if something is safe and helpful as well as talking about communicating with friends and family in a positive and safe way.</i></p> <p><b>How can you take care of your mental health? How can you recognise when something is safe to use whilst online?</b></p> <p><b>Themes:</b> 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 or hurt Know and show what makes a good relationship</p>
	<p><b><u>Autumn Two: Celebrating Difference</u></b></p> <p><i>In this Puzzle (unit) the class talk about differences and similarities and that for some people, being different is hard. The children talk about bullying and how people can have power over others in a group. They talk about strategies for dealing with this as well as wider bullying issues. The class talk about people with disabilities and look at specific examples of disabled people who have amazing lives and achievements.</i></p> <p><b>How could being different affect someone's life? What are some of the reasons why people use bullying behaviours? What examples of people with disabilities who lead amazing lives can you give?</b></p> <p><b>Themes:</b> Accept that everyone is different Include others when working and playing Know how to help if someone is being bullied Try to solve problems Try to use kind words Know how to give and receive compliments</p>	<p><b><u>Spring Two: Healthy Me</u></b></p> <p><i>In this Puzzle the children discuss taking responsibility for their own physical and emotional health and the choices linked to this. They talk about different types of drugs and the effects these can have on people's bodies. The class discuss exploitation as well as gang culture and the associated risks. They also talk about mental health / illness and that people have different attitudes towards this. They learn to recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed.</i></p> <p><b>What do you know about different types of drugs and what are their effects on the body particularly the liver and heart? How can people be exploited and made to do things that are against the law?</b></p> <p><b>Themes:</b> Have made a healthy choice Have eaten a healthy, balanced diet Have been physically active Have tried to keep themselves and others safe Know how to be a good friend and enjoy healthy friendships Know how to keep calm and deal with difficult situations</p>	<p><b><u>Summer Two: Changing Me and RSE(YR6)</u></b> <i>Coping positively with change</i></p> <p><b>How does girls' and boys' bodies change during puberty? How can you look after yourself physically and emotionally? How does being physically attracted to someone change the nature of your relationship?</b></p> <p><b>Themes:</b> Understand that everyone is unique and special Can express how they feel when change happens Understand and respect the changes that they see in themselves Understand and respect the changes that they see in other people Know who to ask for help if they are worried about change Are looking forward to change</p>