



St Herbert's C of E Primary and Nursery School



PSHE Long Term Plan

Cycle A

Jigsaw	Autumn 1 Being in my world	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
EYFS (following EYFS Jenie Jigsaw units)	Being in my world Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	Dreams and Goals Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Relationships Family Life Friendships Falling out Dealing with bullying Being a good friend	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1 / 2 (following Y1 Jack Jigsaw units)	Being in my world Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	Celebrating Difference Similarities and differences Understanding bullying Making new friends Celebrating differences in everyone	Dreams and Goals Setting goals Identifying success and achievements Learning styles Tackling new challenges Identifying and overcoming obstacles	Healthy Me Keeping myself healthy Keeping clean Being safe Safety with household items Road safety Linking health and happiness	Relationships Belonging to a family Being a good friend People who help us Celebrating special relationships.	Changing Me Life cycles Changes in me since being a baby Coping with change Transition
Year 3 / 4 (following Y3 Jino Jigsaw units)	Being in my world Setting personal goals Self-identity Positivity in challenges Rules, rights and responsibilities Rewards and consequences Seeing things from other people's perspectives.	Celebrating Difference Families and their differences Family conflict Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Dreams and Goals Difficult challenges Dreams and ambitions New challenges Motivation and enthusiasm Overcoming obstacles Simple budgeting	Healthy Me Exercise Fitness challenges Food labelling Attitude towards drugs Keeping safe online Respect for myself and others	Relationships Family roles and responsibilities Friendship and negotiation Being a global citizen Being aware of how my choices affect others	Changing Me How babies grow Understanding a baby's needs Body changes Family stereotypes Transition

					Awareness of how other children live different lives	
Year 5 / 6 (following Y5 Jez Jigsaw units)	Being in my world Being a citizen Rights and responsibilities Rewards and consequences Democracy Having a voice	Celebrating Difference Cultural differences and how they can cause racism Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Dreams and Goals Future dreams Importance of money Jobs and careers Dream jobs Goals in different cultures Motivation	Healthy Me Smoking awareness Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices	Relationships Self-worth Building self-esteem Safer online communities Reducing screen time	Changing Me Self and body image Puberty for girls and boys Conception Coping with change Transition

Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS (following EYFS Jenie Jigsaw units)	Being in my world Self identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	Dreams and Goals Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Relationships Family Life Friendships Falling out Dealing with bullying Being a good friend	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1 / 2 (following Y2 Jo Jigsaw units)	Being in my world Hopes and fears for the year Rights and responsibilities Valuing contributions Choices Recognising feelings	Celebrating Difference Understanding about bullying Standing up for oneself and others Making new friends Gender diversity Celebrating difference and remaining friends	Dreams and Goals Achieving realistic goals Perseverance Learning strengths Collaborating/ group cooperation Contributing to and sharing success	Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition	Relationships Different types of family Friendship and conflict Trust and appreciation	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in male and female bodies Transition
Year 3 / 4	Being in my world	Celebrating Difference Challenging assumptions	Dreams and Goals Hopes and dreams	Healthy Me Healthy friendships	Relationships Jealousy	Changing Me Being unique

<p>(following Y4 Jaz Jigsaw units)</p>	<p>Being part of a class team Being a school citizen Rights and responsibilities Democracy Having a voice</p>	<p>Judging by appearance Accepting oneself and others Understanding bullying How special and unique we all are</p>	<p>Overcoming disappointment Achieving goals Resilience Positive attitudes</p>	<p>Smoking awareness Alcohol awareness Assertiveness Peer pressure Celebrating inner strength</p>	<p>Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals</p>	<p>Girls and puberty Confidence in change Environmental change Transition</p>
<p>Year 5 / 6 (following Y6 Jem Jigsaw units)</p>	<p>Being in my world Goals for the year Global citizenship Children's universal rights Feeling welcome and valued Democracy Anti-social behaviour Role-modelling</p>	<p>Celebrating Difference Perceptions of normality Understanding disability Power struggles Differences as conflict Difference as celebration Empathy</p>	<p>Dreams and Goals Success criteria Emotions in success Making a difference to the world Recognising achievements Compliments</p>	<p>Healthy Me Taking personal responsibility How substances affect the body Exploitation Emotional and mental health Managing stress</p>	<p>Relationships Mental health Love and loss Managing feelings Power and control Assertiveness Technology safety</p>	<p>Changing Me Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends and girlfriends Transition</p>