
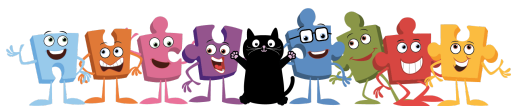


SHS PSHE Long Term Plan (Jigsaw and Safeguarding curriculum)



Year 1						
 Ages 5-6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Content Outline	1. Feeling safe and special 2. My class 3. Rights and Responsibilities 4. Rewards and Feeling Proud 5. Consequences 6. Owing our Learning Charter	1. Similarities 2. Differences 3. What is 'bullying'? 4. What do I do about bullying? 5. Making New Friends 6. Celebrating Difference Celebrating Me	1. My Treasure Chest of Success 2. Steps to Goals 3. Achieving Together 4. Stretchy Learning 5. Overcoming Obstacles 6. Celebrating My Success	1. Being Healthy 2. Healthy Choices 3. Clean and Healthy 4. Medicine Safety 5. Road Safety 6. Happy, Healthy Me	1. Families 2. Making Friends 3. Greetings 4. People Who Help Us 5. Being My Own Best Friend 6. Celebrating My Special Relationships	1. Life Cycles (animal and humans) 2. Changes in Me 3. My Changing Body (how my body has changed since I was a baby) 4. Boys' and Girls' bodies (correct terminology) 5. Learning and Growing 6. Coping with Changes
Assessment Outcomes	<p>I can explain why my class is a happy and safe place to learn.</p> <p>I can give different examples where I or others make my class happy and safe.</p>	<p>I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special.</p> <p>I can explain what bullying is and how being bullied might make somebody feel.</p>	<p>I can explain how I feel when I am successful and how this can be celebrated positively.</p> <p>I can say why my internal treasure chest is an important place to store positive feelings.</p>	<p>I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.</p> <p>I can give examples where being healthy can help me feel happy.</p>	<p>I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</p> <p>I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p>I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.</p> <p>I can explain why some changes I might experience might feel better than others.</p>

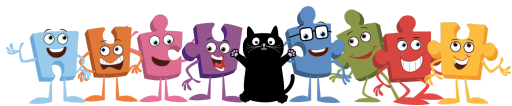


SHS PSHE Long Term Plan (Jigsaw and Safeguarding curriculum)



Protected characteristics					Age (Piece 1 and 2)
Safeguarding Focus	<ul style="list-style-type: none"> • Anti-bullying week • Fire Safety (Bonfire Night) • NSPCC PANTS lesson 	<ul style="list-style-type: none"> • E-safety (in the weeks following Christmas holidays due to new technology children may have received as presents) • Safer Internet Day • Road safety • How to stay healthy • Stranger Danger 	<ul style="list-style-type: none"> • Water safety • Sun safety • Growing up (how your body grows) • Boys and girls' bodies (correct terminology) 		
Awareness Days / Cultural Capital Opportunities	Children In Need Anti-Bullying Week Selby Abbey Visit	Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week		Mental Health Awareness Week	

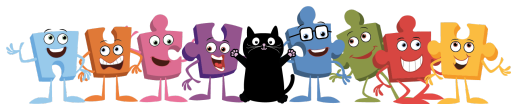
Year 2						
 Ages 6-7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me



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<p>Content Outline</p>	<p>1. Hopes and Fears for the Year 2. Rights and Responsibilities 3/4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter</p>	<p>1/2. Boys and Girls 3. Why does Bullying Happen? 4. Standing Up for Myself and Others 5. Gender Diversity 6. Celebrating Difference and Still Being Friends</p>	<p>1. Goals to Success 2. My Learning Strengths 3. Learning with Others 4/5. A Group Challenge 6. Celebrating our Achievement</p>	<p>1. Being Healthy 2. Being Relaxed 3. Medicine Safety 4/5. Healthy Eating 6. Happy, Healthy Me</p>	<p>1. Families 2. Keeping Safe (exploring physical contact) 3. Friends and Conflict 4. Secrets 5. Trust and Appreciation 6. Celebrating My Special Relationships</p>	<p>1. Life Cycles in Nature 2. Growing from Young to Old 3. The Changing Me 4. Boys' and Girls' bodies (correct terminology) 5. Assertiveness 6. Looking Ahead</p>
<p>Assessment Outcomes</p>	<p>I can explain why my behaviour can impact on other people in my class.</p> <p>I can compare my own and my friends' choices and can express why some choices are better than others.</p>	<p>I can explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes.</p> <p>I can explain how it feels to have a friend and be a friend. I can also explain why it is ok to be different from my friends.</p>	<p>I can explain how I played my part in a group and the parts other people played to create an end product.</p> <p>I can explain how our skills compliment each other. I can explain how it felt to be part of a group and can identify a range of feelings about group work.</p>	<p>I can explain why foods and medicines are good for my body by comparing my ideas with less healthy/unsafe choices.</p> <p>I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</p>	<p>I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special.</p> <p>I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</p>	<p>I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private. I can explain why some types of touches feel OK and others don't.</p> <p>I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.</p>
<p>Protected Characteristics</p>		<p>Gender reassignment (Piece 5) Sex (Piece 1 and 2)</p>			<p>Being married/in a civil partnership (Piece 1)</p>	<p>Age (Piece 2)</p>
<p>Safeguarding Focus</p>	<ul style="list-style-type: none"> • Anti-bullying week • Fire Safety (Bonfire Night) • NSPCC PANTS lesson • Celebrating difference (gender diversity, boys/girls stereotypes) 		<ul style="list-style-type: none"> • E-safety (in the weeks following Christmas holidays due to new technology children may have received as presents) • Safer Internet Day • Stranger Danger • Staying healthy 		<ul style="list-style-type: none"> • Water safety • Sun safety • Body changes • Correct terminology for boys and girl's bodies 	

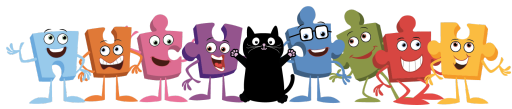


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Awareness Days / Cultural Capital Opportunities	Children In Need Anti-Bullying Week Selby Abbey Visit	Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week	Mental Health Awareness Week
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Year 3						
 Ages 7-8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Content Outline	1. Getting to Know Each Other 2. Our Nightmare School 3. Our Dream School 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter	1. Families 2. Family Conflict (and how to manage it) 3. Witnessing bullying and feelings 4. Witnessing bullying and solutions 5. Words That Harm 6. Celebrating Difference: Compliments	1. Dreams and Goals 2. My Dreams and Ambitions 3. A New Challenge 4. Our New Challenge (motivation and enthusiasm) 5. Our New Challenge (overcoming obstacles) 6. Celebrating My Learning	1/2. Being Fit and Healthy 3. What do I Know About Drugs? 4. Being Safe 5. Safe or Unsafe? 6. My Amazing Body (why it's important to take care of it)	1. Family roles and responsibilities 2. Friendship 3. Keeping Myself Safe Online 4/5. Being a Global Citizen 6. Celebrating My Web of Relationships	1. How a Baby Grows 2. Babies (understanding what babies need) 3. Outside Body Changes 4. Inside Body Changes 5. Family Stereotypes 6. Looking Ahead
Assessment Outcomes	I can explain how my behaviour can affect how others feel and behave.	I can describe different conflicts that might happen in family or friendship groups and how	I can explain the different ways that help me learn and what I need to do to improve.	I can identify things, people and places that I need to keep safe from, and can tell you some	I can explain how my life is influenced positively by people I know and also by people from other	I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can

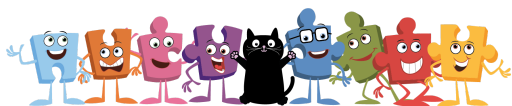


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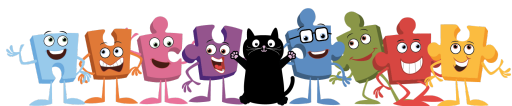
	I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.	words can be used in hurtful or kind ways when conflicts happen. I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation. e.g. Solve It Together or ask for help.	I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.	strategies for keeping myself safe and healthy including who to go to for help. I can express how being anxious/ scared and unwell feels.	countries. I can explain why my choices might affect my family, friendships and people around the world who I don't know.	tell you why these changes are necessary so that their bodies can make babies when they grow up. I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.
Protected Characteristics		Being married/in a civil partnership (Piece 1)			Sex (Piece 1)	Being pregnant or on maternity leave (Piece 1/5)
Safeguarding Focus	<ul style="list-style-type: none"> • Be Internet Legends Day • Anti-bullying Week • Everyone is different - bullying/families look different 		<ul style="list-style-type: none"> • E-safety (in the weeks following Christmas holidays due to new technology children may have received as presents) • Safer Internet Day • How to stay safe • Staying healthy 		<ul style="list-style-type: none"> • Body changes • Healthy friendships/relationships 	
Awareness Days / Cultural Capital Opportunities	KS2 Internet Legends Day Children In Need Anti-Bullying Week Osbourne House visit		PCSO visit - input on e-safety Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week		Mental Health Awareness Week	

Year 4



SHS PSHE Long Term Plan (Jigsaw and Safeguarding curriculum)

 Ages 8-9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Content Outline	1. Becoming a Class 'Team' 2. Being a School Citizen 3. Rights, Responsibilities and Democracy 4. Rewards and Consequences 5. Our Learning Charter 6. Owing our Learning Charter	1. Judging by Appearances 2. Understanding influences 3. Understanding Bullying 4. Problem Solving 5. Special Me 6. Celebrating Difference: How We Look	1. Hopes and Dreams 2. Broken Dreams 3. Overcoming Disappointment 4. Creating New Dreams 5. Achieving Goals 6. We Did It!!	1. My Friends and Me 2. Group Dynamics 3. Smoking 4. Alcohol 5. Healthy Friendships 6. Celebrating (My Inner Strength and Assertiveness)	1. Jealousy 2. Love and Loss 3. Memories 4. Getting on and Falling Out 5. Girlfriends and Boyfriends 6. Celebrating (My Relationships with People and Animals)	1. Unique Me 2. Having a Baby 3. Girls and Puberty (understanding that a girls body changes to have a baby, including menstruation) 4. Circles of Change 5. Accepting Change 6. Looking Ahead
Assessment Outcomes	<p>I can explain why being listened to and listening to others is important in my school community.</p> <p>I can explain why being democratic is important and can help me and others feel valued.</p>	<p>I can tell you a time when my first impression of someone changed as I got to know them. I can also explain why bullying might be difficult to spot and what to do about it if I'm not sure.</p> <p>I can explain why it is good to accept myself and others for who we are.</p>	<p>I can plan and set new goals even after a disappointment.</p> <p>I can explain what it means to be resilient and have a positive attitude.</p>	<p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p>	<p>I can recognise how people are feeling when they miss a special person or animal.</p> <p>I can give ways that might help me manage my feelings when missing a special person or animal.</p>	<p>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.</p> <p>I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.</p>
Protected Characteristics		Gender reassignment (Piece 1) Race (Piece 1) Disability (Piece 1) Age (Piece 1)			Sexual orientation (Piece 5)	Being pregnant/on maternity leave (Piece 2)



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Safeguarding Focus	<ul style="list-style-type: none"> • Be Internet Legends Day • Anti-bullying Week • Everyone is different - bullying/we all look different 	<ul style="list-style-type: none"> • E-safety (in the weeks following Christmas holidays due to new technology children may have received as presents) • Safer Internet Day • Alcohol/smoking 	<ul style="list-style-type: none"> • Mental health • Body image • Girlfriends and boyfriends (sexual orientation) • Dealing with change/body changes
Awareness Days / Cultural Capital Opportunities	KS2 Internet Legends Day Children In Need Anti-Bullying Week Osbourne House visit	PCSO visit - input on e-safety Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week	Mental Health Awareness Week

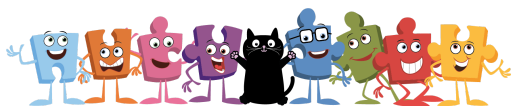
Year 5						
 Ages 9-10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Content Outline	1. My Year Ahead 2. Being a Citizen of My Country 3. Responsibilities 4. Rewards and	1. Different Cultures 2. Racism 3. Rumours and Name-Calling 4. Types of Bullying	1. When I Grow Up (My Dream Lifestyle) 2. Jobs and Careers 3. My Dream Job 4. Dreams and Goals of	1. Smoking 2. Alcohol 3. Emergency Aid Procedures (recovery position & how to get help)	1. Recognising Me 2. Safety With Online Communities 3. Being in an Online Community	1. Self-Image and Body Image 2. Puberty for Girls 3. Puberty for Boys 4. Conception



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	<p>Consequences</p> <p>5. Our Learning Charter</p> <p>6. Owing our Learning Charter</p>	<p>5. Does Money Matter?</p> <p>6. Celebrating Difference Across the World</p>	<p>Other People in Other Cultures</p> <p>5. How Can We Support Each Other?</p> <p>6. Rallying Support (supporting others)</p>	<p>4. Body Image</p> <p>5. My Relationship With Food</p> <p>6. Healthy Me</p>	<p>4. Online Gaming</p> <p>5. My Relationship with Technology</p> <p>6. Staying Safe and Happy Online</p>	<p>5/6. Looking ahead (looking forward to being a teenager and the growing responsibilities this brings)</p>
<p>Assessment Outcomes</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.</p> <p>I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</p>	<p>I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation.</p> <p>I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.</p>	<p>I can compare my hopes and dreams with those of young people from different cultures.</p> <p>I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</p>	<p>I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy.</p> <p>I can summarise different ways that I respect and value my body</p>	<p>I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure.</p> <p>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>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception.</p> <p>I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.</p>
<p>Protected Characteristics</p>		<p>Race (Piece 1/ 2/ 6)</p>				
<p>Safeguarding Focus</p>	<ul style="list-style-type: none"> • Be Internet Legends Day • Anti-bullying Week • Everyone is different - bullying/racism 		<ul style="list-style-type: none"> • E-safety (in the weeks following Christmas holidays due to new technology children may have received as presents) • Safer Internet Day • First aid • Alcohol/smoking 		<ul style="list-style-type: none"> • Having a healthy relationship with technology • Self-image • Puberty talk 	

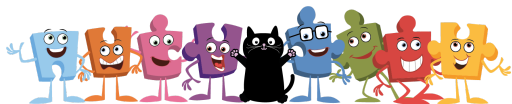


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		<ul style="list-style-type: none"> • Body image 	
Awareness Days / Cultural Capital Opportunities	KS2 Internet Legends Day Children In Need Anti-Bullying Week Osbourne House visit	PCSO visit - input on e-safety Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week Bradford Mosque Visit	Mental Health Awareness Week

Year 6						
 Ages 10-11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Jigsaw Topic	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Content Outline	1. My Year Ahead 2/3. Being a Global Citizen (universal rights for children/how my actions affect others) 4. The Learning Charter 5. Our Learning Charter 6. Owning our Learning Charter	1. Am I Normal? 2. Understanding Difference 3. Power Struggles 4. Why Bully? 5/6. Celebrating Difference (looking at how people with disabilities live amazing lives and how differences can be a cause for celebration/conflict)	1. Personal Learning Goals 2. Steps to Success 3. My Dreams for the World 4/5. Helping to Make a Difference (having a positive attitude/helping others to achieve their goals) 6. Recognising Our Achievements	1. Taking Responsibility for my health/wellbeing 2. Drugs 3. Exploitation 4. Gangs 5. Emotional and Mental Health 6. Managing Stress and Pressure	1. What is Mental Health? 2. My Mental Health 3. Love and Loss 4. Power and Control 5. Being online: Real/fake? Safe/Unsafe? 6. Using Technology Responsibly	1. My Self Image 2. Puberty 3. Babies: Conception to Birth 4. Boyfriends and Girlfriends 5. Real Self and Ideal Self 6. The Year Ahead
Assessment Outcomes	I can explain how my choices can have an impact on people in my immediate community and globally.	I can explain ways in which difference can be a source of conflict or a cause for celebration.	I can explain different ways to work with others to help make the world a better place.	I can explain when substances including alcohol are being used anti-socially or being	I can identify when people may be experiencing feelings associated with loss and also recognise	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is



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	I can empathise with others in my community and globally and explain how this can influence the choices I make.	I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.	I can explain what motivates me to make the world a better place.	<p>misused and the impact this can have on an individual and others.</p> <p>I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure</p>	<p>when people are trying to gain power or control.</p> <p>I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.</p>	<p>born.</p> <p>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>
Protected Characteristics		Disability (Piece 5) Gender reassignment (Piece 2)				Sexual orientation (Piece 4)
Safeguarding Focus	<ul style="list-style-type: none"> • Be Internet Legends Day • Anti-bullying Week • Everyone is different - bullying/racism/disabilities/gender identity (e.g. transgender/non-binary) 		<ul style="list-style-type: none"> • E-safety (in the weeks following Christmas holidays due to new technology children may have received as presents) • Safer Internet Day 		<ul style="list-style-type: none"> • Puberty talk 	
Awareness Days / Cultural Capital Opportunities	KS2 Internet Legends Day Children In Need Anti-Bullying Week Osbourne House visit		PCSO visit - input on e-safety Sports Relief Safer Internet Day Chinese New Year Children's Mental Health Week Bradford Mosque Visit		Mental Health Awareness Week	