

Bridgeview Special School Primary PHSE (JIGSAW)

Long Term Plan

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Being Me in My World	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
Year 1	<ul style="list-style-type: none"> Feeling special and safe. Being part of a class. Rights and responsibilities. Rewards and feeling proud. Consequences. Owning the Learning Charter. 	<ul style="list-style-type: none"> Similarities and differences. Understanding bullying and knowing how to deal with it. Making new friends. Celebrating the differences in everyone. 	<ul style="list-style-type: none"> Setting goals. Identifying successes and achievements. Learning styles. Working well and celebrating achievements. Tackling new challenges. Identifying and overcoming obstacles. Feelings of success. 	<ul style="list-style-type: none"> Keeping myself healthy. Healthier lifestyle choices. Keeping clean. Being safe. Medicine safety and safety with household items. Road safety. Linking health and happiness. 	<ul style="list-style-type: none"> Identifying family members. Understanding what a good friend is. Understanding appropriate greetings to friends. Knowing who can help at school. Recognising my qualities. Appreciating special people. 	<ul style="list-style-type: none"> Life cycles – animal and human. Changes in me. Changes since being a baby. Differences between female and male bodies (correct terminology). Linking growing and learning. Coping with change. Transition.
Year 1-2	<ul style="list-style-type: none"> Feeling special and safe. Being part of a class/safe and fair learning environment. Rights and responsibilities. Rewards and consequences. Feeling proud and recognising feelings Owning the Learning Charter. 	<ul style="list-style-type: none"> Similarities and differences. Assumptions and stereotypes about gender. Understanding bullying and how to deal with it. Making new friends Celebrating differences. 	<ul style="list-style-type: none"> Setting realistic goals. Identifying strengths and achievements. Working and learning with others. Group co-operation. Celebrating and sharing success. 	<ul style="list-style-type: none"> Keeping myself healthy and making healthy choices. Medicine safety/safety with household items. Road safety. Healthy eating. 	<ul style="list-style-type: none"> Family and different types of families. Keeping safe and understanding appropriate greetings. Understanding how to be a good friend and how to solve conflict. Trust and knowing who can help at school. Appreciating and celebrating special people. 	<ul style="list-style-type: none"> Life cycles. Growing from young to old and identifying changes Differences in female and Male bodies (correct terminology). Coping with change Transition.
Year 2	<ul style="list-style-type: none"> Hopes and fears for the year. Rights and responsibilities. Rewards and consequences. Safe and fair learning Environment. Valuing contributions. Choices. Recognising feelings. 	<ul style="list-style-type: none"> Assumptions and stereotypes about gender. Understanding bullying. Standing up for self and others. Making new friends. Gender diversity. Celebrating differences and remaining friends. 	<ul style="list-style-type: none"> Achieving realistic goals. Perseverance. Learning strengths. Learning with others. Group co-operation. Contributing to and sharing success. 	<ul style="list-style-type: none"> Motivation. Healthier choices. Relaxation. Medicine safety. Healthy eating and nutrition. Healthier snacks and sharing food. 	<ul style="list-style-type: none"> Different types of family. Physical contact boundaries. Friendship and conflict. Secrets. Trust and appreciation. Expressing appreciation for special relationships. 	<ul style="list-style-type: none"> Life cycles in nature. Growing from young to old. Increasing independence. Differences in female and male bodies (correct terminology). Assertiveness. Preparing for transition.

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<p>Year 3</p>	<ul style="list-style-type: none"> Setting personal goals. Self-identity and worth. Positivity in challenges. Rules, rights and responsibilities. Rewards and consequences. Responsible choices. Seeing things from others' perspectives. 	<ul style="list-style-type: none"> Families and their differences. Family conflict and how to manage it (child-centred). Witnessing bullying and how to solve it. Recognising how words can be hurtful. Giving and receiving compliments. 	<ul style="list-style-type: none"> Difficult challenges and achieving success. Dreams and ambitions. New challenges. Motivation and enthusiasm. Recognising and trying to overcome obstacles. Evaluating learning processes. Managing feelings. Simple budgeting. 	<ul style="list-style-type: none"> Exercise. Fitness challenges. Food labelling and healthy swaps. Attitudes towards drugs. Keeping safe and why it's important online and offline scenarios. Respect for myself and others. Healthy and safe choices. 	<ul style="list-style-type: none"> Family roles and responsibilities. Friendship and negotiation. Keeping safe online and who to go to for help. Being a global citizen. Being aware of how my choices affect others. Awareness of how other children have different lives. Expressing appreciation for family and friends. 	<ul style="list-style-type: none"> How babies grow. Understanding a baby's needs. Outside body changes. Inside body changes. Family stereotypes. Challenging my ideas. Preparing for transition.
<p>Year 4</p>	<ul style="list-style-type: none"> Being part of a class team. Being a school citizen. Rights, responsibilities and democracy (school council). Rewards and consequences. Group decision-making. Having a voice. What motivates behavior. 	<ul style="list-style-type: none"> Challenging assumptions. Judging by appearance. Accepting self and others. Understanding influences. Understanding bullying. Problem-solving. Identifying how special and unique everyone is. First impressions. 	<ul style="list-style-type: none"> Hopes and dreams. Overcoming disappointment. Creating new, realistic dreams. Achieving goals. Working in a group. Celebrating contributions. Resilience. Positive attitudes. 	<ul style="list-style-type: none"> Healthier friendships. Group dynamics. Smoking. Alcohol Assertiveness. Peer pressure. Celebrating inner strength. 	<ul style="list-style-type: none"> Jealousy, Love and loss. Memories of loved ones. Getting on and falling out. Girlfriends and boyfriends. Showing appreciation to people and animals. 	<ul style="list-style-type: none"> Being unique. Having a baby. Girls, Boys and puberty. Confidence in change. Accepting change. Preparing for transition. Environmental change.
<p>Year 5</p>	<ul style="list-style-type: none"> Planning the forthcoming year. Being a citizen. Rights and responsibilities. Rewards and consequences. How behaviour affects groups. Democracy, having a voice, participating in a group. 	<ul style="list-style-type: none"> Cultural differences and how they can cause conflict. Racism. Rumours and name-calling. Types of bullying. Material wealth and happiness. Enjoying and respecting other cultures. 	<ul style="list-style-type: none"> Future dreams. The importance of money. Jobs and careers. Dream job and how to get there. Goals in different cultures. Supporting others (charity). Motivation 	<ul style="list-style-type: none"> Smoking, including vaping. Alcohol. Alcohol and anti-social behavior. Emergency aid. Body image. Relationships with food. Healthy choices. Motivation and behavior. 	<ul style="list-style-type: none"> Self-recognition and self-worth. Building self-esteem. Safer online communities. Rights and responsibilities online. Online gaming and gambling. Reducing screen time. Dangers of online grooming. SMARRT internet safety rules. 	<ul style="list-style-type: none"> Self- and body image. Influence of online and media on body image. Puberty for girls. Puberty for boys. Conception (including IVF). Growing responsibility. Coping with change. Preparing for transition.
<p>Year 6</p>	<ul style="list-style-type: none"> Identifying goals for the year. Global citizenship. Children's universal rights. Feeling welcome and valued. Choices, consequences, and rewards. Group dynamics. Democracy, having a voice. Anti-social behaviour. Role-modelling. 	<ul style="list-style-type: none"> Perceptions of normality. Understanding disability. Power struggles. Understanding bullying. Inclusion/exclusion Differences as conflict, differences as a celebration. Empathy. 	<ul style="list-style-type: none"> Personal learning goals, in and out of school. Success criteria. Emotions in success. Making a difference in the world. Motivation. Recognising achievements. Compliments. 	<ul style="list-style-type: none"> Taking personal responsibility. How substances affect the body. Exploitation, including 'county lines' and gang culture. Emotional and mental health. Managing stress. 	<ul style="list-style-type: none"> Mental health. Identifying mental health, worries and sources of support. Love and loss. Managing feelings. Power and control. Assertiveness. Technology safety. Take responsibility with technology use. 	<ul style="list-style-type: none"> Self-image. Body image. Puberty and feelings. Conception to birth. Reflections about change. Physical attraction. Respect and consent. Boyfriends/girlfriends. Sexting. Transition.



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