

Cycle 2 PSHE (Based on JIGSAW Programme)

	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Robins (Rec)	In this topic, we are learning about our new school setting and about being part of the St John's School Community. We will be learning the school rules and all about our rights as children.	In this topic, we are learning about how everyone is different and how these differences make us interesting and special. We will also learn appropriate ways to stand up for ourselves.	In this topic, we are learning how perseverance in challenges will help us in short- and long-term goals.	In this topic, we are learning how to keep ourselves safe and healthy. We will look at all aspects of being healthy including; diet, exercise, sleep and hygiene. We will also look at how to keep ourselves safe when out and about by looking at 'stranger danger'.	In this topic, we are learning about being a good friend and what it looks like. We will look at appropriate ways to solve problems when they arise amongst friendships and how our words have an impact on others.	In this topic, we are learning about how we change from babies to adults. We will discuss how the children feel about transitions into their new class and their hopes for their new year to come. We will also be celebrating all that they have achieved in their Reception year.
Starlings (Y1/2)	In this topic we are learning about feeling special and safe learning how to be part of a class and learning the rules and routines of our Classroom Will be drawing up responsibilities of our classroom and creating our Class charter.	In this topic we will be looking at similarities and differences and understanding that we are all different but appreciating ourselves and each other. Talking about bullying and knowing how to help others and ourselves.	In this topic we will be setting goals and Identifying successes and achievements that we have had over our academic year. We will be thinking about our learning styles and how to celebrate our achievements with a partner We will learn how to identify and overcoming obstacles.	In this topic we will be learning how to keep myself healthy and how to lead a healthier lifestyle. We will be looking at medicine safety and safety with household items We will also learn about online safety and how to keep ourselves safe.	In this topic we will learn about belonging to a family and how some families are different. We will be learning out to be respectful and how to be a good friend. We will also learn how to keep ourselves safe and learn about our boundaries and boundaries of others.	In this topic we will be learning about human and animal life cycles including examining the life in our pond. We will be looking at the changes and looking at being able to use scientific names for Female and Male body parts.
Kingfishers (Y3/4)	In this topic we will learn to recognise self-worth, identifying positive things about ourselves and our achievements. We will discuss how to tackle new challenges positively. We will consider the need for rules and how these	This topic will explore families; that they are all different and may sometimes fall out. We will discuss techniques to help calm ourselves. We will revisit the topic of bullying, considering the role a witness, the choices a witness has,	In this topic, we will explore examples of those who have overcome challenges and consider what we can learn from these stories. We will identify our own ambitions, discussing how it will feel when we achieve them,	This topic will explore the importance of exercise to keep the body healthy. We will discuss the importance and function of the heart and lungs. We will explore calories, fat and sugar; discussing what they are and how the amount we can	This topic looks at roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Awareness of how other children have different lives	In this topic, we look at: How babies grow Understanding a baby's needs Differences between female and male bodies (recap correct vocabulary) Outside body changes Inside body changes

	<p>relate to rights and responsibilities. This will include discussing choices and consequences, working collaboratively and seeing things from other people's perspectives. Finally, we will talk about different feelings and how to recognise these feelings in ourselves and others.</p>	<p>and how those choices can affect the bullying that is taking place. We will problem-solve techniques for bullying situations, discussing name-calling and choosing not to use hurtful words. We will also talk about giving and receiving compliments.</p>	<p>and the strategies we could use to overcome our own challenges or obstacles. We will then reflect on their progress and successes and identify what they could do even better at next time.</p>	<p>consume can affect our health. We will talk about different types of drugs, the ones you take to make your better as well as other drugs. We will consider things, places and people that are dangerous and link this to strategies for keeping ourselves safe.</p>		<p>Family stereotypes Challenging my ideas Preparing for transition</p>
<p>Sandpipers (Y5/6)</p>	<p>In this topic we will look at: Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p>In this topic we will look at: 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</p>	<p>In this topic we will look at: Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p>In this topic we will look at: Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour</p>	<p>In this topic we will look at: 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</p>	<p>In this topic we will be learning about how boys' and girls' bodies change occur to puberty. We will consider how these changes might make us feel and how we can maintain a positive self-image, especially when viewing images of others on social media. Alongside our learning in Science, we will learn about how humans develop from an embryo to old age. We will also reflect on changes we have gone through and those to come, including transition.</p>

Cycle 1

PSHE (Based on JIGSAW Programme)

	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Robins (Rec)	In this topic, we are learning about our new school setting and about being part of the St John's School Community. We will be learning the school rules and all about our rights as children.	In this topic, we are learning about how everyone is different and how these differences make us interesting and special. We will also learn appropriate ways to stand up for ourselves.	In this topic, we are learning how perseverance in challenges will help us in short- and long-term goals.	In this topic, we are learning how to keep ourselves safe and healthy. We will look at all aspects of being healthy including; diet, exercise, sleep and hygiene. We will also look at how to keep ourselves safe when out and about by looking at 'stranger danger'.	In this topic, we are learning about being a good friend and what it looks like. We will look at appropriate ways to solve problems when they arise amongst friendships and how our words have an impact on others.	In this topic, we are learning about how we change from babies to adults. We will discuss how the children feel about transitions into their new class and their hopes for their new year to come. We will also be celebrating all that they have achieved in their Reception year.
Starlings (Y1/2)	In this topic we are learning about feeling special and safe learning how to be part of a class and learning the rules and routines of our Classroom Will be drawing up responsibilities of our classroom and creating our Class charter	In this topic we will learn about stereotypes linked to gender we will be looking at similarities and differences and understanding that we are all different but appreciating ourselves and each other. Talking about bullying and knowing how to help others and ourselves.	In this topic we will be learning how to set and achieve realistic goals. We will learn how to persevere when things are difficult and learn our own learning strengths.	In this topic we will be learning about motivation and how to make healthier choices. We will learn relaxation techniques to help us when we do not feel calm.	In this topic we will be learning about different types of families and how each family is special. We will be thinking about our own personal, physical contact boundaries and how to keep ourselves safe. We will be talking about friendship and conflict and how to express ourselves.	In this topic we will be learning how about life cycles in nature. We will be looking at growing from young to old and increasing our independence as we move into the next academic year. We will be identifying the differences in female and male bodies.
Kingfishers (Y3/4)	This topic will explore what it means to be part of a team; as a class, school and community. We will consider individual roles and how we can all make positive contributions. We will discuss democracy and the role of school council, including how to make collective decisions	In this topic we will discuss bullying (including online bullying) and what to do if we suspect/ know it is taking place. This will include exploring the pressures of being a witness and why some may join in or not tell anyone what they have seen. We will also	During this topic, we will discuss our own hopes and dreams and how to cope with disappointment if a hope/ dream doesn't come true. We will then think about how we can create new plans and set goals. We will explore how group work can	This topic will look at friendship groups, how they are formed and the roles of leaders and followers. We will reflect on our own friendships; how different people make us feel and the value of friends. We will also look at the impact of smoking and alcohol on health, discussing the	In this topic, we will think about jealousy Love and loss Memories of loved ones Getting on and Falling Out Showing appreciation to people and animals	This topic looks at being unique Differences between female and male bodies (recap correct vocabulary) Environmental change Confidence in change Preparing for transition

	and how to deal with conflict.	discuss first impressions and judgement on appearances. We will share what makes us special and unique.	enable us to overcome challenges together.	reasons why people may drink or smoke and then explore what peer pressure is and how to deal with it.		
Sandpipers (Y5/6)	In this topic we will be thinking about changes for the year ahead and setting ourselves goals. We will discuss children's universal rights, democracy, what it means to be a good citizen, and the concept of our choices leading to certain consequences and/or rewards.	We will discuss our perceptions of 'normal' in relation to disabilities. We will look at what makes us different and unique, and how we can celebrate this. We will also consider what bullying is, how we can navigate power struggles, how to deal with conflict, and how to have inclusive friendships.	In this topic we will be revisiting our goals, considering what progress we have made and what our next challenges are. We will discuss how failure or setbacks can sometimes feel negative, and how we can remain motivated. We will talk about how we celebrate our own and others' achievements.	We will discuss the concept of our growing personal responsibility when it comes to our emotional, mental and physical health, as well who to approach for help when needed. We will make links to our learning in Science about how substances (including alcohol and drugs) affect us. We will also learn how and why gangs or groups may attempt to 'recruit' or exploit young people, including links to County Lines.	We will discuss how we may experience stress, anxieties and challenges during life – including grief. We will learn that mental health problems are nothing to be ashamed of, and how to seek help and support. We will continue to learn strategies for asserting ourselves, managing out feelings, and keeping ourselves and others safe when online, including respecting boundaries.	In this topic we will be learning about how boys' and girls' bodies change occur to puberty. We will consider how these changes might make us feel and how we can maintain a positive self-image, especially when viewing images of others on social media. Alongside our learning in Science, we will learn about how humans develop from an embryo to old age. We will also reflect on changes we have gone through and those to come, including transition.