

Personal Development and Wellbeing: PSHRE

Whole School	Autumn 1 Excellence	Autumn 2 Responsibility and Respect	Spring 1 Determination	Spring 2 Independence	Summer 1 Unity	Summer 2 Trust
Personal Development and Well being						
Jigsaw PSHRE What are we learning?	Being Me in my World <ul style="list-style-type: none"> • Help others 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 3 Bs/Learning Charter 	Celebrating difference Anti Bullying <ul style="list-style-type: none"> • 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 	Dreams and goals <ul style="list-style-type: none"> • Stay motivated when doing something challenging • Keep trying even when it's difficult • Work well with a partner or in a group • Have a positive attitude • Help others to achieve their goals • Work hard to achieve our dreams and goals 	Healthy Me <ul style="list-style-type: none"> • Make a healthy choice • Eat a healthy balanced diet • Be physically active • Keep themselves and others safe • Know how to be a good friend and enjoy healthy friendships • Know how to keep calm and handle difficult situations 	Relationships <ul style="list-style-type: none"> • 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 each other • Know how to help themselves and others when they feel upset or hurt • Know and show what makes a good relationship 	Changing Me <ul style="list-style-type: none"> • Understand that everyone is unique and special • Express how they feel when change happens • Understand and respect the changes they see in themselves • Understand and respect the changes they see in others • Know who to ask if they are worried about change • Look forward to change
Enrichment	<ul style="list-style-type: none"> • Welcome boards • Buddy system • Behaviour for learning • Growth Mindset • Ice breakers/Team building • Black History Month • World Mental Health Day • RE focus day 	<ul style="list-style-type: none"> • Anti Bullying Week • Children in Need • RE Focus Day • Pantomime performance 	<ul style="list-style-type: none"> • Little People Big Dreams • RE Focus Day 	<ul style="list-style-type: none"> • RE Focus Day 	<ul style="list-style-type: none"> • RE Focus Day • International Day Park Parade • International Day Food Party 	<ul style="list-style-type: none"> • RE Focus Day • Sports Day

Personal Development & Wellbeing Education: Long term overview

EYFS	Autumn 1 Excellence	Autumn 2 Responsibility and Respect	Spring 1 Determination	Spring 2 Independence	Summer1 Unity	Summer 2 Trust
Jigsaw PSHE	Being Me in my World Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Celebrating difference Anti Bullying 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 Breaking 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
Key questions	How can we make sure that we are all Safe/ happy/ learning in school? What makes you unique? What does happy, sad, cross and excited look like?	Can you name something you are good at? What words could you use to invite others to join your games? What do we say to bullies? 'Stop it, I...!'	How do you keep trying even when it is difficult? What have you done this term that makes you feel proud? What job might you like to do when you are older?	Why is sleep good for you? Why is it important to wash your hands thoroughly? What do you say and do if a stranger approaches you?	What helpful jobs do you do for your family? What is a good friend? Can you think of ways to stay friends?	How do you feel about moving to Year 1? What have been the best bits about Reception? Are there any worries you want to talk about?
Suggested texts	Starting Nursery Starting School Hands are not for hitting Feet are not for kicking Teeth are not for biting The Colour Monster The Colour Monster Goes to School	It's okay to be different The skin you live in Colours of me	Giraffes can't dance Real life superheroes	Can't you sleep little Bear? Peace at last! Germs are not for spreading	The Family Book If you can... we can The Rainbow Fish	Tad Garden wigglers Waiting for wings

Personal Development & Wellbeing Education: Long term overview

Each unit has a knowledge organiser identifying key vocabulary.

Year 1	Autumn 1 Excellence	Autumn 2 Responsibility and Respect	Spring 1 Determination	Spring 2 Independence	Summer1 Unity	Summer 2 Trust
Jigsaw PSHRE Key Questions	Being Me in my World New Beginnings at Normand Croft How do we stay safe in school? Should we have consequences for people who choose not to be kind, or listen, or make it hard for others to learn? What rights do we have in school?	Celebrating difference Anti Bullying What is bullying? How do you make new friends? What do I do about bullying?	Dreams and goals How do you learn best? How do you know you have reached your goal? What is your goal? What would you like to get better at?	Healthy Me Who can you tell if something worries you? What healthy activity can make you happy? What is a healthy lifestyle?	Relationships Who can help me keep safe in my school community? Why is it important to appreciate my qualities and the qualities of others? Why are families important?	Changing Me How do you feel about moving to Year 2?
Talking Points RSHE Key Questions	Who is in my family? Who are my important people? What makes a person?	What makes me happy? What does sad feel like? Why do we have rules?	Is it kind or unkind? Is teasing ever okay? What should I do if I don't like it?	What does worry feel like? How do I keep safe? What should I do in an emergency?	When should I wash my hands? Why are teeth important? What should I do with money?	What did I need as a baby? How can I be more grown up? Do I have to be the best?
Key Texts	Love is a family Under the love umbrella Whoever you are	Augustus and his smile My yellow balloon Bella's rules	Thank you Omu Tease monster No means no	The huge bag of worries No dragons for tea George's dragon at the fire station	I don't want to wash my hands The tooth book A chair for my mother	The baby's catalogue Peter's chair Giraffe's can't dance
Writing opportunities		Emotions poems			Handwashing posters	Letter to Year 2 teacher
Outdoor learning opportunities		Ring games Parachute games			International Day Park Parade	

Personal Development & Wellbeing Education: Long term overview

Each unit has a knowledge organiser identifying key vocabulary.

Year 2	Autumn 1 Excellence	Autumn 2 Responsibility and Respect	Spring 1 Determination	Spring 2 Independence	Summer1 Unity	Summer 2 Trust
Jigsaw PSHRE Key Questions	Being Me in my World New Beginnings at Normand Croft How can we make the learning charter in class work? Does every behaviour have a consequence? Why is it important to be responsible?	Celebrating difference Anti Bullying Why does bullying happen? What is a compliment? How do you include others when working and playing?	Dreams and goals How does teamwork help you learn? What have you achieved so far in Year 2? What has your teacher said you need to improve in English or maths?	Healthy Me Where should medicines be kept? Why is too much sugar unhealthy? Why do we need food?	Relationships	Changing Me How can I confidently say what I do and do not like? How do people change as they grow older? Which changes can I control and which can I not? How do you feel about moving to Year 3?
Talking Points RSHE Key Questions	Why should I exercise? What if I don't like vegetables? Are medicines always good?	Can I stop myself getting ill? What does angry feel like? How do I make you feel?	Is it right or wrong? How can I compromise? What are rights and responsibilities?	How do I contribute? How can I save our planet? Where could my money come from?	Who can I trust? Should I keep a secret? Am I safe online?	Do I know my body? What does private really mean? What should I aim for?
Key Texts	Get up and go I will not never eat a tomato Dr Molly's medicine case	Do not lick this book In my heart The selfish crocodile	When a dragon comes to stay The Steves We are all born free	Farmer Duck Here we are My rows and piles of coins	Never talk to strangers Ruby's worry Webster's email	Me and my amazing body My body, what I say goes The dinosaur department store
Writing opportunities	Personal response	Personal response	Little People Big Dreams writing	Environmental posters for around school/playground		Letter to new Year 2 children or to Year 3 teacher
Outdoor learning opportunities	Gardening			Outdoor reading	International Day Park Parade	

Personal Development & Wellbeing Education: Long term overview

Each unit has a knowledge organiser identifying key vocabulary.

Year 3	Autumn 1 Excellence	Autumn 2 Responsibility and Respect	Spring 1 Determination	Spring 2 Independence	Summer1 Unity	Summer 2 Trust
Jigsaw PSHE Key Questions	Being Me in my World New Beginnings at Normand Croft What rights do we have in school? Why is it important to feel valued/that we belong? Do you know how and when you learn best?	Celebrating difference Anti Bullying How do you calm yourself down if you are cross? How would you help solve a bullying situation? Who is in your family?	Dreams and goals What will you do if there are obstacles in your way? Who can help you achieve your goal? What is your learning goal this year?	Healthy Me Where do you feel safe? Who can you go to for help if you feel unsafe? What types of food should we avoid in large amounts?	Relationships Why is it important to keep safe and be aware of possible dangers at home? How can I develop my negotiation skills in conflict situations to find win-win solutions? What are my needs and rights and why are they important to me and children around the world?	Changing Me What do you use to keep you safe online? What do you feel is the most important thing about friendship? How do you feel about moving to Year 4?
Talking Points RSHE Key Questions	What can affect my health? What's a balanced lifestyle? What is Health and Safety?	How does smoking (and vaping) damage my health? Who can help me be safe? What is restorative justice?	What are my rights and responsibilities? What happens if I break a rule? Why should I tell the truth?	What does honesty really mean? What do I do when my friend is sad Who do my actions affect?	What are my relationship rights and responsibilities? How do I raise my concerns? What's a community	How can we be different? Who else lives in my region? Who else lives in the UK?
Key Texts	Gregory the terrible eater Crab and whale Look out at home	Smoking stinks Come and tell me Two monsters	The day the crayons quit I did it, I'm sorry The boy who cried bigfoot	A bike like Sergio's The hug Fergal is fuming	The go away bird The Lion inside In the swamp by the light of the moon	Horace and Morris but mostly Deloris Through my window My two grannies
Writing opportunities	Personal response	Stay safe posters	Little People Big Dreams writing	Health and Safety Posters for around school	Write to HT or local MP about a concern	Write a letter/email to another school in a different region
Outdoor learning opportunities		Posters in the park		Trust games	Great Big Litter Pick Up International Day Park Parade	Neighbourhood walk

Personal Development & Wellbeing Education: Long term overview

Each unit has a knowledge organiser identifying key vocabulary.

Year 4	Autumn 1 Excellence	Autumn 2 Responsibility and Respect	Spring 1 Determination	Spring 2 Independence	Summer1 Unity	Summer 2 Trust
Jigsaw PSHRE Key Questions	Being Me in my World New Beginnings at Normand Croft How can we make sure everyone feels valued and included in our school? Is one member of the school community more important than anyone else? How do you feel about democracy in our school?	Celebrating difference Anti Bullying	Dreams and goals What helps you to keep a positive attitude? How do you cope with disappointment? What are your hopes and dreams?	Healthy Me How do you resist peer pressure? Have you ever felt embarrassed? How many different groups of friends do you have?	Relationships Who do I love and why are they important to me? What do I think and what others do think about animal rights? How do I show love and appreciation to people who are special to me?	Changing Me What are you made from? Why are you unique? Why is it important to develop good hygiene habits? What physical and emotional changes should I prepare for during puberty? What is the circle of change and how can I use it? How can I prepare to get ready for Year 5?
Talking Points RSHE Key Questions	What's that feeling I have? What do I do when my friend is cross? How do I compromise?	How do I do emergency first aid? Am I at risk? How do I stay safe online?	Am I safe on my mobile phone? What can I do about negative thoughts? Should I own up?	Is it ok to hug? What's an aspiration? What is enterprise?	What worries me in the world? What is discrimination? What does it mean to be anti social?	How do I support my community? What's a volunteer? Can I volunteer or help others?
Key Texts	The bear, the piano, the dog and the fiddle I hate everything The squirrels who squabbled	Charlie is broken Mini Rabbit not lost Chicken clicking	Elle gets a mobile phone Your mind is like the sky David gets in trouble	Miles is the boss of his body Stardust Ruby's wish	The king who banned the dark Along came a different The bad seed	What can a citizen do? A Castle on Viola Street The red bicycle
Writing opportunities	Personal response	Anti bullying posters/flyers	Little People Big Dreams writing	Personal response	Poetry	Letter to year4 or to new Year 5 teacher
Outdoor learning opportunities	Gardening		Meditation		International Day Park Parade	Help with Felix project

Personal Development & Wellbeing Education: Long term overview

Each unit has a knowledge organiser identifying key vocabulary.

Year 5	Autumn 1 Excellence	Autumn 2 Responsibility and Respect	Spring 1 Determination	Spring 2 Independence	Summer1 Unity	Summer 2 Trust
Jigsaw PSHRE Key Questions	Being Me in my World New Beginnings at Normand Croft Is it the government's responsibility to ensure that every citizen in our country can have their rights met? Should a government help its own citizens before it helps refugees? What are your responsibilities to yourself or others so that everybody has the chance to learn?	Celebrating difference Anti Bullying What is racism? What is happiness? What is the difference between direct and indirect bullying?	Dreams and goals Do you need money to help you achieve your dreams? What occupation (job) would you like to do when you grow up? What motivates you to learn and achieve your goals?	Healthy Me How would you stay calm in an emergency? What are the dangers in using social media? What are the effects tobacco and alcohol have on the body?	Relationships Why is it safe when using technology to communicate with friends? Why do friendships change? How can I make new friends and manage my feelings when I fall out with friends? How do I recognise my personal qualities and attributes so I have healthy self esteem?	Changing Me Why is it important to look after myself physically and mentally during puberty? What's happening to me? How do I keep myself safe? How can I prepare to be the best I can be in Year 6?
Talking Points RSHE Key Questions	Can I set goals for me? How does alcohol damage my health? Can my mind get ill?	How do I make a choice? Should my heart rule my head? Why is change so scary?	What is peer pressure? What if I'm uncomfortable? What is loss?	Is my relationship unhealthy? What's a relationship commitment? What is a stereotype?	What is prejudice? How do I challenge someone's views? What is a debt?	Who pays tax and what does it do? Who chooses who runs our country? Can I save money and the environment?
Key Texts	Harold and the purple crayon Daddy doesn't have to be a giant anymore Silly Billy	The storm whale Oliver and Patch The Koala who could	The story of Ferdinand Let the children march Grandad's island	Just kidding King and king I'm a girl	The sneetches How to be a lion Tight times	Taxes taxes Granddaddy's turn Joseph had a little overcoat
Writing Opportunities	Personal response	Personal response	Little People Big Dreams	Personal response	Poetry: Only One of Me	Letter to Year 4 or to Year 6 teacher
Outdoor learning opportunities		Police project			International Day Park Parade	Visit to Houses of Parliament

Personal Development & Wellbeing Education: Long term overview

Each unit has a knowledge organiser identifying key vocabulary.

Year 6	Autumn 1 Excellence	Autumn 2 Responsibility and Respect	Spring 1 Determination	Spring 2 Independence	Summer1 Unity	Summer 2 Trust
Jigsaw PSHE Key Questions	Being Me in my World New Beginnings at Normand Croft How do you feel about some of your needs being met and some not being met yet? Which are the 6 most important rights you would like us to share at our school? What is your ambition for when you leave school?	Celebrating difference Anti Bullying Can you explain some of the reasons why people use bullying behaviours? How can being different affect someone's life? Can you explain some of the ways in which one person or a group can have power over another?	Dreams and goals Why is it important to stretch the boundaries of your current learning? How can you help someone who is finding it difficult to achieve their goals? What motivates you to learn?	Healthy Me Why do some people join gangs? Can you suggest strategies someone could use to avoid being pressurised? What motivates you to be healthy in mind and body?	Relationships Why is it important to use technology safely and positively to communicate with others? How do I manage feelings associated with loss and help others to do so? How can I stand up for myself, and my friends, in situations where others are trying to gain control?	Changing Me Why is it important to learn about puberty? How does a baby develop and grow? What am I looking forward to, and what worries me about transitioning to secondary school?
Talking Points RSHE Key Questions	How should I manage my money? How do drugs damage health? What affects my mental health?	Will sad things happen to me? How do I break a habit? Should I give in to peer pressure?	Should I send/post something I'm not comfortable with? What if I get dared? If it happens all the time, does it mean it's right?	Are images in the media real? Should I trust the media? Should I join in an argument?	Am I a cyber bully? Have I trolled someone? What sort of person shall I be?	What is puberty? How do humans reproduce? How do we look after ourselves?
Key Texts	A new coat for Anna My big sister takes drugs After the fall	The sea saw But it's just a game Little cloud	#Goldilocks – A hashtag cautionary tale I dare you Malala's magic pencil	Sam tells stories But I read it on the internet Why?	Bully Troll stinks Julian is a mermaid	Tad Tango makes three The sleep book
Writing opportunities	Personal response Black History Presentations	Personal response Anti bullying posters/flyers	Little People Big Dreams	Personal response	Anti discrimination posters/poetry	Letter to new Year 6
Outdoor learning opportunities	Residential @ Marchant's Hill	Police project			International Day Park Parade	Sports Day @ Linford Christie Stadium Junior citizenship