



PSHE (Jigsaw)

Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<p>Being me in the World covers a wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community; it also looks at children's rights and responsibilities, working and socialising with others, and pupil voice.</p>	<p>Celebrating differences focuses on similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference', and we explore the concept of 'normal'; bullying – what it is and what it isn't, including cyber and homophobic bullying.</p>	<p>Dreams and goals aims to help children think about their hopes and dreams, their goals for success, what personal strengths are, and how to overcome challenges, via team work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success; and they get to share their aspirations, the dreams and goals of others in different cultures/countries, and their dreams for the world.</p>	<p>Healthy me covers two main areas of health: Emotional health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and Physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid).</p>	<p>Relationships has a wide focus, looking at diverse topics such as families, friendships, pets and animals, and love and loss. A vital part of this unit is about safeguarding and keeping children safe; this links to cyber safety and social networking. Children learn how to deal with conflict, their own strengths and self-esteem. They have the chance to explore roles and responsibilities in families, and look at stereotypes.</p>	<p>Changing me deals with change of many types, from growing from young to old, assertiveness, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school.</p> <p>In Year 5 and 6 puberty and how babies are made and grow are treated sensitively and are designed to meet children's needs. Self and body image, attraction and accepting change are diverse subjects for children to explore in Year 5 and 6.</p>