

Reception PSHE Medium Term Plan

Autumn 1: Being Me in My World				Autumn 2: Celebrating Difference			
1	To learn what it means to belong	Jigsaw L1	Suggested Vocabulary: Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns	1	To learn to explore how it feels to try new things	Metacognition: The Koala Who Could	Suggested Vocabulary: Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family
2	To learn to recognise and manage feelings	Jigsaw L2		2	To learn to celebrate what people can do	Jigsaw L1	
3	To learn why it is important to be gentle	Jigsaw L4		3	To learn to talk about how differences make people special	Jigsaw L2	
4	To learn to work well with others	Jigsaw L5		4	To learn to explore families and homes	Jigsaw L3 & L4	
5	To learn what it means to be responsible	Jigsaw L6		5	To learn what makes a kind friend	Jigsaw L5	
6	To learn to identify what we know and what we don't know	Metacognition: Traffic Lights of Learning		6	To learn how people stand up for themselves	Jigsaw L6	
Spring 1: Dreams and Goals				Spring 2: Healthy Me			
1	To learn to give reasons	Metacognition: Odd one out	Suggested Vocabulary: Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage	1	To learn to ask questions	Metacognition: You choose	Suggested Vocabulary: Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scare
2	To learn to explain why it is important not to give up	Jigsaw L2		2	To learn how exercise helps the body	Jigsaw L1 & L2	
3	To learn to set goals	Jigsaw L3		3	To learn to explore healthy and unhealthy food	Jigsaw L3	
4	To learn to use kind words to encourage others	Jigsaw L4		4	To learn how sleep helps the body	Jigsaw L4	
5	To learn to make links between learning and jobs	Jigsaw L5		5	To learn to talk about the importance of keeping clean	Jigsaw L5	
6	To learn to explore what it means to be proud	Jigsaw L6		6	To learn how to stay safe around strangers	Jigsaw L6	
Summer 1: Relationships				Summer 2: Changing Me			
1	To learn how to tackle challenging learning	Metacognition: I can do it!	Suggested Vocabulary: Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing	1	To learn to explore different learning strategies	Metacognition: Strategies for Learning	Suggested Vocabulary: Eye, foot, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand, baby, grown-up, adult, change, worry, excited, memories
2	To learn to explore family roles	Jigsaw L1		2	To learn to name parts of the body	Jigsaw L1	
3	To learn to explore ways to make friends	Jigsaw L2		3	To learn to explore ways to respect the body	Jigsaw L2	
4	To learn to explore ways to solve problems with friends	Jigsaw L3		4	To learn to explore how humans grow	Jigsaw L3	
5	To learn to identify what unkind words can do	Jigsaw L4		5	To learn to discuss how it feels move to Year 1	Jigsaw L4 & L5	
6	To learn to explore how we can manage our feelings	Jigsaw L5		6	To learn to share memories	Jigsaw L6	

Year 1 PSHE Medium Term Plan

Autumn 1: Being Me in My World				Autumn 2: Celebrating Difference			
1	To learn what it means to belong	*independent lesson – class identity	Suggested Vocabulary: Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration	1	To learn what it means to be resilient	Metacognition: Learning to Learn	Suggested Vocabulary: Similarity, Same as, Different from, Difference, Bullying, Bullying behaviour, Deliberate, On purpose, Unfair, Included, Bully, Bullied, Celebrations, Special, Unique
2	To learn to explore rights and responsibilities in a class	Jigsaw L2		2	To learn to identify similarities between people	Jigsaw L1	
3	To learn to explain how to make a class a safe space to learn	Jigsaw L3		3	To learn to identify differences between people	Jigsaw L2	
4	To learn what it means to be proud	Jigsaw L4		4	To learn to explain what bullying is	Jigsaw L3	
5	To learn the importance of consequences	Jigsaw L5		5	To learn to explore ways to deal with bullying	Jigsaw L4	
6	To learn to identify strategies for when we are stuck	Metacognition: Stuck!		6	To learn to suggest how to make new friends	Jigsaw L5	
Spring 1: Dreams and Goals				Spring 2: Healthy Me			
1	To learn to revisit learning	Metacognition: Right or Wrong	Suggested Vocabulary: Proud, Success, Treasure, Coins, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve	1	To learn to develop skills for concentrating	Metacognition: Keep on Concentrating	Suggested Vocabulary: Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait
2	To learn to set simple goals for someone	Jigsaw L1		2	To learn to what it means to be healthy	Jigsaw L1	
3	To learn to identify steps to achieve a goal	Jigsaw L2		3	To learn what makes a healthy lifestyle	Jigsaw L2	
4	To learn to explore how to work well with a partner	Jigsaw L3		4	To learn how to stay clean and healthy	Jigsaw L3	
5	To learn to explore the value of challenges	Jigsaw L4		5	To learn how to stay safe around medicines	Jigsaw L4	
6	To learn to talk about overcoming obstacles in achieving goals	Jigsaw L5		6	To learn how to stay safe when cross the road	Jigsaw L5	
Summer 1: Relationships				Summer 2: Changing Me			
1	To learn to explore challenges when being creative	Metacognition: Being Creative	Suggested Vocabulary: Belong, Same, Different, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Confidence, Praise, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate	1	To learn to explore different learning powers	Metacognition: Wanted!	Suggested Vocabulary: Changes, life cycles, baby, adult, adulthood, grown-up, mature, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, feelings, anxious, worried, excited, coping
2	To learn to explore different families	Jigsaw L1		2	To learn to explore life cycles of animals and humans	Jigsaw L1	
3	To learn to identify what makes a good friend	Jigsaw L2		3	To learn to discuss changes in life	Jigsaw L2	
4	To learn to explore how physical contact can make someone feel	Jigsaw L3		4	To learn to identify how bodies change from being a baby	Jigsaw L3	
5	To learn to identify people who help us in school	Jigsaw L4		5	To learn to name parts of boys' and girls' bodies	Jigsaw L4	
6	To learn to recognise my self-worth	Jigsaw L5		6	To learn how learning changes people	Jigsaw L5	

Year 2 PSHE Medium Term Plan

Autumn 1: Being Me in My World				Autumn 2: Celebrating Difference			
1	To learn to identify hopes and fears	Jigsaw L1	Suggested Vocabulary: Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem-Solving	1	To learn to explore the power of feedback	Metacognition: Forward Feedback	Suggested Vocabulary: Boys, Girls, Similarities, Assumptions, Shield, Stereotypes, Special, Differences, Bully, Purpose, Unkind, Feelings, Sad, Lonely, Help, Stand up for, Male, Female, Diversity, Fairness, Kindness, Unique, Value
2	To learn to explore responsibilities in a class	Jigsaw L2		2	To learn to discuss stereotypes of boys and girls	Jigsaw L1 & L2	
3	To learn to explore the value of rewards	Jigsaw L3		3	To learn to give reasons for why people might get bullied	Jigsaw L3	
4	To learn to explain the value of consequences	Jigsaw L4		4	To learn to what it means to stand up for ourselves and others	Jigsaw L4	
5	To learn how to work cooperatively	Jigsaw L5		5	To learn to celebrate gender diversity	Jigsaw L5	
6	To learn what self-improvement means	Metacognition: Battle Bunny		6	To learn to explore what makes us unique	Jigsaw L6	
Spring 1: Dreams and Goals				Spring 2: Healthy Me			
1	To learn to explore failure	Metacognition: After the Fall	Suggested Vocabulary: Realistic, Achievement, Goal, Strength, Persevere, Difficult, Easy, Learning Together, Partner, Product	1	To learn to identify strategies for breaking down tricky learning	Metacognition: Learning Ladders	Suggested Vocabulary: Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Medicines, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious
2	To learn to discuss realistic goals	Jigsaw L1		2	To learn what a body needs to stay healthy	Jigsaw L1	
3	To learn to explore what it means to persevere	Jigsaw L2		3	To learn to explore what it means to relax	Jigsaw L2	
4	To learn what makes an effective learning partner	Jigsaw L3		4	To learn how to use medicines safely	Jigsaw L3	
5	To learn to how to work together effectively	Jigsaw L4 & L5		5	To learn to investigate what makes a balanced diet	Jigsaw L4	
6	To learn to celebrate successes	Jigsaw L6		6	To learn to explain healthy eating habits	Jigsaw L6	
Summer 1: Relationships				Summer 2: Changing Me			
1	To learn to be resilient when making mistakes	Metacognition: Maths Learning Logs	Suggested Vocabulary: Similarities, Special, Important, Co-operate, Physical contact, Communication, Hugs, Acceptable, Not acceptable, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Telling, Adult, Trust, Happy, Sad, Frightened, Trust, Trustworthy, Honesty, Reliability, Compliments, Celebrate,	1	To learn to persevere	Metacognition: Spelling	Suggested Vocabulary: Change, Grow, Control, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, male, female, vagina, penis, testicles, vulva, anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Nervous, Happy
2	To learn to explore different roles within a family	Jigsaw L1		2	To learn to explore life cycles in nature	Y2 Jigsaw L1	
3	To learn to explain what acceptable physical contact is within a family	Jigsaw L2		3	To learn to explain how humans grow as they age	Y2 Jigsaw L2 & L3	
4	To learn to identify the causes of conflict between friends	Jigsaw L3		4	To learn to recognise physical differences between boys and girls	Y2 Jigsaw L4	
5	To learn to explore secrets	Jigsaw L4		5	To learn to explore how touch can make people feel	Y2 Jigsaw L5	
6	To learn to recognise and appreciate people who help us	Jigsaw L5 L6		6	To learn to explore what it means to look forward to something	Y2 Jigsaw L6	

Year 3 PSHE Medium Term Plan

Autumn 1: Being Me in My World				Autumn 2: Celebrating Difference			
1	To learn to explore self-worth	Jigsaw L1	Suggested Vocabulary: Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong	1	To learn to sort and justify ideas	Metacognition: Wonderful Words	Suggested Vocabulary: Loving, Caring, Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Feelings, Tell, Consequences, Hurtful, Compliment,
2	To learn to how to manage new challenges	Jigsaw L2		2	To learn to explore family differences	Jigsaw L1	
3	To learn to explain the role of rules in school	Jigsaw L3		3	To learn to explore how differences can sometimes cause conflicts within families	Jigsaw L2	
4	To learn how actions affect someone and others around them	Jigsaw L4		4	To learn to explore the role of witnesses in bullying	Jigsaw L3 & L4	
5	To learn to make responsible choices	Jigsaw L5		5	To learn how words can be harmful	Jigsaw L5	
6	To learn to explore how to grow an idea	Metacognition: An Egg of an Idea		6	To learn how compliments make us feel	Jigsaw L6	
Spring 1: Dreams and Goals				Spring 2: Healthy Me			
1	To learn how we continuously improve	Metacognition: Maths	Suggested Vocabulary: Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Garden, Decorate, Enterprise, Design, Co-operation, Strengths, Motivated, Enthusiastic, Excited, Efficient, Responsible, Frustration, 'Solve It Together' Technique, Solutions, Review, Learning, Evaluate	1	To learn to explore the power of questions	Metacognition: Questions, questions	Suggested Vocabulary: Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Anxious, Scared, Strategy, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice
2	To learn to celebrate the success of those that have faced challenges	Jigsaw L1		2	To learn to explore how exercise affects the body	Jigsaw L1	
3	To learn to analyse how to start a learning challenge	Jigsaw L3		3	To learn to explore how food affects the body	Jigsaw L2	
4	To learn to stay motivated during challenges	Jigsaw L4		4	To learn to discuss drugs	Jigsaw L3	
5	To learn to analyse how to overcome challenges	Jigsaw L5		5	To learn to discuss dangerous situations (explicit reference to water safety)	Jigsaw L4	
6	To learn to evaluate the learning process	Jigsaw L6		6	To learn to identify when something feels safe or unsafe	Jigsaw L5	
Summer 1: Relationships				Summer 2: Changing Me			
1	To learn the value of concentration	Metacognition: Talking paintings	Suggested Vocabulary: Men, Women, Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Safe, Unsafe, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Food journey, Climate, Transport, Exploitation, Rights, Needs,	1	To learn to work co-operatively	Metacognition: Decisions, decisions	Suggested Vocabulary: male, female, vagina, penis, testicles, vulva, anus, Birth, Animals, Babies, Mother, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Stereotypes, Task, Roles, Challenge
2	To learn to identify roles and responsibilities within a family	Jigsaw L1		2	To learn to recognise physical differences between boys and girls	Y2 Jigsaw L4 (recap)	
3	To learn to explore important skills of friendship	Jigsaw L2		3	To learn to identify what babies need	Y3 Jigsaw L1	
4	To learn to identify strategies to stay safe online	Jigsaw L3		4	To learn to explore how babies grow	Y3 Jigsaw L2	
5	To learn to recognise the value of global influencers	Jigsaw L4		5	To learn to recognise and challenge family stereotypes	Y3 Jigsaw L5	
6	To learn to make comparisons with children in other parts of the world	Jigsaw L6		6	To learn to explore feelings when we change	Y3 Jigsaw L6	

Year 4 PSHE Medium Term Plan

Autumn 1: Being Me in My World				Autumn 2: Celebrating Difference			
1	To learn the role of attitudes and actions in a team	Jigsaw L1	Suggested Vocabulary: Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)	1	To learn to explore how questions can challenge our learning further	Metacognition: why?	Suggested Vocabulary: Character, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Secret, Deliberate, On purpose, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Website, Troll, Physical features, Impression, Changed
2	To learn to explore the roles in the school community	Jigsaw L2		2	To learn to explore how and why people judge by others' appearance	Jigsaw L1 & L2	
3	To learn to discuss democracy in school	Jigsaw L3		3	To learn to discuss signs of bullying and how to deal with it	Jigsaw L3	
4	To learn how rewards and consequences motivate people's behaviours	Jigsaw L4		4	To learn to discuss the role of bystanders	Jigsaw L4	
5	To learn to make decisions effectively as a group	Jigsaw L5		5	To learn to discuss different people's uniqueness	Jigsaw L5	
6	To learn to identify strategies to deal with problems	Metacognition: What to do with the problem		6	To learn to explore the role of first impressions	Jigsaw L6	
Spring 1: Dreams and Goals				Spring 2: Healthy Me			
1	To learn to explore creativity	Metacognition: Amazing inventions	Suggested Vocabulary: Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise	1	To learn the importance of prior learning	Metacognition: What do I need to know?	Suggested Vocabulary: Friendship, Emotions, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong
2	To learn to discuss hopes and dreams for the future	Jigsaw L1 & L2		2	To learn to explore roles within a group	Jigsaw L2	
3	To learn to suggest strategies to overcome disappointment	Jigsaw L3		3	To learn to explore how smoking/alcohol affects the body	Jigsaw L3 & L4	
4	To learn how to develop new goals from disappointment	Jigsaw L4		4	To learn to explore the importance of staying safe near water	*independent lesson	
5	To learn to follow steps to achieve a goal	Jigsaw L5		5	To learn to discuss peer pressure	Jigsaw L5	
6	To learn to evaluate the roles played in achieving a goal	Jigsaw L6		6	To learn to the importance of being assertive	Jigsaw L6	
Summer 1: Relationships				Summer 2: Changing Me			
1	To learn the value of continuous improvement	Metacognition: Show not tell	Suggested Vocabulary: Relationship, Close, Jealousy, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love.	1	To learn to develop strategies for when learning is hard	Metacognition: I can't do	Suggested Vocabulary: Personal, Unique, Characteristics, Parents, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance
2	To learn to explore jealousy	Jigsaw L1		2	To learn to explore shared characteristics in families	Y4 Jigsaw L1 (excl. conception)	
3	To learn to explain what love and loss feels like	Jigsaw L2		3	To learn to explain what puberty is	Y3 Jigsaw L3	
4	To learn to explore the value of memory	Jigsaw L3		4	To learn to describe how puberty affects girls	Y4 Jigsaw L3	
5	To learn to explain how to manage friendships	Jigsaw L4		5	To learn to explore change	Y4 Jigsaw L4 & L5	
6	To learn to explore different types of relationships	Jigsaw L5		6	To learn to reflect on the past and look forward to the future	Y4 Jigsaw L6	

Year 5 PSHE Medium Term Plan

Autumn 1: Being Me in My World				Autumn 2: Celebrating Difference			
1	To learn to explore the importance of personal goals	Jigsaw L1	Suggested Vocabulary: Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Machete, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Empathise, Obstacles, Co-operation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Decision	1	To learn what makes an effective learner	Metacognition: My Learning power	Suggested Vocabulary: Culture, Conflict, Similarity, Belong, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Texting, Problem solving, Indirect, Direct, Happiness, Developing World, Celebration, Artefacts, Display, Presentation
2	To learn to explore rights and responsibilities in Britain today	Jigsaw L2		2	To learn to explore how cultural differences can cause conflict	Jigsaw L1	
3	To learn to discuss the role of rewards and consequences	Jigsaw L4		3	To learn to understand the impact of racism	Jigsaw L2	
4	To learn to discuss the impact of an individual within a group	Jigsaw L5		4	To learn to discuss bullying behaviours	Jigsaw L3	
5	To learn what it means to have a voice	Jigsaw L6		5	To learn to explain different types of bullying	Jigsaw L4	
6	To learn the impact of excuses and avoidance on learning	Metacognition: Excuses and Avoidance		6	To learn to make comparisons to the developing world	Jigsaw L5	
Spring 1: Dreams and Goals				Spring 2: Healthy Me			
1	To learn to identify strategies for managing fear	Metacognition: Fear	Suggested Vocabulary: Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Country, Sponsorship, Communication, Support, Rallying, Team Work, Co-operation, Difference	1	To learn to work backwards in learning	Metacognition: My question is	Suggested Vocabulary: Choices, Healthy behaviour, Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Respect, Debate, Opinion, Fact, Motivation
2	To learn to investigate jobs and careers	Jigsaw L2		2	To learn to explore the effects of smoking	Jigsaw L1	
3	To learn to identify steps to achieve a future career	Jigsaw L3		3	To learn to explore the effects of alcohol	Jigsaw L2	
4	To learn to discuss the dreams and goals of young people from a different culture	Jigsaw L4		4	To learn the basics of Emergency First Aid	Jigsaw L3	
5	To learn to discuss the importance of relationships with people from other cultures	Jigsaw L5		5	To learn to explore the impact of body image on self-esteem	Jigsaw L4	
6	To learn to discuss how we can support the dreams and goals of others	Jigsaw L6		6	To learn to explain the importance of having a healthy relationship with food	Jigsaw L5	
Summer 1: Relationships				Summer 2: Changing Me			
1	To learn to justify opinions and ideas	Metacognition: True, False or not enough evidence	Suggested Vocabulary: Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Positive, Negative, Safe, Unsafe, Rights, Social network, Violence, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARRT rules	1	To learn to reflect on the creative process	Metacognition: Picture this	Suggested Vocabulary: Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Hips, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights
2	To learn to explore personality and self-esteem	Jigsaw L1		2	To learn to identify parts of the body needed to make a baby	Y4 Jigsaw L2	
3	To learn what makes a respectful online community	Jigsaw L2 & 3		3	To learn to describe how puberty affects girls	Y5 Jigsaw L2	
4	To learn to identify rights and responsibilities in online gaming	Jigsaw L4		4	To learn to describe how puberty affects boys	Y5 Jigsaw L3	
5	To learn to explain what makes a healthy relationship with technology	Jigsaw L5		5	To learn to explore what it means to become a teenager	Y5 Jigsaw L5	
6	To learn to identify how relationships can be affected by technology	Jigsaw L6		6	To learn to explore how change can be positive	Y5 Jigsaw L6	

Year 6 PSHE Medium Term Plan

Autumn 1: Being Me in My World				Autumn 2: Celebrating Difference			
1	To learn to discuss goals for the year ahead	Jigsaw L1	Suggested Vocabulary: Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective	1	To learn to explore strategies to help us to understand	Metacognition: Hidden Meaning	Suggested Vocabulary: Normal, Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Diversity, Transgender, Gender Diversity, Courage, Fairness, Rights, Responsibilities, Power, Struggle, Imbalance, Harassment, Direct, Indirect, Argument, Recipient, Para-Olympian, Achievement, Accolade, Perseverance, Sport, Admiration, Stamina, Celebration
2	To learn to evaluate the role of universal rights for children in the world	Jigsaw L2		2	To learn to discuss what it means to be 'normal'	Jigsaw L1	
3	To learn to discuss the connection between our actions and others	Jigsaw L3		3	To learn to explain how being different can affect someone's life	Jigsaw L2	
4	To learn to explore the relationship between rewards and consequences and our rights and responsibilities	Jigsaw L4		4	To learn to discuss the impact of power struggles within a group	Jigsaw L3	
5	To learn to understand the impact of democracy within our school	Jigsaw L5		5	To learn to discuss reasons bullying may happen	Jigsaw L4	
6	To learn to explore what it means to be a learner	Metacognition: Being a Learner		6	To learn to celebrate people living with disabilities	Jigsaw L5	
Spring 1: Dreams and Goals				Spring 2: Healthy Me			
1	To learn how to identify and respond to mistakes	Metacognition: Marvellous mistakes	Suggested Vocabulary: Learning, Stretch, Personal, Realistic, Unrealistic, Success, Criteria, Learning steps, Global issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Motivation, Admire, Respect, Praise, Compliment, Contribution, Recognition	1	To learn to identify characteristics of an inventor	Metacognition: Ingenious inventions	Suggested Vocabulary: Responsibility, Immunisation, Prevention, Drugs, Effects, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure
2	To learn to suggest personal learning goals	Jigsaw L1		2	To learn how someone can take responsibility for their health and well-being	Jigsaw L1	
3	To learn to explore the steps to successfully achieving a goal	Jigsaw L2		3	To learn to explore the impact of drugs on the body	Jigsaw L2	
4	To learn to discuss problems in the world	Jigsaw L3		4	To learn the dangers of exploitation and gangs in society	Jigsaw L3 & L4	
5	To learn to explore solutions to problems in the world	Jigsaw L4 & L5		5	To learn to explain the importance of emotional and mental health	Jigsaw L5	
6	To learn to reflect on achievements	Jigsaw L6		6	To learn to identify strategies to manage stress and pressure	Jigsaw L6	
Summer 1: Relationships				Summer 2: Changing Me			
1	To learn how to improve spelling	Metacognition: Spelling – can you help me learn?	Suggested Vocabulary: Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real/fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety	1	To learn how to encourage others to be resilient	Metacognition: Resilience – the story	Suggested Vocabulary: Negative body-talk, mental health, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Hips, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, midwife, labour, opportunities, freedoms, attraction, relationship, love, sexting, transition, secondary, journey, worries, anxiety, excitement, making love, Having sex, Sexual intercourse, Fertilise, Conception
2	To learn to explore mental health	Jigsaw L1		2	To learn to identify how female and male bodies change during puberty	Y6 Jigsaw L2	
3	To learn to identify strategies to support mental health	Jigsaw L2		3	To learn to explain what causes conception	Y5 Jigsaw L4	
4	To learn to explore grief	Jigsaw L3		4	To learn to describe how a baby develops during pregnancy	Y6 Jigsaw L3	
5	To learn to identify the impact of controlling behaviour on other people	Jigsaw L4		5	To learn to explain what physical attraction means	Y6 Jigsaw L4	
6	To learn to investigate the importance of using technology responsibly	Jigsaw L6		6	To learn to explain the importance of self-esteem in preparation for change	Y6 Jigsaw L5 & L6	