



PSHE Long Term Plan

Woodlands Academy



Subject: PSHE	Jigsaw	Blue Pathway
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LONG TERM PLAN

			<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
KS4	Cycle 2* *Year 11 PSHE has a reduced scheme to allow for exams.	11	Being Me In My World Becoming an adult Relationships and the Law The law and you Me, the internet and the law Emergency situation	Dreams and Goals Managing anxiety and Overwhelm Money and debt Dream jobs and skill Set My future relationships What to do when things go wrong	Healthy Me Relaxation and managing stress Hygiene and health Under pressure Pregnancy and choice Staying safe in sexual relationships	Relationships Intimate romantic Relationships Gender diversity and Sexuality Coming Out as LGBT+ Who holds all the cards? The last taboos	EXAMS	
	Cycle 1	10	Being Me In My World Liberty and safety in my world How I feel when things end How social media affects me, my identity and culture Rated! Risk	Celebrating Difference Equality: what does it mean to me in the UK? Equality in the workplace Multicultural Society Power in relationships Challenging inequality	Dreams and Goals Relationships and goals Me, my goals and my health Work/life balance A Healthy Balance	Healthy Me My health MOT What protects my health? Extraordinary bodies Extraordinary minds Diseases, treatments and lifestyle choices	Relationships Healthy, long-term relationships Love and loss Healthy connections Relationships - don't believe what you see! Better together?	Changing Me Changing society and me Managing change and decision making Gender and sexual identity Gender stereotypes and sexual identity Physical and emotional changes
KS3	Cycle 3	9	Being Me In My World Expectations and perceptions of relationships Peer Approval 'Risks' Being 'me' in a group Consent	Celebrating Difference Equality Understanding difference The power of positive language Bullying Discrimination	Dreams and Goals My personal strengths The power of planning My dreams for my life Mental health and illness	Healthy Me Making healthier choices Alcohol Using substances (including smoking) Life-saving skills	Relationships Power in relationships Assertiveness and saying no Porn - is it real? Contraception	Changing Me Mental health Change and our emotions Better sleep Resilience



				Media manipulation and mental health	Effects of substances	Consequences of unprotected sex		
	Cycle 2	8	Being Me In My World Who am I? My 'family' 'Family Factors' The power of first impressions Faith and beliefs	Celebrating Difference Prejudice and Discrimination Inequality When things go right Bullying How I can make a difference?	Dreams and Goals Your goals - long-term What money can't buy Online Safety Money and Earnings The price of life	Healthy Me Me and My Health Healthy choices on... managing stress Healthy choices on... substances Substance misuse and exploitation Healthy choices on... medicines and immunisation	Relationships Being in control of... myself Being in control of... my relationships Being in control of... personal space Managing Control and Coercion in Relationships Being in control of... social media	Changing Me Different types of relationship What's in a relationship? Looks and smiles Does watching pornography help people to understand relationships? Alcohol and Risk
	Cycle 1	7	Being Me In My World Who am I? My influences Peer pressure and belonging My online identity What are the consequences of what I say and do online?	Celebrating Difference Prejudice and Discrimination True or false? Challenging stereotypes Discrimination in school Bullying	Dreams and Goals What are my dreams and goals? Achieving my dreams and goals Coping strategies How responsible and irresponsible choices affect my dreams and goals How making an irresponsible choice could affect a person's dreams and goals	Healthy Me How to recognise and deal with anxiety and stress Healthy choices on... managing stress Healthy choices on... substances Healthy lifestyle choices: Good nutrition, exercise and Sleep Healthy choices on... medicines and immunisation	Relationships Positive qualities of healthy relationships My changing supportive relationships Getting on and falling out Discerning external factors in relationships Assertiveness in relationships	Changing Me My changing body Having a baby Types of relationships and their impact Image and self-esteem My changing feelings
KS2	Cycle 4	6	Being Me In My World My Year Ahead Being a Global Citizen 1 Being a Global Citizen 2 The Learning Charter Our Learning Charter Owning our Learning Charter	Celebrating Difference Am I Normal? Understanding Difference Power Struggles Why Bully Celebrating Difference	Dreams and Goals Personal Learning Goals Steps to Success My Dream For the World Helping to Make a Difference	Healthy Me Taking responsibility for my health and well-being Drugs Exploitation Gangs	Relationships What is Mental Health? My Mental Health Love and Loss Power and Control	Changing Me My Self Image Puberty Babies: Conception to Birth Boyfriends and Girlfriends Real self and ideal self



				Helping to Make a Difference Recognising Our Achievements	Emotional and Mental Health Managing Stress and Pressure	Being Online: Real or Fake? Safe or Unsafe? Using Technology Responsibly	The Year Ahead
Cycle 3	5	Being Me In My World My Year Being a Citizen of My Country Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	Celebrating Difference Different Cultures Racism Rumours and Name-calling Types of Bullying Does Money Matter? Celebrating Difference Across The World	Dreams and Goals When I Grow Up (My Dream Lifestyle) Investigate Jobs and Careers My Dream Job. Why I want it and the steps to get there Dreams and Goals of Young People in Other Cultures How Can We Support Each Other? Rallying Support	Healthy Me Smoking Alcohol Emergency Aid Body Image My Relationship With Food Healthy Me	Relationships Recognising Me Safety With Online Communities Being In An Online Community Online Gaming My Relationship With Technology: Screen Time Relationships and Technology	Changing Me Self-Image and Body Image Puberty for Girls Puberty for Boys Conception Looking Ahead This RSE unit is based on Year 5 of the Jigsaw SOW. If you have children who might be going through a more advanced stage of physical development the Changing Me Jigsaw unit from an older age group may be more appropriate.
Cycle 2	4	Being Me In My World Becoming A Class Team Being A School Citizen Rights, Responsibilities and Democracy Rewards and Consequences Our Learning Charter Owning our Learning Charter	Celebrating Difference Judging By Appearances Understanding Influences Understanding Bullying Problem-solving Special Me Celebrating Difference	Dreams and Goals Hopes and Dreams Broken Dreams Overcoming Disappointment Creating New Dreams Achieving Goals We Did It!	Healthy Me My Friends and Me Group Dynamics Smoking Alcohol Healthy Friendships Celebrating My Inner Strength and Assertiveness	Relationships Jealousy Love and Loss Memories Getting On and Falling Out Girlfriends and Boyfriends Celebrating My Relationships with People and Animals	Changing Me Unique Me Having a Baby Girls and Puberty Circles of Change Accepting Change Looking Ahead
Cycle 1	3	Being Me In My World Getting to Know Each Other	Celebrating Difference Families	Dreams and Goals Dreams and Goals	Healthy Me Being Fit and Healthy	Relationships	Changing Me How Babies Grow



			Our Nightmare School Our Dream School Rewards and Consequences Our Learning Charter Owing our Learning Charter	Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference: compliments	My Dreams and Ambitions A New Challenge Our New Challenge Our New Challenge - Overcoming Obstacles .Celebrating My Learning	What Do I Know About Drugs? Being Safe Safe or Unsafe My Amazing Body	Family Roles and Responsibilities Friendship Keeping Myself Safe Online Being a Global Citizen 1 Being a Global Citizen 2 Celebrating My Web of Relationships	Babies Outside Body Changes Inside Body Changes Family Stereotypes Looking Ahead
KS1	Cycle 3	2	Being Me In My World Hopes and Fears for the Year Rights and Responsibilities Rewards and Consequences Our Learning Charter Owing our Learning Charter	Celebrating Difference Boys and Girls Why Does Bullying Happen? Standing Up For Myself and Others Gender Diversity Celebrating Difference and Still Being Friends	Dreams and Goals Goals to Success My Learning Strengths Learning With Others A Group Challenge Continuing Our Group Celebrating Our Achievement	Healthy Me Being Healthy Being Relaxed Medicine Safety Healthy Eating Happy, Healthy Me!	Relationships Families Keeping Safe – exploring physical contact Friends and Conflict Secrets Trust and Appreciation Celebrating My Special Relationships	Changing Me Life Cycles in Nature Growing from Young to Old The Changing Me Boys' and Girls' Bodies Assertiveness Looking Ahead
	Cycle 2	1	Being Me In My World Special and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences Owing our Learning Charter	Celebrating Difference The same as... Different from... What is 'bullying'? What do I do about bullying? Making new friends Celebrating difference; celebrating me	Dreams and Goals My Treasure Chest of Success Steps to Goals Achieving Together Puzzle outcome: Dream wellies Stretchy Learning Puzzle outcome: Stretchy flowers Overcoming Obstacles Celebrating My Success	Healthy Me Being Healthy Healthy Choices Clean and Healthy Medicine Safety Road Safety Happy, Healthy Me	Relationships Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating My Special Relationship	Changing Me Life cycles Changing Me My Changing Body Boys' and Girls' Bodies Learning and Growing Coping with Changes



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LONG TERM PLAN

	Jigsaw Stage	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
<p>* Changing Me (summer 2) For those using the EQUALS RSE SOW. Areas covered include: Knowing My Body Knowing Me Private and Public Touching and Allowing Others to Touch Me Forming Relationships Sexual Intimacy with Another Person</p>								
KS4	Cycle 2	5	Being Me In My World My Year Being a Citizen of My Country Responsibilities Rewards and Consequences Our Learning Charter Owing our Learning Charter	Celebrating Difference Different Cultures Racism Rumours and Name-calling Types of Bullying Does Money Matter? Celebrating Difference Across The World	Dreams and Goals When I Grow Up (My Dream Lifestyle) Investigate Jobs and Careers My Dream Job. Why I want it and the steps to get there Dreams and Goals of Young People in Other Cultures How Can We Support Each Other? Rallying Support	Healthy Me Smoking Alcohol Emergency Aid Body Image My Relationship With Food Healthy Me	Relationships Recognising Me Safety With Online Communities Being In An Online Community Online Gaming My Relationship With Technology: Screen Time Relationships and Technology	Changing Me * The RSE unit based on Year 5 of the Jigsaw SOW is not appropriate for older children who might be going through a more advanced stage of physical development. Themes from Changing Me Jigsaw units from older age group may be more appropriate. The EQUALS RSE curriculum can also be used.



	Cycle 1	5	Being Me In My World My Year Being a Citizen of My Country Responsibilities Rewards and Consequences Our Learning Charter Owing our Learning Charter	Celebrating Difference Different Cultures Racism Rumours and Name-calling Types of Bullying Does Money Matter? Celebrating Difference Across The World	Dreams and Goals When I Grow Up (My Dream Lifestyle) Investigate Jobs and Careers My Dream Job. Why I want it and the steps to get there Dreams and Goals of Young People in Other Cultures How Can We Support Each Other? Rallying Support	Healthy Me Smoking Alcohol Emergency Aid Body Image My Relationship With Food Healthy Me	Relationships Recognising Me Safety With Online Communities Being In An Online Community Online Gaming My Relationship With Technology: Screen Time Relationships and Technology	Changing Me * The RSE unit based on Year 5 of the Jigsaw SOW is not appropriate for older children who might be going through a more advanced stage of physical development. Themes from Changing Me Jigsaw units from older age group may be more appropriate. The EQUALS RSE curriculum can also be used.
KS3	Cycle 3	4	Being Me In My World Becoming A Class Team Being A School Citizen Rights, Responsibilities and Democracy Rewards and Consequences Our Learning Charter Owing our Learning Charter	Celebrating Difference Judging By Appearances Understanding Influences Understanding Bullying Problem-solving Special Me Celebrating Difference	Dreams and Goals Hopes and Dreams Broken Dreams Overcoming Disappointment Creating New Dreams Achieving Goals We Did It!	Healthy Me My Friends and Me Group Dynamics Smoking Alcohol Healthy Friendships Celebrating My Inner Strength and Assertiveness	Relationships Jealousy Love and Loss Memories Getting On and Falling Out Girlfriends and Boyfriends Celebrating My Relationships with People and Animals	Changing Me* The RSE unit based on Year 4 of the Jigsaw SOW is not appropriate for older children who might be going through a more advanced stage of physical development. Themes from Changing Me Jigsaw units from older age group may be more appropriate. The EQUALS RSE curriculum can also be used.
	Cycle 2	4	Being Me In My World Becoming A Class Team Being A School Citizen Rights, Responsibilities and Democracy Rewards and Consequences	Celebrating Difference Judging By Appearances Understanding Influences	Dreams and Goals Hopes and Dreams Broken Dreams Overcoming Disappointment Creating New Dreams	Healthy Me My Friends and Me Group Dynamics Smoking Alcohol Healthy Friendships	Relationships Jealousy Love and Loss Memories Getting On and Falling Out	Changing Me* The RSE unit based on Year 4 of the Jigsaw SOW is not appropriate for older children who might be going through a more advanced stage



			Our Learning Charter Owning our Learning Charter	Understanding Bullying Problem-solving Special Me Celebrating Difference	Achieving Goals We Did It!	Celebrating My Inner Strength and Assertiveness	Girlfriends and Boyfriends Celebrating My Relationships with People and Animals	of physical development. Themes from Changing Me Jigsaw units from older age group may be more appropriate. The EQUALS RSE curriculum can also be used.
	Cycle 1	3	Being Me In My World Getting to Know Each Other Our Nightmare School Our Dream School Rewards and Consequences Our Learning Charter Owning our Learning Charter	Celebrating Difference Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference: compliments	Dreams and Goals Dreams and Goals My Dreams and Ambitions A New Challenge Our New Challenge Our New Challenge - Overcoming Obstacles Celebrating My Learning	Healthy Me Being Fit and Healthy What Do I Know About Drugs? Being Safe Safe or Unsafe My Amazing Body	Relationships Family Roles and Responsibilities Friendship Keeping Myself Safe Online Being a Global Citizen 1 Being a Global Citizen 2 Celebrating My Web of Relationships	Changing Me* The RSE unit based on Year 3 of the Jigsaw SOW is not appropriate for older children who might be going through a more advanced stage of physical development. Themes from Changing Me Jigsaw units from older age group may be more appropriate. The EQUALS RSE curriculum can also be used.
KS2	Cycle 4	3	Being Me In My World Getting to Know Each Other Our Nightmare School Our Dream School Rewards and Consequences Our Learning Charter Owning our Learning Charter	Celebrating Difference Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference: compliments	Dreams and Goals Dreams and Goals My Dreams and Ambitions A New Challenge Our New Challenge Our New Challenge - Overcoming Obstacles Celebrating My Learning	Healthy Me Being Fit and Healthy What Do I Know About Drugs? Being Safe Safe or Unsafe My Amazing Body	Relationships Family Roles and Responsibilities Friendship Keeping Myself Safe Online Being a Global Citizen 1 Being a Global Citizen 2 Celebrating My Web of Relationships	Changing Me* The RSE unit based on Year 3 of the Jigsaw SOW is not appropriate for older children who might be going through a more advanced stage of physical development. Themes from Changing Me Jigsaw units from older age group may be more appropriate. The



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Cycle 1	1	Being Me In My World Special and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences	Celebrating Difference The same as... Different from... What is ‘bullying’?	Dreams and Goals My Treasure Chest of Success Steps to Goals Achieving Together	Healthy Me Being Healthy Healthy Choices Clean and Healthy Medicine Safety Road Safety	Relationships Families Making Friends Greetings People Who Help Us	Changing Me Life cycles Changing Me My Changing Body Boys’ and Girls’ Bodies	



			Owning our Learning Charter	What do I do about bullying? Making new friends Celebrating difference; celebrating me	Puzzle outcome: Dream wellies Stretchy Learning Puzzle outcome: Stretchy flowers Overcoming Obstacles Celebrating My Success	Happy, Healthy Me	Being My Own Best Friend Celebrating My Special Relationship	Learning and Growing Coping with Changes
KS1	Cycle 2	1	Being Me In My World Special and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences Owning our Learning Charter	Celebrating Difference The same as... Different from... What is 'bullying'? What do I do about bullying? Making new friends Celebrating difference; celebrating me	Dreams and Goals My Treasure Chest of Success Steps to Goals Achieving Together Puzzle outcome: Dream wellies Stretchy Learning Puzzle outcome: Stretchy flowers Overcoming Obstacles Celebrating My Success	Healthy Me Being Healthy Healthy Choices Clean and Healthy Medicine Safety Road Safety Happy, Healthy Me	Relationships Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating My Special Relationship	Changing Me Life cycles Changing Me My Changing Body Boys' and Girls' Bodies Learning and Growing Coping with Changes
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