



# PSHE Long Term Plan 2024-25

*Woodlands Academy*

## PSHE Intent

Our PSHE curriculum aims to enable our children to become healthy, safe, independent, responsible members of society who demonstrate respect and tolerance and who are prepared to face the many challenges and opportunities of an ever-changing modern Britain. We aim to help pupils to aspire to be the best they can be, to have dreams for their future and understand what is required to reach them. We will provide opportunities for our pupils to learn about rights and responsibilities and appreciate what it means to be a valuable member of a diverse society. We will help them to understand and consider many of the moral, social and cultural issues that are part of growing up in Britain and deepen their understanding of the fundamental British values of democracy, individual liberty, the rule of law and mutual respect and tolerance and develop their sense of self-worth by playing a positive role in contributing to school life and their own communities. We will help pupils to understand the importance of their physical and mental health, understand emotions and feelings and have strategies to help them become resilient and confident so they are ready for the transition to the adult world. We will teach our pupils' age-appropriate understanding of healthy relationships through appropriate relationship and sex education and teach our pupils about personal safety (online and off-line) and we will ensure pupils know where and how to get help if needed.

PSHE including Relationships Sex Education (RSE) is at the heart of our school ethos and runs throughout all that we do. Pupils are taught regularly timetabled following a whole school scheme to plan their lessons adapted from Jigsaw and the EQUALS RSE curriculum. The Curriculum is split into 6 themes and is taught as a spiral curriculum, so topics are re-visited in more depth to match the growing knowledge of the pupils. PSHE is also delivered through weekly whole school assemblies which celebrate the achievements of pupils and the school community and have themes around Spiritual, Moral, Social and Cultural learning.



The Five Cs	Yellow Pathway	Green Pathway	Blue Pathway
Confidence	Children will develop confidence through increasing their independence and generalising their skills through encountering different contexts.	Children will become more independent and confident through a wide range of encounters as they understand how successfully solving a problem or meeting a challenge can increase their self-confidence	Children will become fluent in the application of the skills they learn enabling them to approach adulthood with confidence.
Challenge	Children will be challenged through encountering new experiences and negotiating new environments.	Children will develop their problem-solving skills as they understand how decisions – some large, some small – can sometimes be hard.	Children will solve problems across the various elements of PSHE and acquire essential skills and knowledge for independent living and future success
Curiosity	Children will explore through making choices and trying new things,	Children will be encouraged to explore and think about what skills will help them achieve their goals when they become an adult	Children will investigate the skills they need to build on their knowledge and experience and discover how they can open doors for future opportunities.
Character	Children will play alongside and with others and sharing interactive exchanges.	Children will apply themselves to an interactive curriculum with positivity and understand the importance of their learning alongside their peers and friends.	Children will demonstrate resilience and commitment. They will understand about the choices they make which affect ourselves and others around us.
Creativity	Children will take part in role play and express their wants and needs through different forms of communication.	Children will experiment and investigate problems with an open mind: making connections: learning from mistakes and using the imagination to explore new possibilities	Children will approach problems creatively with the understanding that change is inherent in our world, particularly in the world of employment and training.



Subject: PSHE	Jigsaw	Yellow 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>
<b>Being Me In My World</b> Where I live My Classroom Special and Safe My outside spaces People who are important to me	<b>Celebrating Difference</b> Recognising emotions in others Taking account of others interests Making friends Taking turns	<b>Dreams and Goals</b> Identifying things we'd like to do Completing tasks to achieve a goal Find out about the jobs people do Role playing jobs	<b>Healthy Me</b> Make a healthy choice Make a healthy snack Learning how to relax Being clean	<b>Relationships</b> Showing interest in what others are doing Recognising when own behaviour has offended or hurt another Sharing activities with other people Taking turns	<b>Changing Me *</b> Touching and allowing others to touch me – appropriate touch Private and public <b>*The EQUALS RSE curriculum can also be used.</b> <i>Knowing My Body</i> <i>Knowing Me</i> <i>Private and Public</i> <i>Touching and Allowing Others to Touch Me</i> <i>Forming Relationships</i> <i>Sexual Intimacy with Another Person</i>

**\* 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



Subject: PSHE	Jigsaw	Green Pathway
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## LONG TERM PLAN

	<u>Jigsaw Stage</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>	
<p><b>* Changing Me (summer 2)</b> 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	<b>Being Me In My World</b> My Year Being a Citizen of My Country Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	<b>Celebrating Difference</b> Different Cultures Racism Rumours and Name-calling Types of Bullying Does Money Matter? Celebrating Difference Across The World	<b>Dreams and Goals</b> 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	<b>Healthy Me</b> Smoking Alcohol Emergency Aid Body Image My Relationship With Food Healthy Me	<b>Relationships</b> Recognising Me Safety With Online Communities Being In An Online Community Online Gaming My Relationship With Technology: Screen Time Relationships and Technology	<b>Changing Me *</b> 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	<b>Being Me In My World</b> My Year Being a Citizen of My Country Responsibilities Rewards and Consequences Our Learning Charter	<b>Celebrating Difference</b> Different Cultures Racism Rumours and Name-calling	<b>Dreams and Goals</b> When I Grow Up (My Dream Lifestyle) Investigate Jobs and Careers	<b>Healthy Me</b> Smoking Alcohol Emergency Aid Body Image	<b>Relationships</b> Recognising Me Safety With Online Communities Being In An Online Community	<b>Changing Me *</b> The RSE unit based on Year 5 of the Jigsaw SOW is not appropriate for older children who might be going through



			Owning our Learning Charter	Types of Bullying Does Money Matter? Celebrating Difference Across The World	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	My Relationship With Food Healthy Me	Online Gaming My Relationship With Technology: Screen Time Relationships and Technology	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	<b>Being Me In My World</b> Becoming A Class Team Being A School Citizen Rights, Responsibilities and Democracy Rewards and Consequences Our Learning Charter Owning our Learning Charter	<b>Celebrating Difference</b> Judging By Appearances Understanding Influences Understanding Bullying Problem-solving Special Me Celebrating Difference	<b>Dreams and Goals</b> Hopes and Dreams Broken Dreams Overcoming Disappointment Creating New Dreams Achieving Goals We Did It!	<b>Healthy Me</b> My Friends and Me Group Dynamics Smoking Alcohol Healthy Friendships Celebrating My Inner Strength and Assertiveness	<b>Relationships</b> Jealousy Love and Loss Memories Getting On and Falling Out Girlfriends and Boyfriends Celebrating My Relationships with People and Animals	<b>Changing Me*</b> 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	<b>Being Me In My World</b> Becoming A Class Team Being A School Citizen Rights, Responsibilities and Democracy Rewards and Consequences Our Learning Charter Owning our Learning Charter	<b>Celebrating Difference</b> Judging By Appearances Understanding Influences Understanding Bullying Problem-solving Special Me	<b>Dreams and Goals</b> Hopes and Dreams Broken Dreams Overcoming Disappointment Creating New Dreams Achieving Goals We Did It!	<b>Healthy Me</b> My Friends and Me Group Dynamics Smoking Alcohol Healthy Friendships Celebrating My Inner Strength and Assertiveness	<b>Relationships</b> Jealousy Love and Loss Memories Getting On and Falling Out Girlfriends and Boyfriends Celebrating My Relationships with People and Animals	<b>Changing Me*</b> 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



				Celebrating Difference				appropriate. The EQUALS RSE curriculum can also be used.
	Cycle 1	3	<b>Being Me In My World</b> Getting to Know Each Other Our Nightmare School Our Dream School Rewards and Consequences Our Learning Charter Owing our Learning Charter	<b>Celebrating Difference</b> Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference: compliments	<b>Dreams and Goals</b> Dreams and Goals My Dreams and Ambitions A New Challenge Our New Challenge Our New Challenge - Overcoming Obstacles Celebrating My Learning	<b>Healthy Me</b> Being Fit and Healthy What Do I Know About Drugs? Being Safe Safe or Unsafe My Amazing Body	<b>Relationships</b> Family Roles and Responsibilities Friendship Keeping Myself Safe Online Being a Global Citizen 1 Being a Global Citizen 2 Celebrating My Web of Relationships	<b>Changing Me*</b> 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	<b>Being Me In My World</b> Getting to Know Each Other Our Nightmare School Our Dream School Rewards and Consequences Our Learning Charter Owing our Learning Charter	<b>Celebrating Difference</b> Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference: compliments	<b>Dreams and Goals</b> Dreams and Goals My Dreams and Ambitions A New Challenge Our New Challenge Our New Challenge - Overcoming Obstacles Celebrating My Learning	<b>Healthy Me</b> Being Fit and Healthy What Do I Know About Drugs? Being Safe Safe or Unsafe My Amazing Body	<b>Relationships</b> Family Roles and Responsibilities Friendship Keeping Myself Safe Online Being a Global Citizen 1 Being a Global Citizen 2 Celebrating My Web of Relationships	<b>Changing Me*</b> 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.
	Cycle 3	2	<b>Being Me In My World</b> Hopes and Fears for the Year Rights and Responsibilities	<b>Celebrating Difference</b> Boys and Girls	<b>Dreams and Goals</b> Goals to Success My Learning Strengths	<b>Healthy Me</b> Being Healthy Being Relaxed	<b>Relationships</b> Families	<b>Changing Me</b> Life Cycles in Nature



			Rewards and Consequences Our Learning Charter Owning our Learning Charter	Why Does Bullying Happen? Standing Up For Myself and Others Gender Diversity Celebrating Difference and Still Being Friends	Learning With Others A Group Challenge Continuing Our Group Celebrating Our Achievement	Medicine Safety Healthy Eating Happy, Healthy Me!	Keeping Safe – exploring physical contact Friends and Conflict Secrets Trust and Appreciation Celebrating My Special Relationships	Growing from Young to Old The Changing Me Boys’ and Girls’ Bodies Assertiveness Looking Ahead
Cycle 2	2	<b>Being Me In My World</b> Hopes and Fears for the Year Rights and Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	<b>Celebrating Difference</b> Boys and Girls Why Does Bullying Happen? Standing Up For Myself and Others Gender Diversity Celebrating Difference and Still Being Friends	<b>Dreams and Goals</b> Goals to Success My Learning Strengths Learning With Others A Group Challenge Continuing Our Group Celebrating Our Achievement	<b>Healthy Me</b> Being Healthy Being Relaxed Medicine Safety Healthy Eating Happy, Healthy Me!	<b>Relationships</b> Families Keeping Safe – exploring physical contact Friends and Conflict Secrets Trust and Appreciation Celebrating My Special Relationships	<b>Changing Me</b> Life Cycles in Nature Growing from Young to Old The Changing Me Boys’ and Girls’ Bodies Assertiveness Looking Ahead	
Cycle 1	1	<b>Being Me In My World</b> Special and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences Owning our Learning Charter	<b>Celebrating Difference</b> The same as... Different from... What is ‘bullying’? What do I do about bullying? Making new friends	<b>Dreams and Goals</b> <b>My Treasure Chest of</b> Success Steps to Goals Achieving Together Puzzle outcome: Dream wellies Stretchy Learning Puzzle outcome: Stretchy flowers Overcoming Obstacles	<b>Healthy Me</b> Being Healthy Healthy Choices Clean and Healthy Medicine Safety Road Safety Happy, Healthy Me	<b>Relationships</b> Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating My Special Relationship	<b>Changing Me</b> Life cycles Changing Me My Changing Body Boys’ and Girls’ Bodies Learning and Growing Coping with Changes	



				Celebrating difference; celebrating me	Celebrating My Success			
KS1	Cycle 2	1	<b>Being Me In My World</b> Special and Safe My Class Rights and Responsibilities Rewards and Feeling Proud Consequences Owing our Learning Charter	<b>Celebrating Difference</b> The same as... Different from... What is 'bullying'? What do I do about bullying? Making new friends Celebrating difference; celebrating me	<b>Dreams and Goals My Treasure Chest of Success</b> Steps to Goals Achieving Together Puzzle outcome: Dream wellies Stretchy Learning Puzzle outcome: Stretchy flowers Overcoming Obstacles Celebrating My Success	<b>Healthy Me</b> Being Healthy Healthy Choices Clean and Healthy Medicine Safety Road Safety Happy, Healthy Me	<b>Relationships</b> Families Making Friends Greetings People Who Help Us Being My Own Best Friend Celebrating My Special Relationship	<b>Changing Me</b> Life cycles Changing Me My Changing Body Boys' and Girls' Bodies Learning and Growing Coping with Changes
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Subject: PSHE	Jigsaw	Blue Pathway
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			<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	<b>Being Me In My World</b> Becoming an adult Relationships and the Law The law and you Me, the internet and the law Emergency situation	<b>Dreams and Goals</b> Managing anxiety and Overwhelm Money and debt Dream jobs and skill Set My future relationships What to do when things go wrong	<b>Healthy Me</b> Relaxation and managing stress Hygiene and health Under pressure Pregnancy and choice Staying safe in sexual relationships	<b>Relationships</b> Intimate romantic Relationships Gender diversity and Sexuality Coming Out as LGBT+ Who holds all the cards? The last taboos	EXAMS	
	Cycle 1	10					<b>Celebrating Difference</b> Equality: what does it mean to me in the UK? Equality in the workplace Multicultural Society Power in relationships Challenging inequality	<b>Changing Me</b> Changing society and me Managing change and decision making Gender and sexual identity Gender stereotypes and sexual identity Physical and emotional changes



# Assembly Timetable 2024-25

- Being Me In My World
- Celebrating Difference
- Dreams and Goals
- Healthy Me
- Relationships
- Changing Me

Assembly themes underlined relate to Nottingham based events and topics.

	September	October	November	December	January	February
Week 1	Welcome Back	National Poetry Day	Disability History Month	Christmas Jumper Day	New Year Resolutions	LGBTQ+ History Month
Week 2	Roald Dahl	Yom Kippur	Anti Bullying Week	Think Big Project	<u>Light Night</u>	Valentine's Day
Week 3	National Recycling Week	Black History Month	Road Safety Week	Christmas	Big Garden Birdwatch	Half Term
Week 4	<u>Goose Fair</u>	Half Term	Winston Churchill	Christmas Holiday	Chinese New Year	Ramadan

	March	April	May	June	July
Week 1	World Book Day	World Autism Awareness	Screen Free Week	World Environment Day	World UFO Day
Week 2	Holi (Hindu Festival of Colours)	Easter	Mental Health Awareness Week	World Day Against Child Labour	World Population Day
Week 3	International Day of Happiness	Easter	World Meditation Day	<u>Nottingham Refugee Week</u>	Moon Landing Anniversary
Week 4	<u>Great Orchestra Experiment</u>	St George's Day	Half Term	<u>RSE Day</u>	End Of Year Assembly
Week 5		National Walking Month			

