



### PSHE Long Term Plan

Years 1 - 3		
	2022 -2023	2023-2024
Hurricanes	Year 1 Focus Curriculum	Year 2 Focus Curriculum
Hercules	Year 3 Focus Curriculum	Year 2 Focus Curriculum

Years 4 - 6		
	2022-2023	2023-2024
Voyagers	Year 4 Focus Curriculum	Year 5 Focus Curriculum
Falcons	Year 6 Focus Curriculum	Year 5 Focus Curriculum

*Reception are taught their year group Puzzle Units each term. Repeated annually.*

Term	Puzzle (Unit)	Content
<b>Autumn 1:</b>	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b>Spring 1:</b>	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
<b>Spring 2:</b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change <i>*Project 10 also taught this term over a focus fortnight to the Year 5s</i> <i>*Safer Together Programme also taught to the Year 4s over a focus fortnight</i>