

Jigsaw medium term planning

All year groups complete the same medium term units of work, called puzzles, each half term. The units of work studied are each made up of six lessons, called pieces.

The units covered

Autumn one	Being Me In My World
Autumn two	Celebrating Difference
Spring one	Dreams and Goals
Spring two	Healthy Me
Summer one	Relationships
Summer two	Changing Me



The core learning in each unit

Being Me In My World	A sense of belonging; welcoming others; building the positive and nurturing ethos of the class/school; being part of a school community, a wider community, a global community
Celebrating Difference	Similarities and differences – diversity; appearance, disability, racism, power, friendships, conflict; accepting everyone's right to 'difference', regardless of their circumstances or choices Bullying – what it is and what it isn't, links to anti-bullying week
Dreams and Goals	Hopes and dreams; goals to success; learning and personal strengths; challenges – team work skills and tasks; overcoming obstacles
Healthy Me	Emotional health - relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress Physical health - eating a balanced diet, physical activity, rest and relaxation, keeping clean, being safe, first aid
Relationships	Families; Friendships; Love and Loss; Memories; Grief cycle; Pets and animals; Safeguarding and keeping safe; Assertiveness; Conflict; Own strengths and self-esteem
Changing Me	Life cycles; growing and changing from young to old; assertiveness; self-respect; safeguarding; differences between males and female bodies using correct terminology, coping with change

The RHE curriculum, Relationships and Health related objectives are covered for the most part in the final two units of work in the summer term. Some objectives from this strand of PSHE are to be found in other units of work, too.