



# Castle Newnham School

TRADITIONAL VALUES, BRIGHT FUTURES, ONE JOURNEY

PSHE/Jigsaw LTP						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1/FS2	<b>Being Me in My World •</b> Self-identity • Understanding feelings • Being in a classroom • Rights and responsibilities	<b>Celebrating Differences •</b> Talents • Being special • Families • Where we live • Making friends • Standing up for yourself	<b>Dreams and Goals</b> • Perseverance • Challenges • Goal setting • Seeking help • Jobs	<b>Healthy Me</b> • Exercising • Healthy food • Keeping clean • Sleep • Safety	<b>Relationships</b> • Families • Friendships • Falling out • Dealing with bullying • Being a good friend	<b>Changing Me</b> • Bodies • Respecting my body • Growing up • Fun and fears • Celebrations
Year 1	<b>Being Me in My World •</b> Feeling special and safe • Being part of a class • Rights and responsibilities • Rewards and feeling proud • Consequences • Owning the	<b>Celebrating Differences •</b> Similarities and differences • Understanding bullying and ways of dealing with it • Making new friends • Celebrating differences	<b>Dreams and Goals</b> • Setting goals • Successes and achievements • Learning styles • Overcoming obstacles	<b>Healthy Me</b> • Keeping myself healthy (inc clean, safe) • Healthy choices • Medicine safety • Road safety • Health and happiness	<b>Relationships</b> • Belonging to a family • Making friends • Physical contact • People who help us • Qualities • Self acknowledgement • Being a good friend to self • Celebrating	<b>Changing Me</b> • Life cycles (animals, humans) • Changes to me • Differences between females and males • Growing and learning • Transition

	learning charter				relationships	
Year 2	<b>Being Me in My World</b> <ul style="list-style-type: none"> <li>• Hopes and fears</li> <li>• Rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• Safe and fair learning environment</li> <li>• Valuing contributions</li> <li>• Choices</li> <li>• Recognising feelings</li> </ul>	<b>Celebrating Differences •</b> <ul style="list-style-type: none"> <li>Assumptions and stereotyping</li> <li>• Gender diversity</li> <li>• Understanding bullying</li> <li>• Standing up for self and others</li> <li>• Making new friends</li> <li>• Celebrating differences and</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>• Achieving realistic goals</li> <li>• Perseverance</li> <li>• Own strengths</li> <li>• Learning with others</li> <li>• Cooperation</li> <li>• Contributing to and sharing success</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>• Motivation</li> <li>• Healthy choices</li> <li>• Relaxation</li> <li>• Healthy eating and nutrition</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>• Different types of families</li> <li>• Physical contact boundaries</li> <li>• Friendships and conflict</li> <li>• Secrets</li> <li>• Trust and appreciation</li> <li>• Expressing appreciation for special relationships</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>• Life cycles in nature</li> <li>• Growing up</li> <li>• Increasing independence</li> <li>• Differences in genders (bodies)</li> <li>• Assertiveness</li> <li>• Preparing for transition</li> </ul>

		remaining friends				
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Year 3	<b>Being Me in My World</b> <ul style="list-style-type: none"> <li>• Setting personal goals</li> <li>• Self-identity and worth</li> <li>• Rules, rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• Group decision making</li> <li>• Having a voice</li> <li>• Behaviour motivations</li> </ul>	<b>Celebrating Difference •</b> Families and differences <ul style="list-style-type: none"> <li>• Management of family conflicts</li> <li>• Witnessing bullying, management</li> <li>• Giving and receiving compliments</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>• Difficult challenges and achieving success</li> <li>• Dreams and ambitions</li> <li>• Motivation and enthusiasm</li> <li>• Evaluating learning processes</li> <li>• Managing feelings</li> <li>• Budgeting</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>• Fitness</li> <li>• Food labelling and healthy choices</li> <li>• Drugs and attitudes</li> <li>• Keeping safe (inc online and off line)</li> <li>• Respect for self and others</li> <li>• Healthy, safe choices</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>• Family roles and responsibilities</li> <li>• Friendships and negotiation</li> <li>• Keeping safe online, seeking help</li> <li>• Global citizenship</li> <li>• Choice awareness</li> <li>• Awareness of different lifestyles</li> <li>• Expressing appreciation for others</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>• Baby development and needs</li> <li>• Body changes</li> <li>• Family stereotypes</li> <li>• Challenging my ideas</li> <li>• Transition (preparation)</li> </ul>
Year 4	<b>Being Me in My World •</b> Being part of a team <ul style="list-style-type: none"> <li>• School citizenship</li> <li>• Rights, responsibilities and democracy</li> <li>• Rewards and consequences</li> <li>• Group decision making</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>• Hope and dreams</li> <li>• Overcoming disappointment</li> <li>• Creating new, realistic dreams</li> <li>• Achieving goals</li> <li>• Teamwork</li> <li>• Celebrating contributions</li> <li>• Resilience</li> </ul>	<b>Celebrating Differences •</b> Challenging assumptions <ul style="list-style-type: none"> <li>• Judging by appearance</li> <li>• Acceptance</li> <li>• Understanding influences</li> <li>• Understanding bullying</li> <li>• Problem solving</li> <li>• Being unique</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>• Jealousy</li> <li>• Love and loss</li> <li>• Getting on and falling out</li> <li>• Girlfriends and boyfriends</li> <li>• Showing appreciation to people and animals</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>• Healthy friendship</li> <li>• Group dynamics</li> <li>• Drugs and alcohol</li> <li>• Assertiveness</li> <li>• Peer pressure</li> <li>• Celebrating inner strength</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>• Being unique</li> <li>• Having a baby</li> <li>• Girls and puberty</li> <li>• Confidence in change</li> <li>• Accepting change</li> <li>• Preparing for transition</li> <li>• Environmental change</li> </ul>

	• Having a voice		• First impressions			
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	• Behaviour motivation	• Positive attitudes				
Year 5	<b>Being Me in My World •</b> Planning the forthcoming year • Being a citizen • Rights and responsibilities • Rewards and consequences • Democracy • Behaviour affecting others	<b>Celebrating Differences •</b> Cultural differences and causing conflict • Racism • Rumours and name calling • Types of bullying • Materials, wealth and happiness • Enjoying and respecting other cultures	<b>Dreams and Goals</b> • Future dreams • Importance of money • Jobs and careers • Dream jobs • Goals in different cultures • Supporting charities • Motivation	<b>Healthy Me</b> • Smoking, vaping and drugs • Alcohol and anti-social behaviour • Emergency aid • Body image • Healthy choices • Relationships with food • Motivation and behaviour	<b>Relationships</b> • Self-recognition and self-worth • Building self esteem • Safe online communities • Rights and responsibilities online • Online gaming and gambling • Reducing screen time • Dangers of online grooming • SMARRT internet safety	<b>Changing Me</b> • Self and body image • Influence of social media on body image • Puberty • Conceptions (inc IVF) • Growing responsibility • Coping with change • Transition

Year 6	<b>Being Me in My World</b> <ul style="list-style-type: none"> <li>• Identifying goals for the year</li> <li>• Global citizenship</li> <li>• Children's universal rights</li> <li>• Feeling welcome and valued</li> <li>• Choices, consequences and rewards</li> <li>• Group dynamics</li> <li>• Democracy</li> <li>• Anti-social behaviour</li> <li>• Role-modelling</li> </ul>	<b>Celebrating Differences •</b> Assertiveness <ul style="list-style-type: none"> <li>• Prejudice and discrimination</li> <li>• Values</li> <li>• Challenging stereotypes</li> <li>• Discrimination</li> <li>• Prejudice and discrimination fuels bullying</li> <li>• Inclusion</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>• Dreams and goals (mine)</li> <li>• Steps to success</li> <li>• Coping</li> <li>• Dreams and rewards</li> <li>• Intrinsic and extrinsic motivation</li> <li>• Keeping dreams alive</li> <li>• How dreams and goals change in response to life</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>• Health choices about my emotional health</li> <li>• Managing stress</li> <li>• Managing choices around substances</li> <li>• Medicines and immunisation</li> <li>• Healthy choices about physical activity (inc sleep and rest)</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>• Changing webs of friendship</li> <li>• Finding support</li> <li>• Positive relationships</li> <li>• Relationships and their affects</li> <li>• Assertiveness in relationships</li> <li>• Changing role of families</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>• Changing body and feelings</li> <li>• Self-image</li> <li>• Coping during change</li> <li>• Changing ways of thinking</li> <li>• Managing changes in mood</li> <li>• Moving forwards in my next year of education</li> </ul>
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