

LONG TERM PLAN FOR PSHE (including RSE)

Jigsaw PSHE 3-11 fulfils DfE statutory requirements for Relationships and Health Education (England)



Jigsaw consists of six half-term units of work (Puzzles), each containing six lessons (Pieces) covering each academic year. Every Piece has two Learning Intentions, one specific to PSHE (including Relationships and Health Education) and the other designed to develop emotional literacy and social skills. Puzzles are launched with a whole-school assembly containing an original song, with each year group studying the same unit at the same time (at their age-appropriate level), building sequentially through the school year, facilitating whole-school learning themes. The various teaching and learning activities are engaging and mindful of different learning styles and the need for differentiation in Nursery and Reception where planning is aligned to the National Early Years Framework.

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1. Being Me in My World

Includes understanding my place in the class, school and global community as well as devising Learning Charters:



2. Celebrating Difference

Includes anti-bullying (cyber and homophobic bullying included) and diversity work.



3. Dreams and Goals

Includes goal-setting, aspirations for yourself and the world and working together.



4. Healthy Me

Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices.



5. Relationships

Includes understanding friendship, family and other relationships, conflict resolution and communication skills.



6. Changing Me

This puzzle includes sex and relationships education in the context of coping positively with change. (includes age-appropriate sex education)