



PSHCEE LONG TERM & MEDIUM TERM PLAN

Banstead Preparatory School uses Jigsaw, 1Decision* and PSHE Association resources for PSHE to create a tailor-made curriculum that reflects the needs of our school. The whole school will follow the structure outlined below, revisiting themes each year in greater detail and depth. Some themes eg: Relationships, diversity, mental health and consent, will be ongoing throughout the year as an intrinsic part of our school culture and hidden curriculum. Specific elements of greater focus will be taught at the allocated time, set out below.

Jigsaw Content

Term	Area of focus	Content
Autumn 1:	Being Me in My World	Includes understanding my place in the class, school and global community including sustainability. It also looks at being a responsible citizen.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included), kindness and diversity work
Spring 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills
Spring 2:	Changing Me	<u>Includes Sex and Relationship Education in the context of looking at change</u>
Summer 1:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices and safety

Summer 2: Dreams and Goals Includes goal setting, aspirations, working together, design and organising fundraising events.

The Jigsaw and 1 Decisions schemes cover all areas of PSHCEE for the primary phase. NB: All topics may be changed according to circumstances within classes during the year.

PSHCEE Medium Term Overview						
	Autumn Term 1 Being me in my World	Autumn Term 2 Celebrating Difference	Spring Term 1 Relationships	Spring Term 2 Changing Me	Summer Term 1 Healthy Me	Summer Term 2 Dreams and Goals
Y1	<ul style="list-style-type: none"> • Special and Safe • My Class • Rights and Responsibilities • Being responsible • Rewards and Feeling Proud • Consequences • Sustainability 	<ul style="list-style-type: none"> • Similarities and differences • Understanding bullying and knowing how to deal with it* • Making new friends* • Celebrating differences in everyone 	<ul style="list-style-type: none"> • Belonging to a family • Making friends/Being a good friend • Physical contact preferences • People who help us • Qualities as a friend and person • Self-acknowledgement • Being a good friend to myself 	<ul style="list-style-type: none"> • Life cycles – animal and human • Changes in me • Changes since being a baby • Differences between female and male bodies • Linking learning and growing • Coping with change • Transition to Y2 	<ul style="list-style-type: none"> • Keeping myself healthy • Healthier lifestyle choices • Keeping clean and healthy - washing hands • Medicine safety • Road safety* • Tying shoelaces* • Linking health and happiness 	<ul style="list-style-type: none"> • Setting goals • Identifying successes and achievements • Working well and celebrating achievement with a partner • Tackling new challenges • Overcoming obstacles • Celebrating my success/feelings of success

			<ul style="list-style-type: none"> Celebrating my special relationships 			<ul style="list-style-type: none"> Money Matters*
Y2	<ul style="list-style-type: none"> Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Being responsible - choices Valuing contributions Sustainability Choices On-line safety – making friends online* 	<ul style="list-style-type: none"> Assumptions and stereotypes about gender Understanding bullying/Online bullying*Standing up for myself and others Making new friends Gender diversity Celebrating difference and remaining friends 	<ul style="list-style-type: none"> Different types of families Keeping safe – physical contact boundaries/Touch* Friends and conflict Secrets Trust and appreciation Expressing appreciation for special relationships 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old Increasing independence Differences in male and female bodies. Assertiveness Feelings and emotions – jealousy*/assertiveness Preparing for transition 	<ul style="list-style-type: none"> Motivation Healthier Choices Relaxation Medicine safety Healthy eating and nutrition* Healthier snacks and sharing food 	<ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Money Matters*Contributing to and sharing success

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Y3	<ul style="list-style-type: none"> • Setting realistic goals • Self-identity and worth • Positivity in challenges • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings/<i>An-ger*/Grief*</i> • <i>Being responsible – stealing*</i> • Sustainability 	<ul style="list-style-type: none"> • Families and their differences • Family conflict and how to manage it (child centred) • Witnessing bullying and how to solve it • Recognising how words can be hurtful • Giving and receiving compliments 	<ul style="list-style-type: none"> • Family roles and responsibilities • Friendship and negotiation • Keeping myself safe online and who to go to for help • Being a global citizen • Being aware of how my choices affect others/<i>Helping someone in need*</i> • <i>Body language*</i> • Awareness of how other children have different lives • Expressing appreciation for family and friends 	<ul style="list-style-type: none"> • How babies grow • Understanding a baby's needs • Outside body changes • Inside body changes • Family stereotypes • Challenging my ideas • Feelings and emotions - grief • Preparing for transition 	<ul style="list-style-type: none"> • Exercise • Fitness challenges • Food labelling and healthy choices • Attitudes towards drugs/<i>Medicine*</i> • <i>Keeping safe and why it's important online and offline scenarios*</i> • Healthy and safe choices/<i>Being safe at home*</i> • Respect for myself and others 	<ul style="list-style-type: none"> • Difficult challenges and achieving success • My dreams and ambitions • New challenges • Motivation and enthusiasm • Recognising and trying to overcome obstacles Evaluating learning processes • Managing feelings • Simple budgeting

Y4	<ul style="list-style-type: none"> Becoming a class 'team' Being a school citizen Rights, responsibilities and democracy Rewards and consequences Group decision making Having a voice Computer safety – online bullying* Being responsible – What motivates behaviour? Coming home on time* Sustainability 	<ul style="list-style-type: none"> Challenging assumptions/Breaking Down barriers* Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem solving Identifying how special and unique everyone is First impressions 	<ul style="list-style-type: none"> Feelings and emotions – jealousy Love and loss Memories of loved ones Getting on and falling out/Jealousy* Girlfriends and boy-friends Showing appreciation of people and animals Appropriate touch* 	<ul style="list-style-type: none"> Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change 	<ul style="list-style-type: none"> Healthier friendships/Healthy Living* Group dynamics Smoking Alcohol Assertiveness Peer Pressure Celebrating inner strength Cycle Safety* 	<ul style="list-style-type: none"> Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group* Celebrating contribution Resilience Positive attitudes
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Y5	<ul style="list-style-type: none"> Planning for the forth-coming year Being a citizen Rights and responsibilities How behaviour affects groups • Looking out for others* Democracy, having a voice, participating Sustainability 	<ul style="list-style-type: none"> Cultural differences and how they can cause conflict Racism Rumours and name calling/Peer pressure* Types of bullying Material wealth and happiness Enjoying and respecting other cultures Inclusion and Acceptance * 	<ul style="list-style-type: none"> Self recognition and self worth Building self-esteem Safer online communications Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming • SMAART internet safety rules* 	<ul style="list-style-type: none"> Self and body image • Puberty for girls* • Puberty for boys* Growing responsibility Coping with change Preparing for transition 	<ul style="list-style-type: none"> • Smoking, including vaping* to U6 Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour 	<ul style="list-style-type: none"> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures • Supporting others (charity)* Motivation

Y6	<ul style="list-style-type: none"> Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Stealing* Role-modelling Sustainability 	<ul style="list-style-type: none"> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict. Difference as celebration Empathy British Values* 	<ul style="list-style-type: none"> Mental Health Identifying mental health worries and sources of support* Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use* 	<ul style="list-style-type: none"> Self image Body image Puberty and feelings Conception to Birth* Physical attraction Respect and consent Boyfriends and girlfriends Sexting Transition to High School 	<ul style="list-style-type: none"> Taking personal responsibility How substances can affect the body/Alcohol* Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress Water Safety* 	<ul style="list-style-type: none"> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments
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Whole School Focus - Ideas	<ul style="list-style-type: none"> Rewards & consequences School rules – Be respectful, Be ready, Be safe. School Routines: Meet and Greet, Attentive Listening, Wonderful Walking Organisation of pupil parliament Mindfulness Mental Health and Wellbeing BPS Values World First Aid Day Roald Dahl Day National Coding Week International Day of Democracy National Fitness Day National Poetry Day Healthy Eating Week Fire Safety Week Diwali 	<ul style="list-style-type: none"> National Anti-bullying week/Odd Socks Day/Kindness Week Remembrance Day Bonfire Night International Children's Day Mindfulness Mental Health and wellbeing BPS Values Diwali Road Safety Week Thanksgiving Advent Christmas Jumper Day 	<ul style="list-style-type: none"> Recycling/Eco Week (recycle Christmas Cards etc) National Hand-writing Day Chinese New Year Big Garden Bird-watch Safer Internet Day International Random Acts of Kindness Week. Mindfulness Relationships BPS Values Mental Health and Wellbeing 	<ul style="list-style-type: none"> Mother's Day Red Nose Day Pancake Day British Science Week World Book Day Mindfulness BPS Values Mental Health and Wellbeing World Wildlife Day World Maths March World Book March Science Week 	<ul style="list-style-type: none"> Father's Day Healthy Me activities Mindfulness BPS Values Mental Health and Wellbeing 	<ul style="list-style-type: none"> My Money Week – fundraising Next steps – Preparation for next year/Y7 Mindfulness Living in the Wider World BPS Values Mental Health and Wellbeing Pride Month (June)

