















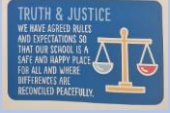




PHSE Medium term plan Year 1:







Jigsaw Lesson/ Project evolve lesson/ Anti-racism education






Autumn 1	<p>Week 1</p> <p>Jigsaw – Being me in my World Lesson 1 and Lesson 2 combined</p> <p>I understand the rights and responsibilities as a member of my class I know that I belong to my class I feel special and safe in my class</p> 	<p>Week 2</p> <p>Jigsaw – Being me in my world Lesson 3 –</p> <p>I understand the rights and responsibilities for being a member of my class I know how to make my class a safe place for everybody to learn</p> 	<p>Week 3</p> <p>Jigsaw – Being me in my world Lesson 4 – Rewards and feeling proud</p> <p>I know my views are valued and can contribute to the Learning Charter I recognise how it feels to be proud of an achievement</p> 	<p>Week 4</p> <p>Jigsaw – Being me in my world Lesson 5 – Consequences</p> <p>I can recognise the choices I make and understand the consequences I recognise the range of feelings when I face certain consequences</p> 	<p>Week 5</p> <p>Internet safety lesson 1 – Project evolve: Self image and identity</p> <p>I can recognise that there may be people online who could make someone feel sad, embarrassed or upset.</p> 	<p>Week 6</p> <p>Internet safety lesson 2 – Project evolve: Self image and identity (2)</p> <p>If something happens that makes me feel sad, worried, uncomfortable or frightened I can give examples of when and how to speak to an adult I can trust and how they can help.</p> 	<p>Additional</p> <p>- School nurse safe touch School nurse safe touch follow up session (Pantsasaurus NSPCC video/ labelling safe touch/ not safe touch, discussions)</p> 
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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Autumn 2</p>	<p>Jigsaw – Celebrating differences Lesson 1 and Lesson 2 combined</p> <p>I can identify similarities between people in my class I can tell you some ways in which I am the same as my friends I can identify differences between people in my class I can tell you some ways I am different from my friends</p> 	<p>Jigsaw – Celebrating differences lesson 3</p> <p>I can tell you what bullying is I understand how being bullied might feel</p> 	<p>Jigsaw Celebrating differences lesson 4</p> <p>I know some people who I could talk to if I was feeling unhappy or being bullied I can be kind to children who are bullied</p> 	<p>Jigsaw – Celebrating differences Lesson 5</p> <p>Know how to make new friends Know how it feels to make a new friend</p> 	<p>Project Evolve, Year 1, online bullying</p> <p>Recognise that certain behaviours online can upset others. Give examples of behaviours that are unlikely to upset others. Give examples of behaviours that can make others feel more pleasant emotions (e.g. happy, satisfied, proud, etc.)</p> 	<p>Project evolve year 1 – online relationships lesson 3 and 4</p> <p>I can explain why it is important to be considerate and kind to people online and to respect their choices. I can explain why things one person finds funny or sad online may not always be seen in the same way by others.</p> 	<p>- NSPCC Speak out video assembly (45 mins) -Anti-bullying week (Jigsaw lesson 3 and on-line bullying will cover this) -Remembrance (Super 70)</p> <p>Road safety week (Jigsaw Healthy me Lesson 5) I know how to keep safe when crossing the road, and about people who can help me to stay safe I can recognise when I feel frightened and know who to ask for help</p>
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Spring 1	<p>Jigsaw Dreams and goals – Lesson 1 and lesson 2 combined</p> <p>I can set simple goals I can tell you about a thing I do well I can set a goal and work out how to achieve it I can tell you how I learn best</p> 	<p>Jigsaw Dreams and goals Lesson 3 and 4 combined</p> <p>I understand how to work well with a partner I can tackle a new challenge and understand this might stretch my learning I can tell you how I feel when I am faced with a new challenge I can celebrate achievement with my partner</p> 	<p>Jigsaw Dreams and goals lesson 5 and 6 combined</p> <p>I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them I can tell you how I felt when I succeeded in a new challenge and how I celebrated it I can explain how I feel when I face obstacles and how I feel when I overcome them I know how to store the feelings of success in my internal treasure chest</p> 	<p>Project evolve: Online reputation</p> <p>Combine lessons 1 and 2</p> <p>I can recognise that information can stay online and could be copied. I can describe what information I should not put online without asking a trusted adult first.</p> 	<p>Anti-Racism education lesson 1 – talking about race and racism</p> <p>Be familiar with a set of ground rules for our anti-racism lessons Understand that race refers to the groups we are placed in because of how we look (our physical characteristics) Begin to understand the term racism.</p> 	<p>Anti-Racism education lesson 2 – defining anti-racism</p> <p>Understand the difference between non-racist and anti-racist</p> 	
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Spring 2	<p>Anti-racism education lesson 3 – redefining racism</p> <p>I can use my knowledge of race/racism to myth bust</p> 	<p>Anti-racism education lesson 4 - Understanding racial socialisation and stereotypes</p> <p>I know what a stereotype is I understand that some of my views and opinions are a result of radical solicitation.</p> 	<p>Jigsaw – Healthy Me Lesson 1</p> <p>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I feel good about myself when I make healthy choices</p> 	<p>Jigsaw Healthy me – lesson 2</p> <p>I know how to make healthy lifestyle choices I feel good about myself when I make healthy choices</p> 	<p>Jigsaw – Healthy me lesson 3 –</p> <p>I know how to keep myself clean and healthy, and understand how germs cause disease/illness</p> <p>I know that all household products including medicines can be harmful if not used properly</p> 	<p>Jigsaw – Healthy me lesson 4</p> <p>understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p>I know some ways to help myself when I feel poorly</p> 	<p>Project evolve – Health, Well-being and lifestyle Lesson 1</p> <p>I can explain rules to keep myself safe when using technology both in and beyond the home</p> 
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<p>Summer 1</p>	<p>Jigsaw – Relationships Lesson 1</p> <p>I can identify the members of my family and understand that there are lots of different types of families I know how it feels to belong to a family and care about the people who are important to me</p> 	<p>Jigsaw – Relationships lesson 2</p> <p>I can identify what being a good friend means to me I know how to make a new friend</p> 	<p>Jigsaw – Relationships lesson 3</p> <p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer I can recognise which forms of physical contact are acceptable and unacceptable to me</p> 	<p>Jigsaw – Relationships lesson 4</p> <p>I know who can help me in my school community I know when I need help and know how to ask for it</p> 	<p>Jigsaw – Relationships Lesson 5</p> <p>I can recognise my qualities as a person and a friend I know ways to praise myself</p> 	<p>Project Evolve – Privacy and security</p> <p>I can explain how passwords are used to protect information, accounts and devices. I can recognize more detailed examples of information that is personal to someone. I can explain why it is important to always ask a trusted adult before sharing any personal information online belonging to myself or others.</p> 	
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Summer 2	<p>Jigsaw – Changing me Lesson 1</p> <p>I am starting to understand the life cycles of animals and humans</p> <p>I understand that changes happen as we grow and that this is OK</p> 	<p>Jigsaw – Changing me Lesson 2</p> <p>I can tell you some things about me that have changed and some things about me that have stayed the same</p> <p>I know that changes are OK and that sometimes they will happen whether I want them to or not</p> 	<p>Jigsaw – Changing me lesson 3</p> <p>I can tell you how my body has changed since I was a baby</p> <p>I understand that growing up is natural and that everybody grows at different rates</p> 	<p>Jigsaw – Changing me lesson 4</p> <p>I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</p> <p>I respect my body and understand which parts are private</p> 	<p>Project evolve – managing online information</p> <p>I can give simple examples of how to find information using digital technologies, e.g. search engines, voice activated searching.</p> <p>I know / understand that we can encounter a range of things online including things we like and don't like as well as things which are real or make believe / a joke.</p> <p>I know how to get help from a trusted adult if we see content that makes us feel sad, uncomfortable, worried or frightened.</p> 	<p>Transition activities/ meet the teacher</p>	<p>Big talk education 2 yearly cycle</p>
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