


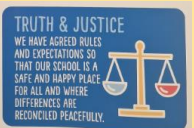




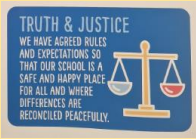
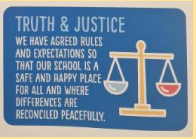




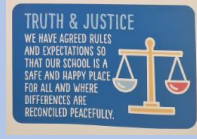



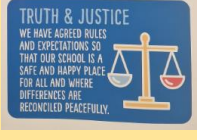








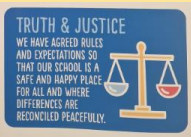

PHSE Medium term plan Year 5:

Jigsaw Lesson/ Project evolve lesson/ Anti-racism education

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Additional
Autumn 1	<p>Jigsaw – Being me in my world Lesson 1</p> <p>I can face new challenges positively and know how to set personal goals I know what I value most about my school and can identify my hopes for this school year</p> 	<p>Jigsaw – Being me in my world Lesson 2</p> <p>I understand my rights and responsibilities as a citizen of my country I can empathise with people in this country whose lives are different to my own</p> 	<p>Jigsaw – Being me in my world Lesson 3</p> <p>I understand my rights and responsibilities as a citizen of my country and as a member of my school I can empathise with people in this country whose lives are different to my own</p> 	<p>Jigsaw – Being me in my world Lesson 4 and 5</p> <p>I can make choices about my own behaviour because I understand how rewards and consequences feel I understand that my actions affect me and others I understand how an individual's behaviour can impact on a group I can contribute to the group and understand how we can function as a whole</p> 	<p>Project evolve – self-esteem and identity lesson 1</p> <p>I can explain how identity online can be copied, modified or altered.</p> 	<p>Project evolve – self-esteem and identity lesson</p> <p>I can demonstrate how to make responsible choices about having an online identity, depending on context.</p> 	<p>Darks night assembly</p> <p>Anti-social behavior assembly</p>

Autumn 2	<p>Jigsaw – Celebrating differences Lesson 1</p> <p>I understand that cultural differences sometimes cause conflict I am aware of my own culture</p> 	<p>Anti-Racism education: Lesson 1 talking about race and racism</p> <p>Understand that race refers to the groups we are placed in because of how we look.</p> 	<p>Anti-Racism education: Lesson 2 defining anti-racism</p> <p>Know and understand what it means to be anti-racism</p> 	<p>Jigsaw – Celebrating differences Lesson 3</p> <p>I understand how rumour-spreading and name-calling can be bullying behaviours I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one</p> 	<p>Jigsaw – Celebrating differences Lesson 4</p> <p>I can explain the difference between direct and indirect types of bullying I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p> 	<p>Jigsaw – Celebrating differences Lesson 5</p> <p>I can compare my life with people in the developing world I can appreciate the value of happiness regardless of material wealth</p> 	<p>School nurse puberty talk</p> <p>NSPCC Speak out video assembly (45 mins)</p> <p>-Anti-bullying week (Jigsaw lesson 3 and on-line bullying will cover this)</p> <p>-Remembrance (Super 70)</p>
Spring 1	<p>Jigsaw Dreams and Goals Lesson 1</p> <p>I understand that I will need money to help me achieve some of my dreams I can identify what I would like my life to be like when I am grown up</p> 	<p>Jigsaw Dreams and Goals Lesson 2</p> <p>I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs</p> 	<p>Jigsaw Dreams and Goals Lesson 3</p> <p>I can identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future</p> 	<p>Jigsaw Dreams and Goals Lesson 4</p> <p>I can describe the dreams and goals of young people in a culture different to mine I can reflect on how these relate to my own</p> 	<p>Anti-Racism education lesson 3:</p> <p>Understand what systemicracism is and the impact it has</p> 	<p>Anti-Racism education lesson 4:</p> <p>Understand that some of my views and opinions may be a result of racial socialization</p> 	<p>Project evolve Online bullying lesson 4 and 5</p> <p>I can identify a range of ways to report concerns and access support both in school and at home about online bullying. I can explain how to block abusive users.</p> 

Spring 2	<p>Jigsaw – Healthy me Lesson 1</p> <p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart I can make an informed decision about whether or not I choose to smoke and know how to resist pressure</p> 	<p>Jigsaw – Healthy me Lesson 2</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</p> 	<p>Jigsaw – Healthy me Lesson 3</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations I know how to keep myself calm in emergencies</p> 	<p>Jigsaw – Healthy me Lesson 4</p> <p>I understand how the media, social media and celebrity culture promotes certain body types I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am</p> 	<p>Jigsaw – Healthy Me Lesson 5</p> <p>I can describe the different attitudes people have to food and how these can be affected by external influences I respect and value my body</p> 	<p>Project evolve – online reputation lesson 1 and 2</p> <p>I can search for information about an individual online and summarise the information found. I can describe ways that information about anyone online can be used by others to make judgments about an individual and why these may be incorrect</p> 	<p>Project evolve – Copyright and ownership lesson 1 and 2</p> <p>I can assess and justify when it is acceptable to use the work of others I can give examples of content that is permitted to be reused and know how this content can be found online.</p> 
Summer 1	<p>Jigsaw – Relationships lesson 1</p> <p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities I know how to keep building my own self-esteem</p> 	<p>Jigsaw – Relationships lesson 2</p> <p>I understand that belonging to an online community can have positive and negative consequences I can recognise when an online community feels unsafe or uncomfortable</p> 	<p>Jigsaw – Relationships lesson 3</p> <p>I understand there are rights and responsibilities in an online community or social network I can recognise when an online community is helpful or unhelpful to me</p> 	<p>Jigsaw – Relationships lesson 4</p> <p>I know there are rights and responsibilities when playing a game online I can recognise when an online game is becoming unhelpful or unsafe</p> 	<p>Jigsaw – Relationships lesson 5</p> <p>I can recognise when I am spending too much time using devices (screen time) I can identify things I can do to reduce screen time, so my health isn't affected</p> 	<p>Project evolve – online relationships lesson 4 and 5</p> <p>I can explain how someone can get help if they are having problems and identify when to tell a trusted adult. I can demonstrate how to support others (including those who are having difficulties) online.</p> 	<p>Lifestyle survey</p>

Summer 2	<p>Jigsaw – Changing me Lesson 1</p> <p>I am aware of my own self-image and how my body image fits into that I know how to develop my own self esteem</p> 	<p>Jigsaw – Changing me Lesson 2</p> <p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I understand that puberty is a natural process that happens to everybody and that it will be ok for me</p> 	<p>Jigsaw – Changing me Lesson 3</p> <p>I can describe how boys' and girls' bodies change during puberty I can express how I feel about the changes that will happen to me during puberty</p> 	<p>Jigsaw – Changing me Lesson 4</p> <p>I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby I appreciate how amazing it is that human bodies can reproduce in these ways</p> 	<p>Jigsaw optional lesson – Water safety</p> <p>know how to keep safe around water</p> <p>consider my responsibility to keep myself and others safe</p>  	<p>Transition</p>	<p>Big talk education every 2 years</p> <p>First aid</p>
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