



PSHE Medium Term Plan

Intent	At Talavera Infant School we use 'Jigsaw' as our main scheme of work to support our PSHE curriculum. Jigsaw uses a mindful approach to personal development and well-being bringing together Personal, Social, Health Education, emotional literacy, social skills and spiritual development in a comprehensive scheme. A mindful approach is incorporated throughout our curriculum by developing the children's ability to be aware of their thoughts and feelings as they arise and teaching them how to regulate and manage their feelings using mindfulness approaches such as: • Calm Me techniques • Lessons that explore thoughts and feelings and that build emotional vocabulary • 'Paws' points in lessons, which allow children to 'stop and look inside' teaching them to observe their thoughts and feelings Our PSHE curriculum is planned in six topic areas which are planned to progress in sequence from the beginning of each year: Being Me in My World Celebrating Differences (including Bullying) Dreams and Goals Healthy Me Relationships Changing Me (including Sex Education) Each term the lessons work towards developing an end product such as the class charter and every term there are two learning intentions which are made explicit. One is focussed on PSHE and one on developing social skills and emotional literacy skills. The whole school works on the same topic at the same time which means it can be launched with a shared assembly and work can be celebrated in school in a meaningful way. The relationships and Healthy Me topics cover all of the requirements in the government statutory guidance for 'Relationship and Health education' (DfE England 2019)
Reception Goals	Early Learning Goals Knowledge and Understanding of the World. Self Regulation: Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; -Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Building Relationships: Work and play cooperatively and take turns with others; Form positive attachments to adults and friendships with peers; Show sensitivity to their own and to others' needs. Managing self: Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; Explain the reasons for rules, know right from wrong and try to behave accordingly; Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Educational Programme Children's personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Being me in my world We learn about how to help other people feel welcome and how to recognise our own feelings each day by completing daily feelings check ins. We help to make our school a good place to learn by learning how to use kind and gentle hands and learning how to share and take turns with each other. We learn the school Golden rules. Key Vocab: Myself Feelings Kindness Rights Responsibilities	Celebrating difference We learn how to be kind, thoughtful, and respectful members of our school community. We understand that everyone is different and that these differences make us special. We learn to include others when we work and play, and to use kind words in all our interactions. We know how to help if someone is being unkind and are beginning to solve problems by talking and listening to each other. We are also learning how to give and receive compliments, helping us to build each other's confidence and feel proud of our achievements. Key vocab: Talents Families Home Friends	Healthy Me We learn to make healthy choices and understand what a balanced diet looks like, helping us to take care of our bodies. We talk about why exercise is important and how it helps us stay strong and feel good. We are learning how to keep ourselves and others safe, both in school and beyond. We know how to be good friends and enjoy healthy relationships by showing kindness, respect, and understanding. We are also learning ways to stay calm and manage difficult situations, helping us to feel confident and in control. Key vocab: Challenge Perseverance Jobs Help	Relationships We learn how to make friends and help others feel part of the group. We try to solve friendship problems when they happen and show respect in how we treat everyone. We are learning how to help ourselves and others when we feel upset or hurt, and we know what makes a good relationship by being kind, caring, and supportive. Key vocab: Exercise Healthy food Sleep Clean	Dreams and Goals We learn to keep trying, even when things feel difficult or challenging. We work well with a partner or in a group, supporting each other to reach our goals. We help others succeed and work hard to achieve our own dreams and ambitions. Key vocab: Family Friends Conflict	Changing Me We learn that everyone is unique and special, and we respect the changes we see in ourselves and others. We talk about how we feel when change happens and know who we can ask if we're feeling worried. We are learning to look forward to change and face it with confidence and curiosity. Key vocab: Bodies Fun Fears Growth



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Year 1	Being me in My World To explain why my class is a happy and safe place to learn. To give different examples where I or others make my class happy and safe. - Feeling special and safe - Being part of a class - Rights and responsibilities - Rewards and feeling proud - Consequences - Owning the Learning Charter Key Vocab: Special Safe Community Consequences Rewards	Celebrating Difference To tell you some ways that I am different and similar to other people in my class, and why this makes us all special - Similarities and differences - Understanding bullying and knowing how to deal with it - Making new friends - Celebrating the differences in everyone Key Vocab: Similarities Differences Bullying	Dreams and Goals To explain how I feel when I am successful and how this can be celebrated positively. - Setting goals - Identifying successes and achievements - Learning styles - Working well and celebrating achievement with a partner - Tackling new challenges - Identifying and overcoming obstacles - Feelings of success Key Vocab: Achievements Challenges	Healthy Me To explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy - Keeping myself healthy - Healthier lifestyle choices - Keeping clean - Being safe - Medicine safety/safety with household items - Road safety - Linking health and happiness Key Vocab: Medicine Road safety	Relationships To be able to explain why you have special relationships with some people and how these relationships help you feel safe and good about yourself. To be able to also explain how your qualities help these relationships - 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 - Celebrating special relationships Key Vocab: Belonging Physical contact Celebrations	Changing Me To be able to compare how you are now to when you were a baby and explain some of the changes that will happen to me as you get older. To be able to use the correct names for private parts of the body and give reasons why they are private. - Life cycles – animal and human - Changes in me - Changes since being a baby - Differences between female and male bodies (correct terminology) - Linking growing and learning - Coping with change - Transition Key Vocab: Life cycles (animal/human) Male Female Changes



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Year 2	Being me in My World To explain why my behaviour can impact on other people in my class. To compare my own and my friends' choices and can express why some choices are better than others. - Hopes and fears for the year - Rights and responsibilities - Rewards and consequences - Safe and fair learning environment - Valuing contributions - Choices - Recognising feelings Key Vocab: Hope Fear Fair Choices	Celebrating Difference To explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes. - Assumptions and stereotypes about gender - Understanding bullying - Standing up for self and others - Making new friends - Gender diversity - Celebrating difference and remaining friends Key Vocab: Assumptions Stereotypes Gender	Dreams and Goals To explain how I played my part in a group and the parts other people played to create an end product. To explain how our skills complemented each other. - Achieving realistic goals - Perseverance - Learning strengths - Learning with others - Group co-operation - Contributing to and sharing success Key Vocab: Realistic Strengths Co-operation	Healthy Me To explain why foods and medicines can be good for my body comparing my ideas with less healthy/unsafe choices - Motivation - Healthier choices - Relaxation - Healthy eating and nutrition - Healthier snacks and sharing food Key Vocab: Relaxation Nutrition Lifestyle	Relationships To be able to explain why some things might make people feel uncomfortable in a relationship and compare this with relationships that make people feel safe and special. - Different types of family - Physical contact boundaries - Friendship and conflict - Secrets - Trust and appreciation - Expressing appreciation for special relationships Key Vocab: Boundaries Secrets Trust Appreciation	Changing Me To be able to use the correct terms to describe private parts of the body and explain why they are private. To be able to explain why some types of touches feel OK and others don't. - Life cycles in nature - Growing from young to old - Increasing independence - Differences in female and male bodies (correct terminology) - Assertiveness - Preparing for transition Key Vocab: Life cycles (plants) Young Old Maturity Independence
myHappymind	Meet your brain What is your brain? Intro Team H.A.P (Hippocampus, Amygdala, Prefrontal Cortex) and emotions. Intro Happy Breathing	Celebrate Kindness; Bravery & Honesty What is Teamwork & Friendship? Exploring & Learning; Love of Life & Our World	Appreciate Developing gratitude for others, experiences and myself The Thankful Tree	Relate How to be a good friend? Listening, solving fallouts and understanding emotions	Engage Setting simple goals and learning to persevere. Knowing how to feel good and do good.	Review of Habits Breathing Strengths Gratitude Friendships Goals



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Year 1	Meet your brain Brain functions; Team H-A-P; neuroplasticity; Happy Breathing	Celebrate Five strength clusters; strengths spotting; valuing uniqueness.	Appreciate Gratitude for self, others, experiences; Attitude of Gratitude.	Relate Active Listening; basic SUC; friendships; understanding feelings.	Engage Feel good → do good; goal setting steps; perseverance.	Reflection on Habits