

Co-op Academy Grove: PSHE/RSE LTP

Year 3	
Autumn 1	Jigsaw: Being me in my world (Transition unit) Jigsaw: Celebrating difference (7 lessons) - Families - Family Conflict - Witness and Feelings - Witness and Solutions - Words That Harm - Celebrating Difference: Compliments - ADDITIONAL LESSON - Family types: <i>Use as starting point:</i> https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks1/units/healthy-relationships-whos-in-my-family/lessons/different-types-of-families#slide-deck <i>Add on this video:</i> https://www.bbc.co.uk/teach/class-clips-video/articles/z36cbqt for same-sex families. <i>Need to add in kinship care</i> https://kinship.org.uk/what-is-kinship-care/ <i>Young carers:</i> https://www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/being-a-young-carer-your-rights/ NSPCC: Speak out stay safe - Child survey sexual exploitation (1 lesson)
Autumn 2	Jigsaw: Dreams and Goals (6 lessons) - Dreams and Goals - My Dreams and Ambitions - A New Challenge - Our New Challenge - Our New Challenge - Overcoming Obstacles - Celebrating My Learning Jigsaw: Fire and fireworks (1 lesson) Anti-bullying (1 lesson)
Spring 1	Jigsaw: Healthy Me (6 lessons) - Being Fit and Healthy - Being Fit and Healthy - What do I know about Drugs? - Being Safe - Safe or Unsafe? - My Amazing Body
Spring 2	Jigsaw: Healthy Me (1 lesson) - ADDITIONAL LESSON - Sleep guidance: https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks1/units/physical-health-how-can-i-look-after-my-body/lessons/sleep-is-important#lesson-details Jigsaw: Relationships (3 lessons) - Family Roles and Responsibilities - Friendship - Keeping Myself Safe Online

	Jigsaw: Road and travel safety (1 lesson)
Summer 1	Jigsaw: Relationships (6 lessons) - ADDITIONAL LESSON - Fake information: https://jigsawpshe.online/materials/pshe-primary/jigsaw/digital-literacy/online-and-internet-safety/5-7-lesson-1-ks1/ on 'fake information' and second lesson - https://jigsawpshe.online/materials/pshe-primary/jigsaw/digital-literacy/online-and-internet-safety/5-7-lesson-2-ks1/ to further embed this. - Being a Global Citizen 1 - Being a Global Citizen 2 - Celebrating My Web of Relationships - ADDITIONAL LESSON - Compromise: https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks2/units/healthy-relationships-are-friendships-ever-perfect/lessons/how-to-be-a-good-friend Jigsaw: Sun safety (1 lesson)
Summer 2	Jigsaw: Changing Me (6 lessons) - How Babies Grow - Babies - Outside Body Changes - Inside Body Changes - Family Stereotypes - Looking Ahead Jigsaw: Being me in my world (Transition unit) Jigsaw: Water safety (1 lesson)
Year 4	
Autumn 1	Jigsaw: Being me in my world (Transition unit) Jigsaw: Celebrating difference (6 lessons) - Judging by Appearances - Understanding Influences - Understanding Bullying - Problem-Solving - Special Me - Celebrating Differences - How we Look NSPCC: Speak out stay safe - Child survey sexual exploitation (1 lesson)
Autumn 2	Jigsaw: Dreams and Goals (6 lessons) - Hopes and Dreams - Broken Dreams - Overcoming Disappointment - Creating New Dreams - Achieving Goals - We Did It! Jigsaw: Fire and fireworks (1 lesson) Anti-bullying (1 lesson)
Spring 1	Jigsaw: Healthy Me (6 lessons) - My Friends and Me - Group Dynamics - Smoking

	- Alcohol - Healthy Friendships - Celebrating my Inner Strength and Assertiveness Jigsaw: Road and travel safety (1 lesson)
Spring 2	Jigsaw: Relationships (5 lessons) - Jealousy - Love and Loss - Memories - Getting On and Falling Out - Girlfriends and Boyfriends
Summer 1	Jigsaw: Relationships (3 lesson) - Celebrating my Relationships with People and Animals - ADDITIONAL LESSON - Fake News: https://www.thenational.academy/teachers/programmes/rshe-pshe-primary-ks2/units/media-influence-what-is-fake-news/lessons/the-problem-with-fake-news - ADDITIONAL LESSON - Types of abuse: and the impact of this - <i>physical, sexual, emotional and neglect</i>; impact on witnesses, not just victims. https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/what-is-abuse/ Jigsaw: Sun safety (1 lesson)
Summer 2	Jigsaw: Changing Me (6 lessons) - Unique Me - Having a Baby - Girls and Puberty - Circles of Change - Accepting Change - Looking Ahead Jigsaw: Being me in my world (Transition unit) Jigsaw: Water safety (1 lesson)
Year 5	
Autumn 1	Jigsaw: Being me in my world (Transition unit) Jigsaw: Celebrating difference (6 lessons) - Different Cultures - Racism - Rumours and Name-Calling - Types of Bullying - Does Money Matter? - Celebrating Difference Across the World NSPCC: Speak out stay safe - Child survey sexual exploitation (1 lesson)
Autumn 2	Jigsaw: Dreams and Goals (6 lessons) - When I Grow Up [my dream lifestyle] - Investigate Jobs and Careers - My Dream Job: Why I want it and the steps to get there - Dreams and Goals of other people in other cultures - How Can We Support Each Other? - Rallying Support

	Jigsaw: Fire and fireworks (1 lesson) Anti-bullying (1 lesson)
Spring 1	Jigsaw: Healthy Me (6 lessons) - Smoking - Alcohol - Emergency Aid - Body Image - My Relationship with Food - Healthy Me Jigsaw: Road and travel safety (1 lesson)
Spring 2	Jigsaw: Relationships (5 lessons) - Recognising Me - Safety with Online Communities - Being in an Online Community - add digital footprint link using https://www.bbc.co.uk/teach/articles/z6kjs82 (this is a short explanatory video, which I would recommend adding to either the viral challenges or online/real relationships lesson) - Online Gaming - My Relationship with Technology - Screen Time
Summer 1	Jigsaw: Relationships (1 lesson) - My Relationship - Staying Safe and Happy Online Jigsaw: Sun safety (1 lesson) ADDITIONAL LESSON: Pride lesson (1 lesson) - https://www.pathfinders.norfolk.sch.uk/st-michaels/wp-content/uploads/2021/05/y6_lesson_3.pdf Jigsaw: Water safety (1 lesson)
Summer 2	Jigsaw: Changing Me (6 lessons) - Self-Image and Body Image - Puberty for Girls - Puberty for Boys - Conception - Looking Ahead 1 - Looking Ahead 2 Jigsaw: Being me in my world (Transition unit)
Year 6	
Autumn 1	Jigsaw: Being me in my world (Transition unit) Jigsaw: Celebrating difference (6 lessons) - Am I Normal? - Understanding Difference - Power Struggles - Why Bully? - Celebrating Difference - Celebrating Difference - NSPCC: Speak out stay safe - Child survey sexual exploitation (1 lesson)
Autumn 2	Jigsaw: Dreams and Goals (6 lessons)

	- Personal Learning Goals - Steps to Success - My Dreams for the World - Helping to Make a Difference - Helping to Make a Difference - Recognising Our Achievements Jigsaw: Fire and fireworks (1 lesson) Anti-bullying (1 lesson)
Spring 1	Jigsaw: Healthy Me (6 lessons) - Taking Responsibility for my Health and Well-being - Drugs - Exploitation - Gangs - Emotional and Mental Health - Managing Stress and Pressure Jigsaw: Road and travel safety (1 lesson)
Spring 2	Jigsaw: Healthy Me (1 lesson) - <u>ADDITIONAL LESSON</u> - Criminal consequences (2 lessons): - illegal drugs https://www.safe4me.co.uk/wp-content/uploads/2022/03/KS1-2-lesson-plans-resources-knowledge-organisers.pdf (lesson 2, page 33) Jigsaw: Relationships (4 lessons) - What is Mental Health? - My Mental Health - Love and Loss - Power and Control
Summer 1	Jigsaw: Relationships (5 lessons) - Being Online: Real or Fake? Safe or Unsafe? - <u>ADDITIONAL LESSON</u> - Deepfakes: https://pshe-association.org.uk/digital-deception-understanding-deepfakes - <u>ADDITIONAL LESSON</u> - AI Psychosis: https://www.commonsense.org/education/digital-citizenship/lesson/ai-chatbots-whos-behind-the-screen and https://www.commonsense.org/education/digital-citizenship/lesson/ai-chatbots-friendship (2 shorter lessons to be combined into one, free to download) - Using Technology Responsibly - <u>ADDITIONAL LESSON</u> - Sending nudes: https://www.internetmatters.org/hub/news-blogs/prevent-nude-image-sharing-free-lesson-plan/ (need to create a free sign in to access the resources) Jigsaw: Sun safety (1 lesson)
Summer 2	Jigsaw: Changing Me (6 lessons) - My Self-Image - Puberty - Babies: Conception to Birth - Boyfriends and Girlfriends - Real Self and Ideal Self - The Year Ahead

	Jigsaw: Being me in my world (Transition unit) Jigsaw: Water safety (1 lesson)
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