



This unit is:  
**Being Me in  
My World**

**Session 1: Special and Safe**

**Session 2: My Class**

**Session 3: Rights and Responsibilities**

**Session 4: Rewards and Feeling Proud**

**Session 5: Consequences**

**Session 6: Owing our Learning Charter**

### **Key Vocabulary:**

Safe, Special, Calm, Belonging, Special, Rights, Responsibilities, Learning Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration.

### **PSHE Learning:**

1. I know how to use my Jigsaw Journal.
2. I understand the rights and responsibilities as a member of my class.
3. I understand the rights and responsibilities for being a member of my class.
4. I know my views are valued and can contribute to the Learning Charter.
5. I can recognise the choices I make and understand the consequences.
6. I understand my rights and responsibilities within our Learning Charter.

### **Social and Emotional Learning:**

1. I feel special and safe in my class.
2. I know that I belong to my class.
3. I know how to make my class a safe place for everybody to learn.
4. I recognise how it feels to be proud of an achievement.
5. I recognise the range of feelings when I face certain consequences.
6. I understand my choices in following the Learning Charter.



This unit is:  
**Celebrating Differences**

**Session 1:** The same as...

**Session 2:** Different from...

**Session 3:** What is 'bullying'?

**Session 4:** What do I do about bullying?

**Session 5:** Making new friends.

**Session 6:** Celebrating difference; celebrating me.

### **Key Vocabulary:**

Similarity, similar, same as, different from, difference, bullying, bullying behaviour, deliberate, on purpose, unfair, included, bully, bullied, celebration, special, unique.

### **PSHE Learning:**

1. I can identify similarities between people in my class.
2. I can identify differences between people in my class.
3. I can tell you what bullying is.
4. I know some people who I could talk to if I was feeling unhappy or being bullied.
5. I know how to make new friends.
6. I can tell you some ways I am different from my friends.

### **Social and Emotional Learning:**

1. I can tell you some ways in which I am the same as my friends.
2. I can tell you some ways I am different from my friends.
3. I understand how being bullied might feel.
4. I can be kind to children who are bullied.
5. I know how it feels to make a new friend.
6. I understand these differences make us all special and unique.



This unit is:  
**Dreams and Goals**

**Session 1: My treasure chest of success**

**Session 2: Steps to goals**

**Session 3: Achieving together**

**Session 4: Stretchy learning**

**Session 5: Overcoming obstacles**

**Session 6: Celebrating my success**

### **Key Vocabulary:**

Proud, success, achievement, goals, treasure, coins, goal, learning, stepping stones, process, garden, dreams, working together, team work, achievement, celebrate, feelings.

### **PSHE Learning:**

1. I can set simple goals
2. I can set a goal and work out how to achieve it
3. I understand how to work well with a partner
4. I can tackle a new challenge and understand this might stretch my learning
5. I can tell you about obstacles which make it more difficult to achieve my new challenge and have ideas to overcome them
6. I can tell you how I felt when I succeeded in a new challenge and how I celebrated it

### **Social and Emotional Learning:**

1. I can tell you about a thing I do well
2. I can tell you how I learn best
3. I can celebrate achievement with my partner
4. I can tell you how I feel when I am faced with a new challenge
5. I can explain how I feel when I face obstacles and how I feel when I overcome them
6. I know how to store the feelings of success in my internal treasure chest



This unit is:  
**Healthy Me**

- Session 1: Being Healthy**
- Session 2: Healthy Choices**
- Session 3: Clean and Healthy**
- Session 4: Medicine Safety**
- Session 5: Road Safety**
- Session 6: Happy, Healthy Me**

### Key Vocabulary:

Healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, toiletry items, hygienic, safe, medicines, trust, Green Cross Code, eyes, ears, look, listen, wait, keeping clean.

### PSHE Learning:

1. I can understand the difference between being healthy and unhealthy and know some ways to keep myself healthy.
2. I know how to make healthy choices.
3. I know how to keep myself clean and healthy and understand how germs cause disease/illness. I know that all household products including medicines can be harmful if not used properly.
4. I understand that medicines can help me if I feel poorly, and I know how to use them safely.
5. I know how to keep safe when crossing the road, and about people who can help me to stay safe.
6. I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.

### Social and Emotional Learning:

1. I can feel glad about myself when I make healthy choices.
2. I feel good about myself when I make healthy choices.
3. I understand I am special, so I keep myself safe.
4. I know some ways to help myself when I am poorly.
5. I can recognise when I feel frightened and know who to ask for help.
6. I can recognise how being healthy helps me to feel happy.



This unit is:  
**Relationships**

**Session 1: Families**

**Session 2: Making Friends**

**Session 3: Greetings**

**Session 4: People Who Help Us**

**Session 5: Being My Own Best Friend**

**Session 6: Celebrating My Special Relationships**

### **Key Vocabulary:**

Family, Belong, Different, Same, Friends, Friendship, Qualities, Caring, Sharing, Kind, Greeting, Touch, Feel, Texture, Like, Dislike, Help, Helpful, Community, Feelings, Confidence, Praise, Qualities, Skills, Self-belief, Incredible, Proud, Celebrate, Relationships, Special, Appreciate

### **PSHE Learning:**

1. I can identify the members of my family and understand that there are lots of different types of families.
2. I can identify what being a good friend means to me.
3. I know appropriate ways of physical contact to greet my friends and know which ways I prefer.
4. I know who can help me in my school community.
5. I can recognise my qualities as a person and a friend.
6. I can tell you why I appreciate someone who is special to me.

### **Social and Emotional Learning:**

1. I know how it feels to belong to a family and care about the people who are important to me.
2. I know how to make a new friend.
3. I can recognise which forms of physical contact are acceptable and unacceptable to me.
4. I know when I need help and know how to ask for it.
5. I know ways to praise myself.
6. I can express how I feel about them.



This unit is:  
**Changing Me.**

**Session 1: Life Cycles**

**Session 2: Changing Me**

**Session 3: My Changing Body**

**Session 4: Boys' and Girls' Bodies**

**Session 5: Learning and Growing**

**Session 6: Coping with Changes**

### **Key Vocabulary:**

Changes, Life cycle, Baby, Adulthood, Adult, grown up, Male, Female, Penis, Testicles, Vulva, Vagina, Anus, Learn, New, Grow, Change, Feelings, Anxious, Worried, Excited, Coping.

### **PSHE Learning:**

1. I can begin to understand the life cycles of animals and humans.
2. I can tell you some things about me that have changed and some things about me that have stayed the same.
3. I can tell you how my body has changed since I was a baby.
4. 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.
5. I understand that every time I learn something new, I change a little bit.
6. I can tell you about changes that have happened in my life.

### **Social and Emotional Learning:**

1. I understand that changes happen as we grow and that this is OK.
2. I understand that changes are OK and that sometimes they will happen whether I want them or not.
3. I understand that growing up is natural and that everybody grows at different rates.
4. I respect my body and understand which parts are private.
5. I enjoy learning new things.
6. I know some ways to cope with changes.