



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

Session 1: Hopes and Fears for the Year

Session 2: Rights and Responsibilities

Session 3: Rewards and Consequences

Session 4: Rewards and Consequences

Session 5: Our Learning Charter

Session 6: Owing our Learning Charter

Key Vocabulary:

Worries, Hopes, Fears, Belonging, Rights, Responsibilities, Responsible, Actions, Praise, Reward, Consequence, Positive, Negative, Choices, Co-operate, Learning Charter, Problem-solving

PSHE Learning:

1. I can identify some of my hopes and fears for this year. I know how to use my Jigsaw Journal.
2. I understand the rights and responsibilities for being a member of my class and school.
3. I listen to other people and contribute my own ideas about rewards and consequences.
4. I can listen to other people and contribute my own ideas about rewards and consequences.
5. I understand how following the Learning Charter will help me and others learn.
6. I recognise the choices I make and understand the consequences.

Social and Emotional Learning:

1. I can recognise when I feel worried and know who to ask for help.
2. I recognise when I feel worried and know who to ask for help.
3. I help make my class a safe and fair place.
4. I can help make my class a safe and fair place.
5. I work cooperatively.



This unit is:
**Celebrating
differences**

Session 1: Boys and girls

Session 2: Boys and girls

Session 3: Why does bullying happen?

Session 4: Standing up for myself and others.

Session 5: Gender Diversity

Session 6: Celebrating difference and still being friends.

Key Vocabulary: Similarities, assumptions, shield, stereotypes, boys, girls, special, bully, on purpose, kind, unkind, feelings, sad, lonely, help, stand up for help, male, female, difference, diversity, fairness, kindness, unique, value.

PSHE Learning:

1. I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)
2. I am starting to understand that sometimes people make assumptions about boys and girls (stereotypes)
3. I understand that bullying is sometimes about difference.
4. I can recognise what is right and wrong and know how to look after myself.
5. I understand that it is OK to be different from other people and to be friends with them.
6. I can tell you some ways I am different from my friends.

Social and Emotional Learning:

1. I understand some ways in which boys and girls are similar and feel good about this.
2. I understand some ways in which boys and girls are different and accept that this is OK.
3. I can tell you how someone who is bullied feels. I can be kind to children who are bullied.
4. I know when and how to stand up for myself and others. I know how to get help if I am being bullied.
5. I understand we shouldn't judge people if they are different. I know how it feels to be a friend and have a friend.
6. I understand these differences makes us all special and unique.



This unit is:
Dreams and Goals

Session 1: Goals to success

Session 2: My learning strengths

Session 3: Learning with others

Session 4: A group challenge

Session 5: A group challenge

Session 6: Celebrating our achievement

Key Vocabulary:

Realistic, proud, success, celebrate, achievement, goal, strengths, persevere, challenge, difficult, easy, learning together, goal, partner, team work, problem solve, product, dream bird.

PSHE Learning:

1. I can choose a realistic goal and think about how to achieve it
2. I carry on trying (persevering) even when I find tasks difficult
3. I can recognise who I work well with and who it is more difficult for me to work with
4. I can work well in a group to create an end product
5. I can explain some of the ways I worked well in my group to create the end product
6. I know how to share success with other people

Social and Emotional Learning:

1. I can tell you things I have achieved and say how that makes me feel
2. I can tell you some of my strengths as a learner
3. I can tell you how working with other people helps me learn
4. I can work with other people in a group to solve problems
5. I can express how I felt to be working as part of this group
6. I know how contributing to the success of a group feels and I am able to store those feelings in my internal treasure chest (proud)



This unit is:
Healthy Me

- Session 1: Being Healthy
- Session 2: Being Relaxed
- Session 3: Medicine Safety
- Session 4: Healthy Eating
- Session 5: Healthy Eating
- Session 6: Healthy, Happy Me

Key Vocabulary:

Healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, unhealthy, dangerous, medicines, safe, body, balanced diet, portion, proportion, energy, fuel, nutritious, ..

PSHE Learning:

1. I can understand what I need to keep my body healthy.
2. I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.
3. I can understand how medicines work in my body and how important it is to use them safely.
4. I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.
5. I can make some healthy snacks and explain why they are good for my body.
6. I can understand which foods to eat to give my body energy.

Social and Emotional Learning:

1. I can be motivated to make healthy lifestyle choices.
2. I can tell you when a feeling is weak and when a feeling is strong.
3. I can feel positive about caring for my body and keeping it healthy.
4. I can have a healthy relationship with food and know which foods I enjoy the most.
5. I can express how it feels to share healthy food with my friends.
6. I have a healthy relationship with food and I know which foods are most nutritious for my body.



This unit is:
Relationships.

Session 1: Families

Session 2: Keeping safe - exploring physical contact.

Session 3: Friends and Conflict

Session 4: Secrets

Session 5: Trust and Appreciation

Session 6: Celebrating My Special Relationships

Key Vocabulary:

Family, Different, Similarities, Special, Relationship, Important, Cooperate, Touch, Physical contact, Communication, Hugs, Like, Dislike, Acceptable, not acceptable, Friends, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, worry secret, Telling, Adult, Trust, Surprised, Happy, Sad, Frightened, Trustworthy, Honesty, Reliability, Compliments, Celebrate, Positive, Negative, Appreciate

PSHE Learning:

1. I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.
2. I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.
3. I can identify some of the things that cause conflict with my friends.
4. I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.
5. I recognise and appreciate people who can help me in my family, my school, and my community.
6. I can express my appreciation for the people in my special relationships.

Social and Emotional Learning:

1. I accept that everyone's family is different and understand that most people value their family.
2. I know which types of physical contact I like and don't like and can talk about this.
3. I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.
4. I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this.
5. I understand how it feels to trust someone.
6. I am comfortable accepting appreciation from others.



This unit is:
Changing Me.

Session 1: Life Cycles in Nature

Session 2: Growing from Young to Old

Session 3: The Changing Me

Session 4: Boys' and Girls' Bodies

Session 5: Assertiveness

Session 6: Looking Ahead

Key Vocabulary:

Change, Grow, Life Cycle, Control, Baby, Adult, Fully Grown, Growing Up, Old, Young, Respect, Appearance, Physical, Toddler, Child, Teenager, Adult, Independent, Timeline, Freedom, Responsibilities, Male, Female, Penis, Testicles, Vulva, Vagina, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Comfortable, Uncomfortable, Looking Forward, Excited, Nervous, Anxious, Happy.

PSHE Learning:

1. I can recognise cycles of life in nature.
2. I can tell you about the natural process of growing from young to old and understand that this is not in my control.
3. I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.
4. I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some parts of my body are private.
5. I understand there are different types of touch and can tell you which ones I like and don't like.
6. I can identify what I am looking forward to when I move to my next class.

Social and Emotional Learning:

1. I understand there are some changes that are outside of my control and can recognise how I feel about this.
2. I can identify people I respect who are older than me.
3. I feel proud about becoming more independent.
4. I can tell you what I like/don't like about being a boy/girl.
5. I am confident to say what I like and don't like and can ask for help.
6. I can start to think about changes I will make when I am in my next class and know how to go about this.