

Simms Cross Primary School

Year 5 PSHE Medium Term Plans

1. **BM** (Being Me in My World)
'Who am I and how do I fit?'
2. **CD** (Celebrating Difference)
Respect for similarity and difference. Anti-bullying and being unique
3. **DG** (Dreams and Goals)
Aspirations, how to achieve goals and understanding the emotions that go with this
4. **HM** (Healthy Me)
Being and keeping safe and healthy
5. **RL** (Relationships)
Building positive, healthy relationships
6. **CM** (Changing Me)
Coping positively with change

Year 5 Autumn 1 PSHE

Being In My World

Weekly Celebration	Piece	PSHE learning intention	Social and emotional development learning intention	Resources
Help others to feel welcome	1. My Year Ahead	I can face new challenges positively and know how to set personal goals I know how to use my Jigsaw Journal	I know what I value most about my school and can identify my hopes for this school year	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, paper bricks, Head teacher, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jerrie Cat.
Try to make our school	2. Being a Citizen of My Country	I understand my rights and responsibilities	I can empathise with people	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, Slide

community a better place		s as a citizen of my country	in this country whose lives are different to my own	show, UNCRC Article cards, UNCRC Rights/Responsibilities resource sheet Jigsaw Jez, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jerrie Cat.
Think about everyone's right to learn	3. Year 5 Responsibilities	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	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, post-its, small sponge/tennis balls, Jigsaw Jez, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jerrie Cat.
Care about other people's feelings	4. Rewards and Consequences	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	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, post-its, small sponge/tennis balls, Jigsaw Jez, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jerrie Cat.
Work well with others	5. Our Learning Charter	I understand how an individual's behaviour can impact on a group	I can contribute to the group and understand how we can function best as a whole	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, School Learning Charter, flip chart, timer, Lyrics song sheet, Song 'Together as One', newspaper, sticky tape, My Jigsaw Journey, Jigsaw Journal, Jigsaw Jerrie Cat.
Choose to follow the Learning Charter	6. Owing our Learning Charter	I understand how democracy and having a voice benefits the school community and know how	I understand why our school community benefits from a Learning Charter and can help	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, recording equipment (optional), scenario cards, flip chart and pens, Jigsaw song 'Together as One',

		to participate in this	others to follow it	Learning Charter, Jigsaw Jez, certificates, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jerrie Cat.
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Year 5 Autumn 2 PSHE

Celebrating Difference

Weekly Celebration	Piece	PSHE learning intention	Social and emotional development learning intention	Resources
Accept that everyone is different	1. Different cultures	I understand that cultural differences sometimes cause conflict	I am aware of my own culture	Jigsaw Chime, 'Calm Me' script, Culture wheel template, Jigsaw Journals, Culture Slide show pictures, Timer, Scenario cards, My Jigsaw Journey, Jigsaw Jerrie Cat.
Include others when working and playing	2. Racism	I understand what racism is	I am aware of my attitude towards people from different races	Jigsaw Chime, 'Calm Me' script, Abdul and Atira picture, Abdul and Atira fact cards, Ribbon template, Jigsaw Journals, My Jigsaw Journey,

				Jigsaw Jerrie Cat.
Know how to help if someone is being bullied	3. Rumours and Name-calling	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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Slide show, Different coloured post-its (2 colours), Example Snakes and Ladders game, A3 board game grids, Scenario strip templates, Snake and ladder templates, Glue sticks, Sources of support (sourced by teacher), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Try to solve problems	4. Types of Bullying	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	Jigsaw Chime, 'Calm me' script, Jigsaw Jez, Snake and ladder board game from Piece 3, Dice and counters, Snake and ladder templates, Different coloured post-its (2 colours), Glue sticks, Jigsaw Journals, My

				Jigsaw Journey, Jigsaw Jerrie Cat.
Try to use kind words	5. Does Money Matter? Puzzle outcome: Culture displays	I can compare my life with people in the developing world	I can appreciate the value of happiness regardless of material wealth	Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, Happiness continuum cards- one set per group, Jigsaw Journals, BBC Learning Clip 13599 Fact sheets, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know how to give and receive compliments	6. Celebrating Difference across the world Assessment Opportunity	I can understand a different culture from my own	I respect my own and other people's cultures	Jigsaw Chime, Jigsaw Jez, 'Calm Me' script, Culture wheel templates, Flip chart paper/chunky pens, Children's own culture wheels (produced earlier in the unit (Puzzle)), Fact sheet 2 (from previous lesson), My Jigsaw Journey, Jigsaw Journals, Certificates, Jigsaw Jerrie Cat.

Year 5 Spring 1 PSHE

Dreams and Goals

Weekly Celebration	Piece	PSHE learning intention	Social and emotional development learning intention	Resources
Stay motivated when doing something challenging	1. When I Grow Up (My Dream Lifestyle)	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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Jigsaw Journals, PowerPoint – adult life/ jobs, and professions, Dream cloud template, My Jigsaw Journey, Jigsaw Jerrie Cat.
Keep trying even when it is difficult	2. Investigate Jobs and Careers	I know about a range of jobs carried out by people I know and have explored how much people earn in different jobs	I appreciate the contributions made by people in different jobs	Jigsaw Chime, 'Calm Me' script, Job charades cards, Jigsaw Jez, Jobs and Salaries cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Work well with a partner or in a group	3. My Dream Job. Why I want it and the steps to get there	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	Job cards (Charades cards from Piece 2), Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, Internet/library books, My

				Ideal Job resource sheet, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Have a positive attitude	4. Dreams and Goals of Young People in Other Cultures	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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Child pictures, Mary factsheet, Video clip (optional), Dream spiral template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Help others to achieve their goals	5. How Can We Support Each Other? Puzzle Outcome: Charity fundraising	I understand that communicating with someone in a different culture means we can learn from each other and I can identify a range of ways that we could support each other	I appreciate the similarities and differences in aspirations between myself and young people in a different culture	Jigsaw Chime, 'Calm Me' script, Bag of items Optional: Teacher-sourced video clip, Jigsaw Jez, Project planning sheet, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Are working hard to achieve their own dreams and goals	6. Rallying Support Assessment Opportunity	I can encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways	I understand why I am motivated to make a positive contribution to supporting others	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Jigsaw Journals, Jigsaw Song: 'For Me', My Jigsaw

		we might do this, e.g. through sponsorship		Journey, Certificates, Jigsaw Jerrie Cat.
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Year 5 Spring 2 PSHE

Healthy Me

Weekly Celebration	Piece	PSHE learning intention	Social and emotional development learning intention	Resources
Have made a healthy choice	1. Smoking	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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Smoking quiz sheets and answers Image of the Tobacco Industry's Poster Child, (Teacher to source - can be easily found from the internet), Optional: Teacher sourced images from the media e.g. celebrities who smoke , Optional: Children's access to the internet, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie

				Cat.
Have eaten a healthy, balanced diet	2. Alcohol	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	Jigsaw Chime, 'Calm Me' script, Alcohol puzzle pieces, Slide show: Anti-social behaviour definition, Gregg and Lottie's story, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.
Have been physically active	3. Emergency Aid	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	Jigsaw Chime, 'Calm Me' script, Recovery position Slide show, Optional: Teacher could source an appropriate video from the internet that shows the stage of the recovery position, Storyboard template, Emergency situation cards, Jigsaw Journal, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.
Have tried to keep themselves	4. Body Image	I understand how the media, social	I can reflect on my own body image	Jigsaw Chime, 'Calm Me' script, Slide

<p>and others safe</p>		<p>media and celebrity culture promotes certain body types</p>	<p>and know how important it is that this is positive and I accept and respect myself for who I am</p>	<p>show, Teacher to source 'Photo-shopped images of celebrities; before and after). Easily obtained online; Ensure male and female pictures are included, Message game cards, Timer, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jez, Jigsaw Jerrie Cat.</p>
<p>Know how to be a good friend and enjoy healthy friendships</p>	<p>5. My Relationship with Food</p> <p>Puzzle</p> <p>Outcome : Healthy Body Image</p>	<p>I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p>	<p>I respect and value my body</p>	<p>Jigsaw Chime, 'Calm Me' script, 'Food is...' sorting cards, Teacher to source a range of food adverts e.g. from online sources or from magazines, White card, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.</p>
<p>Know how to keep calm and deal with</p>	<p>6. Healthy Me Assessment</p>	<p>I know what makes a healthy</p>	<p>I am motivated to keep myself healthy and</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw</p>

difficult situations	Opportunity	lifestyle including healthy eating and the choices I need to make to be healthy and happy	happy	Jez, Debate cards (if being used), Jigsaw Journals, My Jigsaw Journey, Certificate, Jigsaw Jez, Jigsaw Jerrie Cat.
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Year 5 Summer 1 PSHE

Relationships

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Know how to make friends	1. Recognising Me	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	Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, Mini-whiteboards and pens or paper and pens, Paper and pens, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.

<p>Try to solve friendship problems when they occur</p>	<p>2. Safety with Online Communities</p>	<p>I understand that belonging to an online community can have positive and negative consequences</p>	<p>I can recognise when an online community feels unsafe or uncomfortable</p>	<p>Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, Labels for the online safety game (Safe, Unsafe, I'm not sure), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p>Help others to feel part of a group</p>	<p>3. Being in an Online Community</p>	<p>I understand there are rights and responsibilities in an online community or social network</p>	<p>I can recognise when an online community is helpful or unhelpful to me</p>	<p>Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, PowerPoint slide: Different online communities, Flipchart and pens, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>

<p>Show respect in how they treat others</p>	<p>4. Online Gaming</p>	<p>I know there are rights and responsibilities when playing a game online</p>	<p>I can recognise when an online game is becoming unhelpful or unsafe</p>	<p>Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, PowerPoint slide 'How many gamers?', PowerPoint slide 'Mia's story', Game cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p>Know how to help themselves and others when they feel upset or hurt</p>	<p>5. My Relationship with Technology: screen time</p>	<p>I can recognise when I am spending too much time using devices (screen time)</p>	<p>I can identify things I can do to reduce screen time, so my health isn't affected</p>	<p>Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, Mini whiteboards and pens/or paper and pens, Countdown timer (can be easily sourced online), PowerPoint slide: Mason's story, PowerPoint slide: 'Are you having too much screen time?', Screen time solutions resource, Screen time log (optional), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p>Know and show what makes a good relationship</p>	<p>6. Relationships and Technology</p> <p>Assessment Opportunity</p> <p>Puzzle outcome: Internet Safety Poster (staying safe and happy online)</p>	<p>I can explain how to stay safe when using technology to communicate with my friends</p>	<p>I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others</p>	<p>Jigsaw Jez, Jigsaw Chime, 'Calm Me' script, PowerPoint of text messages, PowerPoint slide of 'Clare', PowerPoint slide 'Staying Safe and happy online', Paper and pens for poster designs, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.</p>

Year 5 Summer 2 PSHE

Changing Me

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Understand that everyone is unique and special	1. Self and Body Image	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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Self-image cards, Emoji face classroom labels, Airbrushed images (teacher sourced), Slide show 'Self-image prompts', Frame card template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Can express how they feel when change happens	2. Puberty for Girls	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	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Slide show of male and female bodies, Animation: The Female Reproductive System, Menstruation Card Match, A range of sanitary products, The Great Growing Up Adventure resource sheet, A set of Menstruation Worries cards If available: some examples of published information

				leaflets about puberty, Jigsaw Jez's Private Post Box (teacher to make), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Understand and respect the changes that they see in themselves	3. Puberty for boys	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	Tennis ball, Jigsaw Chime, 'Calm Me' script, Puberty: Points of View statements, Agree and Disagree labels, Animation: The Male Reproductive System, Slide show: includes Male organs, Boys 'n' Puberty Quiz - either single sheets or cut up into sets of cards, Materials as necessary to produce a colourful information leaflet or a visual slide presentation, If available: some examples of published information leaflets about puberty, Jigsaw Journals, Jigsaw Jez's post box, My Jigsaw Journey, Jigsaw Jez, Jigsaw Jerrie Cat.
Understand and respect the changes that they see in other people	4. Conception	I understand that sexual intercourse can lead to conception and	I appreciate how amazing it is that human bodies can reproduce in these ways	Relationships Cards, Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Animations:

		<p>that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>		<p>The Female Reproductive System and The Male Reproductive System, Having A Baby, Diamond 9 cards, Slide show: A Baby in the Womb, The Truth About Conception and Pregnancy card sort – statements, true/false cards, explanation cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jez’s post box, Jigsaw Jerrie Cat.</p>
<p>Know who to ask for help if they are worried about change</p>	<p>5. Looking Ahead 1</p> <p>Puzzle Outcome: Change Cards</p>	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p>	<p>I am confident that I can cope with the changes that growing up will bring</p>	<p>Jigsaw Song sheet: ‘A New Day’, Jigsaw Chime, ‘Calm Me’ script, Jigsaw Jez, Selection of pages from teen magazines, Flip chart paper, Paper or card for card designs, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p>Are looking forward to change</p>	<p>6. Looking Ahead 2</p>	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p>I can start to think about changes I will make next year and know how to go about this.</p>	<p>Jigsaw Chime, ‘Calm Me’ script, Jigsaw Jez, Spinning top template, Circle of Change template, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.</p>