

## Simms Cross Primary School

### Year 6 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 6 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 identify my goals for this year, understand my fears and worries about the future and know how to express them  I know how to use my Jigsaw Journal	I feel welcome and valued and know how to make others feel the same	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, Meet and Greet Bingo sheets, Slide show, Teacher to source photo of J.K.Rowling from online source, Spiral and flag templates, Jigsaw Gem, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jerrie Cat.
Try to make our school	2. Being a Global	I know that there are universal	I understand my own wants and	Jigsaw Charter, Jigsaw Chime, 'Calm

<b>community a better place</b>	<b>Citizen 1</b>	rights for all children but for many children these rights are not met	needs and can compare these with children in different communities	Me' script, Slide show, chocolate/sweets as prizes, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jem, Jigsaw Jerrie Cat.
<b>Think about everyone's right to learn</b>	<b>3. Being a Global Citizen 2</b>	I understand that my actions affect other people locally and globally	I understand my own wants and needs and can compare these with children in different communities	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, strips of paper (one for each child), Slide show, Maslow's Triangle template, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jerrie Cat.
<b>Care about other people's feelings</b>	<b>4. The Learning Charter</b>	I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, treasure box with rattly treasure, example completed Learning Charter, Learning Charter template, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jerrie Cat, Jigsaw Jem.
<b>Work well with others</b>	<b>5. Our Learning Charter</b>	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, anti-social behaviour scenario, role-play cards, Corner school learning charter, My Jigsaw Journey, Jigsaw Journals, Jigsaw Jem, Jigsaw Jerrie Cat.
<b>Choose to follow the Learning Charter</b>	<b>6. Owning our Learning Charter</b>	I understand how democracy and having a voice benefits the school community	I understand why our school community benefits from a Learning Charter and	Jigsaw Charter, Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Learning Charter, My Jigsaw Journey, certificates,

			how I can help others to follow it by modelling it myself	Jigsaw Journals, Jigsaw Jerrie Cat.
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## Year 6 Autumn 2 PSHE

### Celebrating Difference

<b>Weekly Celebration</b>	<b>Piece</b>	<b>PSHE learning intention</b>	<b>Social and emotional development learning intention</b>	<b>Resources</b>
<b>Accept that everyone is different</b>	<b>1. Am I Normal?</b>	I understand there are different perceptions about what normal means	I can empathise with people who are different	Jigsaw Chime, 'Calm Me' script, Slide show, Jigsaw Jem, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
<b>Include others when working and playing</b>	<b>2. Understanding Difference</b>	I understand how being different could affect someone's life	I am aware of my attitude towards people who are different	Jigsaw Chime, 'Calm Me' script, Life story of Robert/Roberta Cowell, Community pictures, Jigsaw Jem, A3 paper or sugar paper, photos of other trans people, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
<b>Know how to help if someone is being bullied</b>	<b>3. Power Struggles</b>	I can explain some of the ways in which one	I know how it can feel to be excluded or treated badly by	Jigsaw Chime, 'Calm Me' script, Teacher to source

		person or a group can have power over another	being different in some way	bullying support information, Jigsaw Song: 'There's a Place' Power scenario resource sheet, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Try to solve problems	<b>4. Why Bully</b>	I know some of the reasons why people use 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 Jem, Slide show, Scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Try to use kind words	<b>5. Celebrating Difference</b>  <b>Puzzle Outcome: Admiration Accolades</b>	I can give examples of people with disabilities who lead amazing lives	I appreciate people for who they are	Jigsaw Chime, 'Calm Me' script, Ball, Jigsaw Jem, Slide show, YouTube clip - Paralympians (teacher to source), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know how to give and receive compliments	<b>6. Celebrating Difference</b>  <b>Assessment Opportunity</b>	I can explain ways in which difference can be a source of conflict and a cause for celebration	I can show empathy with people in either situation	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Slide show: pictures of conflict/celebration, Peer assessment sheet, Draw cards (two alternative sets to choose from),

				Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.
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## Year 6 Spring 1 PSHE

### Dreams and Goals

<b>Weekly Celebration</b>	<b>Piece</b>	<b>PSHE learning intention</b>	<b>Social and emotional development learning intention</b>	<b>Resources</b>
<b>Stay motivated when doing something challenging</b>	<b>1. Personal Learning Goals</b>	I know my learning strengths and can set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal)	I understand why it is important to stretch the boundaries of my current learning	Jigsaw Chime, 'Calm Me' script, Strength cards, Jigsaw Jem, Goal cards template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
<b>Keep trying even when it is difficult</b>	<b>2. Steps to Success</b>	I can work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these	I can set success criteria so that I will know whether I have reached my goal	Jigsaw Chime, 'Calm Me' script, Jigsaw Song: 'For Me', Slide show, Totem pole goal-setting template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
<b>Work well with a partner</b>	<b>3. My Dream</b>	I can identify problems in	I recognise the emotions I	Jigsaw Jem, Jigsaw Chime,

<p>or in a group</p>	<p><b>For the World</b></p> <p><b>Puzzle outcome:</b> <b>Flags/ bunting</b></p>	<p>the world that concern me and talk to other people about them</p>	<p>experience when I consider people in the world who are suffering or living in difficult situations</p>	<p>'Calm Me' script, Global issue photo cards , World Map, Jigsaw Journals, Coloured triangular pieces of material and string, Slide show, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p><b>Have a positive attitude</b></p>	<p><b>4. Helping to Make a Difference</b></p> <p><b>Puzzle outcome:</b> <b>Fundraising event</b></p>	<p>I can work with other people to help make the world a better place</p>	<p>I can empathise with people who are suffering or who are living in difficult situations</p>	<p>Sponge ball, Timer, Jigsaw Chime, 'Calm Me' script, Global issue photo cards (from Piece/ lesson 3) , Recommended: Video clips of TV charity events/ charity TV adverts (Teacher to source), Project plan sheet, Jigsaw Journals, Jigsaw Jem, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p><b>Help others to achieve their goals</b></p>	<p><b>5.Helping to Make a Difference</b></p>	<p>I can describe some ways in which I can work with other people to help make the world a better place</p>	<p>I can identify why I am motivated to do this</p>	<p>Sponge ball, Timer, Jigsaw Chime, 'Calm Me' script, Group Project plans from last piece/ lesson, Jigsaw Journals, Jigsaw Jem, My Jigsaw Journey,</p>

				Jigsaw Jerrie Cat.
<b>Are working hard to achieve their own dreams and goals</b>	<b>6. Recognising Our Achievements</b>  <b>Assessment Opportunity</b>	I know what some people in my class like or admire about me and can accept their praise	I can give praise and compliments to other people when I recognise their contributions and achievements	Jigsaw Jem, Jigsaw Chime, 'Calm Me' script, Post-it notes, Achievement card template, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.

## Year 6 Spring 2 PSHE

### Healthy Me

<b>Weekly Celebration</b>	<b>Piece</b>	<b>PSHE learning intention</b>	<b>Social and emotional development learning intention</b>	<b>Resources</b>
<b>Have made a healthy choice</b>	<b>1. Taking responsibility for my health and well-being</b>	I can take responsibility for my health and make choices that benefit my health and well-being	I am motivated to care for my physical and emotional health	Jigsaw Chime, 'Calm Me' script, Guess what I am? Slide show, Taking responsibility role play cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
<b>Have eaten a healthy, balanced diet</b>	<b>2. Drugs</b>	I know about different types of drugs and their uses and	I am motivated to find ways to be happy and cope with life's	Jigsaw Chime, 'Calm Me' script, Slide show,

		their effects on the body particularly the liver and heart	situations without using drugs	PowerPoint slide : Drug categories, Drug groups sorting resource, Teacher resource sheet (Information only), My Jigsaw Journey, Jigsaw Journal, Jigsaw Jem, Jigsaw Jerrie Cat.
Have been physically active	3. Exploitation	I understand that some people can be exploited and made to do things that are against the law	I can suggest ways that someone who is being exploited can help themselves	Jigsaw Chime, 'Calm Me' script, Ava and Kiran's story, Pens of two different colours (ideally red and green) enough for each group, Slide show, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
Have tried to keep themselves and others safe	4. Gangs	I know why some people join gangs and the risks this involves	I can suggest strategies someone could use to avoid being pressurised	Jigsaw Chime, 'Calm Me' script, Slide show, 'Gangs are...' game cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.
Know how to	5. Emotional	I understand	I know how to	Jigsaw Chime,



<p><b>be a good friend and enjoy healthy friendships</b></p>	<p><b>and Mental Health</b></p>	<p>what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p>	<p>help myself feel emotionally healthy and can recognise when I need help with this</p>	<p>'Calm Me' script, Jigsaw Jem, Slide show, My emotional well template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p><b>Know how to keep calm and deal with difficult situations</b></p>	<p><b>6. Managing Stress and Pressure</b></p> <p><b>Puzzle Outcome: Healthy Body, Healthy Mind</b></p> <p><b>Assessment Opportunity</b></p>	<p>I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p>	<p>I can use different strategies to manage stress and pressure</p>	<p>Jigsaw Chime, 'Calm Me' script, Slide show, Cube template (copied on to card), Glue, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jem, Jigsaw Jerrie Cat.</p>

**Year 6 Summer 1 PSHE**

**Relationships**

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources

<p><b>Know how to make friends</b></p>	<p><b>1. What is Mental Health?</b></p>	<p>I know that it is important to take care of my mental health</p>	<p>I understand that people can get problems with their mental health and that it is nothing to be ashamed of</p>	<p>Jigsaw Chime, 'Calm Me' script, Post it notes or slips of paper, Slide show, 'Mental health definition', Optional: Set of balance scales, 'Situation cards', Jigsaw Jem, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p><b>Try to solve friendship problems when they occur</b></p>	<p><b>2. My Mental Health</b></p>	<p>I know how to take care of my mental health</p>	<p>I can help myself and others when worried about a mental health problem</p>	<p>Jigsaw Chime, 'Calm Me' script, Ball of string or wool, Slide show, actions cycle' and handouts, Scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.</p>

<p><b>Help others to feel part of a group</b></p>	<p><b>3. Love and Loss</b></p>	<p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p>	<p>I can recognise when I am feeling those emotions and have strategies to manage them</p>	<p>20 random objects on a tray, Jigsaw Chime, 'Calm Me' script, Loss or change cards, Post-its, Slide show, Optional: Jigsaw in Focus book: 'Can You Hear the Sea?' available to purchase from the Jigsaw online store, Scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.</p>
<p><b>Show respect in how they treat others</b></p>	<p><b>4. Power and Control</b></p>	<p>I can recognise when people are trying to gain power or control</p>	<p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Slide show, Power and Control scenario cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p><b>Know how to help themselves and others when they feel upset or hurt</b></p>	<p><b>5. Being Online: Real or Fake? Safe or Unsafe?</b></p>	<p>I can judge whether something online is safe and helpful for me</p>	<p>I can resist pressure to do something online that might hurt myself or others</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Calculators, Slide show, 'Online scenario cards', Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p><b>Know and show what makes a good relationship</b></p>	<p><b>6. Using Technology Responsibly</b>  <b>Puzzle Outcome: Internet Safety Presentation</b></p>	<p>I can use technology positively and safely to communicate with my friends and family</p>	<p>I can take responsibility for my own safety and well-being</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Slide show, Planning sheets for Internet safety PowerPoint presentation,</p>

	<b>Assessment Opportunity</b>			Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.
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## Year 6 Summer 2 PSHE

### Changing Me

<b>Weekly Celebration</b>	<b>Pieces</b>	<b>PSHE learning intention</b>	<b>Social and emotional development learning intention</b>	<b>Resources</b>
<b>Understand that everyone is unique and special</b>	<b>1. My Self Image</b>	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	Classroom labels (letter A- D), 'Time and Money' Slide show, Jigsaw Chime, 'Calm me' script, Flip chart and pens, Unhelpful/helpful resource, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
<b>Can express how they feel when change happens</b>	<b>2. Puberty</b>	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty	Growing-Up Bingo cards, Jigsaw Chime, 'Calm Me' script, Puberty Flashcards, Slide show, Animation: Female and Male Reproductive Systems, Puberty Truth or Myth cards, enough for each working group to have one complete set, Boy worries / Girl worries cards, Teacher notes

				<p>page (Boy/Girl worries), Advice on personal hygiene for teens (can be from leaflets or sourced online by the TEACHER for appropriateness)., Blank paper, Jigsaw Jem's Private Post Box, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p><b>Understand and respect the changes that they see in themselves</b></p>	<p><b>3. Babies: Conception to Birth</b></p> <p><b>Assessment Opportunity</b></p>	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p>	<p>I can recognise how I feel when I reflect on the development and birth of a baby</p>	<p>Tennis ball, Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Slide show, A set of 'Baby Can...' cards, cut up and shuffled, Animations: Female and Male Reproductive Systems, From Conception to Birth resource sheet, Conception to Birth card sort template, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>
<p><b>Understand and respect the changes that they see in other people</b></p>	<p><b>4. Boyfriends and Girlfriends</b></p>	<p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p>	<p>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Should I/ Shouldn't I? resource, Diamond 9 Cards, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</p>

<p><b>Know who to ask for help if they are worried about change</b></p>	<p><b>5. Real self and ideal self</b></p>	<p>I am aware of the importance of a positive self-esteem and what I can do to develop it</p>	<p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'</p>	<p>Jigsaw Chime, 'Calm me' script, Cosmetic items: a tube of toothpaste, a hair product for men, an item of make-up, Slide show, 'Real' self/'ideal' self templates – 2 copies per child, Different coloured pens, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jem, Jigsaw Jerrie Cat.</p>
<p><b>Are looking forward to change</b></p>	<p><b>6. The Year Ahead</b></p>	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</p>	<p>I know know how to prepare myself emotionally for the changes next year.</p>	<p>Jigsaw Jem, Jigsaw Chime, 'Calm Me' script, Slide show, Paper and pens, Optional: Blank T-shirts, Optional: Fabric pens, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.</p>