

PSHE Long Term Plan:

Burford School PSHE/Jigsaw Long Term Plan 2025-2026

	<u>Being Me In My World</u>	<u>Celebrating Difference</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
Nursery and Reception	Self-identity Understanding feelings Being at School Gentle Hands Our Rights Our Responsibilities	What am I good at? I'm Special, I'm Me! Families Houses and Homes Making friends Standing up for yourself	Challenges Never Giving Up Goal-setting Obstacles and Support Flight to the future Footprint Awards	Everybody's Body We like to move it, move it! Food, Glorious Food Sweet Dreams Keeping Clean Stranger Danger	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the learning charter	The same as... Different from... What is bullying? What do I do about bullying? Making new friends Celebrating difference, celebrating me!	My Treasure Chest of Success Steps to Goals Achieving Together Stretchy Learning Overcoming Obstacles Celebrating My Success	Being Healthy Healthy Choices Clean and Healthy Medicine Safety Road Safety Happy, Healthy Me	Belonging to a family Making friends Physical contact preferences People who help us Being my own best friend Celebrating special relationships	Life Cycles Changing Me My Changing Body Boys' and Girls' Bodies (including naming of body parts) Learning and Growing Coping with Changes
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Our Learning Charter Owning our Learning Charter	Boys and girls Why does bullying happen? Standing up for myself and others Gender Diversity Celebrating difference and still being friends	Goals to Success My Learning Strengths Learning with Others A Group Challenge Continuing our Group Challenge Celebrating our Achievement	Being healthy Being relaxed Medicine safety Healthy eating Healthy choices Healthy Recipes	Different types of families Physical contact boundaries Friends and conflict Secrets Trust and appreciation Celebrating special relationships	Life Cycles in Nature Growing from Young to Old The Changing Me Boys' and Girls' Bodies (including naming of body parts) Assertiveness Looking Ahead
Year 3	Getting to know each other Our Nightmare School! Our Dream School! Rewards and Consequences Our Learning Charter Owning our Learning Charter	Families Family Conflict Witness and Feelings Witness and Solutions Words that harm Celebrating difference: compliments	Dreams and Goals My Dreams and Ambitions A New Challenge Our New Challenge Overcoming Obstacles Celebrating My Learning	Being fit and healthy What do I know about drugs? Keeping safe including online safety Safe or unsafe? My amazing body	Family roles and responsibilities Friendship and negotiation/compromise Keeping myself safe online Being a global citizen Being aware of children's lives around the world	How Babies Grow Up Babies Family Stereotypes Looking Ahead

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					Expression appreciation for family and friends	
Year 4	Being part of a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Our Learning Charter Owning our Learning Charter	Judging by Appearances Understanding influences Understanding bullying Problem Solving Special Me Celebrating difference: how we look	Hopes and Dreams Broken Dreams Overcoming Disappointment Creating New Dreams Achieving Goals We did it!	Healthy friendships Group dynamics Vaping and Smoking Alcohol Healthy Friendships Celebrating inner strength: Assertiveness	Jealousy Love and loss Memories Getting on and falling out Girlfriends and boyfriends (age appropriate) Showing appreciation to people and animals	Unique Me Outside Body Changes Inside Body Changes Girls and Puberty Circles of Change Accepting Change Looking Ahead
Year 5	My Year Ahead Being a citizen of my country Year 5 Responsibilities Rewards and Consequences Our Learning Charter Owning our Learning Charter	Different Cultures Racism Rumours and Name-calling Types of bullying Does money matter? Celebrating difference across the world	My Dream Lifestyle Investigate Jobs and Careers My Dream Job Dreams and Goals of young people in other cultures How can we support each other? Rallying Support	Vaping and Smoking Alcohol Emergency Aid Body Image Relationships with food Healthy Me	Self-recognition and self-worth Safety with online communities Being in an online community Online gaming My relationship with technology including screen time Relationships and technology/internet safety	Self and Body Image Puberty for Girls Puberty for Boys Conception* Having a Baby* Looking Ahead
Year 6	My Year Ahead Being a Global Citizen 1 Being a Global Citizen 2 The Learning Charter Our Learning Charter Owning our Learning Charter	Am I normal? Understanding difference Power Struggles Why Bully? Admiration and Accolades Celebrating Difference	Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking responsibility for my health and wellbeing Drugs Exploitation Gangs Emotional and mental health Managing stress and pressure	What is mental health? Identifying mental health worries and sources of support Love and loss Power and control Safety online Using technology responsibly	My Self Image Puberty* Babies: Conception to Birth* Girlfriends and Boyfriends (age appropriate) Real Self and Ideal Self The Year Ahead

*Content marked with * is considered non-statutory sex education content which parents/carers have the right to withdraw their child from following a discussion with the class teacher, PSHE lead and SLT member.