



PSHE Long Term Annual Plan

Jigsaw

EYFS	<u>Personal, Social and Emotional development:</u> Self-Regulation ELG - Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Managing Self ELG - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Building Relationships ELG - Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs.
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<u>Term</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Year R - 6	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me



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	Help others to feel welcome Try to make our school community a better place Think about everyone's right to learn Care about other people's feelings Work well with others Choose to follow the learning charter	Accepting that everyone is different Include others when working and playing Know how to help if someone is being bullied Try to problem solve Use kind words Know how to give and receive compliments	Staying motivated when doing something challenging Keep trying even when it is difficult Work well when with a partner or in a group Have a positive attitude Help others achieve their goals Are working hard to achieve their own goals and dreams	Have made a healthy choice Have eaten a healthy balanced diet Have been physically active Have tried to keep themselves and others safe Know how to be a good friend and enjoy healthy relationships Know how to keep calm and live with difficult situations	Know how to make friends Try to solve friendship problems when they occur Help others to feel part of a group Show respect in how they treat others Know how to help themselves and others when they feel upset or hurt Know and show what makes a good relationship	Understand that everyone is unique and Special Can express how they feel when change happens Understand and respect the changes that they see in themselves Understand and respect the changes that they see in other people Know who to ask for help if they are worried about change Are looking forward to change
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