

PSHE Jigsaw Programme Willow - Year 9						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being In My World (BM) Who am I and how do I fit in?	Celebrating Difference (CD) Respect for similarity and difference. Anti-bullying and being unique.	Dreams & Goals (DG) Aspirations, how to achieve goals and understanding the emotions that go with this.	Healthy Me (HM) Being and keeping safe and healthy.	Relationships (R) Building positive, healthy relationships.	Changing Me (CM) Coping positively with change.
Willow	<ul style="list-style-type: none"> Who Me? How Am I feeling today? Being at nursery/school. Gentle Hands Our rights Our responsibilities 	<ul style="list-style-type: none"> What am I good at? I am special, I'm me Families Houses and Homes Making Friends Standing up for yourself 	<ul style="list-style-type: none"> Challenge Never giving up Setting a goal Obstacles and support Flight to the future Footprint awards 	<ul style="list-style-type: none"> Everybody's body We like to move it Food, Glorious food Sweet dreams Keeping clean Stranger danger 	<ul style="list-style-type: none"> My family and me Make friends Part 1 Make friends Part 2 Falling out and bullying Part 1 Falling out and bullying Part 2 Being the best friends we can be 	<ul style="list-style-type: none"> My body Respecting my body Growing up Growth and change Fun and fears Celebration
Acorn	<ul style="list-style-type: none"> Who me? How am I feeling today? Being at school Gentle hands Our rights Our responsibilities 	<ul style="list-style-type: none"> What am I good at? I am special, I'm me Families Houses and Homes Making Friends Standing up for yourself 	<ul style="list-style-type: none"> Challenge Never giving up Setting a goal Obstacles and support Flight to the future Footprint awards 	<ul style="list-style-type: none"> Everybody's body We like to move it Food, Glorious food Sweet dreams Keeping clean Stranger danger 	<ul style="list-style-type: none"> My family and me Make friends Part 1 Make friends Part 2 Falling out and bullying Part 1 Falling out and bullying Part 2 Being the best friends we can be 	<ul style="list-style-type: none"> My body Respecting my body Growing up Growth and change Fun and fears Celebration

Penn Fields School – PSHE – Jigsaw Programme and Wellbeing Passport



FIELDS

<p>Ash</p>	<ul style="list-style-type: none"> • Special and safe • My class • Right and responsibilities • Rewards and feeling proud • Consequences • Owing our learning charter 	<ul style="list-style-type: none"> • The same as • Different from • What is bullying? • What to do about bullying • Making new friends • Celebrating difference, celebrating me 	<ul style="list-style-type: none"> • Treasure chest of success • Steps to goals • Achieving together • Stretchy learning • Overcoming obstacles • Celebrating my success 	<ul style="list-style-type: none"> • Being healthy • Healthy choices • Clean and healthy • Medicine safety • Road safety • Happy, healthy me 	<ul style="list-style-type: none"> • Families • Making friends • Greetings • People who help us • Being my own best friends • Celebrating special relationships 	<ul style="list-style-type: none"> • Lifecyles • Changing me • My changing body • Boys and girls bodies • Learning and growing • Coping with changes
<p>Elm</p>	<ul style="list-style-type: none"> • Hopes and fears for the year • Right and responsibilities • Rewards and Consequences • Rewards and consequences • Our learning charter • Owing our learning charter 	<ul style="list-style-type: none"> • Boys and girls • Boys and girls • Why does bullying happen? • Standing up for myself and others • Gender diversity • Celebrating difference and still being friends 	<ul style="list-style-type: none"> • Goals to success • My learning strengths • Learning with others • Group challenge • Group challenge • Celebrating our achievements 	<ul style="list-style-type: none"> • Being healthy • Being relaxed • Medicine safety • Healthy eating • Healthy eating • Healthy, happy me 	<ul style="list-style-type: none"> • Families • Keeping safe • Friends and conflicts • Secrets • Trust and appreciation • Celebrating my special relationships 	<ul style="list-style-type: none"> • Life cyces in nature • Growing from old to young • The changing me • Boys and girls bodies • Assertiveness • Looking ahead
<p>Oak</p>	<ul style="list-style-type: none"> • Getting to know each other • Our nightmare school • Our dream school • Rewards and consequences • Our learning charter • Owing our learning charter 	<ul style="list-style-type: none"> • Families • Family conflict • Witness and feelings • Witness and solutions • Words that harm • Celebrating difference - compliments 	<ul style="list-style-type: none"> • Dreams and goals • My dreams and ambitions • A new challenge • Our new challenge • Our new challenge – overcoming obstacles • Celebrating our learning 	<ul style="list-style-type: none"> • Being fit and healthy • Being fit and healthy • What do I know about drugs • Keeping safe • Safe or unsafe • My amazing body 	<ul style="list-style-type: none"> • Family roles and responsibilities • Friendships • Keeping myself safe online • Global citizen 1 • Global citizen 2 • Celebrating my web of relationships 	<ul style="list-style-type: none"> • How babies grow • Babies • Outside body changes • Inside body changes • Family stereotypes • Looking ahead

UPPER SCHOOL

Nurture	<ul style="list-style-type: none"> • Becoming a Class team • Being a school citizen • Rights, responsibilities, democracy • Rewards and consequences • Our learning charter • Owning our learning charter 	<ul style="list-style-type: none"> • Judging by appearances • Understanding Influences • Understanding Bullying • Problem Solving • Special me • Celebrating difference – how we look 	<ul style="list-style-type: none"> • Hopes and dreams • Broken dreams • Overcoming disappointment • Creating new dreams • Achieving goals • We did it 	<ul style="list-style-type: none"> • My friends and me • Group dynamics • Smoking • Alcohol • Healthy friendships • Celebrating my inner strength 	<ul style="list-style-type: none"> • Jealousy • Love and loss • Memories • Getting on and falling out • Girlfriends and boyfriends • Celebrating my relationships with people and animals 	<ul style="list-style-type: none"> • Unique me • Having a baby • Having a baby alternative • Girls and puberty • Circles of change • Accepting change • Looking ahead
Year 7	<ul style="list-style-type: none"> • My year ahead • Being a citizen in my country • Responsibilities • Rewards and consequences • Our learning charter • Owning our learning charter 	<ul style="list-style-type: none"> • Different cultures • Racism • Rumours and name calling • Types of bullying • Does money matter • Celebrating difference across the world 	<ul style="list-style-type: none"> • When I grow up • Jobs and careers • My dream job • Dreams and goals – other cultures • How can we support each other • Rallying support 	<ul style="list-style-type: none"> • Smoking • Alcohol • Emergency aid • Body image • My relationship with food • Healthy me 	<ul style="list-style-type: none"> • Recognising me • Safety and online communities • Being in an online community • Online gaming • My relationship with technology • My relationship with staying safe online 	<ul style="list-style-type: none"> • Self-image • Puberty for girls • Puberty for boys • Conception • Looking ahead 1 • Looking ahead 2
Year 8	<ul style="list-style-type: none"> • My year ahead • Being a global citizen 1 • Global citizen 2 • My learning charter 	<ul style="list-style-type: none"> • Am I normal? • Understanding difference • Power struggles • Why bully? • Celebrating difference 	<ul style="list-style-type: none"> • Personal learning goals • Steps to success • My dreams for the world • Helping to make a difference x2 	<ul style="list-style-type: none"> • Taking responsibility • Drugs • Exploitation • Gangs • Emotional & mental health 	<ul style="list-style-type: none"> • What is mental health • My mental health • Love and loss • Power and control 	<ul style="list-style-type: none"> • My self-image • Puberty • Babies – conception to birth • Boyfriends and girlfriends

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	<ul style="list-style-type: none"> • Our learning charter • Owning our learning charter 	<ul style="list-style-type: none"> • Celebrating difference 	<ul style="list-style-type: none"> • Recognising our achievements 	<ul style="list-style-type: none"> • Managing stress & pressure 	<ul style="list-style-type: none"> • Being online • Using technology 	<ul style="list-style-type: none"> • Adolescent friendships • Real and ideal self • The year ahead
Year 9	<ul style="list-style-type: none"> • Who am I? • My influences • Peer Pressure • My online identity • What are consequences of what I say online? • Assessment 	<ul style="list-style-type: none"> • Prejudice and discrimination • True or false • Challenging stereotypes • Discrimination in school • Bullying • assessment 	<ul style="list-style-type: none"> • What are my dreams and goals • Achieving my dreams and goals • Coping strategies • Choices – me • Choices - others • assessment 	<ul style="list-style-type: none"> • Anxiety and stress • Healthy choices – stress • Healthy choices – substances • Medicines • assessment 	<ul style="list-style-type: none"> • Healthy relationships • Supportive relationships • Getting on and falling out • External factors – relationships • Assertiveness – relationships • assessment 	<ul style="list-style-type: none"> • My changing body • Having a baby • Types of relationships • Images and self esteem • My changing feelings • assessment

PSHE Wellbeing Passport Programme

(2 year programme)

Key Stage 4 (Year 10 and 11)

	Autumn Term	Spring Term	Summer Term
KS4 Year 1 SILVER WELL BEING PASSPORT	Mental and emotional wellbeing <ul style="list-style-type: none"> ● Intro to mental health ● Depression ● Support Services ● Preferences ● Thoughts and emotions linked to behaviour ● Strong feelings – dealing with anger ● Self esteem Assessment	Basic First Aid <ul style="list-style-type: none"> ● Dangers around the home ● Fire Safety ● Electricity Safety ● Choking ● Bleeding ● Scalds and burns ● CPR Assessment	Online and media <ul style="list-style-type: none"> ● Similarities and differences between online world and physical world ● Fake news ● Appropriate behaviour (exploring sexting, sharing explicit photos, trolling) ● Online support Assessment
KS4 Year 2 SILVER WELL BEING PASSPORT	Physical and Personal Wellbeing <ul style="list-style-type: none"> ● The changing adolescent body and mental wellbeing ● Puberty and the changes in physical and mental health ● Alcohol, tobacco and drug abuse ● Lifestyle choices and impact on reproductive health, fertility and menopause ● Peer pressure, sexual pressure and consent ● Contraceptives ● Facts about pregnancy and miscarriage ● STI's Assessment	Social Wellbeing <ul style="list-style-type: none"> ● Happiness linked to connections ● Diversity in families and relationships ● Parenthood ● Marriage and long-term relationships including same sex relationships ● Qualities of healthy relationships ● Abusive relationships Assessment	Careers <ul style="list-style-type: none"> ● My qualities ● What I would like to do when I leave school ● Investigate further education pathways: Nova, Rodbaston, Bilston College, sixth form ● Employability Assessment