

Year 1

PSHE – Autumn 2 Term Overview

Background

To support the delivery of PSHE we use 'Jigsaw', a comprehensive programme for PSHE involving the statutory Relationship and Health Education, in a progressive sequence, giving children relevant learning experiences to help them navigate their world and develop positive relationships with themselves and others. There is a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. There is also a strong focus on mindfulness allowing children to advance their emotional awareness, concentration and focus.

There are six units of work covered across a year.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Overall focus for each term for Year 1	'Who am I and how do I fit?'	Respect for similarity and difference. Anti-bullying and being unique	Aspirations, how to achieve goals and understanding the emotions that go with this	Being and keeping safe and healthy	Building positive, healthy relationships	Coping positively with change

Autumn 1 – Celebrating Difference

There are 6 lessons to 'Celebrating Difference' and each lesson has a clear learning objective.

		Learning Objective
Lesson 1	Accept that everyone is different. The same as ...	I can identify similarities between people in my class.
Lesson 2	Include others when playing. Different from ...	I can identify differences between people in my class.
Lesson 3	Know how to help if someone is being bullied. What is bullying?	I can tell you what bullying is.
Lesson 4	Try to solve problems. What do I do about bullying?	I know some people who I could talk to if I was feeling unhappy or being bullied.
Lesson 5	Use kind words. Making new friends	I know how to make friends.
Lesson 6	Know how to give and receive compliments. Celebrating difference;celebrating me.	I can tell you some ways I am different from my friends.

Example of a lesson plan

<p>Connect us</p> <p>Huggy bears.</p> <p>Children move around the space and when the teacher calls "Huggy bears - threes", the children run and hug each other in a group of three. Repeat this with other numbers. Discuss how it feels to be part of a group and how it feels if you are left out. Reinforce the idea (with the Learning Charter) that we all have the right to be included.</p> <p>Children have the right to pass (some children are tactilely defensive and may not want to hug. They can join the groups but not hug).</p>	<p>How does it feel to be part of a group?</p>
<p>Calm me</p> <p>Everyone, including adults, is sitting on chairs in a circle. Remind the children that at the beginning of every Jigsaw lesson we will help our minds calm down so that we are ready to learn. Teacher to use the 'Calm Me' Script and the Jigsaw Chime.</p>	<p>Does your mind feel calm and ready to learn?</p>
<p>Open my mind</p> <p>Slide 1: Show the children the two pictures and ask which one is the bully.</p> <p>Draw out that it's not what a person looks like but about how they behave that makes someone a bully.</p>	<p>Which one do you think might be a bully?</p> <p>Why?</p> <p>How can you tell?</p>

Tell me or show me

Ask the children what they know about bullying. Scribe their ideas about what they think bullying is, examples of when it has happened and how it makes people feel. Ensure there are examples of bullying which exemplify the key features of bullying (see below) as well as examples which may be classed as teasing or one-off incidents.

Key features of bullying

1. It doesn't just happen once: it goes on over time and happens again and again
2. It is deliberate: hurting someone on purpose, not accidentally
3. It is unfair: the person doing the bullying is stronger and more powerful (or there are more of them)

Using the examples that the children have come up with teach the children the three key features of bullying and help them to identify which of their examples has these key features and would therefore be classed as bullying.

Make it clear that any behaviour that hurts someone else is not acceptable whether it is bullying, accidental or a one off incident.

Discuss with the children that everyone has the right to be safe and not bullied.

Pause Point: Slide 2: 🐾 Raise Jigsaw Jerrie Cat's paws to indicate this Pause Point. Invite the children to stop, take some gentle deep breaths and look inside to identify what they are feeling right now.

Let me learn

Option 1: After some thinking time in pairs, pass Jigsaw Jack around the circle and ask for examples of bullying, especially the difference between one-off incidents and bullying.

Slides 3-5: Option 2: In groups children discuss the three bullying pictures. Ask them to discuss if the key features from 'Tell me or show me' are obvious. Could these be one-off incidents?

What is bullying?

After choosing option 1 or option 2, invite the children to think of some anti-bullying slogans e.g. No Bullying Here! Share their ideas and ask them to write their favourite onto the hat template. Stick the hat template on to their gingerbread person.

Help me reflect

Slide 6: Share the learning intentions of the lesson with the children. Ask them to show if they are a thumbs-up, neutral or thumbs-down for the purple and green statement. Show My Jigsaw Learning sheet for this lesson (piece) and, if necessary, model how to complete it using the PowerPoint slide. Ask the children to complete their own and stick it into their Jigsaw Journal. The teacher may wish to exemplify the statements to further children's understanding.



There's a Place (Celebrating Difference)

VERSE:

**Have you ever felt out of place?
Someone said something hurtful to your face?
How would you feel if that someone was you?
Before we judge someone, just take a second.
It doesn't matter if you're:**

CHORUS:

**Black, mixed or white.
Your hair colour, your height
This don't matter to me,
There's a place in this world for
Your religion and race,
Never feel out of place,
Whether you're young or you're old,
There's a place in this world for you,
And there's a place in this world for me.**

VERSE RAP:

**How can we make the world a better place?
Swap the hate, hate, hate and liberate.
We can all make the choice so let's raise our voice,
It starts with you, let's sing and rejoice.**



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Celebrating Difference
Celebrating Me Label Reverse - Ages 5-6 - Piece 6



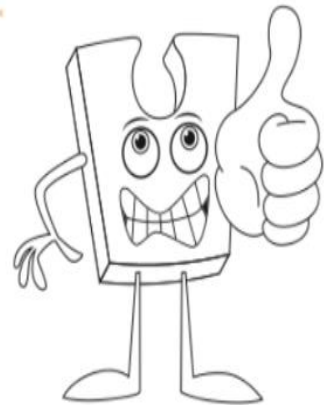
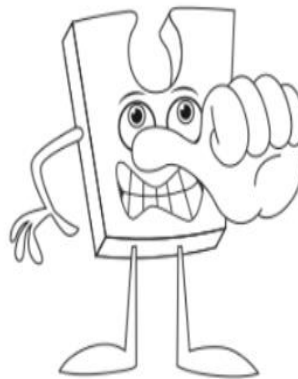
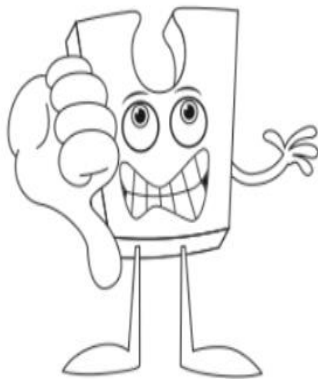
My Jigsaw Learning

Celebrating Difference - Piece 1

Ages 5-6

Name

I can identify
similarities between
people in my class



I can tell you some ways
in which I am the same
as my friends

