

Personal, Social, Emotional Sex and Relationships Education

Year Group	Term 1	Term2	Term 3	Term 4	Term 5	Term 6
Year 1	Jigsaw - Being Me in My World Growth Mindset – I give up! Kapow Wellbeing Unit lesson 1 Zones of Regulation Autumn Term lessons 1-6	Jigsaw – Celebrating Differences Growth Mindset – Strictly Can’t Dance Kapow Wellbeing Unit lesson 2 Zones of Regulation Autumn Term lessons 7-12	Jigsaw – Dreams & Goals Growth Mindset -Grow, grow, grow your brain Kapow Wellbeing Unit lesson 3 Zones of Regulation Spring Term Lessons 1-6	Jigsaw – Healthy Me Growth Mindset – Soaking up the learning Kapow Wellbeing Unit lesson 4 Zones of Regulation Spring Term lessons 6-11	Jigsaw – Relationships Growth Mindset - Super Snails 1-the power of perseverance Zones of Regulation consolidation	Jigsaw- Changing Me Growth Mindset – Super Snails 2 – Setting challenges Kapow Wellbeing Unit lesson 5 Zones of Regulation consolidation
Year 2	Jigsaw - Being Me in My World Growth Mindset - Playing Teacher Kapow Wellbeing Unit lesson 1 Zones of Regulation Autumn Term lessons 1-6	Jigsaw – Celebrating Differences Growth Mindset – Oh No! I’ve made a mistake Kapow Wellbeing Unit lesson 2 Zones of Regulation Autumn Term lessons 7-12	Jigsaw – Dreams & Goals Growth Mindset – Girls can’t do that! Dream big! Kapow Wellbeing Unit lesson 3 Zones of Regulation Spring Term Lessons 1-6	Jigsaw – Healthy Me Growth Mindset -Super Effort Kapow Wellbeing Unit lesson 4 Zones of Regulation Spring Term lessons 6-11	Jigsaw – Relationships Growth Mindset – Challenge Mountains Zones of Regulation consolidation	Jigsaw- Changing Me Growth Mindset – Ding ding! How much effort? Kapow Wellbeing Unit lesson 5 Zones of Regulation consolidation
Year 3	Jigsaw - Being Me in My World Growth Mindset – On the high wire Kapow Wellbeing Unit lesson 1 Zones of Regulation Autumn Term lessons 1-6	Jigsaw – Celebrating Differences Growth Mindset – Firing Neurons Kapow Wellbeing Unit lesson 2 Zones of Regulation Autumn Term lessons 7-12	Jigsaw – Dreams & Goals Growth Mindset – Born to be.... Kapow Wellbeing Unit lesson 3 Zones of Regulation Spring Term Lessons 1-6	Jigsaw – Healthy Me Growth Mindset – Mistakes that worked Kapow Wellbeing Unit lesson 4 Zones of Regulation Spring Term lessons 6-11	Jigsaw – Relationships Growth Mindset – Challenge Mountains Zones of Regulation consolidation	Jigsaw- Changing Me Growth Mindset – Never Give Up! Kapow Wellbeing Unit lesson 5 Zones of Regulation consolidation

Year 4	Jigsaw - Being Me in My World Growth Mindset – From failure to success Kapow Wellbeing Unit lesson 1 Zones of Regulation Autumn Term lessons 1-6	Jigsaw – Celebrating Differences Growth Mindset – Bounce! Kapow Wellbeing Unit lesson 2 Zones of Regulation Autumn Term lessons 7-12	Jigsaw – Dreams & Goals Growth Mindset – Doom Words Kapow Wellbeing Unit lesson 3 Zones of Regulation Spring Term Lessons 1-6	Jigsaw – Healthy Me Growth Mindset – Mindset Trumps Kapow Wellbeing Unit lesson 4 Zones of Regulation Spring Term lessons 6-11	Jigsaw – Relationships Growth Mindset – Fantastic Elastic Brain Zones of Regulation consolidation	Jigsaw- Changing Me (alternative lesson-week 2- 2a) Growth Mindset – Learning cereals Kapow Wellbeing Unit lesson 5 Zones of Regulation consolidation
Year 5	Jigsaw - Being Me in My World Growth Mindset – Passport to learning Kapow Wellbeing Unit lesson 1 Zones of Regulation Autumn Term lessons 1-6	Jigsaw – Celebrating Differences Growth Mindset – Too old to.. Kapow Wellbeing Unit lesson 2 Zones of Regulation Autumn Term lessons 7-12	Jigsaw – Dreams & Goals Growth Mindset – What makes a great teacher? Kapow Wellbeing Unit lesson 3 Zones of Regulation Spring Term Lessons 1-6	Jigsaw – Healthy Me Growth Mindset -Brain Power! Kapow Wellbeing Unit lesson 4 Zones of Regulation Spring Term lessons 6-11	Jigsaw – Relationships Project 10 Growth Mindset – Famous Failures Zones of Regulation consolidation	Jigsaw- Changing Me Sex Education-Lesson 4: Conception (right to withdraw) Project 10 Growth Mindset – The iceberg illusion Kapow Wellbeing Unit lesson 5 Zones of Regulation consolidation
Year 6	Jigsaw - Being Me in My World Growth Mindset -Don't say.. Say... Kapow Wellbeing Unit lesson 1 Zones of Regulation Autumn Term lessons 1-6	Jigsaw – Celebrating Differences Growth Mindset – Diamond Minds Kapow Wellbeing Unit lesson 2 Zones of Regulation Autumn Term lessons 7-12	Jigsaw – Dreams & Goals Growth Mindset - Barriers to learning Kapow Wellbeing Unit lesson 3 Zones of Regulation Spring Term Lessons 1-6	Jigsaw – Healthy Me Growth Mindset – Brain v Calculator Kapow Wellbeing Unit lesson 4 Zones of Regulation Spring Term lessons 6-11	Jigsaw – Relationships Growth Mindset – Mathematical Mistakes Zones of Regulation consolidation	Jigsaw- Changing Me Lesson 3 Sex Education- Babies: Conception to Birth (right to withdraw) Alternative lesson 4: Adolescent Friendships rather than Boyfriends/Girlfriends. Growth Mindset – Learning Pathways

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