



PSHE Long Term Plan



Independence &
Preparation for
Adulthood

Intent:

At our school, we follow the Jigsaw PSHE programme from Year 3 through to Year 11, providing a consistent, progressive and whole-school approach to personal development. Jigsaw is designed to support pupils' personal, social, emotional and health education by integrating emotional literacy, mindfulness, social skills, and spiritual development into a comprehensive scheme of learning. Its core intention is to equip all young people with the knowledge, skills and values they need to become confident, **Independent** and responsible citizens.

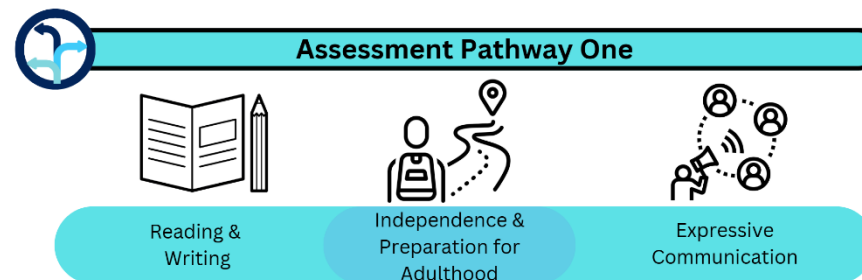
Through carefully sequenced and age-appropriate units such as Being Me in My World, Dreams and Goals, Celebrating Difference, Healthy Me, Relationships, and Changing Me, pupils gradually build their self-awareness, resilience, and ability to manage change. Delivery is adapted to the age and developmental stage of each individual pupil, particularly during sensitive topics such as 'Changing Me', to ensure content is appropriate, inclusive, and supportive. From early understanding of self-identity and friendships in the primary years, to exploring relationships, mental health, aspirations, and life choices in the secondary phase. Our PSHE curriculum develops each pupil's capacity to reflect, make informed decisions, and take responsibility for their future; preparing **Pupils for Adulthood**.

By delivering Jigsaw across all key stages, we ensure that pupils are well prepared not only for the next stage of their education but also for life beyond school. The curriculum promotes independence, supports preparation for adulthood, and fosters the social and emotional competencies needed to thrive in modern society.



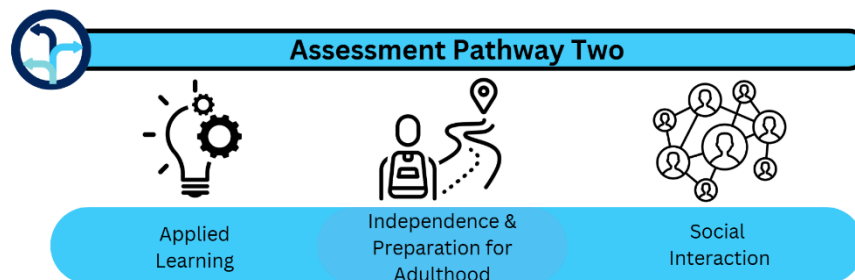
PSHE: Westbury's Assessment Pathways

The PSHE curriculum at Westbury is designed and assessed through Westbury's Assessment Pathways. Each pathway outlines a distinct approach to curriculum design and assessment, ensuring pupils are supported to progress at an appropriate level of challenge and develop personally, socially, and emotionally in a way that reflects their individual needs and circumstances.



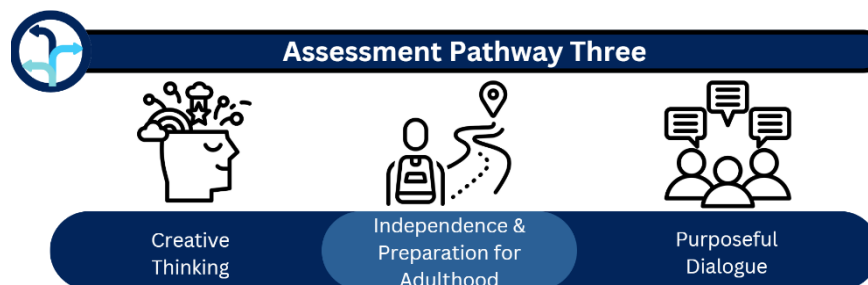
Pupils will...

- Begin to express their own opinions and identify a range of emotions.
- Develop a basic understanding of mental and physical wellbeing.
- Begin to explore British values, and develop awareness of diversity, equality, and the importance of mutual respect.
- Gain an introductory awareness of a range of possible career pathways and roles in society.
- Be able to identify ways to stay safe online, including understanding basic risks.



Pupils will...

- Be able to communicate their opinions and emotions appropriately in a range of social settings.
- Understand the importance of mental and physical wellbeing and be supported to navigate transitions and changes in their lives.
- Explore the importance of British values, diversity, equality, and respect. They will begin to recognise and reflect on issues such as prejudice, stereotyping, and discrimination.
- Develop a clearer understanding of career pathways, including how qualifications, skills, and interests relate to employment.
- Begin to understand their digital footprint, the impact of screen time, and how to use social media safely.



Pupils will...

- Show an understanding of their own emotions and demonstrate empathy and effective communication with others.
- Actively engage in strategies to support their own mental and physical wellbeing and manage change and transition effectively.
- Understand, value, and promote British values, diversity, equality, and respect. They will critically evaluate prejudice and celebrate multiculturalism.
- Have an understanding of employability skills and take ownership of career planning, including setting goals and exploring future pathways.
- Demonstrate informed, responsible digital behaviour, including managing their online presence, evaluating screen time, and using social media with awareness and care.



Personal Development and Careers Links

The PSHE curriculum at Westbury Academy plays a key role in supporting pupils' Personal Development. Through carefully planned learning experiences, pupils build the knowledge, skills and values needed to make informed decisions, form healthy relationships, understand and manage emotions, and take active, responsible roles within society.

Personal Development Links

- **Health and Wellbeing:** In year 3-6 the pupils understand health, hygiene, puberty and emotions. Within this they explore healthy choices in diet, exercise, and screen time, and begin developing self-regulation strategies. In year 7-11 whilst covering similar topics the learning deepens into mental health, stress management, substance misuse, sexual health and risk-taking behaviours, encouraging informed and responsible decision-making.
- **Emotional Literacy & Self-Awareness:** Across all year groups, Jigsaw's mindfulness techniques and reflection sessions foster emotional self-regulation and empathy as well as building self-esteem and confidence. Pupils learn to respond rather than react, promoting mature interpersonal relationships and emotional maturity.
- **British Values, Diversity, Equality & Respect:** Jigsaw explicitly teaches: Respect for differences, including race, gender, religion, sexuality and disability. The importance of democracy, rule of law, and individual liberty. Equality, equity and inclusion in communities and workplaces. Pupils explore prejudice, stereotyping, and the dangers of discrimination (e.g. racism, homophobia, sexism).
- **Relationships and social skill:** In year 3-6 the pupils learn friendship skills, conflict resolution, inclusivity, and the basics of respectful relationships. Within years 7-11 the topics expand to cover healthy intimate relationships, consent, sexting, managing break-ups, and recognising coercive behaviours. Peer influence and social pressures are explored in depth.
- **Resilience, aspirations and future planning:** Within years 3-6 the pupils explore dreams and goals, growth mindset, and begin understanding their role in society. Within years 7-11 the pupils focus on building resilience through managing failure, setting realistic ambitions, preparing for work experience, understanding employability and career planning.
- **Personal safety and online awareness:** Internet safety and managing digital identity is a theme from year 3 onwards, building towards the pupils understanding online risks (grooming, radicalisation & fraud), Managing screen time, digital reputation, and safe social media use and finally the pupils explore protecting mental health within the digital age.



Careers Links

- Through engaging with the *Being Me in My World* module, pupils are introduced to the concepts of jobs and roles within society. They also explore personal attributes such as resilience, kindness, and leadership, recognising how these qualities are valued and applied in the workplace.
- Through engaging with the *Celebrating Difference* module, pupils explore how various careers value and benefit from diversity. The module also encourages thoughtful discussion around inclusion, equality, and equity in both professional environments and wider society.
- Through engaging with the *Dreams and Goals* module, pupils are given the opportunity to focus on goal-setting and future aspirations. This enables them to explore a range of career pathways, including different educational routes, and develop an understanding of the training, qualifications, and experiences that may support their future ambitions.
- Through engaging with the *Healthy Me* module, pupils are introduced to careers within the health, fitness, and emergency service sectors. The module also offers opportunities to consider how different occupations can impact mental and physical wellbeing and highlights the importance of maintaining a healthy work-life balance.
- Through engaging with the *Relationships* module, pupils develop an understanding of the importance of teamwork, communication, and conflict resolution - core interpersonal skills essential for successful careers. They are also encouraged to explore the concept of professional boundaries and appropriate workplace behaviour.
- Through engaging with the *Changing Me* module, pupils are supported in understanding how to navigate transitions and change, both within their education and future working lives. This module also addresses body confidence and self-image, particularly in relation to public-facing careers such as those in performing arts or sports.



PSHE Overview: KS2 Nurture and Year 3/4 - 25/26 (Age 7-8 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	Getting to know each other	Our nightmare school	Our dream school	Rewards and consequences	Our learning charter	Owning our learning charter	Consolidation	Families	Family contact	Witness and feelings	Witness and solutions	Words that harm	Celebrating different: compliments	Consolidation
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	Dreams and goals	My dreams and ambitions	A new challenge	Our new challenge	Our new challenge – overcoming obstacles	Celebrating my learning	Consolidation	Being fit and healthy	Being fit and healthy	What do I know about drugs	Being safe	Safe or unsafe	My amazing body	Consolidation
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	Family roles and responsibilities	Friendship	Keeping myself safe online	Being a global citizen 1	Being a global citizen 2	Celebrating my web of relationships	Consolidation	How babies grow	Babies	Outside body changes	Inside body changes	Family stereotypes	Looking ahead	Consolidation

PSHE Overview: KS2 Nurture and Year 3/4 - 26/27 (Age 8-9 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	Becoming a class ‘team’	Being a school citizen	Rights, responsibilities and democracy	Rewards and consequences	Our learning charter	Owning our learning charter	Consolidation	Judging by appearances	Understanding influences	Understanding bullying	Problem – solving	Special me	Celebrating difference: how we look	Consolidation
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	Hopes and dreams	Broken dreams	Overcoming disappointment	Creating new dreams	Achieving goals	We did it!	Consolidation	My friends and me	Group dynamics	Smoking	Alcohol	Healthy Friendships	Celebrating my inner strength and assertiveness	Consolidation
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	Jealousy	Love and loss	Memories puzzle outcome: memory box	Getting on and falling out	Girlfriends and boyfriends	Celebrating my relationships with people and animals	Consolidation	Unique me	Having a baby	Puberty and menstruation	Circles of change	Accepting change	Looking ahead	Consolidation

PSHE Overview: Years 5/6 - 25/26 (Age 9-10 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	My year ahead	Being a citizen of my country	Year 5/6 responsibilities	Rewards and consequences	Our learning charter	Owning our learning character	Consolidation	Different cultures	Racism	Rumours and name-calling	Types of bullying	Does money matter?	Celebrating difference across the world	Consolidation
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	When I grow up	Investigating jobs and careers	My dream job. Why I want it and the steps to get there	Dreams and goals of young people in other cultures	How can we support each other?	Rallying support	Consolidation	Smoking	Alcohol	Emergency aid	Body image	My relationship with food	Healthy me	Consolidation
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	Recognising me	Safety with online communities	Being in an online community	Online gaming	My relationship with technology: screen time	Relationships and technology	Consolidation	Self and body image	Puberty for girls	Puberty for boys	Conception	Looking ahead – 1	Looking ahead - 2	Consolidation



PSHE Overview: Years 5/6 - 26/27 (Age 10-11 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	My year ahead	Being a global citizen 1	Being a global citizen 2	The learning charter	Our learning charter	Owning our learning charter	Consolidation	Am I normal?	Understanding difference	Power Struggles	Why bully?	Celebrating difference	Celebrating difference	Consolidation
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	Personal learning goals	Steps to success	My dreams for the world	Helping to make a difference	Helping to make a difference	Recognising our achievements	Consolidation	Taking responsibility for my health and well-being	Drugs	Exploitation	Gangs	Emotional and mental health	Managing stress and pressure	Consolidation
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	What is mental health?	My mental health	Love and loss	Power and control	Being online: Real or fake?	Using technology responsibly	Consolidation	My self-image	Puberty	Babies: Conception to Birth	Boyfriends and girlfriends	Adolescent friendships alternative	Real self and ideal self	The year ahead

PSHE Overview: Year 7 (Age 11-12 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	Who am I?	My influences	Peer pressure and belonging	My online identity	What are the consequences of what I say and do online?	Consolidation	Assessment	Prejudice and discrimination	Bubbles of influence	Challenging stereotypes	Human rights and protected characteristics	Bullying	Consolidation	Assessment
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	What are my dreams and goals?	Achieving my dreams and goals	Coping strategies	How responsible or risky choices can affect a person’s dreams or goals	How making risky or unsafe choices can affect someone’s dreams and goals	First Aid	Assessment	Mindfulness	Nutrition and exercise	Sleep	Stress	Choices	Consolidation	Assessment
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	Qualities of healthier relationships	My changing supportive relationships	Getting on and falling out	Discerning external factors in relationships	Assertiveness in relationships	Consolidation	Assessment	Puberty – 1	Having a baby	Family and relationships and choice	Image and self-esteem	My changing feelings	My body, my rights - FGM	Assessment



PSHE Overview: Year 8 (Age 12-13 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	Who am I?	My ‘family’	‘Family Factors’	The power of first impressions	Faith and beliefs	Consolidation	Assessment	Prejudice and discrimination	Injustice	When things go right	Bullying	How I make a difference	Consolidation	Assessment
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	Your long-term goals	What money can’t buy	Online safety	Money and earnings	The price of life	Consolidation	Assessment	Supporting myself and my health	Risks and substances	Protecting my physical health	Vaccination	Health and choices and peer pressure	Consolidation	Assessment
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	Being in control of myself	Being in control of my relationships	Being in control of personal space	Staying safe in the physical world	Staying safe in the online world	Consolidation	Assessment	Different types of relationships	What’s in a relationship?	Looks and smiles	Pornography and understanding relationships	Alcohol	Consolidation	Assessment

PSHE Overview: Year 9 (Age 13-14 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	Being ‘me’ in a group	Expectation and perceptions of relationships	Peer approval	Risks	Consent	Consolidation	Assessment	Equality	Understanding difference	The power of positive language	Bullying	Discrimination	Consolidation	Assessment
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	My personal strengths	The power of planning	My dreams for my life	Mental health and illness	Media manipulation and mental health	Consolidation	Assessment	The amazing teenage brain	Protecting the teenage brain	Risk taking and group behaviour	Life saving skills (supported by RCUK)	Mental health first aid	Consolidation	Assessment
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	Equality in relationships	Assertiveness and saying no	Pornography and its impact	Contraception	Consequences of unprotected sex	Consolidation	Assessment	Mental health and addiction	Change and our emotions	Better sleep	Resilience	Changing and growing	Consolidation	Assessment



PSHE Overview: Year 10 (Age 14-15 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	Liberty and safety in my world	How I feel when things end	How social media affects me, my identity and culture	Rated!	Risk	Consolidation	Assessment	Equality: what does it mean to me in the UK?	Equality in the workplace	Multicultural society	Power in relationships	Challenging inequality	Consolidation	Assessment
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	Relationships and goals	Me, my goals and my health	Work/life balance	A healthy balance	Health goals and other people	Consolidation	Assessment	My health MOT	Extraordinary bodies	Extraordinary minds	STIs	Safe sex	Consolidation	Assessment
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	Healthier, long-term relationships	Love and loss	Healthy connections	Can you always believe what you see?	Better together?	Consolidation	Assessment	Changing society and me	Managing change and decision making	Identifying risk and managing personal safety	Stereotypes and exploring relationships	Physical and emotional changes	Consolidation	Assessment

PSHE Overview: Year 11 (Age 15-16 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’						
	Becoming and adult	Relationships and the law	The law and you	Me, the internet and the law	Emergency situation	Consolidation	Assessment	Managing anxiety and overwhelm	Money and debt	Dream jobs and skill set	My future relationships	What to do when things go wrong	Consolidation	Assessment
Spring Term	Healthy Me – ‘Being and keeping safe and healthy’							Relationships – ‘Building positive, healthy relationships’						
	Self-worth	Staying safe in sexual relationships	Hormonal health	Contraception and sexual health	Pregnancy and choice	Consolidation	Assessment	Intimate romantic relationships	Gender diversity and sexuality	Coming out as LGBT+	Who holds all the cards?	Harmful and illegal cultural and social practices	Consolidation	Assessment

PSHE Overview: KS4 Nurture – 25/26 (Age 15-16 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’						
	Becoming and adult	Relationships and the law	The law and you	Me, the internet and the law	Emergency situation	Consolidation	Assessment	Managing anxiety and overwhelm	Money and debt	Dream jobs and skill set	My future relationships	What to do when things go wrong	Consolidation	Assessment
Spring Term	Healthy Me – ‘Being and keeping safe and healthy’							Relationships – ‘Building positive, healthy relationships’						
	Self-worth	Staying safe in sexual relationships	Hormonal health	Contraception and sexual health	Pregnancy and choice	Consolidation	Assessment	Intimate romantic relationships	Gender diversity and sexuality	Coming out as LGBT+	Who holds all the cards?	Harmful and illegal cultural and social practices	Consolidation	Assessment



PSHE Overview: KS4 Nurture – 26/27 (Age 14-15 Jigsaw)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn Term	Being Me in My World – ‘Who am I and how do I fit?’							Celebrating Difference – ‘Respect for similarity and difference. Anti-bullying and being unique’						
	Liberty and safety in my world	How I feel when things end	How social media affects me, my identity and culture	Rated!	Risk	Consolidation	Assessment	Equality: what does it mean to me in the UK?	Equality in the workplace	Multicultural society	Power in relationships	Challenging inequality	Consolidation	Assessment
Spring Term	Dreams and Goals – ‘Aspirations, how to achieve goals and understanding the emotions that go with this’							Healthy Me – ‘Being and keeping safe and healthy’						
	Relationships and goals	Me, my goals and my health	Work/life balance	A healthy balance	Health goals and other people	Consolidation	Assessment	My health MOT	Extraordinary bodies	Extraordinary minds	STIs	Safe sex	Consolidation	Assessment
Autumn Term	Relationships – ‘Building positive, healthy relationships’							Changing me – ‘Coping positively with change’						
	Healthier, long-term relationships	Love and loss	Healthy connections	Can you always believe what you see?	Better together?	Consolidation	Assessment	Changing society and me	Managing change and decision making	Identifying risk and managing personal safety	Stereotypes and exploring relationships	Physical and emotional changes	Consolidation	Assessment