

RHE Cycle B Long Term Plan

At Elmore Green, we use the Jigsaw scheme of work, which takes a whole school approach. Jigsaw, the mindful approach to PSHE/HWB, brings together Personal, Social, Health Education, emotional literacy, social skills and spiritual development.

Integrating this personal and social development work into a comprehensive Personal, Social, Health Education (Health and Well-being) curriculum gives the relevant context to build skills, attitudes, self-esteem, resilience and confidence. You can access and explore the website via this link:

[Jigsaw PSHE The Mindful Approach to PSHE, Well-Being, SEL.](#)

Children will cover 3 topics in Cycle B this academic year, and a different 3 topics in Cycle A next academic year. All year groups will do the same topics, but in varying levels of detail.

Autumn Term	Spring Term	Summer Term
Being Me in my World: <i>Who am I and how do I fit in?</i>	Celebrating Difference: <i>Respect for similarity and difference. Anti-bullying and being unique.</i>	Dreams and Goals: <i>Aspirations, how to achieve goals and understanding the emotions that go with this.</i>