



Medium Term Plan for Jigsaw PSHE (Ruby Class)

This medium-term plan outlines the Jigsaw PSHE curriculum for ages 4-5, covering six sequential puzzles (units) designed to promote personal, social, and emotional development. Each puzzle includes six lessons.

Puzzle (Unit)	Focus Area	Overview of Lessons
Being Me in My World (BM)	Who am I and how do I fit?	Lesson 1: Self-identity Lesson 2: Understanding feelings Lesson 3: Being part of a class Lesson 4: Rights and responsibilities Lesson 5: Learning about consequences Lesson 6: Valuing ourselves and others
Celebrating Difference (CD)	Respect for similarity and difference. Anti-bullying and being unique.	Lesson 1: Identifying differences Lesson 2: Understanding kindness Lesson 3: Learning about bullying Lesson 4: Expressing individuality Lesson 5: Celebrating uniqueness Lesson 6: Showing respect to others
Dreams and Goals (DG)	Aspirations, how to achieve goals, and understanding emotions.	Lesson 1: Setting simple goals Lesson 2: Recognising success Lesson 3: Overcoming challenges Lesson 4: Working with others Lesson 5: Sharing and celebrating success Lesson 6: Embracing ambition
Healthy Me (HM)	Being and keeping safe and healthy.	Lesson 1: Understanding healthy choices Lesson 2: Physical activity and well-being Lesson 3: Healthy eating Lesson 4: Managing safety



		Lesson 5: Understanding medicine and illness Lesson 6: Personal hygiene and self-care
Relationships (RL)	Building positive, healthy relationships.	Lesson 1: Identifying special people Lesson 2: Understanding friendship Lesson 3: Managing feelings in relationships Lesson 4: Showing care and concern Lesson 5: Resolving conflicts Lesson 6: Recognising positive relationships
Changing Me (CM)	Coping positively with change.	Lesson 1: Recognising changes in ourselves Lesson 2: Learning about growing up Lesson 3: Understanding life cycles Lesson 4: Coping with transitions Lesson 5: Building resilience Lesson 6: Celebrating growth and change