

New PSHE Long Term Plan

From January 2026 - July 2026 will be a transitional period to move from Jigsaw PSHE to My Happy Mind PSHE.

EYFS

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|---|----------------------|------------------------|------------------|------------|---------------|-------------|
| PSED JIGSAW  | Being Me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing me |
|---|----------------------|------------------------|------------------|------------|---------------|-------------|

Reception/P1

| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|--------|-------------------------------|---|---|---|---|---|----------------------|-------------------------|---------------|----|----|----|--|----|----|----|
| Autumn | myHappymind - Meet Your Brain | | | | | | myHappymind Places | myHappymind - Celebrate | | | | | | | | |
| Spring | myHappymind - Appreciate | | | | | | myHappymind - Relate | | | | | | Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year. | | | |
| Summer | myHappymind - Engage | | | | | | my Happy world | my Happy relationships | my Happy body | | | | | | | |

Year 1

Blue = body
 Purple = relationships
 Yellow = world

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| PSED JIGSAW | Being Me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing me |
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| Year 1/P2 | | | | | | | | | | | | | | | | |
|-----------|-------------------------------|---|--------------------|-------------------------|--------------------|--------------------------------|----------------------|--|--|----|-------------------------|----|--|----|----|----|
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Autumn | myHappymind - Meet Your Brain | | | | myHappymind Places | | | | Showing respect and managing hurtful behaviour | | myHappymind - Celebrate | | | | | |
| Spring | myHappymind - Appreciate | | Healthy Lifestyles | | Buffer | | myHappymind - Relate | | Families and positive close relationships | | Buffer | | Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year. | | | |
| Summer | myHappymind - Engage | | | Shared responsibilities | Communities | Ourselves Growing and Changing | | Ourselves, Growing and Changing - Transition | Buffer | | | | | | | |

Year 2

Blue = body
 Purple = relationships
 Yellow = world

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|----------------|-------------------------|------------------------|------------------|------------|---------------|-------------|
| PSED JIGSAW | Being Me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing me |
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| Year 2/P3 | | | | | | | | | | | | | | | | |
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| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Autumn | myHappyMind - Meet Your Brain | | | | myHappyMind Places | | | | myHappyMind - Celebrate | | | | Buffer | | | |
| Spring | myHappyMind - Appreciate | | Keeping Safe | | Media Literacy and Digital Resilience | myHappyMind - Relate | | | Friendships | | Buffer | Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year. | | | | |
| Summer | myHappyMind - Engage | | | | Safe relationships | | Economic Wellbeing | | Ourselves, Growing and Changing - Transition | Buffer | | | | | | |

Click each module title to navigate to the relevant lessons.

Year 3

Blue = body
 Purple = relationships
 Yellow = world

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|---|----------------------|------------------------|------------------|------------|---------------|-------------|
| PSED JIGSAW  | Being Me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing me |
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| Year 3/P4 | | | | | | | | | | | | | | | | |
|-----------|--|---|---|--|--|--|---|---|--|---|--|----|--------|----|----|----|
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Autumn | myHappyMind - Meet Your Brain  | | | | myHappyMind Places  | | | | myHappyMind - Celebrate  | | | | Buffer | | | |
| Spring | myHappyMind - Appreciate  | | | Healthy Lifestyles  | | myHappyMind - Relate  | | | Friendships  | Families and close, positive relationships  | Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year. | | | | | |
| Summer | myHappyMind - Engage  | | | | Buffer | | Communities  | Shared responsibilities  | Our lives, Growing and Changing- Grief  | Our lives, Growing and Changing- Transition  | Buffer | | | | | |

Year 4

Blue = body
 Purple = relationships
 Yellow = world

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|----------------|----------------------|------------------------|------------------|------------|---------------|-------------|
| PSED JIGSAW | Being Me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing me |
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| Year 4/P5 | | | | | | | | | | | | | | | | |
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| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Autumn | myHappyMind - Meet Your Brain | | | | myHappyMind Places | | | Showing respect and managing hurtful behaviour | | myHappyMind - Celebrate | | | | | | |
| Spring | myHappyMind - Appreciate | | | | First Aid | Media Literacy and Digital Resilience | myHappyMind - Relate | | | Safe Relationships | Buffer | Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year. | | | | |
| Summer | myHappyMind - Engage | | | | Keeping Safe | Buffer | Economic Wellbeing | | Ourselves, Growing and Changing - Transition | Buffer | | | | | | |

Year 5

Blue = body
 Purple = relationships
 Yellow = world

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|----------------|-------------------------|------------------------|------------------|------------|---------------|-------------|
| PSED JIGSAW | Being Me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing me |
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| Year 5/P6 | | | | | | | | | | | | | | | | |
|-----------|-------------------------------|---|---|--------------------|--------------------|----------------------|--------------------|---|--|---|--|----|----|----|----|----|
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Autumn | myHappymind - Meet Your Brain | | | | myHappymind Places | | | | myHappymind - Celebrate | | | | | | | |
| Spring | myHappymind - Appreciate | | | Healthy Lifestyles | | myHappymind - Relate | | | Friendships | Families and Close Positive Relationships | Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year. | | | | | |
| Summer | myHappymind - Engage | | | | Buffer | | Economic Wellbeing | | Ourselves, Growing and Changing- Grief | Ourselves, Growing and Changing- Transition | Buffer | | | | | |

Year 6

Blue = body
 Purple = relationships
 Yellow = world

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|----------------|----------------------|------------------------|------------------|------------|---------------|-------------|
| PSED JIGSAW | Being Me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing me |
|----------------|----------------------|------------------------|------------------|------------|---------------|-------------|



| Year 6/P7 | | | | | | | | | | | | | | | | |
|-----------|-------------------------------|----------------------------|--------------------------|---------------------------------------|---|--|-------------------------|--------------------|--|----|-------------------------|----|--|--------|----|----|
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Autumn | myHappyMind - Meet Your Brain | | myHappyMind Places | | | | Shared responsibilities | | Showing respect and managing hurtful behaviour | | myHappyMind - Celebrate | | Communities | Buffer | | |
| Spring | myHappyMind - Appreciate | First Aid | Drugs, Alcohol & Tobacco | Media Literacy and Digital Resilience | | myHappyMind - Relate | | Safe Relationships | Buffer | | | | Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year. | | | |
| Summer | myHappyMind - Engage | myHappyMind - Be Your Best | | Buffer | | myHappyMind - Transition Programme (2 sessions a week) | | | | | | | | | | |