



Subject Expectation Sheet For PSHE



1	I will cover six Jigsaw pieces to develop my PSHE learning: Being Me in My World, Celebrating Differences, Dreams and Goals, Healthy Me, Relationships and Changing Me
2	My lessons will be split into five parts: calm time, open my mind, tell me show me, let us learn and help me reflect.
3	I will take part in mindfulness exercises and develop my ability to manage my own mental well-being.
4	I will learn how to develop healthy relationships, online, with friends, family and in the school and wider community.
5	I will learn about the process of growing up and learn how to make choices to help maintain a good physical and mental health.