

**HIGH LITTLETON CHURCH OF ENGLAND PRIMARY SCHOOL**  
**PSHE (Jigsaw) MEDIUM TERM PLAN TERM 4 2025-2026**

**Healthy Me**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
<b>Owl (R)</b>	Everybody's Body!	We like to move it! Move it!	Food glorious food!	Sweet Dreams!	Keeping Clean	Stranger Danger
<b>Hedgehog (Y1)</b>	Being Healthy	Healthy Choices	Clean and Healthy	Medicine Safety	Road Safety	Happy, Healthy Me
<b>Fox (Y2)</b>	Being Healthy	Being Relaxed	Medicine Safety	Healthy Eating	Healthy Eating	Healthy Eating Cafe
<b>Badger (Y3)</b>	Being Fit and Healthy	Being Fit and Healthy	What Do I Know About drugs?	Being Safe	Being Safe	My Amazing Body
<b>Otter (Y4)</b>	My Friends and Me	Group Dynamics	Smoking	Alcohol	Healthy Friendships	Celebrating My Inner Strength and Assertiveness
<b>Robin (Y5)</b>	Smoking	Alcohol	Emergency Aid	Body Image	My relationship with Food	Healthy Me
<b>Deer (Y6)</b>	Food	Drugs	Alcohol	Emergency Aid	Emotional and Mental Health	Managing stress