



PSHE/Jigsaw	<u>Y1</u>	<u>Y2</u>	<u>Y3</u>	<u>Y4</u>	<u>Y5</u>	<u>Y6</u>
Autumn 1	Being Me Feeling safe and special in my class Belonging to my class Right and responsibilities within my class Contributing my views Choices and consequences Understanding my rights	Being Me Hopes and fears Rights and responsibilities Rewards and consequences Listening to others Learning Charter Choices and consequences	Being Me Getting to know each other Facing challenges Rules, rights & responsibilities My actions Making responsible choices Points of view	Being Me Becoming a team School community Democracy My actions can affect others Understanding how groups make decisions Understanding how democracy can help a school community	Being Me Facing new challenges positively Rights & responsibilities as a citizen of my country Rights & responsibilities as a member of my school Making behaviour choices Understanding how behaviour can impact a group Understanding how democracy can help a school community	Being Me Identifying goals for the year ahead Universal rights for children Understand how actions can affect others locally and globally My behaviour, rewards and consequences Understanding how behaviour can impact a group Understanding how democracy can help a school community
Autumn 2	Celebrating Difference Identify similarities between people in my class Identify differences between people in my class Identifying what bullying is Identify who I can talk to if I am unhappy or being bullied	Celebrating Difference Understanding stereotyping Understanding stereotyping (Boys/ Girls) Why does bullying happen? Standing up for myself and others Being friends with people who are different to me	Celebrating Difference Appreciating differences between families Understanding that sometimes there is conflict between families Witnessing bullying Witnessing bullying and solutions Understanding that words can be harmful Giving and receiving compliments	Celebrating Difference Judging people by their appearance Understanding influences Understanding bullying Problem- solving bullying situations Identifying what is special about me Thinking about times when first impressions have changed	Celebrating Difference Cultural differences Understanding racism Rumour spreading and bullying behaviour Direct and indirect bullying Comparing my life with a child in the developing world Understanding a different culture to my own	Celebrating Difference Perceptions of normal Understand how being different can affect someone's life Understand how one person or a group can have power over others Understand why some people use bullying behaviours

	<p>Know how to make friends</p> <p>Celebrating difference, celebrating me</p>	<p>Celebrating how I am different to my friends</p>				<p>Identify people with disabilities who lead amazing lives</p> <p>Understand how difference can be a cause of conflict or celebration</p>
Spring 1	<p>Dreams and Goals</p> <p>Setting simple goals</p> <p>Achieving goals</p> <p>Understand how to work with a partner</p> <p>Tackling new challenges</p> <p>Overcoming obstacles</p> <p>Celebrating success</p>	<p>Dreams and Goals</p> <p>Setting realistic goals</p> <p>Perseverance</p> <p>Recognise who I work well with and with whom it is more difficult</p> <p>Working in a group</p> <p>Working well in a group</p> <p>Sharing success with others</p>	<p>Dreams and Goals</p> <p>Difficult challenges and success</p> <p>Dreams and ambitions</p> <p>New challenges</p> <p>Being motivated and enthusiastic about new challenges</p> <p>Recognising obstacles</p> <p>Evaluate my own learning process</p>	<p>Dreams and Goals</p> <p>Hopes and dreams</p> <p>Understanding that hopes and dreams do not always come true</p> <p>Overcoming disappointment</p> <p>Setting new goals</p> <p>Achieving goals</p> <p>Identifying my contributions in a group's achievement</p>	<p>Dreams and Goals</p> <p>Understanding that I need money to achieve some of my dreams</p> <p>Jobs and careers</p> <p>Identifying a job that I'd like to do</p> <p>Identifying dreams and goals of a young person in a culture different to mine</p> <p>Learning from someone in a different culture</p> <p>Rallying support</p>	<p>Dreams and Goals</p> <p>Setting challenging but realistic goals</p> <p>Steps to success</p> <p>Identifying problems in the world</p> <p>Help to make the world a better place</p> <p>Working with others to help make the world a better place</p> <p>Recognising my achievements</p>
Spring 2	<p>Healthy Me</p> <p>Understanding the difference between healthy and unhealthy</p> <p>Making healthy lifestyle choices</p> <p>Keeping myself clean and healthy</p> <p>Medicine safety</p> <p>Road safety</p> <p>Understand how being healthy helps keep me happy</p>	<p>Healthy Me</p> <p>Understand what I need to keep my body healthy</p> <p>Being relaxed</p> <p>Medicine safety</p> <p>Healthy eating (food groups)</p> <p>Healthy eating (healthy snacks)</p> <p>Having a healthy relationship with food</p>	<p>Healthy Me</p> <p>Being fit and healthy</p> <p>Making healthy choices</p> <p>What do I know about drugs?</p> <p>Being safe (identifying people and places I need to keep safe from)</p> <p>Safe or unsafe?</p> <p>Taking care of my body</p>	<p>Healthy Me</p> <p>Friendship groups</p> <p>Group dynamics</p> <p>Smoking</p> <p>Alcohol</p> <p>Healthy friendships</p> <p>Right and wrong</p>	<p>Healthy Me</p> <p>Smoking</p> <p>Alcohol</p> <p>Emergency Aid</p> <p>Body image</p> <p>Relationships with food</p> <p>A healthy lifestyle</p>	<p>Healthy Me</p> <p>Taking responsibility for my health and well being</p> <p>Drugs</p> <p>Exploitation</p> <p>Gangs</p> <p>Emotional and mental health</p> <p>Managing stress and pressure</p>

Summer 1	Relationships Understand that there are different family types Identify what being a good friend means to me Appropriate ways of physical contact when greeting friends People who help us Recognising my qualities as a person and friend Celebrating special relationships	Relationships Identify members of my family and my relationships with each of them Keeping safe- exploring physical contact Conflict with friends Understanding why sometimes it is good to keep a secret and sometimes it is not People I trust Celebrating special relationships	Relationships Family roles and responsibilities Friendship skills (taking turns, being a good listener etc) Keeping myself safe online Being a global citizen (showing an awareness) Being a global citizen (empathising with those whose lives are different) Celebrating my web of relationships	Relationships Jealousy Love and loss Memories Getting on and falling out Online safety Celebrating my relationships with people and animals	Relationships Recognising my personal characteristics and qualities Online safety Being safe on social media Online gaming safety My relationship with technology (too much screen time) Communicating with my friends online- staying safe	Relationships What is mental health? Taking care of my mental health Love and loss Understanding when people are trying to gain power or control Online safety Using technology positively and safely
Summer 2	Changing Me Life cycles Changing Me My changing body Learning and growing Meeting my new teacher Transition work	Changing Me Life cycles in nature Growing from young to old The changing me Boys' and girls' bodies Assertiveness Meeting my new teacher Transition work	Changing Me How babies grow Babies Outside body changes Family stereotypes Looking ahead Meeting my new teacher Transition work	Changing Me Unique me Circles of change Accepting change Looking ahead Meeting my new teacher Transition work	Changing Me Self and body image Puberty for girls Puberty for boys Conception Looking ahead Meeting my new teacher Transition work	Changing Me My self image Puberty Boyfriends and girlfriends Real self and ideal self The year ahead Transition work for high school