

# PSHE Overview

All teachers to use Jigsaw to plan and teach PSHE.

	Autumn term		Spring term		Summer term	
<b>EYFS (FS1&amp;2)</b>	<b>Being me in my world</b> <ul style="list-style-type: none"> <li>Self-identity</li> <li>Understanding feelings</li> <li>Being in a classroom</li> <li>Being gentle</li> <li>Rights and responsibilities</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>Identifying talents</li> <li>Being special</li> <li>Families</li> <li>Where we live</li> <li>Making friends</li> <li>Standing up for yourself</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Challenges</li> <li>Perseverance</li> <li>Goal-setting</li> <li>Overcoming obstacles</li> <li>Seeking help</li> <li>Jobs</li> <li>Achieving goals</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Exercising bodies</li> <li>Physical activity</li> <li>Healthy food</li> <li>Sleep</li> <li>Keeping clean</li> <li>Safety</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Family life</li> <li>Friendships</li> <li>Breaking friendships</li> <li>Falling out</li> <li>Dealing with bullying</li> <li>Being a good friend</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Bodies</li> <li>Respecting my body</li> <li>Growing up</li> <li>Growth and change</li> <li>Fun and Fears</li> <li>Celebration</li> <li></li> </ul>
<b>Year 1</b>	<b>Being me in my world</b> <ul style="list-style-type: none"> <li>Feeling special and safe</li> <li>Being part of a class</li> <li>Rights and responsibilities</li> <li>Rewards and feeling proud</li> <li>Consequences</li> <li>Owning the Learning Charter</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>The same as...</li> <li>Different from...</li> <li>What is 'bullying'?</li> <li>What do I do about bullying?</li> <li>Making new friends.</li> <li>Celebrating difference;</li> <li>celebrating me</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>My treasure chest of success</li> <li>Steps to goals</li> <li>Achieving together</li> <li>Stretchy learning</li> <li>Overcoming obstacles</li> <li>Celebrating success</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Being healthy</li> <li>Healthy choices</li> <li>Clean and healthy</li> <li>Medicine Safety</li> <li>Road safety</li> <li>Happy, healthy me</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Families</li> <li>Making friends</li> <li>Greetings</li> <li>People who help us</li> <li>Being my own best friend</li> <li>Celebrating my special relationships</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Life cycles</li> <li>Changing me</li> <li>My Changing body</li> <li>Boys' and Girls' bodies</li> <li>Learning and growing</li> <li>Copying with changes.</li> </ul>
<b>Year 2</b>	<b>Being me in my world</b> <ul style="list-style-type: none"> <li>Hopes and fears for the year</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>Safe and fair learning environment</li> <li>Valuing contributions</li> <li>Choices</li> <li>Recognising feelings</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>Assumptions and stereotypes about gender</li> <li>Understanding bullying</li> <li>Standing up for self and others</li> <li>Making new friends</li> <li>Gender Diversity</li> <li>Celebrating difference and remaining friends</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Achieving realistic goals</li> <li>Perseverance</li> <li>Learning strengths</li> <li>Learning with others</li> <li>Group co-operation</li> <li>Contributing to and sharing success</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Motivation</li> <li>Healthier choices</li> <li>Relaxation</li> <li>Healthy eating and nutrition</li> <li>Healthier snacks and sharing food</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Different types of family</li> <li>Physical contact boundaries</li> <li>Friendship and conflict</li> <li>Secrets</li> <li>Trust and appreciation</li> <li>Expressing appreciation for special relationships</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Life cycles in nature</li> <li>Growing from young to old</li> <li>Increasing independence</li> <li>Difference in female and male bodies (correct terminology)</li> <li>Assertiveness</li> <li>Preparing for transition</li> </ul>
<b>Year 3</b>	<b>Being me in my world</b> <ul style="list-style-type: none"> <li>Setting personal goals</li> <li>Self-Identity and worth</li> <li>Positivity in challenges</li> <li>Rules, rights and responsibilities</li> <li>Rewards and consequences</li> <li>Responsible choices</li> <li>Seeing things from others' perspectives</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>Families and their differences</li> <li>Family conflict and how to manage it (child-centred)</li> <li>Witnessing bullying and how to solve it</li> <li>Recognising how words can be hurtful</li> <li>Giving and receiving compliments</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Difficult challenges and achieving success</li> <li>Dreams and ambitions</li> <li>New challenges</li> <li>Motivation and enthusiasm</li> <li>Recognising and trying to overcome obstacles</li> <li>Evaluating learning processes</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Exercise</li> <li>Fitness challenges</li> <li>Food labelling and healthy swaps</li> <li>Attitudes towards drugs</li> <li>Leaping safe and why its important online and offline scenarios</li> <li>Respect for myself and others</li> <li>Healthy and safe choices</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Family roles and responsibilities</li> <li>Friendship and negotiations</li> <li>Keeping safe online and who to go to for help</li> <li>Being a global citizen</li> <li>Being aware of how my choices affect others</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>How babies grow</li> <li>Understanding a baby's needs</li> <li>Outside body changes</li> <li>Inside body changes</li> <li>Family stereotypes</li> <li>Challenging my ideas</li> <li>Preparing for transition</li> </ul>

			<ul style="list-style-type: none"> <li>Managing feelings</li> <li>Simple budgeting</li> </ul>		<ul style="list-style-type: none"> <li>Awareness of how others have difference lives</li> <li>Expressing appreciation for family and friends</li> <li>.</li> </ul>	
<b>Year 4</b>	<b>Being me in my world</b> <ul style="list-style-type: none"> <li>Being part of a class team</li> <li>Being a school citizen</li> <li>Rights, responsibilities and democracy (School council)</li> <li>Rewards and consequences</li> <li>Group decision making</li> <li>Having a voice</li> <li>What motivates behaviour</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>Challenging assumptions</li> <li>Judging by appearance</li> <li>Accepting self and others</li> <li>Understanding influences</li> <li>Understanding bullying</li> <li>Problem solving</li> <li>Identifying how special and unique everyone is</li> <li>First impressions</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Hopes and dreams</li> <li>Overcoming disappointment</li> <li>Creating new and realistic dreams</li> <li>Achieving goals</li> <li>Working in a group</li> <li>Celebrating contributions</li> <li>Resilience</li> <li>Positive attitudes</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Healthier friendships</li> <li>Group dynamics</li> <li>Smoking</li> <li>Alcohol</li> <li>Assertiveness</li> <li>Peer pressure</li> <li>Celebrating inner strength</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Jealousy</li> <li>Love and loss</li> <li>Memories of loved ones</li> <li>Getting on an falling out</li> <li>Girlfriends and boyfriends</li> <li>Showing appreciation to people and animals</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Being unique</li> <li>Having a baby</li> <li>Girls and puberty</li> <li>Confidence in change</li> <li>Accepting change</li> <li>Preparing for transitions</li> <li>Environmental change</li> </ul>
<b>Year 5</b>	<b>Being me in my world</b> <ul style="list-style-type: none"> <li>Planning for the forthcoming year</li> <li>Being a citizen</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>How behaviour affects groups</li> <li>Democracy, having a voice, participating</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>Cultural differences and how they can cause conflict</li> <li>Racism</li> <li>Rumours and name calling</li> <li>Types of bullying</li> <li>Material wealth and happiness</li> <li>Enjoying and respecting other cultures</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Future dreams</li> <li>The importance of money</li> <li>Jobs and careers</li> <li>Dream hob and how to get there</li> <li>Goals in different cultures</li> <li>Supporting others (charity)</li> <li>Motivation</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Smoking, including vaping</li> <li>Alcohol</li> <li>Alcohol and anti-social behaviour</li> <li>Emergency aid</li> <li>Body image</li> <li>Relationships with food</li> <li>Healthy choices</li> <li>Motivation and behaviour</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Self-recognition and self-worth</li> <li>Building self-esteem</li> <li>Safer online communities</li> <li>Rights and responsibilities online</li> <li>Online gaming and gambling</li> <li>Reducing screen time</li> <li>Dangers of online grooming</li> <li>SMARTT internet safety rules</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Self and body image</li> <li>Influence of online and media on body image</li> <li>Puberty for girls</li> <li>Puberty for boys</li> <li>Conception (including IVF)</li> <li>Growing responsibility</li> <li>Coping with change</li> <li>Preparing for transition</li> </ul>
<b>Year 6</b>	<b>Being me in my world</b> <ul style="list-style-type: none"> <li>Identifying goals for the year</li> <li>Global citizenship</li> <li>Children's universal rights</li> <li>Feeling welcome and valued</li> <li>Choices, consequences and rewards</li> <li>Group dynamics</li> <li>Democracy, having a voice</li> <li>Anti-social behaviour</li> </ul>	<b>Celebrating Difference</b> <ul style="list-style-type: none"> <li>Perceptions of normality</li> <li>Understating disability</li> <li>Power struggles</li> <li>Understanding bullying</li> <li>Inclusion/exclusion</li> <li>Differences as conflict, difference as a celebration</li> <li>Empathy</li> </ul>	<b>Dreams and Goals</b> <ul style="list-style-type: none"> <li>Personal learning goals, in and out of school</li> <li>Success criteria</li> <li>Emotions in success</li> <li>Making a difference in the world</li> <li>Motivation</li> <li>Recognising achievements</li> <li>Compliments</li> </ul>	<b>Healthy Me</b> <ul style="list-style-type: none"> <li>Taking personal responsibility</li> <li>How substances affect the body</li> <li>Exploitation, including 'county lines' and gang culture</li> <li>Emotional and mental health</li> <li>Managing stress</li> </ul>	<b>Relationships</b> <ul style="list-style-type: none"> <li>Mental health</li> <li>Identifying mental health worries and sources of support</li> <li>Love and loss</li> <li>Managing feelings</li> <li>Power and control</li> <li>Assertiveness</li> <li>Technology safety</li> <li>Take responsibility with technology use</li> <li>.</li> </ul>	<b>Changing Me</b> <ul style="list-style-type: none"> <li>Self – image</li> <li>Body image</li> <li>Puberty and feelings</li> <li>Conception to birth</li> <li>Reflections about change</li> <li>Physical attraction</li> <li>Respect and consent</li> <li>Boyfriends/girlfriends</li> <li>Sexting</li> <li>Transition</li> </ul>

	<ul style="list-style-type: none"><li>• Role modelling</li></ul>					
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