

Highwood Primary School

Jigsaw PSHE Curriculum Overview.

EYFS and Key Stage 1

Year	Being in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
N R	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition to Year 3

Key Stage 2

	Being in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
3	Setting personal goals Self-identity & worth Positivity in challenges Rules, rights & responsibilities Rewards & consequences Responsible choices Seeing things from others' perspectives	Families & their differences Family conflict & how to manage it (child-centred) Witnessing bullying & how to solve it Recognising how words can be hurtful Giving & receiving compliments	Difficult challenges & achieving success Dreams and ambitions New challenges Motivation & enthusiasm Recognising & trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling & healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself & others Healthy & safe choices	Family roles & responsibilities Friendship & negotiation Keeping safe online & who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family & friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition to Year 4.
4	Being part of a class team Being a school citizen Rights, responsibilities & democracy (school council) Rewards & consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self & others Understanding influences Understanding bullying Problem-solving Identifying how special & unique everyone is First impressions	Hopes & dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love & loss Memories of loved ones Getting on & Falling Out Girlfriends & boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Environmental change Preparing for transition to Year 5.
5	Planning the forthcoming year Being a citizen Rights & responsibilities Rewards & consequences How behaviour affects groups Democracy, having a voice & participating.	Cultural differences & how they can cause conflict Racism Rumours & name-calling Types of bullying Material wealth & happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Relationships with food Healthy choices Motivation & behaviour Body Image	Self-recognition & self-worth Building self-esteem Safer online communities Rights & responsibilities online Online gaming & gambling Reducing screen time Dangers of online grooming SMART internet safety rules	Self & body image Influence of online and media on body image Puberty for girls Puberty for boys Conception to birth Growing responsibility Coping with change Preparing for transition to Year 6
6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences & rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility Smoking including vaping Alcohol How substances affect the body -Anti-social behaviour Emergency Aid Exploitation, including 'county lines' & gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries & sources of support Love & loss Managing feelings Power & control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty & feelings Reflections about change Physical attraction Respect & consent Boyfriends/girlfriends Sexting Transition to Secondary School