



PSHE Curriculum Map 2019-2020 Jigsaw Scheme



	Autumn1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
EYFS	<ul style="list-style-type: none"> ▪ Self-identity ▪ Understanding feelings ▪ Being in a classroom ▪ Being gentle ▪ Rights and responsibilities 	<ul style="list-style-type: none"> ▪ Identifying talents ▪ Being special ▪ Families ▪ Where we live ▪ Making friends ▪ Standing up for yourself 	<ul style="list-style-type: none"> ▪ Challenges ▪ Perseverance ▪ Goal-setting ▪ Overcoming obstacles ▪ Seeking help ▪ Jobs ▪ Achieving goals 	<ul style="list-style-type: none"> ▪ Exercising bodies ▪ Physical activity ▪ Healthy food ▪ Sleep ▪ Keeping clean ▪ Safety 	<ul style="list-style-type: none"> ▪ Family life ▪ Friendships ▪ Breaking friendships ▪ Falling out ▪ Dealing with bullying ▪ Being a good friend 	<ul style="list-style-type: none"> ▪ Bodies ▪ Respecting my body ▪ Growing up ▪ Growth and change ▪ Fun and fears ▪ Celebrations
Year 1	<ul style="list-style-type: none"> ▪ Feeling special and safe ▪ Being part of a class ▪ Rights and responsibilities ▪ Rewards and feeling proud ▪ Consequences ▪ Owing the Learning Charter 	<ul style="list-style-type: none"> ▪ Similarities and differences ▪ Understanding bullying and knowing how to deal with it ▪ Making new friends ▪ Celebrating the differences in everyone 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ Keeping myself healthy ▪ Healthier lifestyle choices ▪ Keeping clean ▪ Being safe ▪ Medicine safety/safety with household items ▪ Road safety ▪ Linking health and happiness 	<ul style="list-style-type: none"> ▪ 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 	<ul style="list-style-type: none"> ▪ 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
Year 2	<ul style="list-style-type: none"> ▪ Hopes and fears for the year ▪ Rights and responsibilities 	<ul style="list-style-type: none"> ▪ Assumptions and stereotypes about gender 	<ul style="list-style-type: none"> ▪ Achieving realistic goals ▪ Perseverance 	<ul style="list-style-type: none"> ▪ Motivation ▪ Healthier choices 	<ul style="list-style-type: none"> ▪ Different types of family 	<ul style="list-style-type: none"> ▪ Life cycles in nature ▪ Growing from young to old

	<ul style="list-style-type: none"> ▪ Rewards and consequences ▪ Safe and fair learning environment ▪ Valuing contributions ▪ Choices ▪ Recognising feelings 	<ul style="list-style-type: none"> ▪ Understanding bullying ▪ Standing up for self and others ▪ Making new friends ▪ Gender diversity ▪ Celebrating difference and remaining friends 	<ul style="list-style-type: none"> ▪ Learning strengths ▪ Learning with others ▪ Group co-operation ▪ Contributing to and sharing success 	<ul style="list-style-type: none"> ▪ Relaxation ▪ Healthy eating and nutrition ▪ Healthier snacks and sharing food 	<ul style="list-style-type: none"> ▪ Physical contact boundaries ▪ Friendship and conflict ▪ Secrets ▪ Trust and appreciation ▪ Expressing appreciation for special relationships 	<ul style="list-style-type: none"> ▪ Increasing independence ▪ Differences in female and male bodies (correct terminology) ▪ Assertiveness ▪ Preparing for transition
Year 3	<ul style="list-style-type: none"> ▪ Setting personal goals ▪ Self-identity and worth ▪ Positivity in challenges ▪ Rules, rights and responsibilities ▪ Rewards and consequences ▪ Responsible choices ▪ Seeing things from others' perspectives 	<ul style="list-style-type: none"> ▪ Families and their differences ▪ Family conflict and how to manage it (child-centred) ▪ Witnessing bullying and how to solve it ▪ Recognising how words can be hurtful ▪ Giving and receiving compliments 	<ul style="list-style-type: none"> ▪ Difficult challenges and achieving success ▪ Dreams and ambitions ▪ New challenges ▪ Motivation and enthusiasm ▪ Recognising and trying to overcome obstacles ▪ Evaluating learning processes ▪ Managing feelings ▪ Simple budgeting 	<ul style="list-style-type: none"> ▪ Exercise ▪ Fitness challenges ▪ Food labelling and healthy swaps ▪ Attitudes towards drugs ▪ Keeping safe and why it's important online and off line scenarios ▪ Respect for myself and others ▪ Healthy and safe choices 	<ul style="list-style-type: none"> ▪ Family roles and responsibilities ▪ Friendship and negotiation ▪ Keeping safe online and 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 and friends 	<ul style="list-style-type: none"> ▪ How babies grow ▪ Understanding a baby's needs ▪ Outside body changes ▪ Inside body changes ▪ Family stereotypes ▪ Challenging my ideas ▪ Preparing for transition
Year 4	<ul style="list-style-type: none"> ▪ Being part of a class team ▪ Being a school citizen ▪ Rights, responsibilities and democracy (school council) ▪ Rewards and consequences ▪ Group decision-making ▪ Having a voice 	<ul style="list-style-type: none"> ▪ Challenging assumptions ▪ Judging by appearance ▪ Accepting self and others ▪ Understanding influences 	<ul style="list-style-type: none"> ▪ Hopes and dreams ▪ Overcoming disappointment ▪ Creating new, realistic dreams ▪ Achieving goals 	<ul style="list-style-type: none"> ▪ Healthier friendships ▪ Group dynamics ▪ Smoking ▪ Alcohol ▪ Assertiveness ▪ Peer pressure 	<ul style="list-style-type: none"> ▪ Jealousy ▪ Love and loss ▪ Memories of loved ones ▪ Getting on and Falling Out ▪ Girlfriends and boyfriends 	<ul style="list-style-type: none"> ▪ Being unique ▪ Having a baby ▪ Girls and puberty ▪ Confidence in change ▪ Accepting change ▪ Preparing for transition

	<ul style="list-style-type: none"> What motivates behaviour 	<ul style="list-style-type: none"> Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions 	<ul style="list-style-type: none"> Working in a group Celebrating contributions Resilience Positive attitudes 	<ul style="list-style-type: none"> Celebrating inner strength 	<ul style="list-style-type: none"> Showing appreciation to people and animals 	<ul style="list-style-type: none"> Environmental change
Year 5	<ul style="list-style-type: none"> Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating 	<ul style="list-style-type: none"> Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures 	<ul style="list-style-type: none"> Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation 	<ul style="list-style-type: none"> Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour 	<ul style="list-style-type: none"> Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMART internet safety rules 	<ul style="list-style-type: none"> Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Year 6	<ul style="list-style-type: none"> Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling 	<ul style="list-style-type: none"> Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy 	<ul style="list-style-type: none"> Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments 	<ul style="list-style-type: none"> Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress 	<ul style="list-style-type: none"> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use 	<ul style="list-style-type: none"> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

