

PSHE (including SRE)



Our PSHE scheme, Jigsaw, is designed as a whole school approach, with all year groups working on the same theme (Puzzle) at the same time.

There are six Puzzles (half-term units of work) each with six Pieces (lessons). Every year group studies the same Puzzle at the same time (sequentially ordered from September to July), allowing for whole school themes and the end of Puzzle product, for example, a display or exhibition to be shared and celebrated by the whole school. Each year group is taught one lesson per week and all lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

The 6 puzzle pieces are:

- Being Me in My World
- Celebrating Difference
- Dreams & Goals
- Healthy Me
- Relationships
- Changing Me

PSHE: Foundation Stage

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Nursery	<ul style="list-style-type: none"> • Understand how it feels to belong and that we are similar and different • Understand how feeling happy/sad can be expressed • To work together and consider other people's feelings • To use gentle hands and understand that it is good to be kind to people • Develop understanding of children's rights and this means we are all allowed to learn and play • Begin to understand what being responsible means 	<ul style="list-style-type: none"> • To know how it feels to be proud of something • To say one way I am special and unique • To know that all families/houses/homes are different • Explain how to make new friends • I can use words to stand up for myself 	<ul style="list-style-type: none"> • To understand what a challenge is and keep trying until a goal is achieved • Set a goal and work towards it • Use some kind words to encourage • To think about the job I might like to do when I am older • Develop the sense of achievement and feel proud when I achieve a goal 	<ul style="list-style-type: none"> • To name parts of my body and I understand I need to be active to be healthy • To explain ways to stay healthy • To know what the word 'healthy' means and that some foods are healthier than others • Understand that sleep is good for me • To be able to wash hands and know when it is important to do this • To know what to do if I get lost and how to say NO to strangers 	<ul style="list-style-type: none"> • To be able to talk about family • Understand how to make friends if feeling lonely • To be able to say things I like about my friends • To know what to say and do if someone is mean to me • Use Calm Me time to manage feelings • To work alongside friends 	<ul style="list-style-type: none"> • Name parts of the body and show respect for myself • Explain things I can do and things I can eat to be healthy • To understand that we all start as babies and grow into children then adults • I know that I grow and change • To talk about how I feel moving from Nursery to School • Recall fun things from my year in Nursery
Reception	<ul style="list-style-type: none"> • Understand how it feels to belong and that we are similar and different • To start to recognise and manage own feelings • Enjoy working with others to make school a good place to be • Understand why it is good to be kind and use gentle hands • To develop understanding of children's rights and that this means we should all be allowed to play and learn • To learn what being responsible means 	<ul style="list-style-type: none"> • Identify something I am good at and know that everyone is good at different things • To understand that being different makes us all special • To know we are all different but the same in some ways • Explain why I think my home is special to me • To know how to be a kind friend • To know which words to use to stand up for myself when someone says or does something unkind 	<ul style="list-style-type: none"> • Understand that if I persevere, I can tackle challenges • To recall a time that I didn't give up • To set a goal and work towards it • Use kind words to encourage people • Understand the link between what I learn now and the job I might like to do when I am older • To say how I feel when I achieve a goal and know what it means to feel proud 	<ul style="list-style-type: none"> • To understand I need to exercise to keep my body healthy • Understand how moving and resting are good for my body • To know foods that are healthy and not healthy and how to make healthy choices • To know how to help get myself to sleep and why sleep is good for me • How to wash hands and know when it is important to do this • To know what a stranger is and how to stay safe if a stranger approaches me 	<ul style="list-style-type: none"> • To identify some of the jobs I do in my family • To know how to make friends to prevent feeling lonely • To think of ways to solve problems and stay friends • To begin to understand the impact of unkind words • To use the 'Calm Me' time to manage feelings • To know how to be a good friend 	<ul style="list-style-type: none"> • Name parts of the body • To know things to do to be healthy and food to eat to stay healthy • Understand that we all grow from babies to adults • Express feelings about moving into Year 1 • Talk about my worries/things I am looking forward to about being in Year 1 • Share my memories of the best bits from my year in Reception

PSHE: Key Stage 1

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 1	<ul style="list-style-type: none"> • Understand rights and responsibilities as a member of class and school • To know views are valued and know how to contribute to the Learning Charter • To recognise the choices made and the consequences 	<ul style="list-style-type: none"> • Identify similarities between people in my class • Identify differences between people in my class • To know what a bully is • To know some people I could talk to if I was feeling unhappy or being bullied • To know how to make new friends • To say ways that I am different to my friends 	<ul style="list-style-type: none"> • To set simple goals and work out how to achieve them • Understand how to work well with a partner • Tackle new challenges and understand how this might stretch my learning • Identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them • To explain how it feels to succeed in a new challenge and how I celebrated it 	<ul style="list-style-type: none"> • Understand the difference between being healthy and unhealthy and how to make healthy choices • To know how to keep myself clean and understand how germs cause disease/illness • To know that all household products inc. medicines can be harmful if not used properly • Understand that medicines can help me and I understand how to use them safely • To know how to keep safe when crossing the road & about people who keep me safe • To be able share why I think my body is amazing. 	<ul style="list-style-type: none"> • Identify the members of my family and understand that there are lots of different types of family • Identify what being a good friend means to me • To know appropriate ways of physical contact to greet my friends and know which ways I prefer • To know who can help me in my school community • To recognise my qualities as a person and a friend • To be able to share why I appreciate someone who is special to me 	<ul style="list-style-type: none"> • To begin to understand the life cycles of animals and humans • To explain things about me that have changed and some things that have stayed the same • To explain how my body has changed since being a baby • Identify the parts of the body that makes boys different to girls and use the correct terms • Understand that every time I learn something new, I change a little bit • Recognise changes that have happened in my life
Year 2	<ul style="list-style-type: none"> • Identify some hopes and fears for this year • Understand rights and responsibilities as a member of class and school • Listen to others and contribute my own ideas about rewards and consequences • Understand how following the learning charter will help me and others learn • Understand the choices made and the consequences 	<ul style="list-style-type: none"> • Begin to understand that people make assumptions about boys and girls (stereotypes) • Understand that bullying is sometimes about difference • Understand what is right and wrong and how to look after myself • To understand it is ok to be different from other people and be friends with them • Explain ways that I am different 	<ul style="list-style-type: none"> • To choose a realistic goal and think about how to achieve it • To persevere even when things are difficult • Recognise who I work well with and who it is more difficult for me to work with • To work well in a group • To be able to explain ways I can work well in my group • To know how to share success with other people 	<ul style="list-style-type: none"> • To know what I need to keep my body healthy • To know what it means to be relaxed and how some activities make me feel relaxed while others can make me feel stressed • To understand how medicines work in my body and how to use them safely • To sort foods into food groups and know which foods my body needs to keep me healthy • To know which foods to eat to give me energy 	<ul style="list-style-type: none"> • Identify different members of my family, understand my relationship with them & know why it is important to share and cooperate • Understand that there are lots of forms of physical contact within a family - some acceptable & some not. • To identify things that cause conflict with my friends • Understand that it is sometimes good to keep a secret & times when it's not. • Recognise and appreciate people who can help me in my family, my school, community • Express appreciation for the people in my special relationships 	<ul style="list-style-type: none"> • To recognise cycles of life in nature • Explain the natural processes of growing from young to old and understand this is not in my control • To recognise the physical differences between boys and girls and the correct names for body parts. I know some parts of my body are private • To understand there are different types of touch and can tell you ones I like and don't like • Identify what I am looking forward to in my new class

PSHE: Lower Key Stage 2

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 3	<ul style="list-style-type: none"> •To recognise my worth and identify positive things about myself inc. achievements •To face new challenges positively and make responsible choices and ask for help when necessary •To understand why rules are needed and how they relate to rights and responsibilities •To understand that my actions affect myself and others and I care about others feelings •To make responsible choices and take action •To understand my actions affect others and try to see things from other perspectives 	<ul style="list-style-type: none"> •To understand that everybody’s family is different and important to them •Understand that differences and conflict sometimes happen among family members •To know what it means to be a witness to bullying •To know that witnesses can make a situation better or worse by what they do •Recognise that some words are used in hurtful ways •To be able to share a time when my words affected someone else’s feelings and what the consequences were 	<ul style="list-style-type: none"> •To find out about a person who has faced difficult challenges and achieved success •Identify a dream/ambition that is important to me •Enjoy facing new learning challenges and working out the best ways to achieve them •To be motivated and enthusiastic about achieving a new challenge •Recognise obstacles which might hinder my achievement and take steps to overcome them •Evaluate my own learning process and identify how it can be better next time 	<ul style="list-style-type: none"> •Understand how exercise affects my body and know why my heart and lungs are important organs •To know that the amount of calories, fat and sugar I put into my body will affect my health •To explain and share knowledge and attitude towards drugs •Identify things, people and places that I need to keep safe from and can know strategies to keep myself safe including who to for to for help •Identify when something feels safe or unsafe •Understand how complex my body is and how important it is to take care of it 	<ul style="list-style-type: none"> •Identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females •Identify and put into practice some of the skills of friendship (taking turns) •To use some strategies for keeping myself safe online •To explain how some of the actions and work of people around the world help and influence my life •Understand how my needs and rights are shared by children around the world and can identify how our lives may be different 	<ul style="list-style-type: none"> •Understand that lots of changes happen between conception and growing up and that usually it is the female who has the baby •Understand how babies grow and develop in the uterus •Understand what a baby needs to live and grow •Understand that boys’ and girls’ bodies need to change so that when they grow up their bodies can make babies •Identify how boys’ and girl’s bodies change on the inside and outside •Recognise stereotypical ideas I might have about parenting and family roles •Identify what I am looking forward to when I move class

PSHE: Lower Key Stage 2

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 4	<ul style="list-style-type: none"> • To know my attitudes and actions make a difference to the class team • To know who is in my school community, the roles they play and how I fit in • To understand how democracy works through the school council • Understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them • Understand how groups come together to make decisions • To understand how democracy and having a voice benefits the school community 	<ul style="list-style-type: none"> • To understand that, sometimes we make assumptions based on what people look like • To know what influences me to make assumptions based on how people look • To know that sometimes bullying is hard to spot and I know what to do if I think it is going on, but I am not sure • To be able to explain why witnesses sometimes join in with bullying and sometimes don't tell • Identify what is special about me and value the ways in which I am unique • To recall a time when my first impression of someone changed when I got to know them 	<ul style="list-style-type: none"> • To explain some of my hopes and dreams • To understand that sometimes hopes and dreams don't come true and that can hurt • To know that reflecting on positive and happy experiences can help me to counteract disappointment • To know how to make a new plan and set new goals even if I have been disappointed • To work out the steps to take to achieve a goal and can do this successfully as part of a group • Identify the contributions made by myself and others to the groups' achievement 	<ul style="list-style-type: none"> • Recognise how different friendship groups are formed, how I fit into them and the friends I value most • Understand that there are people who take on the role of leaders or followers • To know the facts about smoking/alcohol and its effects on health • Explore some of the reasons people start to smoke • Understand when people are putting me under pressure and can explain ways to resist this • To know myself well enough to have a clear understanding of what is right and wrong 	<ul style="list-style-type: none"> • Recognise situations which can cause jealousy in relationships • Identify someone I love and can express why they are special to me • To talk about someone I no longer see • I can recognise how friendships change, know how to make friends and how to manage when I fall out with my friends • I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older • I know how to show love and appreciation to the people and animals who are special to me 	<ul style="list-style-type: none"> • I understand that some of my personal characteristics have come from my birth parents • I can correctly label the internal and external parts of the body for males and females • I can explain how a girls body changes in order for her to have babies when she is an adult • I know how the circle of change works and can apply it to changes I want to make in my life • I can identify changes that are outside of my control and how to accept these • I can identify what I am looking forward to in my next class

PSHE: Upper Key Stage 2

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 5	<ul style="list-style-type: none"> • To face new challenges positively and set personal goals • To understand my rights and responsibility as a citizen of my school and country • To make choices about my own behaviour because I know how rewards and consequences feel • To understand how an individual's behaviour can impact on a group • To understand how democracy and having a voice benefits the school and how to participate in this 	<ul style="list-style-type: none"> • Understand that cultural differences can sometimes cause conflict • To understand what racism is • To understand how rumour spreading and name calling can be behaviours of bullying • To know the difference between direct and indirect forms of bullying • To compare my life with people in the developing world • Understand a different culture from my own 	<ul style="list-style-type: none"> • To understand that I will need money to achieve my dreams • To know about a range of jobs carried out and explore how much people earn in different jobs • Identify a job I would like to do and understand what motivates me to achieve this • Describe the dreams and goals of people in a culture different to mine • Understand that communicating with someone in a different culture means we can learn from each other • To encourage my peers to support young people here and abroad to meet their aspirations e.g. sponsorship 	<ul style="list-style-type: none"> • To know the health risks of smoking/alcohol and the effects of this on the body including anti-social behaviour • To know and put into practice basic first aid procedures and know how to get help in an emergency • To understand how the media, social media and celebrity culture promotes certain body types • Describe the different roles food can play in people's lives and explain how people can develop eating disorders relating to body image • To know what makes a healthy lifestyle inc. healthy eating and the choices I need to make to be healthy and happy 	<ul style="list-style-type: none"> • To have an accurate picture of who I am as a person in terms of characteristics and personal qualities • To understand that belonging to an online community can have positive and negative consequences • Understand there are rights and responsibilities when playing an online game • To recognise when I am spending too much time on devices (screen time) • Explain how to stay safe when using technology to communicate with my friends 	<ul style="list-style-type: none"> • To be aware of my own self-image and how my body image fits into that • Explain how a girls' and boys' body changes during puberty • Understand the importance of looking after myself physically and emotionally • Understand that intercourse can lead to conception and this is how babies are usually made • To be aware that some people need IVF to have a baby • Identify what I am looking forward to about becoming a teenager and that this brings growing responsibilities • Identify what I am looking forward to when I move into my next class

PSHE: Upper Key Stage 2

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 6	<ul style="list-style-type: none"> • To identify goals for this year, understand my fears and worries and how to express them • To know that there are universal rights for all children but for many children these rights are not met • To understand that my actions affect other people locally and globally • Make choices about my own behaviour because I understand how rewards and consequences feel and understand how these relate to my rights and responsibilities • Understand how and individual's behaviour can impact on a group • To understand how democracy and having a voice benefits the school and how to participate in this 	<ul style="list-style-type: none"> • To understand that there are different perceptions of what normal means • To understand how being different could affect someone's life • Explain some of the ways one person or group can have power over another • To know some of the reasons why people use bullying behaviour • I know and can talk about people with disabilities that lead amazing lives • To explain ways in which difference can be a source of conflict and a cause for celebration 	<ul style="list-style-type: none"> • To know my learning strengths and can set challenging but realistic goals • To work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these • Identify problems in the world that concern me • To work with others to make the world a better place • To know what some people in my class like or admire about me and can accept their praise 	<ul style="list-style-type: none"> • To take responsibility for my health and make choices that benefit my health and well-being • To know about different types of drugs and their effects on the body • Understand that some people can be exploited and made to do things that are against the law • To know why some people join gangs and the risks this involves • To understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness • Recognise stress and the triggers that cause this • Understand how stress can cause drug and alcohol misuse 	<ul style="list-style-type: none"> • To know that it is important to take care of my mental health and how to do this • Understand that there are different stages of grief and that there are different types of loss that can cause people to grieve • Recognise when people are trying to gain power or control • Judge whether something online is safe or unhelpful for me • Use technology positively and safely to communicate with my friends and family 	<ul style="list-style-type: none"> • To be aware of my own self-image and how my body image fits into this • Explain how a girls' and boys' body changes during puberty • Understand the importance of looking after myself physically and emotionally • Describe how a baby develops from conception through pregnancy and how it is born • Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend • To be aware of the importance of positive self-esteem and what I can do to develop it • Identify what I am looking forward to when I move school