

PSHE

Year
R



We follow the Jigsaw Curriculum Structure for PSHE in Primary

Being me in my world
Self-identity, understanding feelings, being in a classroom, being gentle and rights and responsibilities.

Big Health & Happiness Week



AGILE

Enquiring

The ability to be curious, be proactive and keen to learn.



EMPATHETIC

Celebrating difference

Identifying talents, being special, families, where we live, making friends and standing up for yourself.



Calm me

Pupils will take part in mindfulness practice with breathing techniques, awareness exercises and visualisations.

Dreams and goals

Challenges and goal-setting. Perseverance - Never giving up and overcoming obstacles, seeking help and jobs achieving goals.



HARD WORKING

Perseverance

The ability to keep going and not give up.

Hi, I'm Jigsaw Jenie!



Healthy food

Exercising

Sleep

Keeping clean

Healthy Me

Stranger danger



Tell me show me



Relationships

Family life, dealing with bullying, friendships - understanding how to be a good friend and what happens when friends fall out.



Let me learn

Confident



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Help me reflect

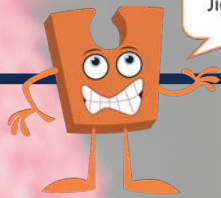


Changing me

Respecting my body, growing up, growth and change, fun, fears and celebrations.



Year
1



Hi there, I'm
Jigsaw Jack!

PSHE

Being me in my world

Feeling special and safe, belonging to my class, rights and responsibilities, receiving rewards and consequences.



Celebrating difference

Understanding bullying and how to deal with it, making new friends and celebrating the differences in everyone.



Big Health and
Happiness Week!



My name is Jigsaw
Jerrie Cat and I am
here to help!



Connect us

META-THINKING



HARD
WORKING



Dreams and goals

Setting goals, identifying successes and achievements, tackling new challenges and overcoming obstacles.



Healthy me

Being healthy, healthy choices, staying healthy, medicines and road safety.



Relationships

Making friends, belonging to a family, self-acknowledgement and physical contact preferences.

Linked
topic:
'People who
helps us'



Changing me

Studying life cycles of both animals and humans and the changes as we grow. Learning the differences between male and female bodies and using the correct terminology.



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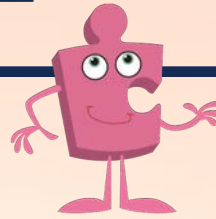




Big Health and Happiness Week!

Being me in my world

Hopes and fears, rewards and consequences and recognising feelings.



My name is Jigsaw Jo!

Celebrating difference

Assumptions and stereotypes about gender, standing up for your self and others, gender diversity.



Open my mind



Dreams and goals

Identifying and achieving realistic goals, perseverance, group co-operation and contributing to and sharing success.

Flexible thinking

The ability to abandon one idea for a superior one or generate multiple solutions



Healthy me

Being healthy, being relaxed, medicine and healthy eating.

Creative and enterprising

The ability to be open-minded and flexible in your thought processes.

Relationships

Understanding relationships in families. Keeping safe friendships - trust, respect and appreciation.



Calm me



Changing me

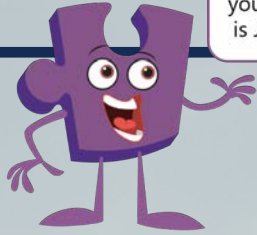
Life cycles, growing from young to old, assertiveness and increasing independence.



Year
3

PSHE

Nice to meet
you! My name
is Jigsaw Jino



Seeing alternative perspectives

The ability to take on the views of others and deal with complexity and ambiguity.

Being me in my world

In Year 3, the children will learn about self-identity and worth and setting personal goals. They will also look at seeing things from others' perspectives and making responsible choices.

Big Health and Happiness Week



Let me learn



Celebrating difference

Understanding families, their differences and family conflict. Recognising how words can be hurtful and how to solve bullying.



Dreams and goals

As part of this topic, pupils will talk about their dreams and ambitions and how motivation and enthusiasm can help us accomplish new challenges. Pupils will also learn about difficult challenges, overcoming obstacles and managing our feelings.

Healthy me

Learning why it is important to keep safe online and offline. Researching exercising, and fitness challenges, food labelling as well as making healthy and safe choices.



Changing me

Pupils will learn how babies grow and understand their needs. They will also study inside and outside boy changes as we grow.



Relationships

Children will develop and awareness of how their choices affect others and how other children have different lives. This topic also focuses on expressing appreciation.



Open my mind

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Hello, my name is Jigsaw Jaz!

Show me

Being me in my world

As part of this topic, children will develop their group decision-making by being part of a class team, and a school citizen. They will also understand the rights, responsibilities and democracy as part of the School Council.

Big
Health and
Happiness Week



Celebrating differences

This topic will allow children to gain further understanding of bullying and influences. They will also learn about how to challenge stereotypes and accept themselves and others.

HARD WORKING



Resilience

The ability to overcome setbacks; remain confident, focused, flexible and optimistic.



Dreams and goals

Hopes and dreams, overcoming disappointment. Celebrating contributions and working in a group.



Healthy me

This topic will teach pupils about peer pressure, being a good friend and enjoying healthy friendships and how they can celebrate their inner strength and assertiveness to develop healthier friendships. Pupils will also learn about smoking and alcohol.

EMPATHETIC



Confident –

The ability to develop a belief in your knowledge and deal with new challenges and situations.

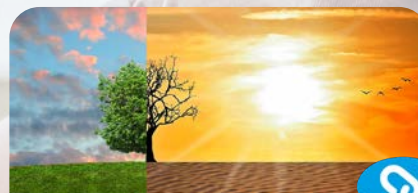


Relationships

Understanding love and loss and remembering memories of loved ones. Children will also discuss jealousy, getting on and falling out with friends and how we can show our appreciation to people and animals.



Calm me



Changing me

As part of this topic, pupils will learn about girls and puberty and having a baby. They will also study environmental change.

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REALISING

Automaticity – the ability to use some skills with such ease as they no longer require active thinking.

Year
5

PSHE



Hi there, I'm
Jigsaw Jez!

Being me in my world

Understanding democracy, having a voice and participating. Pupils will also learn how behaviour affects groups.

Intellectual confidence

The ability to articulate personal views based on evidence



Big
Health and
Happiness Week



Celebrating differences

In Year 5, pupils will study cultural differences, racism, rumours and name-calling. They will also understand the importance of enjoying and respecting other cultures.



Dreams and goals

Future dreams, understanding the importance of money, goals in different cultures and supporting charities.

Open-minded

The ability to become more receptive to other ideas and beliefs based on the arguments of others.



Healthy me

Pupils will learn about making healthy choices and the health risks of smoking and alcohol and explore how the media portrays certain body images and body types. They will also explore how to act in an emergency.



Connect us



Relationships

This topic will allow children to build their self-esteem and understand self-worth. There is also a focus on internet safety and how to reduce screen time.



Changing me

Puberty for girls and boys, contraception (including IVF) and the influence of the media on body image. Pupils will also discuss body image and the effects of social media.

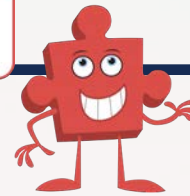


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I'm Jigsaw
Jem!



Being me in my world

Identifying goals for the year ahead, who are our role models and understanding that choices can have consequences as well as rewards.



Critical or logical thinking –

The ability to deduce, hypothesise, reason and seek supporting evidence.



Celebrating differences

This topic will allow children to understand disability and being inclusive.



Big Health and Happiness Week



META-THINKING

Meta-cognition

The ability to knowingly use a wide range of thinking approaches and to transfer knowledge from one circumstance to another.



Dreams and goals

Thinking about our learning goals, in and out of school. How we can make a difference in the world and recognise our achievements.

Healthy me

Taking responsibility for health and wellbeing. Studying how substances can affect the body, exploitation, including 'county lines' and gang culture, and emotional and mental health.



Relationships

As part of this topic, pupils will learn how to manage their feelings and mental health, they will be able to identify their worries and sources of support.



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Changing me

Pupils will build on existing knowledge of puberty, body image, respect and consent. They will also learn about sexting.



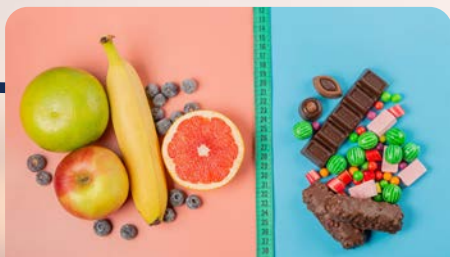
Connection finding

The ability to use connections from past learning to seek possible generalisations.



For KS3, students are taught about a variety of topics which fall under 3 main themes:

1. Health and Wellbeing
2. Living in the Wider World
3. Relationships



Keeping healthy

What do we mean by a healthy lifestyle?
Understanding food groups, diet and nutrition and the consequences of not eating healthily.



Cigarettes and alcohol

Studying the dangers of cigarettes and alcohol

Meta-cognition – the ability to knowingly use a wide range of thinking approaches and transfer knowledge from one circumstance to another.

Puberty, periods and FGM

What happens, when and why? What is FGM and why is it so dangerous?

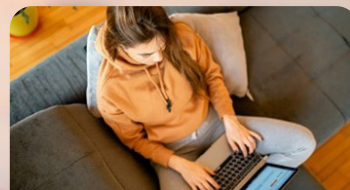


Mental health

An introduction to mental health issues, focusing on depression.

Types of drugs

What are drugs? Why are they dangerous? (class A, B and C)



Intellectual confidence

The ability to articulate personal views based on evidence.

Aspiration and self esteem: The importance of self esteem and being an aspirational student.

Budgeting and banking

What are savings, loans and interest?
How can we budget our money?



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How can we shop ethically?



Social media security

How can we enjoy social media but keep our accounts safe and private?



Prejudice and resilience

What is stereotyping and prejudice?
A focus on racism.



EMPATHETIC

Concerned for society –

The ability to know the contribution you can make to society for the benefit of those less fortunate



Good and bad friendships

How to keep good friendships and avoid the toxic ones.



Love, family and relationships

Falling in love and dealing with new feelings. The different types of family relationships and why we don't always get along.



Safe online

How do we keep safe and positive relationships (on and off-line)?



Bullying and banter

Discussing why people bully others and how to stop this. Students will also learn about cyberbullying.

Personal identity: What is my personal identity and why is diversity important?

Extremism

Why does radicalisation happen and how does it challenge our values?





Achieving goals

As part of this topic, students will learn about personal development and target setting – how can I improve my skills and behaviour?



Teenage parents

Why do teenage parents have it so tough? How we can avoid teenage pregnancy.



Stereotypes and discrimination

Students will research the stereotyping, discrimination and prejudice disabled people face.



Personal safety and first aid

How can we look after ourselves and others in an emergency?



Vaping

What is vaping and is this as bad as smoking?



REALISING

Automaticity – the ability to use some skills with such ease as they no longer require active thinking.



Cancer awareness

Mindfulness

What is mindfulness and how can this aid positive mental health?



Internet safety

What is online grooming and why must we be so careful?

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The environment

How can we care for our environment and why is it changing?

Collaborative –

The ability to listen to the views of others, and be willing and able to work in teams.



Communication and teamwork

How can we develop our communication and teamwork skills?



AGILE

Risk taking

The ability to demonstrate confidence; experiment with novel ideas and effects; speculate willingly; work in unfamiliar contexts.

How can we become entrepreneurs?



LGBT and homophobia



Personal finances and tax

What is income and expenditure? Understanding the importance of budgeting and saving personal finances.



Contraception

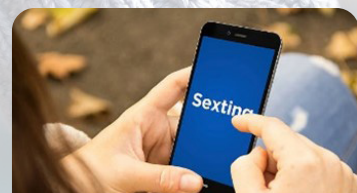
How do we have safe sex and use different forms of contraception?

Teens and the media

How are teenagers stereotyped in the media and what discrimination do they face?

Sexual health and STI's

How do we keep good sexual health and avoid STIs?



Dangers of sexting and pornography

Understanding consent and why it is so important. Studying the dangers of sexting and pornography.

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Radicalisation

How can we prevent radicalisation and recognise the signs of extremism?

Extremism

Where does extremism come from? How do religious extremists attract converts?



Stereotyping and discrimination

What stereotypes are attached to different religions?



EMPATHETIC

Concerned for society –

Be aware of your own and others' cultural heritage and sensitive to the ethical and moral issues raised by their studies.



Tolerance

How can British Values teach us tolerance and respect for others?



Concerned for society

Demonstrate citizenship and a sense of Community ethos and recognise differences as well as similarities between people and peoples.



Domestic conflict

Why do people run away from home and why is this so dangerous?

Male body image and media

As part of this topic, students will look at how male body image is portrayed in the media.



Growth mindset

How can we foster a Growth Mindset to succeed and achieve?



Stress and anxiety

How can we manage the stress of school and exams?



Illegal drugs

Why do people take illegal drugs and what does the law say about drug use?

META-THINKING

Self regulation

The ability to monitor, evaluate and self-correct.

Selfie obsessed
Why do people become selfie obsessed and what consequences can this have?



Alcohol

What are the short and long-term consequences of excess alcohol drinking?



EMPATHETIC

Confident –

The ability to recognise when you need to change your beliefs based upon additional information or the arguments of others.

Self harm

What is self-harm and why do people do this?



Responsible choices

Researching responsible health choices including blood donation, stem cells and vaccinations.

PSHE

Knife crime

How does knife crime impact on our communities, why do teens get involved and what are the consequences?



LINKING

Big picture thinking

The ability to work with big ideas and holistic concepts.

Young offenders

How does the law deal with young offenders?

YOU'RE HIRED



Employability

Preparing for and applying to the world of work and careers

Human and consumer rights

- What rights do we have as shoppers and consumers?
- How do charities like UNICEF help across the world?

CONSUMER PROTECTION
Know Your Rights

Enterprise and finance

What does it mean to be 'enterprising' and why is sustainability essential to our environment?



LINKING



Seeing alternative perspectives

The ability to take on the views of others and deal with complexity and ambiguity.



The LGBT community

Who are the LGBT+ community and what would they like us to know?



British diversity

Why are British communities so diverse?

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Good and bad relationships

- What are domestic violence and abusive relationships?
- Healthy and unhealthy relationships



AGILE

Open-minded

The ability to take an objective view of different ideas and beliefs.

Child sexual exploitation

How are children and young people lured into dangerous relationships and what do these look like?



Body image

As part of this topic, students will look at body image and the media in relation to the female body. They will also question if the media contributes to eating disorders.

LINKING



Seeing alternative perspectives

The ability to take on the views of others and deal with complexity and ambiguity.

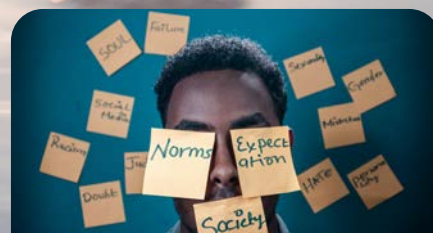


British values

Can we respect and celebrate British values and the religion and culture of our choice?



Resilience – The ability to overcome setbacks; remain confident, focused, flexible and optimistic; help others to move forward in the face of adversity.



Peer pressure

What is peer-pressure – why is it so powerful and how can we overcome this?