

PSHE Curriculum Coverage – Jigsaw

Year Group	Being Me In My World	Celebrating Difference	Dreams And Goals	Healthy Me	Relationships	Changing Me
Year 6	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.	Perceptions of normality. Understanding disability. Power struggles. Understanding bullying. Inclusion/exclusion. Differences as conflict, differences 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. How substances affect the body. Exploitation including county lines and gang culture. Emotional and mental health. Managing stress.	Mental health. Identifying mental health worries and identifying sources of support. Love and loss. Managing feelings. Power and control. Assertiveness. Technology safety. Take responsibility with technology use.	Self-image. Body image. Puberty and feelings. Conception to birth. Reflections about change. Physical attraction. Respect and consent. Boyfriends/girlfriends. Sexting. Transition.
Year 5	Planning for the forthcoming year. Being a citizen. Rights and responsibilities. Rewards and consequences. How behaviour affects groups. Democracy, having a voice, participating.	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.	Future dreams. The importance of money. Jobs and careers. Dream job and how to get there. Goals in different cultures. Supporting others (charity). Motivation.	Smoking, including vaping. Alcohol. Alcohol and anti-social behaviour. Emergency aid. Body image. Relationships with food. Healthy choices. Motivation and behaviour.	Self-recognition and self-worth. Building self-esteem. Safer online communities. Rights and responsibilities online. Online gambling and gaming. Reducing screen time. Dangers of online grooming. SMARTT internet safety rules.	Influence of online media on body image. Puberty for girls. Puberty for boys. Being unique. Growing responsibility. Coping with change. Preparing for transition.
Year 4	Being part of a class team. Being a school citizen.	Challenging assumptions. Judging by appearance. Accepting self and others.	Hopes and dreams. Overcoming disappointment. Creating new, realistic dreams.	Healthier friendships. Group dynamics. Smoking. Alcohol. Assertiveness.	Jealousy. Love and loss. Memories of loved ones. Getting on and falling out.	Outside body changes. Inside body changes. Responsibilities of having a baby. Girls and puberty.

	Rights, responsibilities and democracy (school council). Rewards and consequences. Group decision-making. Having a voice. What motivates behaviour?	Understanding influences. Understanding bullying. Problem-solving. Identifying how special and unique everyone is. First impressions.	Achieving goals. Working in a group. Celebrating contributions. Resilience. Positive attitudes.	Peer pressure. Celebrating inner strength.	Girlfriends and boyfriends. Showing appreciation to people and animals.	Confidence in change. Accepting change. Preparing for transition. Environmental change.
Year 3	Setting personal goals. Self-identity and worth. Positivity in challenges. Rules, rights and responsibilities. Rewards and consequences. Responsible choices. Seeing things from others' perspectives.	Families and their differences. Family conflict and how to manage it (child catered). Witnessing bullying and how to solve it. Recognising how words can be hurtful. Giving and receiving compliments.	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.	Exercise. Fitness challenges. Food labelling and healthy swaps. Attitudes towards drugs. Keeping safe and why it's important, online and offline scenarios. Respect for myself and others. Healthy and safe choices.	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.	How babies grow. Understanding a baby's needs. Family stereotypes. Challenging my ideas. Preparing for transition.
Year 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 a 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.
Year 1	Feeling special and safe. Being part of a class. Rights and responsibilities.	Similarities and differences.	Setting goals. Identifying successes and achievements. Learning styles.	Keeping myself healthy. Healthier lifestyle choices. Keeping clean.	Belonging to a family. Making friends/ being a good friend.	Life cycles – animal and human. Changes in me.

	Rewards and feeling proud. Consequences. Owning the learning charter.	Understanding bullying and knowing how to deal with it. Making new friends. Celebrating the differences in everyone.	Working well and celebrating achievement with a partner. Tackling new challenges. Identifying and overcoming obstacles. Feelings of success.	Being safe. Medicine safety/ safety with household items. Road safety. Linking health and happiness.	Physical contact preferences. People who help us. Qualities as a friend and person. Self-acknowledgement. Being a good friend to myself. Celebrating special relationships.	Changes since being a baby. Differences between male and female bodies (correct terminology). Linking growing and learning. Coping with change. Transition.
EYFS	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.