

PSHE JIGSAW Scheme followed for KS1 and KS2

	Autumn 1	Autumn 2	Autumn 3	Autumn 4	Autumn 5	Autumn 6
EYFS	Throughout EYFS, we cover many areas of PSHE such as: seeing themselves as a valuable individual, building constructive and respectful relationships, expressing their feelings and considering the feelings of others, identifying and moderating their own feelings socially and emotionally, showing resilience and perseverance in the face of challenge, thinking about the perspectives of others and managing their own needs.					
Year 1	<p>Being Me and My world</p> <p>Feeling safe in my class</p> <p>Rights and responsibilities of being a class member</p> <p>Valuing views</p> <p>Choices and consequences</p>	<p>Celebrating differences and living in the wider world</p> <p>Similarities and differences between people in my class</p> <p>What a bully is and who to talk to if being bullied or unhappy</p> <p>How to make new friends</p> <p>How I am different to my friends</p>	<p>Healthy Me</p> <p>Differences between healthy and unhealthy and know some ways to keep healthy</p> <p>Keeping clean</p> <p>Safe and unsafe medicines</p> <p>Road safety</p>	<p>Relationships</p> <p>Family members and how families are different</p> <p>Friendships - being kind and unkind</p> <p>Appreciate myself and others who are special to me</p>	<p>RSE -Changing me</p> <p>Life cycles of humans and animals</p> <p>Changes in myself</p>	<p>RSE -Changing me</p> <p>Boys and girls body parts</p> <p>Growing up</p> <p>Dreams and Goals</p> <p>Setting goals</p> <p>Collaboration</p> <p>Overcoming obstacles</p>
Year 2	<p>Being Me in My World</p> <p>Create a new class charter for the year</p> <p>Hopes and fears for the new year</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p>	<p>Celebrating Difference</p> <p>Boys and girls</p> <p>Why does bullying happen?</p> <p>Standing up for myself and others</p> <p>Making a new friend</p>	<p>Dreams and Goals</p> <p>Goals to success</p> <p>My learning strength</p> <p>Learning with others</p> <p>Learning as a whole class</p>	<p>Healthy Me</p> <p>Being healthy</p> <p>Being relaxed - managing my emotions</p> <p>Medicine safety</p> <p>Healthy eating</p>	<p>Relationships</p> <p>Families</p> <p>Keeping safe</p> <p>Friends and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Celebrating my special relationships</p>	<p>Changing Me / RSE</p> <p>Life cycles in nature</p> <p>Growing from young to old</p> <p>The changing me</p> <p>Boys and girls bodies</p> <p>Assertiveness</p> <p>Looking ahead</p>

	Staying safe					
Year 3	Being Me in My World Setting personal goals Rights and responsibilities Rewards and consequences Learning Charter	Celebrating Difference How families are different Managing conflicts Dealing with bullying situations Consequences of unkind words	Dreams and Goals Overcoming obstacles Setting learning challenges Finding ways to achieve goals	Healthy Me Effects of exercise on the body What do I know about drugs? Keeping safe and healthy	Relationships Roles and responsibilities of family members Friendship skills Similarities and differences between children around the world	Changing Me / RSE How babies grow How boys and girls bodies change as they grow Identifying stereotypes in family roles Moving to Year 4
Year 4	Being Me in My World Being a class and school citizen Rights, responsibilities and democracy Developing empathy and understanding rewards and consequences	Celebrating Difference Judging by appearance and making assumptions Identifying bullying and how to solve situations What makes me unique and different	Dreams and Goals Sharing hopes and dreams Overcoming disappointment Setting new goals and steps to achieve them	Healthy Me How friendship groups are formed Group dynamics Effects of smoking and alcohol Resisting peer pressure	Relationships Relationship webs Love and loss Animal rights Showing appreciation for those I love	Changing Me / RSE Having a baby Girls and puberty Accepting change Looking ahead to Year 5
Year 5	Being Me in My World Setting goals for the year ahead Being a British citizen Year 5 responsibilities Rewards and consequences Learning charter	Celebrating Difference Looking at different cultures across the world Understand what racism is Looking at types of bullying Does money matter?	Dreams and Goals When I grow up - dreams Investigating jobs and careers Dreams and goals of young people in other cultures Learning from each other	Healthy Me Health risks of smoking and alcohol Basic emergency aid Body image and relationships with food Healthy eating choices	Relationships Getting on with and falling out with friends Girlfriends and boyfriends Staying safe online	Changing Me / RSE Self and body image Puberty for boys and girls Conception Looking ahead to Year 6

Year 6	Being Me in My World Setting goals for the year ahead Being a global citizen - universal rights of children Consequences of actions individually and on a larger scale Learning charter	Celebrating Difference Am I normal? Understand disability Power Struggles Why Bully? Celebrate difference	Dreams and Goals Personal learning goals Steps to success My dream for the world Helping to make a difference Recognising achievements	Healthy Me Impact food on the body Effects of drugs and alcohol on the body if mistreated Basic emergency first aid Emotional and mental health Managing stress	Relationships My relationship web Love and loss Power and Control Being safe with technology	Changing Me / RSE Self and Body image Puberty Girl talk/ Boy talk Babies- Conception to Birth Attraction Transition to Secondary School
Whole School Initiatives	Anti-bullying Week E-Safety Shooting Star Week Odd Socks Day					