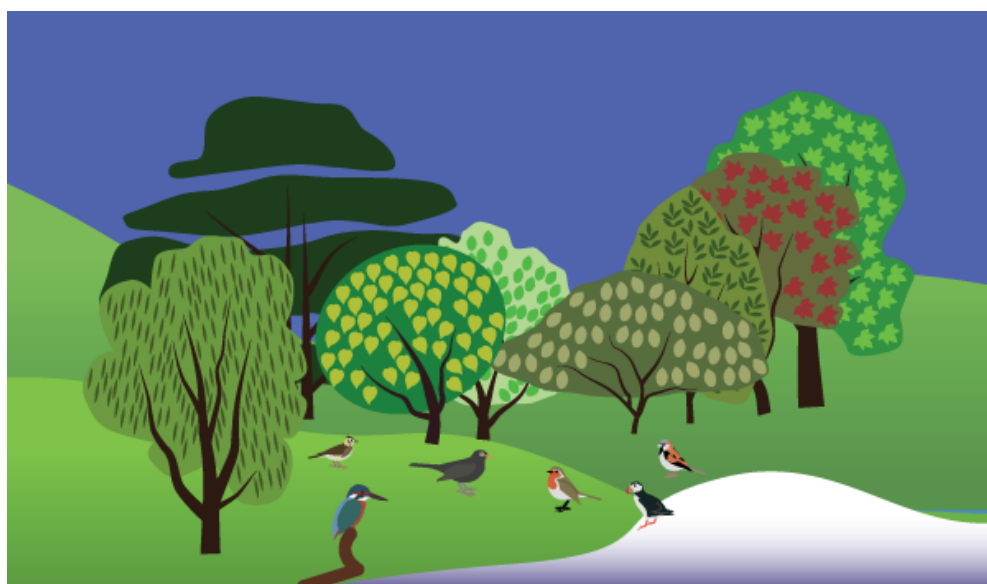


PSHE Jigsaw and Safeguarding Curriculum Overview



EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Theme: Jigsaw	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Curriculum Content Outline: Personal, Social, Health and Economic Education + Citizenship	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 Dealing with bullying Being a good friend	Bodies Growing up Growth and change Fun and fears Celebrations
Safeguarding Focus:	<p>Keeping Safe: arriving safely at school and leaving safely to go home, keeping safe at school; know that hands can be used kindly and unkindly;</p> <p>Bonfire night safety: sparkler safety</p> <p>Prevent: how it feels to belong, being similar and different; Understanding that being different makes us all special; Different families (photos showing families from different races)</p> <p>Online Safety: understanding that technology exists and what to do when something makes me feel sad or uncomfortable when I am using it</p> <p>Mental Health: identifying and using skills to stand up for ourselves</p> <p>Healthy Relationships: know you don't have to 'be the same as' to be a friend</p>		<p>Keeping Safe: not opening closed doors, telling an adult if you see something strange; know what to do if you get lost; know how to say 'no' to a stranger</p> <p>Online Safety: talking about how I use technology and what to do when something makes me feel sad or uncomfortable when I am using it (Linked to Safer Internet Day)</p> <p>Mental Health: recognising feelings of perseverance; knowing that sleep is good for them;</p> <p>Healthy Relationships: know which words are kind</p>		<p>Keeping Safe: knowing who we can talk to if feeling worried; know that sharing how they feel can help to solve a worry</p> <p>Online Safety: understanding that passwords exist; learning to save my own work and explaining what to do when something makes me feel sad or uncomfortable when I am using technology</p> <p>Sun Safe – using sun screen/ sun hats</p> <p>Water safety: keeping safe in the swimming pool and introducing The Water Safety Code</p> <p>Mental Health: remembering happy times can move us on</p> <p>Healthy Relationships: know some of the characteristics of a healthy and safe friendship; know some ways to mend a friendship; know that unkind words can't 'be taken back'</p>	
Theme Days/ Weeks	Children in Need Anti-Bullying Week Show Racism the Red Card Day		Safer Internet Day Red Nose Day		International Water Safety Day Walk to School Week Mental Health Week	

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Theme: Jigsaw	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Curriculum Content Outline: Personal, Social, Health and Economic Education + Citizenship	Feeling special and safe. Being part of a class. Rights and responsibilities. Rewards and feeling proud. Consequences.	Similarities and differences. Understanding bullying and knowing how to deal with it. Making new friends. Celebrating the differences in everyone.	Setting goals. Identifying successes and achievements. Learning styles. Working well and celebrating achievement with a partner. Tackling new challenges Identifying and overcoming	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	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	Life cycles – animal and human Changes in me Changes since being a baby Linking growing and learning Coping with change Transition

			obstacles. Feelings of success.		Celebrating special relationships
Safeguarding Focus:	<p>Staying safe in school: arriving safely at school and leaving safely to go home, keeping safe at school, telling an adult if you see something strange</p> <p>Bonfire night safety: sparkler safety; fireworks safety</p> <p>Prevent: Identifying differences between people in my class; Understanding these differences make us all special and unique</p> <p>Online Safety: explaining rules to keep us safe when we are using technology and knowing what to do when something makes us feel sad or uncomfortable</p> <p>Mental Health: know people are unique and it's ok to be different</p> <p>Healthy Relationships: understand that their choices have consequences; know who to tell if someone is feeling unhappy or being bullied; know skills to make friendships;</p>	<p>Online Safety: saving work; describing how to behave online; explaining why we should ask a trusted adult before sharing information online; explaining how passwords can be used (Linked to Safer Internet Day)</p> <p>Keeping Safe: knowing that all household products (including medicines) can be harmful if not used properly; knowing about people who can keep them safe</p> <p>Road Safety: Know how to keep safe when crossing the road</p> <p>Mental Health: know when a goal has been achieved</p> <p>Healthy Relationships: know how to work well with a partner</p>	<p>Keeping Safe: Knowing who to ask in the school community; knowing what makes a healthy, safe friend; knowing that nobody has the right to hurt anyone; PANTS Rule (NSPCC)</p> <p>Sun Safe – using sun screen/ sun hats</p> <p>Water safety: keeping safe in the swimming pool and revising The Water Safety Code</p> <p>Online Safety: using the internet with adult support to communicate with people I know; describing what information I should not put online and using the internet to find things out</p> <p>Mental Health: knowing who to ask for help if they are worried or frightened</p> <p>Healthy Relationships: understanding there are different types of families; knowing the characteristics of safe and healthy friends</p>		
Theme Days/ Weeks	Children in Need Anti-Bullying Week Show Racism the Red Card Day Mental Health Awareness Day	Safer Internet Day Red Nose Day			International Water Safety Day Walk to School Week Mental Health Week

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Theme: Jigsaw	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Curriculum Content Outline: Personal, Social, Health and Economic Education + Citizenship	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 and 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 Aging is normal Some changes are beyond our control Changes from babyhood to now and beyond Transition
Safeguarding Focus:	<p>Staying safe in school: arriving safely at school and leaving safely to go home, keeping safe at school, telling an adult if you see something strange; know what</p> <p>Bonfire night safety</p> <p>Prevent: understand that their own views are valuable; Understanding that</p>		<p>Keeping Safe: know it is important to use medicines safely;</p> <p>Online Safety: recognising that content on the internet may belong to other people; giving examples of bullying behaviour online; explaining some rules to keep our information private (Linked to Safer Internet Day)</p>		<p>Keeping Safe: know how to stay 'stop' if someone is hurting them; know there are good secrets and worry secrets; know it is good to share worry secrets; know that private body parts are private; know who to ask for help if they are worried or frightened; know there are different types of touch and that some are unacceptable</p>	

	<p>difference makes us all special and unique</p> <p>Online Safety: explaining rules for using technology in different environments; explaining how other people's identity can be different to their identity in real life; knowing who to talk to if someone has made a mistake about putting something online</p> <p>Healthy Relationships: know that friends can be different and still be friends; know the difference between a one of incident and bullying</p> <p>Mental Health: know it is ok not to conform to gender stereotypes; know it is good to be yourself; know where to get help if you are being bullied</p>	<p>Healthy Relationships: know how to recognise what working together well looks like;</p> <p>Mental Health: know how to share success with other people; know what 'relaxed' means; know what makes them feel 'relaxed'</p>	<p>Sun Safe – using sun screen/ sun hats</p> <p>Water safety: keeping safe in the swimming pool and embedding The Water Safety Code</p> <p>Online Safety: using keywords in search engines; navigating a webpage; voice activated searching</p> <p>Healthy Relationships: know some strategies to solve friendship conflict; know what trust is;</p> <p>Mental Health: strategies for managing change</p>			
Theme Days/ Weeks	<p>Children in Need</p> <p>Anti-Bullying Week</p> <p>Show Racism the Red Card Day</p> <p>Mental Health Awareness Day</p>	<p>Safer Internet Day</p> <p>Red Nose Day</p>	<p>International Water Safety Day</p> <p>Walk to School Week</p> <p>Mental Health Week</p>			
Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Theme: Jigsaw	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Curriculum Content Outline: Personal, Social, Health and Economic Education + Citizenship	<p>Setting personal goals</p> <p>Self-identity and worth Positivity in challenges</p> <p>Rules, rights and responsibilities</p> <p>Rewards and consequences</p> <p>Responsible choices</p> <p>Seeing things from others' perspectives</p>	<p>Families and their differences</p> <p>Family conflict and how to manage it (child-centred)</p> <p>Witnessing bullying and how to solve it</p> <p>Recognising how words can be hurtful</p> <p>Giving and receiving compliments</p>	<p>Difficult challenges and achieving success</p> <p>Dreams and ambitions</p> <p>New challenges</p> <p>Motivation and enthusiasm</p> <p>Recognising and trying to overcome obstacles</p> <p>Evaluating learning processes</p> <p>Managing feelings</p> <p>Simple budgeting</p>	<p>Exercise Fitness challenges</p> <p>Food labelling and healthy swaps</p> <p>Attitudes towards drugs</p> <p>Keeping safe and why it's important online and off line</p> <p>Respect for myself and others</p> <p>Healthy and safe choices</p>	<p>Family roles and responsibilities</p> <p>Friendship and negotiation</p> <p>Keeping safe online and who to go to for help</p> <p>Being a global citizen</p> <p>Being aware of how my choices affect others</p> <p>Awareness of how other children have different lives</p> <p>Expressing appreciation for family and friends</p>	<p>A baby's needs</p> <p>Changes as we grow up and how we feel about these changes</p> <p>Family stereotypes</p> <p>Transition</p>
Safeguarding Focus:	<p>Staying safe in school: telling an adult if you see something strange; understanding why rules are needed and links to choices and consequences</p> <p>Fire Safety: Stop, Drop and Roll, calling 999</p> <p>Prevent: know that others may hold different views; know that the school has a shared set of values; recognising that some words are used in hurtful</p>	<p>Keeping Safe: discuss attitudes towards drugs (child centred); know that there are healthy and safe choices;</p> <p>Online Safety: explaining what bullying is and how to behave online; describing how to keep passwords private (Linked to Safer Internet Day)</p> <p>Healthy Relationships: have respect for myself and others</p>	<p>Keeping Safe: understanding the rights that children have;</p> <p>Sun Safe – using sun screen/ sun hats</p> <p>Water safety: keeping safe in the swimming pool; learning how to float, tread water and attract attention</p> <p>Online Safety: exploring forms of communication online; using key phrases in search</p>			

	<p>how my online identity can be different to real life; when searching on the internet, explaining why I need to consider who owns content and whether I have the right to reuse it</p> <p>Mental Health: understanding how special and unique everyone is</p> <p>Healthy Relationships: having a voice; understanding bullying</p>		<p>Mental Health: developing strategies to manage emotions and feel calm; identifying the people we love; developing strategies for coping with loss;</p> <p>Healthy Relationships: identifying and managing feelings of jealousy; strategies for resolving friendship ‘fall outs’;</p>
Theme Days/ Weeks	<p>Children in Need</p> <p>Anti-Bullying Week</p> <p>Show Racism the Red Card Day</p> <p>Mental Health Awareness Day</p>	<p>Safer Internet Day</p> <p>Red Nose Day</p>	<p>International Water Safety Day</p> <p>Walk to School Week</p> <p>Mental Health Week</p>

Year 5		Autumn	Spring 1	Spring 2	Summer 1	Summer 2
PSHE Theme: Jigsaw	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Curriculum Content Outline: Personal, Social, Health and Economic Education + Citizenship	<p>Planning the forthcoming year</p> <p>Being a citizen</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>How behaviour affects groups</p> <p>Democracy, having a voice, participating</p>	<p>Cultural differences and how they can cause conflict</p> <p>Racism</p> <p>Rumours and name-calling</p> <p>Types of bullying</p> <p>Material wealth and happiness</p> <p>Enjoying and respecting other cultures</p>	<p>Future dreams</p> <p>The importance of money</p> <p>Jobs and careers</p> <p>Dream job and how to get there</p> <p>Goals in different cultures</p> <p>Supporting others (charity)</p> <p>Motivation</p>	<p>Smoking, including vaping</p> <p>Alcohol and anti-social behaviour</p> <p>Emergency aid</p> <p>Body image</p> <p>Relationships with food</p> <p>Healthy choices</p> <p>Motivation and behaviour</p>	<p>Self-recognition and self-worth</p> <p>Building self-esteem</p> <p>Safer online communities</p> <p>Rights and responsibilities online</p> <p>Online gaming and gambling</p> <p>Reducing screen time</p> <p>Dangers of online grooming</p> <p>SMARRT internet safety rules</p>	<p>Self- and body image</p> <p>Influence of online and media on body image</p> <p>Puberty for girls</p> <p>Puberty for boys</p> <p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition</p>
Safeguarding Focus:	<p>Keeping Safe: making good behaviour choices that link to rules, rewards (and consequences)</p> <p>Fire safety: Visit from the Fire Service to teach fire safety awareness and behaviours</p> <p>Prevent: understanding what democracy is; developing an understanding of our culture; thinking about friendships across different cultures; understanding racism;</p> <p>Online Safety: describing some strategies to help promote healthy sleep with regards to technology; explaining how identity online can be copied, modified or altered</p> <p>Mental Health: developing strategies for feeling calm</p>	<p>Keeping Safe: understanding the risks of smoking and misusing alcohol; thinking about basic emergency aid; knowing how to call the emergency services</p> <p>Online Safety: recognising when someone is upset, hurt or angry online; explaining how free apps may share my private information; explaining how and why some apps may request additional payment and why I should seek permission from a trusted adult first</p> <p>Mental Health: considering personal dreams and goals; learning different ways to keep healthy;</p> <p>Healthy Relationships: developing strategies to understand and manage peer pressure;</p>	<p>Keeping Safe: knowing what to do if they see or hear anything online that makes them feel uncomfortable; developing their awareness of changes in the male and female body;</p> <p>Sun Safe – using sun screen/ sun hats</p> <p>Water safety: keeping safe in the swimming pool; using float, tread water and attract attention; be able to explain where incidents could take place and what number to call for help</p> <p>Online Safety: making positive contributions to online communities; evaluating digital content and explain how I make choices from search results; explaining online misinformation and dis-information</p> <p>Mental Health: developing a positive personal view of ourselves; developing some personal strategies if they don’t feel great about themselves</p>			

	Healthy Relationships: developing skills that help with teamwork; understanding the impact of bullying and knowing what to do if they are aware of it happening;		Healthy Relationships: understanding some ways in which families can have special time together
Theme Days/ Weeks	Children in Need Anti-Bullying Week Show Racism the Red Card Day Mental Health Awareness Day	Safer Internet Day Red Nose Day	International Water Safety Day Walk to School Week Mental Health Week

Year 6 Autumn 1 and 2 Spring 1 Spring 2 Summer 1 Summer 2

PSHE Theme: Jigsaw	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Curriculum Content Outline: Personal, Social, Health and Economic Education + Citizenship	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, difference 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 sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self- and body image Puberty and feelings Conception to birth Reflections about change Respect and consent Transition
Safeguarding Focus:	Keeping Safe: understanding the universal rights of children; developing personal safety behaviours if and when walking to and from school without adult supervision Fire safety: Visit from the Fire Service to teach fire safety awareness and behaviours Prevent: understanding why we have laws in this country; understanding good role models; understanding prejudice and discrimination; understanding the Equality Act; Online Safety: understanding the safe-keeping mobile phones in school; describing systems that regulate age-related content; describing how the media can shape ideas; describing ways to build a positive online reputation; knowing how to make references to acknowledge the source Mental Health: developing strategies to assist with concentration;		Keeping Safe: developing an understanding of drugs and their dangers; developing an understanding of ‘County Lines’ Online Safety: using different passwords for different online services and how to manage them; describing simple ways to increase privacy on apps; describing strategies to help me identify scams (Linked to Safer Internet Day) Mental Health: understanding their personal learning strengths; knowing with whom to share problems; learning to identify personal stress and developing strategies to feel calm Healthy Relationships: developing personal strategies if someone is putting pressure on them; understanding gang culture;		Keeping Safe: developing their awareness of changes in the male and female body now and over the next few years; understanding the importance of consent Sun Safe – using sun screen/ sun hats Water safety: keeping safe in the swimming pool; using float, tread water and attract attention; be able to explain where incidents could take place and what number to call for help; swimming, floating and seeking assistance with clothes on; giving assistance to another with a floatation device Online Safety: demonstrating ways of reporting problems online; using search technologies effectively; explaining how search engines work and how results are selected and ranked; demonstrating strategies to enable me to evaluate the validity of ‘facts’ Mental Health: developing an awareness of mindfulness; developing strategies for taking care of their own mental health; developing an understanding of the process of grief;	

	Healthy Relationships: understanding why some people bully; knowing who to ask for help if they are aware of bullying-type behaviour; understanding that difference can be a source of celebration;		Healthy Relationships: developing an understanding of the importance of mutual respect;
Theme Days/ Weeks	Children in Need Anti-Bullying Week Show Racism the Red Card Day Mental Health Awareness Day	Safer Internet Day Red Nose Day	International Water Safety Day Walk to School Week Mental Health Week