

Jigsaw PSHE 3 -11/12 Content Overview



Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
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
KS1 Cycle A	Special and safe My Class Rights and responsibilities Rewards and feeling proud Consequences Owning our Learning Charter	The same as... Different from... What is bullying? What do I do about bullying? Making new friends Celebrating difference; celebrating me	My treasure chest of success My learning strengths Learning with others Achieving together: Dream Wellies Stretchy Learning: Stretchy flowers Celebrating my success	Being healthy Healthy choices Clean and healthy Healthy eating Happy healthy me!	Families Making friends Greetings Secrets Trust and appreciation Celebrating my special relationships	Life cycles Changing me My changing body Boys' and girl's bodies Assertiveness Looking ahead
KS1 Cycle B	Hopes and fear for the year Rights and responsibility Rewards and consequences Our learning chart Owning our learning	Boys and girls Why does bullying happen? Standing up for myself and others Gender diversity Celebrating difference and still being friends	Goals to success Steps to goals Overcoming obstacles Group Challenge: Dream birds Celebrating our achievement	Being healthy Being relaxed Medicine safety Road Safety Happy healthy me!	Families Keeping safe - exploring physical contact Friends and conflict People who help us Being my own best friend Celebrating my special relationships	Life cycles in nature Growing from young to old The changing me Boys' and girls' bodies Learning and growing Coping with changes
LKS2 Cycle A	Getting to know each other Our nightmare school Our dream school Rewards and consequences Our learning charter Owning our learning charter	Witness and feelings Witness and solutions Understanding bullying Problem solving Words that harm Celebrating difference compliments	Broken dreams Overcoming disappointment A new challenge: garden design Our new challenge: garden design Celebrating my learning	Being fit and healthy What do I know about drugs Smoking Alcohol Happy healthy me	Family roles and responsibilities Friendship Keeping myself safe on-line Getting on and falling out Girlfriends and boyfriends Celebrating my relationships with people and animals	How babies grow Babies Outside body changes Circles of change Accepting change looking ahead

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LKS1 Cycle B	Becoming a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Our learning charter Owning our learning charter	Families Family Conflict Judging by Appearance Understanding Influences Special Me Celebrating Difference: How we look	Dreams and goals My dreams and ambitions hopes and dreams Creating new dreams Achieving goals: potato people We did it!	My friends and me Group dynamics Being safe Safe or unsafe Healthy friendships Celebrating my inner strength and assertiveness	Jealousy Love and loss Memories Being a global citizen Celebrating my web of relationships	Unique me Having a baby Inside body changes Girls and puberty Family stereotypes Looking ahead
UKS1 Cycle A	My year ahead Being a citizen of my country Responsibilities The learning charter Our learning charter Owning our learning charter	Different cultures Racism Rumours and name-calling Types of bullying Does money matter? Celebrating difference across the world	When I grow up Investigate jobs and careers My dream job - why I want it and steps to get there Helping to make a difference Recognising our achievements	Smoking Alcohol Emergency aid Body image My relationship with food Healthy me	Recognising me Safety with on-line communities Being in an on-line community Power and control Being on-line - real or fake? safe or unsafe? using technology responsibly	My self image Puberty Conception Babies: conception to birth Real self and ideal self The year ahead
UKS1 Cycle B	My year ahead Being a global citizen Rewards and consequences Our learning charter Owning our learning charter	Am I normal? Understanding difference/ gender identity Power struggles Why bully? Admiration accolades Celebrating difference	Personal learning goals steps to success My dream for the world Dreams and goals of young people in other cultures How can we support each other? Rallying support	Taking responsibility for my health and wellbeing Drugs Exploitation Gangs Emotional and mental health Managing stress and pressure	What is mental health? My mental health Love and loss Online gaming My relationship and technology: screen time Relationships and technology	Self and body image Puberty for girls Puberty for boys Boyfriends and girlfriends Looking ahead