

Jigsaw PSHE Subject Overview - Autumn 1

Puzzle	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Being Me</p> <p>In My World</p>	<p>Know special things about themselves.</p> <p>Know that some people are different from themselves.</p> <p>Know how happiness and sadness can be expressed.</p> <p>Know that hands can be used kindly and unkindly</p> <p>Know that being kind is good.</p> <p>Know they have a right to learn and play, safely and happily.</p>	<p>Feeling special and safe</p> <p>Being part of a class</p> <p>Rights and responsibilities</p> <p>Rewards and feeling proud</p> <p>Consequences</p> <p>Owning the learning charter</p>	<p>Hopes and fears for the year</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>Safe and fair learning environment</p> <p>Valuing contributions</p> <p>Choices</p> <p>Recognising feelings</p>	<p>Setting personal goals</p> <p>Self-identity and worth</p> <p>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>Being part of a class team</p> <p>Being a school citizen</p> <p>Rights, responsibilities and democracy (school council)</p> <p>Rewards and consequences</p> <p>Group decision-making</p> <p>Having a voice</p> <p>What motivates behaviour</p>	<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>Identifying goals for the year</p> <p>Global citizenship</p> <p>Children's universal rights</p> <p>Feeling welcome and valued</p> <p>Choices, consequences and rewards</p> <p>Group dynamics</p> <p>Democracy, having a voice</p> <p>Anti-social behaviour</p> <p>Role-modelling</p>

Jigsaw PSHE Subject Overview - Autumn 2

Puzzle	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Celebrating Differences</p>	<p>Know what being proud means and that people can be proud of different things. Know that people can be good at different things. Know what being unique means. Know that families can be different. Know that people have different homes and why they are important to them. -Know different ways of making friends Know different ways to stand up for myself Know the names of some emotions such as happy, sad, frightened and angry. Know that they don't have to be 'the same as' to be a friend. Know why having friends is important Know some qualities of a positive friendship</p>	<p>Similarities and differences</p> <p>Understanding bullying and knowing how to deal with it</p> <p>Making new friends</p> <p>Celebrating the differences in everyone</p>	<p>Assumptions and stereotypes about gender</p> <p>Understanding bullying</p> <p>Standing up for self and others</p> <p>Making new friends</p> <p>Gender diversity</p> <p>Celebrating difference and remaining friends</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 compliment</p>	<p>Challenging assumptions</p> <p>Judging by appearance</p> <p>Accepting self and others</p> <p>Understanding influences</p> <p>Understanding bullying</p> <p>Problem-solving</p> <p>Identifying how special and unique everyone is</p> <p>First impressions</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>Perceptions of normality</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Understanding bullying</p> <p>Inclusion/exclusion</p> <p>Differences as conflict, difference as celebration</p> <p>Empathy</p>

Jigsaw PSHE Subject Overview - Spring 1

Puzzle	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dreams and Goals	<p>Know what a challenge is.</p> <p>Know that it is important to keep trying.</p> <p>Know what a goal is.</p> <p>Know how to set goals and work towards them.</p> <p>Know which words are kind.</p> <p>Know some jobs that they might like to do when they are older.</p> <p>Know that they must work hard now in order to be able to achieve the job they want when they are older.</p> <p>Know when they have achieved a goal.</p>	<p>Setting goals</p> <p>Identifying successes and achievements</p> <p>Learning styles</p> <p>Working well and celebrating achievements with a partner</p> <p>Tackling challenges</p> <p>Identifying and overcoming obstacles</p> <p>Feelings of success</p>	<p>Achieving realistic goals</p> <p>Perseverance</p> <p>Learning strengths</p> <p>Learning with others</p> <p>Group co-operation</p> <p>Contributing to and sharing success</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>Hopes and dreams</p> <p>Overcoming disappointment</p> <p>Creating new, realistic dreams</p> <p>Achieving goals</p> <p>Working in a group</p> <p>Celebrating contributions</p> <p>Resilience</p> <p>Positive attitude</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>Personal learning goals, in and out of school</p> <p>Success criteria</p> <p>Emotions in success</p> <p>Making a difference in the world</p> <p>Motivation</p> <p>Recognising achievements</p>

Jigsaw PSHE Subject Overview - Spring 2

Puzzle	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy Me	<p>Know the names for some parts of their body.</p> <p>Know what the word 'healthy' means.</p> <p>Know some things that they need to do to keep healthy.</p> <p>Know that they need to exercise to keep healthy.</p> <p>Know how to help themselves go to sleep and that sleep is good for them.</p> <p>Know when and how to wash their hands properly.</p> <p>Know what to do if they get lost.</p> <p>Know how to say No to strangers.</p>	<p>Keeping myself healthy</p> <p>Healthier lifestyle choices</p> <p>Keeping clean</p> <p>Being safe</p> <p>Medicine safety/ safety with household items</p> <p>Road safety</p> <p>Linking health and happiness</p>	<p>Motivation</p> <p>Healthier choices</p> <p>Relaxation</p> <p>Healthy eating and nutrition</p> <p>Healthier snacks and sharing food</p>	<p>Exercise</p> <p>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 scenarios</p> <p>Respect for myself and others</p> <p>-Healthy and safe choice</p>	<p>Healthier friendships</p> <p>Group dynamics</p> <p>Smoking</p> <p>Alcohol</p> <p>Assertiveness</p> <p>Peer pressure</p> <p>Celebrating inner strength</p>	<p>Smoking, including vaping, Alcohol</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>Taking personal responsibility</p> <p>How substances affect the body</p> <p>Exploitation, including 'county lines' and gang culture</p> <p>Emotional and mental health</p> <p>Managing stress</p>

Jigsaw PSHE Subject Overview - Summer 1

Puzzle	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Relationships	<p>Know what a family is.</p> <p>Know that different people in a family have different responsibilities (jobs).</p> <p>Know some of the characteristics of healthy and safe friendship.</p> <p>Know that friends sometimes fall out.</p> <p>Know some ways to mend a friendship.</p> <p>Know that unkind words can never be taken back and they can hurt.</p> <p>Know how to use Jigsaw's Calm Me to help when feeling angry.</p> <p>Know some reasons why others get angry.</p>	<p>Belonging to a family</p> <p>Making Friends/ being a good friend</p> <p>Physical contact preferences</p> <p>People who help us</p> <p>Qualities as a friend and person</p> <p>Self-acknowledgement</p> <p>Being a good friend to myself</p> <p>Celebrating special relationships</p>	<p>Different types of family</p> <p>Physical contact boundaries</p> <p>Friendship and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Expressing appreciation for special relationships</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>Jealousy</p> <p>Love and loss</p> <p>Memories of loved ones</p> <p>Getting on and falling out</p> <p>Girlfriends and boyfriends</p> <p>-Showing appreciation to people and animals</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>SMART internet safety rules</p>	<p>Mental health</p> <p>Identifying mental health worries and sources of support</p> <p>Love and loss</p> <p>Managing feelings</p> <p>Power and control</p> <p>Assertiveness</p> <p>Technology safety</p> <p>Take responsibility with technology use</p>

Jigsaw PSHE Subject Overview - Summer 2

Puzzle	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Changing Me	<p>Know the names and functions of some parts of the body (see vocabulary list).</p> <p>Know that we grow from baby to adult. -Know who to talk to if they are feeling worried.</p> <p>Know that sharing how they feel can help solve a worry.</p> <p>Know that remembering happy times can help us move on.</p>	<p>Life cycles - Human and animal</p> <p>Changes in me</p> <p>Changes since being a baby</p> <p>Differences between female and male bodies (correct terminology)</p> <p>Linking growing and learning</p> <p>Coping with change</p> <p>Transition to year 2</p>	<p>Life cycles in nature</p> <p>Growing from young to old</p> <p>Increasing independence</p> <p>Differences in female and male bodies (correct terminology)</p> <p>Assertiveness</p> <p>Preparing for transition to year 3</p>	<p>How babies grow</p> <p>Understanding a baby's needs</p> <p>Outside body changes</p> <p>Inside body changes</p> <p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition to year 4</p>	<p>Being unique</p> <p>Having a baby</p> <p>Girls and puberty</p> <p>Confidence in change</p> <p>Accepting change</p> <p>Preparing for transition to year 5</p> <p>Environmental change</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>Conception (including IVF)</p> <p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition to year 6</p>	<p>Self-image</p> <p>Body image</p> <p>Puberty and feelings</p> <p>Conception to birth</p> <p>Reflections about change</p> <p>Physical attraction</p> <p>Respect and consent</p> <p>Boyfriends / girlfriends</p> <p>Sexting</p> <p>Transition to secondary school</p>