



## Whole School Overview - Personal, Social and Health Education (PSHE)

EYFS	It's Good to Be Me	Let' Celebrate	Once Upon a Time	All Creatures Great & Small	How Does Your Garden Grow	Wish You Were Here
	<p><b>Jigsaw</b> Being Me in My World</p> <ul style="list-style-type: none"> <li>-Self-identity</li> <li>-Understanding feelings</li> <li>-Being in a classroom</li> </ul> <p>Being gentle</p> <ul style="list-style-type: none"> <li>-Rights and responsibilities</li> </ul>	<p><b>Jigsaw</b> Celebrating Difference</p> <ul style="list-style-type: none"> <li>-Identifying talents</li> <li>-Being special</li> <li>-Families</li> <li>-Where we live</li> </ul> <p>Making friends</p> <ul style="list-style-type: none"> <li>-Standing up for yourself</li> </ul>	<p><b>Jigsaw</b> Dreams and Goals</p> <ul style="list-style-type: none"> <li>-Challenges</li> <li>-Perseverance</li> <li>-Goal-setting</li> <li>-Overcoming obstacles</li> <li>-Seeking help</li> <li>-Jobs</li> <li>-Achieving goals</li> </ul>	<p><b>Jigsaw</b> Healthy Me</p> <ul style="list-style-type: none"> <li>-Exercising bodies</li> <li>-Physical activity</li> <li>-Healthy food</li> <li>-Sleep</li> <li>-Keeping clean</li> <li>-Safety</li> </ul>	<p><b>Jigsaw</b> Relationships</p> <ul style="list-style-type: none"> <li>-Family life</li> <li>-Friendships</li> <li>-Breaking friendships</li> <li>-Falling out</li> <li>-Dealing with bullying</li> <li>-Being a good friend</li> </ul>	<p><b>Jigsaw</b> Changing Me</p> <ul style="list-style-type: none"> <li>-Bodies</li> <li>-Respecting my body</li> <li>-Growing up</li> <li>-Fun and fears</li> <li>-Celebrations</li> </ul>
Year 1	My School	Guy Fawkes	Hot & Cold Places	Animals	Castles	Plants
	<p><b>Jigsaw</b> Being Me in My World</p> <ul style="list-style-type: none"> <li>-Feeling special and safe</li> <li>-Being part of a class</li> <li>-Rights and responsibilities</li> <li>-Rewards and feeling proud.</li> <li>-Consequences</li> <li>-Owning the learning charter</li> </ul>	<p><b>Jigsaw</b> Celebrating Difference</p> <ul style="list-style-type: none"> <li>-Similarities and differences</li> <li>-Understanding bullying and knowing how to deal with it</li> <li>-Making new friends</li> <li>-Celebrating the differences in everyone</li> </ul>	<p><b>Jigsaw</b> Dreams and Goals</p> <ul style="list-style-type: none"> <li>-Setting goals</li> <li>-Identifying successes and achievements</li> <li>-Learning styles</li> <li>-Working well and celebrating achievement with a partner</li> <li>-Tracking new challenges</li> <li>-Identifying and overcoming obstacles</li> <li>-Feelings of success</li> </ul>	<p><b>Jigsaw</b> Healthy Me</p> <ul style="list-style-type: none"> <li>-Keeping myself healthy</li> <li>-Healthier lifestyle choices</li> <li>-Keeping clean</li> <li>-Being safe</li> <li>-Medicine safety, safety with household items</li> <li>-Road safety</li> <li>-Linking health and happiness</li> </ul>	<p><b>Jigsaw</b> Relationships</p> <ul style="list-style-type: none"> <li>-Belonging to a family</li> <li>-Making friends/being a good friend</li> <li>-Physical contact and preferences</li> <li>-People who help us</li> <li>-Qualities as a friend and person</li> <li>-Self-acknowledgement</li> <li>-Being a good friend to myself</li> <li>-Celebrating special relationships</li> </ul>	<p><b>Jigsaw</b> Changing Me</p> <ul style="list-style-type: none"> <li>-Life cycles – animals and human</li> <li>-Changes in me</li> <li>-Differences between female and male bodies (correct terminology)</li> <li>-Linking growing and learning</li> <li>-Coping with change</li> <li>Transition</li> </ul>



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Year 2	Nuneaton my Town	UK Countries & Capitals	Great Fire of London	Transport	India	Habitats
	<p><b>Jigsaw</b> Being Me in My World</p> <ul style="list-style-type: none"> <li>-Hopes and fears for the year</li> <li>-Rights and responsibilities</li> <li>-Safe and fair learning environment</li> <li>-Valuing contributions</li> <li>-Choices</li> <li>-Recognising feelings</li> </ul>	<p><b>Jigsaw</b> Celebrating Difference</p> <ul style="list-style-type: none"> <li>-Assumptions and stereotypes about gender</li> <li>-Understanding bullying</li> <li>-Standing up for self and others</li> <li>-Making new friends</li> <li>-Gender diversity</li> <li>-Celebrating difference and remaining friends</li> </ul>	<p><b>Jigsaw</b> Dreams and Goals</p> <ul style="list-style-type: none"> <li>-Achieving realistic goals</li> <li>-Perseverance</li> <li>-Learning strengths</li> <li>-Group co-operation</li> <li>-Contributing to and sharing success</li> </ul>	<p><b>Jigsaw</b> Healthy Me</p> <ul style="list-style-type: none"> <li>-Motivation</li> <li>-Healthier choices</li> <li>-Relaxation</li> <li>_Healthy eating and nutrition</li> <li>Healthier snacks and sharing food</li> </ul>	<p><b>Jigsaw</b> Relationships</p> <ul style="list-style-type: none"> <li>-Different types of family</li> <li>-Physical contact boundaries</li> <li>-Friendship and conflict</li> <li>-Secrets</li> <li>-Trust and appreciation</li> <li>-Expressing appreciation for special relationships</li> </ul>	<p><b>Jigsaw</b> Changing Me</p> <ul style="list-style-type: none"> <li>-Life cycles in nature</li> <li>-Growing from young to old</li> <li>-Increasing independence</li> <li>-Differences in female and male bodies (correct terminology)</li> <li>-Assertiveness</li> <li>-Preparing for transition</li> </ul>
Year 3	Stone Age to Iron Age	The UK	Ancient Greece	Animals	Farming in the UK	Spain
	<p><b>Jigsaw</b> Being Me in My World</p> <ul style="list-style-type: none"> <li>-Setting personal goals</li> <li>-Self-identify and worth</li> <li>-Positivity in challenges</li> <li>-Rules, rights and responsibilities</li> <li>-Rewards and consequences</li> <li>-Responsible choices - Seeing things from others' perspectives</li> </ul>	<p><b>Jigsaw</b> Celebrating Differences</p> <ul style="list-style-type: none"> <li>-Families and their differences</li> <li>-Family conflict and how to manage --Witnessing bullying and how to solve it</li> <li>-Recognising how words can be hurtful</li> <li>-Giving and receiving compliments</li> </ul>	<p><b>Jigsaw</b> Dreams and goals</p> <ul style="list-style-type: none"> <li>-Difficult challenges and achieving success</li> <li>-Dreams and ambitions</li> <li>-New challenges, motivation and enthusiasm</li> <li>-Recognising and trying to overcome obstacles</li> <li>-Evaluating learning processes</li> <li>-Managing feelings</li> <li>-Simple budgeting</li> </ul>	<p><b>Jigsaw</b> Healthy Me</p> <ul style="list-style-type: none"> <li>-Exercise, fitness challenges</li> <li>-Food labelling and healthy swaps</li> <li>-Attitudes towards drugs</li> <li>-Keeping safe and why it's important online and offline</li> <li>-Respect for myself and others</li> <li>-Healthy and safe choices.</li> </ul>	<p><b>Jigsaw</b> Relationships</p> <ul style="list-style-type: none"> <li>-Family roles and responsibilities</li> <li>-Friendship and negotiation</li> <li>-Keeping safe online and who to go to for help</li> <li>-Being a global citizen</li> <li>-Being aware of how my choices affect others</li> <li>-Awareness of how other children have different lives</li> <li>-Expressing appreciation for family and friends</li> </ul>	<p><b>Jigsaw</b> Changing Me</p> <ul style="list-style-type: none"> <li>-How babies grow</li> <li>-Understanding a baby's needs</li> <li>-Outside body changes</li> <li>-Inside body changes</li> <li>-Family stereotypes</li> <li>-Challenging my ideas</li> <li>-Preparing for transition</li> </ul>



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Year 4	Volcanoes & Earthquakes	The Roman Empire	Teeth & Digestion	Anglo Saxons & Scots	Vikings	Rivers & Water Cycle
	<p><b>Jigsaw</b> Being Me in My World</p> <ul style="list-style-type: none"> <li>-Being part of a class team and school citizen</li> <li>-Understand rights, responsibilities and democracy</li> <li>-Developing group decision making and having a voice</li> <li>-Understand what motivates behaviour</li> </ul>	<p><b>Jigsaw</b> Celebrating difference</p> <ul style="list-style-type: none"> <li>-Challenging assumptions</li> <li>-Judging by appearance</li> <li>-Accepting self and others</li> <li>Understanding bullying</li> <li>-Problem-solving</li> <li>-Identifying how special and unique everyone is</li> </ul>	<p><b>Jigsaw</b> Dreams and goals</p> <ul style="list-style-type: none"> <li>-Overcoming disappointment and creating new, realistic dreams.</li> <li>-Developing resilience, positive attitudes and group working</li> </ul>	<p><b>Jigsaw</b> Healthy me</p> <ul style="list-style-type: none"> <li>-Developing healthier friendships</li> <li>-Understanding Peer pressure and celebrating inner strength</li> <li>-Understanding the impact of smoking and alcohol</li> </ul>	<p><b>Jigsaw</b> Relationships</p> <ul style="list-style-type: none"> <li>-Understanding love, loss and jealousy</li> <li>-Memories of loved ones</li> <li>-Getting on and falling out</li> <li>-Showing appreciation to people and animals</li> </ul>	<p><b>Jigsaw</b> Changing me</p> <ul style="list-style-type: none"> <li>-Developing an understanding of the changes the body goes through</li> <li>-Preparing for change and transition</li> </ul>
Year 5	Mountains	Earth & Space	Wars of the Roses	The Rainforest	Benin Dynasty	The Victorians
	<p><b>Jigsaw</b> Being Me in My World</p> <ul style="list-style-type: none"> <li>-Planning the forthcoming year</li> <li>-Being a citizen</li> <li>-How behaviour effects groups</li> <li>-Rights and responsibilities</li> <li>-Rewards and consequences</li> <li>-Democracy, having a voice, participating</li> </ul>	<p><b>Jigsaw</b> Celebrating Difference</p> <ul style="list-style-type: none"> <li>-Cultural differences and how they can cause conflict</li> <li>-Racism</li> <li>-Rumours and name calling</li> <li>-Types of bullying</li> <li>-Material wealth and happiness</li> <li>-Enjoying and respecting other cultures</li> </ul>	<p><b>Jigsaw</b> Dreams and Goals</p> <ul style="list-style-type: none"> <li>-Future dreams</li> <li>-The importance of money</li> <li>-Jobs and careers, dream jobs and how to get there</li> <li>-Goals in different cultures</li> <li>-Supporting others (charity)</li> <li>-Motivation</li> </ul>	<p><b>Jigsaw</b> Healthy Me</p> <ul style="list-style-type: none"> <li>-Smoking, including vaping</li> <li>-Alcohol and anti-social behaviour</li> <li>-Emergency aid</li> <li>-Body image</li> <li>-Relationships with food</li> <li>-Healthy choices</li> <li>-Motivation and behaviour</li> </ul>	<p><b>Jigsaw</b> Relationships</p> <ul style="list-style-type: none"> <li>-Self-recognition and self-worth</li> <li>-Building self-esteem</li> <li>-Safer online communities</li> <li>-Online rights and responsibilities</li> <li>-Online gaming and gambling</li> <li>-Reducing screen time</li> <li>-Dangers of online grooming</li> <li>-SMARRT internet safety rules</li> </ul>	<p><b>Jigsaw</b> Changing me</p> <ul style="list-style-type: none"> <li>-Self and body image</li> <li>-Developing an understanding of the changes the body goes through</li> <li>-Conception</li> <li>-Growing responsibility</li> <li>-Coping with change</li> <li>-Preparing for transition</li> </ul>



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Year 6	Egyptians	World War II	Fair Trade	Circulatory System	Coastal Studies	Our Changing World
	<p><b>Jigsaw</b> Being Me in my World</p> <ul style="list-style-type: none"> <li>-Identifying goals for the year.</li> <li>-Global citizenship.</li> <li>-Children’s universal rights.</li> <li>-Feeling welcome and valued.</li> <li>-Choices, consequences and rewards.</li> <li>-Group dynamics.</li> <li>-Democracy.</li> <li>-Antisocial behaviour.</li> <li>-Role modelling</li> </ul>	<p><b>Jigsaw</b> Celebrating Differences</p> <ul style="list-style-type: none"> <li>-Perceptions of normality.</li> <li>-Understanding disabilities.</li> <li>-Power struggles.</li> <li>-Understanding bullying.</li> <li>-Inclusion/ exclusion.</li> <li>-Differences as conflict, difference as celebration.</li> <li>-Empathy.</li> </ul>	<p><b>Jigsaw</b> Dreams and Goals</p> <ul style="list-style-type: none"> <li>-Personal learning goals, in and out of school.</li> <li>-Emotions in success.</li> <li>-Making a difference in the world.</li> <li>-Motivation.</li> <li>-_Recognising achievements.</li> <li>-Compliments.</li> </ul>	<p><b>Jigsaw</b> Healthy Me</p> <ul style="list-style-type: none"> <li>-Taking personal responsibility.</li> <li>-How substances affect the body.</li> <li>- Exploitation. Including county lines and gang culture.</li> <li>-Emotional and mental health.</li> <li>-Managing stress</li> </ul>	<p><b>Jigsaw</b> Relationships</p> <ul style="list-style-type: none"> <li>-Mental health.</li> <li>-Identifying mental health worries and sources of support.</li> <li>-Love and loss.</li> <li>-Managing feelings.</li> <li>-Power and control.</li> <li>-Assertiveness.</li> <li>-Technology safety.</li> </ul>	<p><b>Jigsaw</b> Changing Me</p> <ul style="list-style-type: none"> <li>-Self-image.</li> <li>-Body image.</li> <li>-Puberty and feelings.</li> <li>-Conception to birth.</li> <li>-Reflections about change.</li> <li>-Physical attraction/</li> <li>-Respect and consent.</li> <li>-Boyfriends and girlfriends.</li> <li>-Sexting.</li> <li>-Transition.</li> </ul>
<p>Further Opportunities:</p> <p><b>Preventive Education – Taught in Autumn and Revisited in Summer</b></p> <p>Two Themes:</p> <p>We all have the right to feel safe all the time.</p> <p>We can talk with someone about anything, even if it feels awful or small.</p> <p>Seven Strategies:</p> <p>Theme reinforcement</p> <p>One step removed</p> <p>Network review</p> <p>Persistence</p> <p>Protective interruption</p> <p>Risking on purpose</p> <p>Language of safety</p> <p><b>Rights Respect in School Award</b></p> <p>Weekly discussions based on materials supplied by UNICEF</p>						