

PSHE 2024- 2025		Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
British Values covered within each unit		-Democracy -Rule of Law -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs	-Democracy -Rule of Law -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs	-Democracy (yr FS1/2, 1, 2,4, 5 and 6) -Rule of Law (yr 2, 5) -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs	Democracy (yr 4,5) -Rule of Law -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs (yr FS ½, 3, 4, 5, 6)	-Democracy (yr FS1/2, 1, 2, 3, 5, 6) -Rule of Law -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs	-Democracy (yr4) -Rule of Law (yr 1,2) -Individual liberty -Mutual Respect -Tolerance of those of different faiths and beliefs
FS 1/2	Jigsaw	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	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
Year 1	Jigsaw	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	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 obstacles Feelings of success	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 Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies- correct terminology (<i>Science</i>) Linking growing and learning Coping with change Transition
	Equalities	Elmer – To like the way I am – Linked to Confidence					

		<p>Ten Little Pirates – To play with boys and girls – Linked to Respect and Equality</p> <p>My Grandpa is amazing – to recognise that people are different – Linked to Respect and Equality</p> <p>Max the champion – To understand that our bodies work in different ways</p> <p>My world, Our World – To understand that we share our world with different people</p>					
Year 2	Jigsaw	<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>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>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>Motivation</p> <p>Healthier choices (<i>Science</i>)</p> <p>Relaxation</p> <p>Healthy eating and nutrition (<i>Science</i>)</p> <p>Healthier snacks and sharing</p> <p>Food (<i>Science</i>)</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>Life cycles in nature (<i>Science</i>)</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</p>
	Equalities	<p>The Great Big Book of Families – To understand what diversity is</p> <p>The First Slodge - To understand how we share the world – Linked to Cooperation and Respect and Equality</p> <p>The Odd Egg – To understand what makes someone proud – Linked to Ambition</p> <p>Just Because – To feel proud of being different – Linked to Confidence</p> <p>Blown Away – To be able to work with everyone in my class – Linked to Cooperation</p>					
Year 3	Jigsaw	<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>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</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</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</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</p>	<p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p>

			be hurtful Giving and receiving compliments	overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	important online and off line scenarios Respect for myself and others Healthy and safe choices	others Awareness of how other children have different lives Expressing appreciation for family and friends	
	Equalities	<p>Oliver – To understand how difference can affect someone – Linked to Respect and Equality</p> <p>This is Our House – To understand what discrimination means – Linked to Respect and Equality</p> <p>Two Monsters – To find a solution to a problem – Linked to Perseverance</p> <p>The Hueys in the New Jumper – To use strategies to help someone who feels different – Linked to Respect and Equality</p> <p>October and Cooperation</p> <p>Beegu – To be welcoming – Linked to Thoughtfulness</p>					
Year 4	Jigsaw	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Confidence in change Accepting change Preparing for transition Environmental change
	Equalities	<p>Dogs Don't Do Ballet – To know how to be assertive – Linked to Confidence</p> <p>King and King – To understand why people choose to get married – Linked to Independence and Individuality and Respect and Equality</p> <p>The Way Back Home – To overcome a language barrier – Linked to Thoughtfulness</p> <p>The Flower – To ask questions</p> <p>Red: A crayons story – To be who you want to be – Independence and Individuality</p>					

Year 5	Jigsaw	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Growing responsibility Coping with change Preparing for transition
	Equalities	<p>Where the Poppies Now Grow – To learn from the Past – Linked to Remembrance Day –</p> <p>Rose Blanche – To justify my actions – Linked to Honesty –</p> <p>How to Heal a Broken Wing – To recognise when someone needs help – Linked to Thoughtfulness</p> <p>The Artist Who Painted a Blue Horse – To appreciate artistic freedom – Linked to Independence and Individuality</p> <p>And Tango Makes Three – To accept people who are different from me – Linked to Respect and Equality</p>					
Year 6	Jigsaw	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 Smoking, including vaping Alcohol and anti-social behaviour (<i>Science</i>) How substances affect the body (<i>Science</i>) Exploitation, including ‘county lines’ and gang culture	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-image Body image Puberty and feelings Conception to birth Reflections about change Respect and consent Boyfriends/girlfriends Transition

					Emotional and mental health Managing stress		
	Equalities	<p>My Princess Boy – To promote diversity</p> <p>The Whisperer – To stand up to discrimination – Linked to Independence and Individuality</p> <p>The Island – To challenge the causes of racism – Linked to Peace – September and Respect and Equality</p> <p>Love You Forever – To consider how my life may change as I grow up – Linked to Ambition</p> <p>Dream of Freedom – To recognise freedom</p>					