

Curriculum Map for PSHE (Jigsaw).

	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Foundation	<p>Helping others feel welcome. Identifying own feelings. Managing behaviour at school. Having gentle hands, Our rights at school. Our Foundation Learning Charter.</p>	<p>Identifying what I am good at. Identifying why I am special. Identifying ways I am unique. Identifying my family. Identifying my home.</p>	<p>Challenging myself. Never giving up. Setting a simple goal. Obstacles and support.</p>	<p>Naming parts of the body. Why we need to keep moving. Healthy foods. The importance of sleep. Keeping clean.</p>	<p>Who is in my family? Making friends. Falling out with friends. Bullying amongst friends and who to ask for help.</p>	<p>My body. Respecting my body. Growing up. Growth and change. Fun and Fears.</p>
Year 1	<p>Being part of a class. Rights and responsibilities of being a class member. Knowing my views are valued. Contributing to the learning Charter. Recognising the choices I make and understanding consequences. Understanding my rights and responsibilities within the Learning charter.</p>	<p>Identifying similarities and differences between people in my class. Identifying what bullying is. Identifying who to talk to if bullying happens. Knowing how to make friends. Identifying ways that I am different from my friends.</p>	<p>Setting simple goals. Working with partners. Tackling new challenges. Identifying obstacles and how to overcome them. Identifying how I feel when I succeed at a challenge.</p>	<p>Understanding the difference between being healthy and unhealthy. Knowing how to make healthy lifestyle choices. Knowing how to keep myself clean and healthy and how germs cause illnesses. Understanding how medicines can help if unwell and how to use them safely. Knowing how to cross the road safely. Identifying ways to keep the body healthy.</p>	<p>Identifying members of my family. Identifying what being a good friend is. Understanding appropriate physical contact with friends. Knowing who can help me in my school community. Recognising own qualities as a person and friend.</p>	<p>Starting to understand the life cycles of animals and humans. Identifying some things about me that have changed and some that have stayed the same. Identifying changes from a baby. Identifying the parts of the body and using the correct names for these including penis, vagina, testicles. Understanding that every time I learn something new I change a little.</p>
Year 2	<p>Identifying hopes and fears for the year. Understanding rights and responsibilities as a member of class and school. Listening to other people and contributing ideas about rewards and consequences in class. Understanding how following the Learning Charter will help me learn.</p>	<p>Starting to understand that sometimes people make assumptions about boys and girls (stereotypes). Understanding that bullying is sometimes about being different. Recognising what is right and wrong and knowing how to look after myself. Knowing ways to make new friends. Identifying ways that I am different from my friends.</p>	<p>Choosing realistic goals. Persevering when tasks are difficult. Recognising who it is easy and difficult for me to work with. Working cooperatively in a group. Sharing success with other people.</p>	<p>Knowing what is needed to keep the body healthy. Understanding what being relaxed means. Understanding how medicines work and how it is important to use them safely. Sorting foods into food groups and understanding why these food groups are important to stay healthy. Understanding which foods to eat to give the body energy. Making healthy snacks and explaining why they are good for the body.</p>	<p>Identifying different members of the family, understanding relationships with them. Understanding that there are lots of kinds of physical contact and that some are acceptable and some are not. Identifying things that cause conflict with friends. Understanding that sometimes it is good to keep a secret and sometimes it is not. Recognising and appreciating people who can help me in my family, school and community.</p>	<p>Recognising cycles of life in nature. Understanding the natural process of growing from young to old and understanding that this is not in my control. Recognising how my body has changed since a baby and where I am on the continuum from young to old. Recognising physical differences between boys and girls and using the correct names for parts of the body (penis, testicles, vagina) and understanding that some parts of the body are private.</p>

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						Understanding that there are different types of touch.
Year 3	<p>Identifying self-achievement and positive attributes.</p> <p>Facing new challenges and making responsible choices.</p> <p>Why rules are needed and their relation to rights and responsibilities.</p> <p>How own actions affect others.</p> <p>Making responsible choices.</p> <p>Seeing the points of view of others.</p>	<p>Understanding that all families are different.</p> <p>Understanding that differences and conflicts sometimes happen in families.</p> <p>What it means to be a witness to bullying and how witnesses actions contribute to outcomes.</p> <p>Recognising that some words are used in hurtful ways.</p> <p>Identifying times when own words affected the feelings of others.</p>	<p>Identifying a person who has faced challenges and achieved success.</p> <p>Identifying own dreams and ambitions.</p> <p>Identifying ways to overcome challenges.</p> <p>Being motivated and enthusiastic.</p> <p>Recognising obstacles to achievement and overcoming them.</p> <p>Evaluating own learning process.</p>	<p>Understanding how exercise affects the body.</p> <p>Knowing how heart and lungs work.</p> <p>Identifying attitude and knowledge towards drugs.</p> <p>Identifying strategies for keeping myself safe.</p> <p>Understanding that medicines and household substances can be harmful if not used correctly.</p> <p>Understanding how to take care of own body.</p>	<p>Identifying the roles and responsibilities of each member of the family and reflect on common expectations for males and females.</p> <p>Identifying some of the skills of friendship.</p> <p>Knowing and using strategies for keeping myself safe.</p> <p>Explaining how the action and work of some people around the world affect my own life.</p> <p>Understanding how my rights and needs are shared by children around the world and how our lives can be different.</p> <p>Knowing how to express appreciation to friends and family.</p>	<p>Understanding changes in animals and humans.</p> <p>Understanding how babies grow and develop in the uterus.</p> <p>Understanding how boys' and girls' bodies need to change and why.</p> <p>Recognising stereotypical ideas about parenting and family roles.</p>
Year 4	<p>Knowing how my attitudes and actions can make a difference to a class team.</p> <p>Understanding who is in my school community and their and my roles.</p> <p>Understanding the school council and how democracy works through it.</p> <p>Understanding that my actions affect myself and others.</p> <p>Understanding how groups come together to make decisions.</p> <p>Understanding democracy benefits the school community.</p>	<p>Understanding that sometimes we make assumptions about people based on what they look like, and what influences me to make these assumptions.</p> <p>Knowing that bullying can sometimes be hard to spot.</p> <p>Identifying why witnesses sometimes join in with bullying or don't tell.</p> <p>Identifying what is special and unique about me.</p> <p>Identifying how first impressions change when getting to know someone.</p>	<p>Sharing hopes and dreams.</p> <p>Understanding that hopes and dreams do not always come true.</p> <p>Understanding that positive and happy experience counteract disappointment.</p> <p>Knowing how to set new goals and plans in the face of disappointment.</p> <p>Identifying contributions to group achievement.</p>	<p>Recognising how different friendship groups are formed and how these influence us.</p> <p>Recognising the changing dynamics between people in different groups.</p> <p>Understanding the facts about smoking.</p> <p>Understanding the facts about alcohol and its effect on the health.</p> <p>Recognising when people are putting me under pressure and ways to resist this.</p> <p>Having a clear picture of right and wrong.</p>	<p>Identifying the web of relationships that I am part of.</p> <p>Identifying those who I love and why they are special to me.</p> <p>Identifying people that I love that I no longer see.</p> <p>Explaining different points of view on animal rights issues.</p> <p>Understanding how people feel when they love a special pet.</p> <p>Understanding how to show love and appreciation.</p>	<p>Understanding that some personal characteristics come from birth.</p> <p>Correctly labelling the internal and external parts of male and female bodies that are used for making a baby.</p> <p>Describing how a girl's body changes in order for her to be able to have a baby, and that menstruation is part of this.</p> <p>Knowing how the circle of change works.</p> <p>Identifying changes that have happened outside of my control and accepting them.</p>
Year 5	<p>Facing new challenges and knowing how to set personal goals.</p> <p>Understanding rights and responsibilities as a British citizen and member of my school.</p> <p>Making choices about own behaviour.</p>	<p>Understanding that cultural differences sometimes cause conflict.</p> <p>Understanding what racism is.</p> <p>Understanding how rumour spreading and name calling can be bullying behaviours.</p>	<p>Understanding that I will need money to achieve some of my dreams.</p> <p>Knowing about a range of jobs.</p> <p>Identifying a job I would like to do.</p>	<p>Knowing the health risks of smoking and how tobacco affects the liver, lungs and heart.</p> <p>Knowing some of the risks around misusing alcohol, and how it affects the liver and heart.</p>	<p>Having an accurate picture of who I am as a person in terms of characteristics and personal qualities.</p> <p>Recognising how friendships change.</p> <p>Understanding how it feels to be attracted to someone and what</p>	<p>Being aware of own self-image and how body image fits in with that.</p> <p>Explaining how a girl's body changes during puberty and the importance of looking</p>

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	<p>Understanding how an individual's behaviour can impact on a group. Understanding democracy and knowing how to participate in democracy in the school community.</p>	<p>Explaining the difference between direct and indirect bullying. Comparing own life with the lives of people in the developing world. Enjoying the experience of a culture other than own.</p>	<p>Describing the dreams and goals of young people in a culture different to mine. Understanding that communication with someone in a different culture means we can learn from each other. Encouraging peers to support young people here and abroad.</p>	<p>Knowing basic emergency aid procedures and how to get help. Understanding that media and celebrity culture can promote certain body types. Describing the different roles food can play in people's lives and explain how eating disorders can occur. Knowing what makes a healthy lifestyle including healthy eating and the choices I need to make.</p>	<p>having a boyfriend/girlfriend might mean. Understanding how to stay safe when using technology.</p>	<p>after yourself physically and mentally. Describing how girls' and boys' bodies change during puberty. Understanding that sexual intercourse can lead to conception and that this is how babies are usually made, and about IVF. Understanding that being a teenager brings responsibilities.</p>
Year 6	<p>Identifying my goals for the year, my fears and worries and how to express them. Knowing that there are universal rights for all children and that these are not always met. Understanding how my actions affect people globally. Making choices about own behaviours and understanding how rewards and consequences relate to my own rights and responsibilities. Understanding how an individual's behaviour can affect a groups. Understanding how democracy benefits the whole community.</p>	<p>Understanding that there are different perceptions about what normal means. Understanding how having a disability can affect someone's life. Explaining some of the ways other people can have power over another. Knowing why some people use bullying behaviours. Giving examples of people with disabilities who lead amazing lives. Explaining why difference can be a source of conflict and cause for celebration.</p>	<p>Identify own learning strengths and set challenging goals. Working on the learning steps I need to reach goals. Identifying problems in the world that concern me. Working with others to make the world a better place. Knowing what people in my class like or admire about me and accepting praise.</p>	<p>Knowing the impact of food on the body. Knowing about difference in types of drugs and uses and their effects on the body. Evaluating when alcohol is being used responsibly, anti-socially or being misused. Putting into practice basic emergency procedures. Understanding what it means to be emotionally well and people's attitudes towards mental health illness. Recognising when I feel stressed and the triggers that cause this, and that stress can cause alcohol misuse.</p>	<p>Identifying the most significant people in my life so far. Understanding the feelings we have when someone dies or leaves, and that there are different types and causes of grief. Recognising when people are trying to gain power or control. Understanding how technology can be used to try and gain power and control and strategies to prevent this happening. Using technology positively and safely.</p>	<p>Awareness of own self-image and body image. Explaining how a girl's and boy's body changes during puberty and the importance of looking after yourself physically and mentally. Describing how a baby develops from conception and through the nine months of pregnancy, and how it is born. Understanding how being physically attracted to someone changes the nature of the relationship. Identifying hopes and dreams for secondary school and worries about transition.</p>