**PSHE Jigsaw and Safeguarding Curriculum**

Whole School Overview

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| EYFS | | | | | | |
| EYFS | 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 |
| Outline content | 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 |
| Assessment Outcomes | Children will be assessed using the development matters curriculum at each assessment point. Aspects of PSHE will be found in PSED, C&L, PD and UW | | | | | |
| Safeguarding and RSE Focus | Bonfire night – safety – fire work safety Halloween (being safe)  Staying safe in school – not opening doors, telling an adult if you see something strange or unusual  Managing feelings and behaviour  Online Safety-passwords private and safety on the internet  Road safety – how to cross the road and use pavements  Anti bullying Week- Friendship Week, being good friends, relationships, falling out dealing with bullying | | Healthy relationships Stranger Danger - what to do if….. how to keep safe when outside, how to deal with a problem, a stranger etc.  Healthy Me – through PSHE –  NSPCC PANTS Rule –  NSPCC – Speak Out, Stay Safe  Children’s Mental Health week (Feb 2023) Internet Safety Day (Feb 2023) | | Who can help us?  Relationships work in PSHE  Keeping our bodies healthy  Sun Safe – using sun screen/ sun hats Water safe – visit to the seaside keeping safe on the beach  Tolerance and understanding | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Year 1 | | | | | | |
| Year 1 | 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 |
| Outline content | Feeling special and safe  Being part of a class.  Rights and responsibilities  Rewards and feeling proud.  Consequences  Owning the 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 I was a baby  Differences between female and male bodies (Correct terminology)  Linking growing and learning  Coping with change  Transition |
| Safeguarding and RSE Focus | Feeling safe and special  Being part of a class  Similarities and differences  Celebrating the differences in everyone  Road safety- crossing safely –  Bonfire night – safety – fire work safety - Halloween (being safe).  Staying safe in school – not opening doors, telling an adult if you see something strange  Managing feelings and behaviour –  Online Safety -passwords private and safety on the internet –  Anti-bullying week - bullying focus, understanding bullying and knowing how to deal with it  - Mental Health awareness (assembly focus) | | Healthy relationships –  Internet Safety Day – national focus and school focus (Feb 2023) –  Keeping your information safe  Stranger Danger - what to do if….. how to keep safe when outside, how to deal with a problem, a stranger –  Healthy Me – through PSHE unit  Children’s Mental health Week (Feb) - NSPCC PANTS Rule –  NSPCC Speak Out, Stay Safe | | Belonging to a family  Making friends, being a good friend, qualities of a friend and person  Water Safety –  People who help us and keep us safe. - Girls and Boys bodies (identifying body parts)  Physical contact preferences  Food danger awareness –  Who can help us?  Relationships work in PSHE –  Keeping our bodies healthy –  Sun Safe – using sun screen/ sun hats - Water safe – visit to the seaside keeping safe on the beach –  Tolerance and understanding – taught through RE Unit | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Year 2 | | | | | | |
| Year 2 | 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 |
| Outline content | Hopes and fears for the year  Rights and responsibilities  Rewards and consequences  Safe and fair learning environment  Valuing contributions  Choice  Recognising feelings | Assumptions and stereotypes about gender  Understanding bullying  Standing up for self and others  Making new friends  Gender diversity  Celebrating difference and remaining friends | Achieving realistic goals  Perseverance  Learning strengths  Learning with others  Group co-operation  Contributing to and sharing success | Motivation  Healthier choices  Relaxation  Healthy eating and nutrition  Healthier snacks and sharing food | Different types of family  Physical contact boundaries  Friendship and conflict  Secrets  Trust and appreciation  Expressing appreciation for special relationships | Life cycles in nature  Growing from young to old  Increasing independence  Differences in male and female bodies (correct terminology)  Assertiveness  Preparing for transition |
| Safeguarding and RSE Focus | Safe and fair learning environment  Assumptions and stereotypes about gender  Fire Safety –  Personal Hygiene – keeping clean and healthy –  Anti-bullying week- Reach out; standing up for myself and others.  Mental health awareness (assembly focus) –  Staying safe online  Follow the Digital Trail – digital footprints - Can you tell what someone believes by what they look like? | | Road safety talk –  E-safety- including safer internet day (Feb 2022) –  Medicine safety –  Online safety week – focus week with national and in school focus –  Stranger danger and keeping safe around animals  - Managing risks –  Children’s Mental Health Week (Feb 2022) | | Keeping safe (physical contact), safe touching, PANTS rule and lesson from NSPCC  Secrets  Travel safety, road safety and general travel safety – water safety  Healthy relationships  My body/your body –  - Staying safe away from home –managing risks, managing feelings.  Being different  How does what believers do show what they believe?  Bullying/racism –  Feeling good to be me! –  Mental Health and wellbeing, developing confidence | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Year 3 | | | | | | |
| Year 3 | 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 |
| Outline content | Setting personal goals  Self identity and work  Positivity in challenges  Rules, rights and responsibilities  Rewards and consequences  Responsible choices  Seeing things from others’ perspectives | Families and their differences  Family conflict and how to manage it  Witnessing bullying and how to solve it  Recognising how words can be hurtful  Giving and receiving compliments | Difficult challenges and achieving success  Dreams and ambitions  New challenges  Motivation and enthusiasm  Recognising and trying to overcome obstacles  Evaluating learning processes  Managing feelings  Simple budgeting | Exercise  Fitness challenge  Food labelling and healthy swaps  Attitudes towards drugs  Keeping safe and why it’s important online and offline scenarios  Respect for myself and others  Healthy and safe choices | Family roles and responsibilities  Friendship and negotiation  Keeping safe online and who to go to for help  Being a global citizen  Being aware of how my choices affect others  Awareness of how other children have different lives  Expressing appreciation for family and friends | How babies grow  Understanding a baby’s needs  Outside body changes  Inside body changes  Family stereotypes  Challenging my ideas  Preparing for transition |
| Safeguarding and RSE Focus | Fire Safety  Staying safe in the dark and Stranger Danger  Anti-bullying week- Reach Out -helping and standing up to bullying  Verbal abuse- emotional harm of words  Mental health awareness (assembly focus) –  Staying safe online  Follow the Digital Trail – digital footprints - Can you tell what someone believes by what they look like? | | Healthy body, healthy mind  E-safety- including safer internet day (Feb 2023) – NSPCC  Medicine and drug safety  Online safety week – focus week with national and in school focus –  Stranger danger and keeping safe around animals  - Managing risks –  Children’s Mental Health Week (Feb 2023)  Feeling good to be me! –  Mental Health and wellbeing, developing confidence | | - Keeping safe (physical contact).  Secrets –  Online safety  Travel safety, road safety and general travel safety – water safety –  Healthy relationships –  My body/your body – safe touching PANTS lesson  Staying safe away from home – managing risks, managing feelings. –  Being different –  How does what believers do show what they believe?  Bullying/racism – | |
| Year 4 | | | | | | |
| Year 4 | 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 |
| Outline content | Being part of a class team  Being a school citizen  Rights, responsibilities and democracy  Rewards and consequences  Group decision making  Having a voice  What motivates behaviour | Challenging assumption  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  Smoking  Alcohol  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  Having a baby  Girls and puberty  Confidence in change  Accepting change  Preparing for transition  Environmental change |
| Safeguarding Focus | - Fire Safety –  -Staying safe in the dark and Stranger Danger –  Anti-bullying week- Reach Out  Mental health awareness (assembly focus) –  Speak out stay safe (having a voice) NSPCC  Staying safe online  Follow the Digital Trail – digital footprints - Can you tell what someone believes by what they look like? | | E-safety- including safer internet day (Feb 2023) –  Peer pressure  Medicine safety –  Online safety week – focus week with national and in school focus –  Stranger danger and keeping safe around animals  - Managing risks –  Children’s Mental Health Week (Feb 2023) | | - Keeping safe (physical contact).  Secrets –  Travel safety, water safety  Healthy relationships –  My body/your body – safe touching PANTS lesson  - Staying safe away from home – managing risks, managing feelings. –  Being different –  How does what believers do show what they believe?  Bullying/racism –  Feeling good to be me! –  Mental Health and wellbeing, developing confidence | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Year 5 | | | | | | |
| Year 5 | 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 |
| Outline content | Planning the forthcoming year  Being a citizen  Rights and responsibilities  Rewards and consequences  Democracy, having a voice, participating  How behaviour affects groups | 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 | Smoking including vaping  Alcohol  Alcohol and antisocial behaviour  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  Conception (including IVF)  Growing responsibility  Coping with change  Preparing for transition |
| Safeguarding Focus | Speak out stay safe- NSPCC  Childline- worried- you can talk (having a voice)  Fire Safety –  -Staying safe in the dark and Stranger Danger –  Anti-bullying week- Reach Out  Mental health awareness (assembly focus) –  Crucial Crew  Emotional abuse- rumours, name calling,  racism  Staying safe online  Follow the Digital Trail – digital footprints - Can you tell what someone believes by what they look like? | | E-safety- including safer internet day (Feb 2023) –  Medicine safety –  Online safety week – focus week with national and in school focus –  Stranger danger and keeping safe around animals  - Managing risks –  Children’s Mental Health Week (Feb 2023) | | Child exploitation, gangs and CSE (grooming)  Safer online communities  Online gaming and gambling  Keeping safe (physical contact).  Secrets –  Travel safety, road safety and general travel safety – water safety –  Healthy relationships –  My body/your body – safe touching NSPCC Pants lesson  Staying safe away from home – managing risks, managing feelings. –  Being different –  How does what believers do show what they believe?  Bullying/racism –  Feeling good to be me! –  Mental Health and wellbeing, developing confidence | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Year 6 | | | | | | |
| Year 6 | 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 |
| Outline content | Identifying goals for the year  Glocal 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  How substances affect the body  Exploitation, including ‘county lines’ and gang culture  Emotional and mental health  Managing stress | 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  Physical attraction  Respect and consent  Boyfriends/girlfriends  Sexting  Transition |
| Safeguarding Focus | - Fire Safety –  -Staying safe in the dark and Stranger Danger –  Anti-bullying week- Reach Out  Mental health awareness (assembly focus) –  Staying safe online  Follow the Digital Trail – digital footprints - Can you tell what someone believes by what they look like? | | E-safety- including safer internet day (Feb 2022) –  Medicine safety –  Online safety week – focus week with national and in school focus –  Stranger danger and keeping safe around animals  - Managing risks –  Children’s Mental Health Week (Feb 2023)  County lines and gang culture | | - Keeping safe (physical contact).  Secrets –  Travel safety, road safety and general travel safety – water safety –  Healthy relationships –  My body/your body – safe touching  - Staying safe away from home – managing risks, managing feelings. –  Being different –  How does what believers do show what they believe?  Bullying/racism –  Feeling good to be me! –  Mental Health and wellbeing, developing confidence | |

Equality Act 2010, protected characteristics