

Years 1 and 2						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PSHE Jigsaw PSHE PSHE Association	Year 1 Being In My World I feel special and safe in my class I know that I belong to my class I know how to make my class a safe place for everybody to learn I recognise how it feels to be proud of an achievement I recognise the range of feelings when I face certain consequences I understand my choices in following the Learning Charter Celebrating Difference I can tell you some ways in which I am the same as my friends I can tell you some ways I am different from my friends I understand how being bullied might feel I can be kind to children who are bullied I know how it feels to make a new friend I understand these differences make us all special and unique	Year 1 Relationships I know how it feels to belong to a family and care about the people who are important to me I know how to make a new friend I can recognise which forms of physical contact are acceptable and unacceptable to me I know when I need help and know how to ask for it I know ways to praise myself I can express how I feel about them Changing Me I understand that changes happen as we grow and that this is OK I know that changes are OK and that sometimes they will happen whether I want them to or not I understand that growing up is natural and that everybody grows at different rates I respect my body and understand which parts are private I enjoy learning new things I know some ways to cope with changes	Year 1 Dreams and Goals I can tell you about a thing I do well I can tell you how I learn best I can celebrate achievement with my partner I can identify how I feel when I am faced with a new challenge I know how I feel when I see obstacles and how I feel when I overcome them I know how to store the feelings of success in my internal treasure chest Healthy Me I feel good about myself when I make healthy choices I feel good about myself when I make healthy choices I am special so I keep myself safe I know some ways to help myself when I feel poorly I can recognise when I feel frightened and know who to ask for help I can recognise how being healthy helps me to feel happy	Year 2 Being In My World I recognise when I feel worried and know who to ask for help I recognise when I feel worried and know who to ask for help I can help to make my class a safe and fair place I can help make my class a safe and fair place I can work cooperatively I am choosing to follow the Learning Charter Celebrating Difference I understand some ways in which boys and girls are similar and feel good about this I understand some ways in which boys and girls are different and accept that this is OK I can tell you how someone who is bullied feels I can be kind to children who are bullied I know when and how to stand up for myself and others I know how to get help if I am being bullied I understand we shouldn't judge people if they are different. I know how it feels to be a friend and have a friend I understand these differences make us all special and unique	Year 2 Relationships I accept that everyone's family is different and understand that most people value their family I know which types of physical contact I like and don't like and can talk about this I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this I understand how it feels to trust someone I am comfortable accepting appreciation from others Changing Me I understand there are some changes that are outside my control and can recognise how I feel about this I can identify people I respect who are older than me I feel proud about becoming more independent I can tell you what I like/don't like about being a boy/girl I am confident to say what I like and don't like and can ask for help I can start to think about changes I will make when I am in Year 3 and know how to go about this	Year 2 Dreams and Goals I can tell you things I have achieved and say how that makes me feel I can tell you some of my strengths as a learner I can tell you how working with other people helps me learn I can work with others in a group to solve problems I can work with others in a group to solve problems I can tell you how being part of a successful group feels and I can store these feelings in my internal treasure chest Healthy Me I am motivated to make healthy lifestyle choices I can tell you when a feeling is weak and when a feeling is strong I feel positive about caring for my body and keeping it healthy I have a healthy relationship with food and know which foods I enjoy the most I can express how it feels to share healthy food with my friends I have a healthy relationship with food and I know which foods are most nutritious for my body
Years 3 and 4						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PSHE Jigsaw PSHE PSHE Association	Year 3 Being In My World I value myself and know how to make someone else feel welcome and valued I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions I know how to make others feel valued I understand that my behaviour brings rewards/consequences I can work cooperatively in a group I am choosing to follow the Learning Charter Relationships I can describe how taking some responsibility in my family makes me feel I know how to negotiate in conflict situations to try to find a win-win solution I know who to ask for help if I am worried or concerned about anything online I can show an awareness of how this could affect my choices I can empathise with children whose lives are different to mine and appreciate what I may learn from them I enjoy being part of a family and friendship groups	Year 3 Celebrating Difference I appreciate my family/the people who care for me I know how to calm myself down and can use the 'Solve it together' technique I know some ways of helping to make someone who is bullied feel better I can problem-solve a bullying situation with others I try hard not to use hurtful words I can give and receive compliments and know how this feels Changing Me I can express how I feel when I see babies or baby animals I can express how I might feel if I had a new baby in my family I recognise how I feel about these changes happening to me and know how to cope with those feelings I recognise how I feel about these changes happening to me and know how to cope with these feelings I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes Start to think about changes I will make next year and know how to go about this	Year 3 Healthy Me I can set myself a fitness challenge I know what it feels like to make a healthy choice I can identify how I feel towards drugs I can express how being anxious or scared feels I can take responsibility for keeping myself and others safe I respect my body and appreciate what it does for me Dreams and Goals I respect and admire people who overcome obstacles and achieve their dreams and goals I can imagine how I will feel when I achieve my dream/ambition I can break down a goal into a number of steps and know how others could help me to achieve it I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge I can manage the feelings of frustration that may arise when obstacles occur I am confident in sharing my success with others and can store my feelings in my internal treasure chest	Year 4 Being In My World I know how good it feels to be included in a group and understand how it feels to be excluded I try to make people feel welcome and valued I can take on a role in a group and contribute to the overall outcome I can recognise my contribution to making a Learning Charter for the whole school I understand how rewards and consequences motivate people's behaviour I can take on a role in a group and contribute to the overall outcome I understand why our school community benefits from a Learning Charter and can help others to follow it Relationships I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens I know how most people feel when they lose someone or something they love I understand that we can remember people even if we no longer see them I know how to stand up for myself and how to negotiate and compromise I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend	Year 4 Celebrating Difference I try to accept people for who they are I can question why I think what I do about other people I know how it might feel to be a witness to and a target of bullying I can problem-solve a bullying situation with others I like and respect the unique features of my physical appearance I can explain why it is good to accept people for who they are Changing Me I appreciate that I am a truly unique human being I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult I have strategies to help me cope with the physical and emotional changes I will experience during puberty I am confident enough to try to make changes when I think they will benefit me I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively I can reflect on the changes I would like to make next year and can describe how to go about this	Year 4 Healthy Me I can identify the feelings I have about my friends and my different friendship groups I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with I can recognise negative feelings in peer pressure situations and know how to act assertively to resist pressure from myself and others I can identify feelings of anxiety and fear associated with peer pressure I can tap into my inner strength and know how to be assertive Dreams and Goals I know how it feels to have hopes and dreams I know how disappointment feels and can identify when I have felt that way I know how to cope with disappointment and how to help others cope with theirs I know what it means to be resilient and to have a positive attitude I can enjoy being part of a group challenge I know how to share in the success of a group and how to store this success experience in my internal treasure chest

				I can love and be loved		
Years 5 and 6						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
PSHE Jigsaw PSHE PSHE Association	Year 5 Being In My World I know what I value most about my school and can identify my hopes for this school year I can empathise with people in this country whose lives are different to my own I can empathise with people in this country whose lives are different to my own I understand that my actions affect me and others I can contribute to the group and understand how we can function best as a whole I understand why our school community benefits from a Learning Charter and can help others to follow it Celebrating Difference I am aware of my own culture I am aware of my attitude towards people from different races I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one I know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied I can appreciate the value of happiness regardless of material wealth I respect my own and other people's cultures	Year 5 Healthy Me I can make an informed decision about whether or not I choose to smoke and know how to resist pressure I know how to keep myself calm in emergencies I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am I respect and value my body I am motivated to keep myself healthy and happy Changing Me I know how to develop my own self esteem I understand that puberty is a natural process that happens to everybody and that it will be ok for me I can express how I feel about the changes that will happen to me during puberty I appreciate how amazing it is that human bodies can reproduce in these ways I am confident that I can cope with the changes that growing up will bring I can start to think about changes I will make next year and know how to go about this	Year 5 Relationships I know how to keep building my own self-esteem I can recognise when an online community feels unsafe or uncomfortable I can recognise when an online community is helpful or unhelpful to me I can recognise when an online game is becoming unhelpful or unsafe I can identify things I can do to reduce screen time, so my health isn't affected I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others Dreams and Goals I can identify what I would like my life to be like when I am grown up I appreciate the contributions made by people in different jobs I appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future I can reflect on how these relate to my own I appreciate the similarities and differences in aspirations between myself and young people in a different culture I understand why I am motivated to make a positive contribution to supporting others	Year 6 Being In My World I feel welcome and valued and know how to make others feel the same I understand my own wants and needs and can compare these with children in different communities I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them I can contribute to the group and understand how we can function best as a whole I understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself Celebrating Difference I can empathise with people who are different I am aware of my attitude towards people who are different I know how it can feel to be excluded or treated badly by being different in some way I can tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one I appreciate people for who they are I can show empathy with people in either situation	Year 6 Healthy Me I am motivated to care for my physical and emotional health I am motivated to find ways to be happy and cope with life's situations without using drugs I can suggest ways that someone who is being exploited can help themselves I can suggest strategies someone could use to avoid being pressurised I know how to help myself feel emotionally healthy and can recognise when I need help with this I can use different strategies to manage stress and pressure Changing Me I know how to develop my own self esteem I can express how I feel about the changes that will happen to me during puberty I can recognise how I feel when I reflect on the development and birth of a baby I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to I can express how I feel about my self-image and know how to challenge negative 'body-talk' I know how to prepare myself emotionally for the changes next year	Year 6 Relationships I understand that people can get problems with their mental health and that it is nothing to be ashamed of I can help myself and others when worried about a mental health problem I can recognise when I am feeling those emotions and have strategies to manage them I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control I can resist pressure to do something online that might hurt myself or others I can take responsibility for my own safety and well-being Dreams and Goals I understand why it is important to stretch the boundaries of my current learning I can set success criteria so that I will know whether I have reached my goal I recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations I can empathise with people who are suffering or who are living in difficult situations I can identify why I am motivated to do this I can give praise and compliments to other people when I recognise their contributions and achievements