

Years 1 and 2						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
<b>PSHE</b>  Jigsaw PSHE PSHE Association	<b>Year 1</b> <b>Being In My World</b> 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  <b>Celebrating Difference</b> 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	<b>Year 1</b> <b>Relationships</b> 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  <b>Changing Me</b> 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	<b>Year 1</b> <b>Dreams and Goals</b> 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  <b>Healthy Me</b> 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	<b>Year 2</b> <b>Being In My World</b> 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  <b>Celebrating Difference</b> 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	<b>Year 2</b> <b>Relationships</b> 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  <b>Changing Me</b> 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	<b>Year 2</b> <b>Dreams and Goals</b> 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  <b>Healthy Me</b> 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
<b>PSHE Key Vocabulary</b>	<b>Year 1</b> Kind, Gentle, Friend, Similar, Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns, Special, Proud, Friends, Kind, Same, Sad, Frightened, Family, Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Encourage, Healthy, Exercise, Stranger, Scare, Relationship, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing, Grown-up, Adult, Change, Worry, Excited, Memories  <b>Year 2</b> Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Consequences, Upset, Disappointed, Illustration, Similarity, Difference, Bullying, Deliberate,, Unfair, Included, Celebrations, Special, Unique, Success, Treasure,, Learning, Stepping-stones, Process, Working together, Team work, Celebrate, Learning, Stretchy, Challenge, Feelings, Obstacle, Overcome, Achieve, Unhealthy, Balanced,, Choices, Hygienic, Safe Medicines, Safe, Safety, Green Cross Code, Belong, Qualities,, Greeting, Texture,, Community, Confidence, Praise, Skills, Self-belief, Incredible, Appreciate, Changes, Life cycles, Adulthood, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Feelings, Anxious, Worried, Coping					
Years 3 and 4						
	Autumn A	Spring A	Summer A	Autumn B	Spring B	Summer B
<b>PSHE</b>  Jigsaw PSHE PSHE Association	<b>Year 3</b> <b>Being In My World</b> 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  <b>Relationships</b> 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	<b>Year 3</b> <b>Celebrating Difference</b> 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  <b>Changing Me (SRE)</b> 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	<b>Year 3</b> <b>Healthy Me</b> 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  <b>Dreams and Goals</b> 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	<b>Year 4</b> <b>Being In My World</b> 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  <b>Relationships</b> 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	<b>Year 4</b> <b>Celebrating Difference</b> 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  <b>Changing Me (SRE)</b> 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	<b>Year 4</b> <b>Healthy Me</b> 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  <b>Dreams and Goals</b> 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

	learn from them I enjoy being part of a family and friendship groups	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	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	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 I can love and be loved	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	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
<b>PSHE Key Vocabulary</b>	<p><b>Year 3</b> Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem-Solving, Assumptions, Stereotypes, Differences,, Feelings,, Lonely, Help, Diversity, Fairness, Kindness, Value, Realistic, Achievement, Goal, Strength, Learning Together, Partner, Product, Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious, Important, Co-operate, Physical contact, Communication, Acceptable, Conflict, Secret, Surprise, Trustworthy, Honesty, Reliability, Compliments Appearance, Independent, Responsibilities, Public, Private, Touch, Texture, Acceptable, Unacceptable</p> <p><b>Year 4</b> Welcome, Valued, Achievements, Personal Goal, Affirm, Emotions, Behaviour, Fairness, Team Work, School, Belong, Safe, Connected, Conflict, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Consequences, Perseverance, Challenges, Success, Obstacles, Ambitions, Aspirations, Enterprise, Design, Co-operation, Strengths, Motivated, Enthusiastic, Efficient, Responsible, Frustration, Solutions, Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Stereotype, Career, Social media, Online, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, Inequality, Exploitation, Rights, Justice, United Nations, Equality, Deprivation, Hardship, Appreciation, Gratitude, Nutrients, Puberty, Sperm, Ovaries, Ovum/ova, Womb/uterus</p>					
<b>Years 5 and 6</b>						
	<b>Autumn A</b>	<b>Spring A</b>	<b>Summer A</b>	<b>Autumn B</b>	<b>Spring B</b>	<b>Summer B</b>
<b>PSHE</b>  Jigsaw PSHE PSHE Association	<p><b>Year 5</b> <b>Being In My World</b> 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</p> <p><b>Celebrating Difference</b> 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</p>	<p><b>Year 5</b> <b>Healthy Me</b> 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</p> <p><b>Changing Me (SRE)</b> 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</p>	<p><b>Year 5</b> <b>Relationships</b> 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</p> <p><b>Dreams and Goals</b> 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</p>	<p><b>Year 6</b> <b>Being In My World</b> 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</p> <p><b>Celebrating Difference</b> 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</p>	<p><b>Year 6</b> <b>Healthy Me</b> 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</p> <p><b>Changing Me (SRE)</b> 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</p>	<p><b>Year 6</b> <b>Relationships</b> 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</p> <p><b>Dreams and Goals</b> 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</p>
<b>PSHE Key Vocabulary</b>	<p><b>Year 5</b> Included, Excluded, Role, Democracy, Decisions, Voting, Authority, Contribution, UN Convention on Rights of Child (UNCRC), Character, Judgement, Influence, Opinion, Attitude, Deliberate, Problem-solve, Cyber bullying, Troll, Hope, Determination, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise, Leader, Follower, Agree, Disagree, Smoking, Pressure, Peers, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Relationship, Close, Jealousy, Emotions, Positive, Negative, Denial, Guilt, Acceptance, Negotiate, Compromise, Loyal, Empathy, Betrayal, Amicable, Love, Characteristics, Making love, Sexual intercourse, Fertilise, Conception, Menstruation, Periods</p> <p><b>Year 6</b> Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective, Culture, Conflict, Similarity, Belong, Culture Wheel, Racism, Race, Discrimination, Rumour, Name-calling, Racist, Homophobic, Feeling, Money, Grown Up, Adult, Lifestyle, Job, Career, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Culture, Sponsorship, Communication, Support, Co-operation, Difference, Emergency, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Personal attributes, Qualities, Characteristics, Self-esteem, Comparison, Grooming, Troll, Gambling, Betting, Trustworthy, Screen time, Physical health, Mental health, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Body image, Personality, Self-esteem, Fallopian Tube, Cervix, Scrotum, Genitals, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Pubic hair, Hormones, Foreskin, Conception, Embryo, Umbilical cord, IVF, Foetus, Pregnancy, Sanitary products</p>					