

## Cycle 1 PSHE/RSE (Jigsaw)

### Autumn 1 Being Me in My World

#### Year 3

Setting personal goals Self-identity and worth  
Positivity in challenges Rules, rights and responsibilities Rewards and consequences  
Responsible choices Seeing things from others' perspectives

#### Year 4

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

### Spring 1 Dreams and Goals

#### Year 3

Hopes and dreams Overcoming disappointment  
Creating new, realistic dreams Achieving goals  
Working in a group Celebrating contributions  
Resilience Positive attitudes

#### Year 4

Future dreams The importance of money Jobs and careers Dream job and how to get there  
Goals in different cultures Supporting others (charity) Motivation

### Summer 1 Relationships

#### Year 3

Jealousy Love and loss Memories of loved ones  
Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals

#### Year 4

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

### Autumn 2 Celebrating Difference

#### Year 3

Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments

#### Year 4

Challenging assumptions Judging by appearance  
Accepting self and others Understanding influences Understanding bullying  
Problem-solving Identifying how special and unique everyone is

### Spring 2 Healthy Me

#### Year 3

Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength

#### Year 4

Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour

### Summer 2 Changing Me

#### Year 3

Being unique Having a baby Girls and puberty  
Confidence in change Accepting change  
Preparing for transition Environmental change

#### Year 4

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

## **Cycle 2 PSHE/RSE (Jigsaw)**

### **Autumn 1 Being Me in My World**

#### **Year 5**

Planning the forthcoming year Being a citizen  
Rights and responsibilities Rewards and  
consequences How behaviour affects groups  
Democracy, having a voice, participating

#### **Year 6/7**

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 behavior, role modelling

### **Spring 1 Dreams and Goals**

#### **Year 5**

Future dreams The importance of money Jobs  
and careers Dream job and how to get there  
Goals in different cultures Supporting others  
(charity) Motivation

#### **Year 6/7**

Personal learning goals, in and out of school  
Success criteria Emotions in success Making a  
difference in the world Motivation Recognising  
achievements Compliments

### **Summer 1 Relationships**

#### **Year 5**

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

#### **Year 6/7**

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

### **Autumn 2 Celebrating Difference**

#### **Year 5**

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

#### **Year 6/7**

Perceptions of normality Understanding disability  
Power struggles Understanding bullying  
Inclusion/exclusion Differences as conflict,  
difference as celebration Empathy

### **Spring 2 Healthy Me**

#### **Year 5**

Smoking, including vaping Alcohol Alcohol and  
anti-social behaviour Emergency aid Body image  
Relationships with food Healthy choices  
Motivation and behaviour

#### **Year 6/7**

Taking personal responsibility How substances  
affect the body Exploitation, including 'county  
lines' and gang culture Emotional and mental  
health Managing stress

### **Summer 2 Changing Me**

#### **Year 5**

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

#### **Year 6/7**

Self-image Body image Puberty and feelings  
Conception to birth Reflections about change  
Physical attraction Respect and consent  
Boyfriends/girlfriends Sexting Transition