**PSHE Jigsaw and Safeguarding Curriculum**

Whole School Overview

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| EYFS |
| EYFS | Autumn 1Being Me in my World | Autumn 2Celebrating difference | Spring 1Dreams and Goals | Spring 2 Healthy Me | Summer 1Relationships  | 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 pavementsAnti 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 |

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| Year 1 |
| Year 1 | Autumn 1Being Me in my World | Autumn 2Celebrating difference | Spring 1Dreams and Goals | Spring 2 Healthy Me | Summer 1Relationships  | Summer 2 Changing Me |
| Outline content | Feeling special and safeBeing part of a class.Rights and responsibilitiesRewards and feeling proud.ConsequencesOwning the charter | Similarities and differencesUnderstanding bullying and knowing how to deal with itMaking new friendsCelebrating the differences in everyone | Setting goalsIdentifying 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 healthyHealthier lifestyle choicesKeeping cleanBeing safeMedicine safety/safety with household itemsRoad SafetyLinking health and happiness | Belonging to a familyMaking friends/being a good friendPhysical contact preferencesPeople who help usQualities as a friend and personSelf-acknowledgementBeing a good friend to myselfCelebrating special relationships | Life Cycles- animal and humanChanges in meChanges since I was a babyDifferences between female and male bodies (Correct terminology)Linking growing and learningCoping with changeTransition |
| Safeguarding and RSE Focus | Feeling safe and specialBeing part of a classSimilarities and differencesCelebrating the differences in everyoneRoad 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 strangeManaging 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 familyMaking friends, being a good friend, qualities of a friend and personWater 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 |

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| Year 2 |
| Year 2 | Autumn 1Being Me in my World | Autumn 2Celebrating difference | Spring 1Dreams and Goals | Spring 2 Healthy Me | Summer 1Relationships  | Summer 2 Changing Me |
| Outline content | Hopes and fears for the yearRights and responsibilitiesRewards and consequencesSafe and fair learning environmentValuing contributionsChoiceRecognising feelings | Assumptions and stereotypes about genderUnderstanding bullyingStanding up for self and othersMaking new friendsGender diversityCelebrating difference and remaining friends | Achieving realistic goalsPerseveranceLearning strengthsLearning with othersGroup co-operationContributing to and sharing success | MotivationHealthier choicesRelaxationHealthy eating and nutritionHealthier snacks and sharing food | Different types of familyPhysical contact boundariesFriendship and conflictSecretsTrust and appreciationExpressing appreciation for special relationships | Life cycles in natureGrowing from young to oldIncreasing independenceDifferences in male and female bodies (correct terminology)AssertivenessPreparing for transition |
| Safeguarding and RSE Focus | Safe and fair learning environmentAssumptions 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 onlineFollow 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 NSPCCSecrets  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 |

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| Year 3 |
| Year 3 | Autumn 1Being Me in my World | Autumn 2Celebrating difference | Spring 1Dreams and Goals | Spring 2 Healthy Me | Summer 1Relationships  | Summer 2 Changing Me |
| Outline content | Setting personal goals Self identity and workPositivity in challengesRules, rights and responsibilitiesRewards and consequencesResponsible choicesSeeing things from others’ perspectives | Families and their differencesFamily conflict and how to manage itWitnessing bullying and how to solve itRecognising how words can be hurtfulGiving and receiving compliments | Difficult challenges and achieving successDreams and ambitionsNew challengesMotivation and enthusiasmRecognising and trying to overcome obstaclesEvaluating learning processesManaging feelingsSimple budgeting | ExerciseFitness challengeFood labelling and healthy swapsAttitudes towards drugsKeeping safe and why it’s important online and offline scenariosRespect for myself and othersHealthy and safe choices | Family roles and responsibilitiesFriendship and negotiationKeeping safe online and who to go to for helpBeing a global citizenBeing aware of how my choices affect othersAwareness of how other children have different livesExpressing appreciation for family and friends | How babies growUnderstanding a baby’s needsOutside body changesInside body changesFamily stereotypesChallenging my ideasPreparing 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 bullyingVerbal abuse- emotional harm of words Mental health awareness (assembly focus) – Staying safe onlineFollow 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 lessonStaying 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 1Being Me in my World | Autumn 2Celebrating difference | Spring 1Dreams and Goals | Spring 2 Healthy Me | Summer 1Relationships  | Summer 2 Changing Me |
| Outline content | Being part of a class teamBeing a school citizenRights, responsibilities and democracyRewards and consequencesGroup decision makingHaving a voiceWhat motivates behaviour | Challenging assumptionJudging by appearanceAccepting self and othersUnderstanding influencesUnderstanding bullyingProblem solvingIdentifying how special and unique everyone isFirst impressions | Hopes and dreamsOvercoming disappointmentCreating new, realistic dreamsAchieving goalsWorking in a groupCelebrating contributionsResiliencePositive attitudes | Healthier friendshipsGroup dynamicsSmoking AlcoholAssertivenessPeer pressureCelebrating inner strength | JealousyLove and lossMemories of loved onesGetting on and falling outGirlfriends and boyfriendsShowing appreciation to people and animals | Being uniqueHaving a babyGirls and pubertyConfidence in changeAccepting changePreparing for transitionEnvironmental 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) NSPCCStaying safe onlineFollow 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 |

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| Year 5 |
| Year 5 | Autumn 1Being Me in my World | Autumn 2Celebrating difference | Spring 1Dreams and Goals | Spring 2 Healthy Me | Summer 1Relationships  | Summer 2 Changing Me |
| Outline content | Planning the forthcoming yearBeing a citizenRights and responsibilitiesRewards and consequencesDemocracy, having a voice, participatingHow behaviour affects groups | Cultural differences and how they can cause conflictRacismRumours And name callingTypes of bullyingMaterial wealth and happinessEnjoying and respecting other cultures | Future dreamsThe importance of moneyJobs and careersDream job and how to get thereGoals in different culturesSupporting others (charity)Motivation | Smoking including vapingAlcoholAlcohol and antisocial behaviourEmergency aidBody imageRelationships with foodHealthy choicesMotivation and behaviour | Self recognition and self worthBuilding self esteemSafer online communitiesRights and responsibilities onlineOnline gaming and gamblingReducing screen timeDangers of online groomingSMARRT internet safety rules | Self and body imageInfluence of online and media on body imagePuberty for girlsPuberty for boysConception (including IVF)Growing responsibilityCoping with changePreparing for transition |
| Safeguarding Focus | Speak out stay safe- NSPCCChildline- 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 CrewEmotional abuse- rumours, name calling, racismStaying safe onlineFollow 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 communitiesOnline 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 lessonStaying 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 |

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| Year 6 |
| Year 6 | Autumn 1Being Me in my World | Autumn 2Celebrating difference | Spring 1Dreams and Goals | Spring 2 Healthy Me | Summer 1Relationships  | Summer 2 Changing Me |
| Outline content | Identifying goals for the yearGlocal citizenshipChildren’s universal rightsFeeling welcome and valuedChoices, consequences and rewardsGroup dynamicsDemocracy, having a voiceAnti social behaviourRole modelling | Perceptions of normalityUnderstanding disability Power strugglesUnderstanding bullyingInclusion/exclusionDifferences as conflict, difference as celebrationempathy | Personal learning goals, in and out of schoolSuccess criteriaEmotions in successMaking a difference in the worldMotivationRecognising achievementsCompliments | Taking personal responsibilityHow substances affect the bodyExploitation, including ‘county lines’ and gang cultureEmotional and mental healthManaging stress | Mental healthIdentifying mental health worries and sources of supportLove and lossManaging feelingsPower and controlAssertivenessTechnology safetyTake responsibility with technology use | Self imageBody imagePuberty and feelingsConception to birthReflections about changePhysical attractionRespect and consentBoyfriends/girlfriendsSextingTransition |
| Safeguarding Focus | - Fire Safety – -Staying safe in the dark and Stranger Danger – Anti-bullying week- Reach Out  Mental health awareness (assembly focus) – Staying safe onlineFollow 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