

P.S.H.E. EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Focus	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Overarching Question	Who am I and where do I belong?	Why am I special?	What can I do to improve myself?	How can I be healthy in body and mind?	What makes a good relationship?	Why do changes have to happen?
Key Concepts & Vocab	Who.....me?! How am I feeling today? Being at nursery/pre-school Gentle hands Our rights Our responsibilities	What am I good at? I'm special I'm me! Families Houses and homes Making friends Standing up for yourself	Challenge Never giving up Setting a goal Obstacles and support Flight to the future Award ceremony	Everybody's body We like to move it move it! Food glorious food Sweet dreams Keeping calm Stranger danger	My family and me! Make friends, make friends, never ever break friends (1) Make friends, make friends, never ever break friends (2) Falling out and bullying (1) Falling out and bullying (2) Being the best we can be	My body Respecting my body Growing up Growth and change Fun and fears
Precis	Children develop a sense of who they are and how to behave at school.	Children will understand how unique and special they are. Children will learn to accept differences. Bullying will be explored.	Children will learn how to set goals and achieve those goals.	Children will be exposed to various aspects of being healthy.	Children will explore friendships and relationships.	Children will be prepared for changes at school and to themselves.
Outcome	Learning charter	Verbal outcomes	Stretchy flowers	Verbal outcomes	Emotion face display	Verbal outcomes
P.S.H.E. Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Focus	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Overarching Question	Who am I and where do I belong?	What one thing makes me different than my friends?	What does it feel like to succeed and celebrate?	Why is my body so amazing and what can I do to keep it that way?	Can I explain why I appreciate someone that is special to me?	Which parts of the body are different for boys and girls?
Key Concepts & Vocab	Special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Our learning charter	The same as... Different from... What is bullying? What do I do about bullying Making new friends Celebrating difference, celebrating me	My treasure chest of success A steps to goals Achieving together Stretchy learning Overcoming obstacles Celebrating success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy healthy me	Families Making new friends Greetings People who help us Being my own best friend Celebrating my special relationships	Life cycles Changing me My changing body Boy's and girl's bodies Learning and growing Coping with changes
Precis	Children learn about being part of class and the responsibilities that go with it. Also the concept of rights, responsibilities,	Children will further explore bullying and learn how to deal with it.	Children will further explore how to achieve goals through overcoming obstacles that may be in their way.	Children will continue to explore healthy concepts and start to think about external	Children will further develop their understanding of friendships and how some	Children will be prepared for changes at school and to themselves.

	consequences and actions are explored which leads to collectively developing a learning charter.			factors.	people are very special to us.	
Outcome	Learning charter	Gingerbread people display	Dream wellies	Recipe book ch 1 Keeping Clean and Healthy	Dance and balloons	Speech bubble changes
P.S.H.E. Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Focus	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Overarching Question	What is the importance of having rights and responsibilities? What part do I play in this?	What makes me different than my friends?	How does working cooperatively help ?	What food is good for me? How does it help me?	Which things can cause conflict between me and my friends?	What are the physical differences between boys and girls? Why should some parts be private?
Key Concepts & Vocab	<p>Hopes and fears for the year</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>Rewards and consequences(2)</p> <p>Our learning charter</p> <p>Owning our learning charter</p>	<p>Boys and girls</p> <p>Boys and girls</p> <p>What does bullying mean?</p> <p>Standing up for myself and others</p> <p>Making a new friend</p> <p>Celebrating difference and still being friends</p>	<p>Goals to success</p> <p>My learning strengths</p> <p>Learning with others</p> <p>A group challenge</p> <p>Continuing our group challenge</p> <p>Celebrating our achievement</p>	<p>Being healthy</p> <p>Being relaxed</p> <p>Medicine safety</p> <p>Healthy eating</p> <p>Healthy eating(2)</p> <p>The healthy me cafe</p>	<p>Families</p> <p>Keeping safe-exploring physical contact</p> <p>Friends and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Celebrating my special relationships</p>	<p>Life cycles in nature</p> <p>Growing from young to old</p> <p>The changing me</p> <p>Boy's and girl's bodies</p> <p>Assertiveness</p> <p>Looking ahead</p>
Precis	Children are given more ownership over developing rights and responsibilities.	Children will discuss the differences between boys and girls – toys clothes, play	Children will begin to explore how to collaborate effectively to achieve a common goal.	Children will learn what they can do to help themselves and keep healthy.	Children will investigate aspects of relationships like physical contact and trust.	Children will be prepared for changes at school and to themselves.
Outcome	Learning charter	Trophy of celebration	Dream birds	Recipe book ch 2 Healthy Eating	Compliment bunting	Leaves for tree of change
P.S.H.E. Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Focus	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Overarching Question	How important is it to set goals and recognise my achievements?	How can words affect someone's feelings?	What can I do to improve my learning?	Which things, people and places do I need to keep safe from? What do I need to do to keep myself safe?	How do people around me help and influence my life?	How do boys and girls bodies change on the inside when we grow?
Key Concepts	Getting to know each other	Families	Dreams and goals	Being fit and healthy 1	Family roles responsibilities	How babies grow

& Vocab	Our nightmare school Our dream school Rewards and consequences Our learning charter Owning our learning charter	Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference Compliments	My dreams and ambitions A new challenge Our new challenge Our new challenge- overcoming Obstacles Celebrating my learning	Being fit and healthy 2 What do I know about drugs? Being safe Being safe at home My amazing body	Friendship Keeping myself safe Being a global citizen 1 Being a global citizen 2 Celebrating my web of relationships	Babies **Rainbow lessons 4 and 5 Outside body changes Inside body changes Family stereotypes Looking ahead
Precis	Children will continue to develop ownership of rights and responsibilities through understanding how easy it is to get things wrong.	Children will explore family settings and understand how families can be very different.	Children will look further ahead in their lives to recognise ambitions for the future.	Children will learn about the dangers of drugs and how to stay safe at home.	Children will explore their place in the world.	Children will be prepared for changes at school and to themselves.
Outcome	Learning charter	Compliment kites	Window box of dream flowers and garden decorations	Recipe book ch 3 Keeping Safe	Film clips and streamers	Ribbons for the tree of change
P.S.H.E. Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Focus	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Overarching Question	How do my actions affect myself and others?	Are first impressions more important than getting to know someone?	How can I make a new plan and new goals even if I have been disappointed?	Why do people put me under pressure and what can I do about it?	Can I explain different points of view on animal rights issues?	What am I looking forward to in Year 5?
Key Concepts & Vocab	Becoming a class team Being a school citizen Rights, responsibilities and democracy Rewards and consequences Our learning charter Owning our learning charter	Judging by appearances Understanding influences Understanding bullying Problem-solving Special me Celebrating difference: how we look	Hopes and dreams Broken dreams Over coming disappointment Creating new dreams Achieving goals We did it!	My friends and me Group dynamics Smoking Alcohol Healthy friendships Celebrating my inner strength and assertiveness	Relationship web Love and loss Memories Are animals special? Special pets Celebrating my relationship with people and animals	Unique me *Rainbow lesson 3 from Y 3 Circles of change Accepting change Looking ahead
Precis	Children are introduced to	Children will explore how to	Children will learn how to become	Children will learn about	Children will learn about other	Children will be prepared for

	democracy and the benefits of it.	not judge someone by the way they look.	resilient through over- coming barriers to their dreams.	other external dangers of addiction. They will also explore friendships.	types of relationships. They will also explore loss and memories.	changes at school and to themselves.
Outcome	Learning charter	Picture frames	Dream mobiles and garden decorations	Recipe book ch 4 Healthy Friendships	Fabric collage – ‘My special relationships’	Circle of change for tree of change
P.S.H.E. Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Focus	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Overarching Question	How can democracy and having a voice benefit the school community? How can I be involved in this?	What are the differences between direct and indirect types of bullying?	Do we all have the same dreams and goals even if we come from different cultures? Explain!	What problems can food cause in people’s lives?	What can I do to keep myself safe when using technology to communicate to my friends?	How do boys and girls bodies change during puberty?
Key Concepts & Vocab	My year ahead Being me in Britain Y5 responsibilities Rewards and consequences Our learning charter Owning our learning charter	Different cultures Racism Rumours and name calling Types of bullying Does money matter? Celebrating difference across the world	When I grow up (my dream lifestyle) Investigate jobs and careers My dream job – Why I want it and the steps to get there Dreams and goals of young people in other cultures How we can support each other Rallying support	Smoking Alcohol Emergency aid Body image My relationship with food Healthy me	Recognising me Getting on and falling out Girlfriends and boyfriends Girlfriends and boyfriends Relationships and technology Relationships and technology	Self and body image *Lesson 2 from Y4 Jigsaw (lesson 3 -girls and puberty) girls only *Lesson 2 from Y5 Jigsaw (lesson 3- puberty for boys) boys only *Lesson 4 – Y5 Lesson 4 Jigsaw Looking ahead Looking ahead to Y6
Precis	Children’s rights and responsibilities are explored in the context of our country.	Children will understand the effects of racism and cultural differences	Children will think about careers for the future and what goals they have to plan and achieve.	Children will begin to learn about social influences that could lead to issues.	Children will begin to learn about specific relationships. They will also explore technology and relationships.	Children will be prepared for changes at school and to themselves.
Outcome	Learning charter	Culture displays	Dream tree and fundraising event	Class debate	Internet safety presentations/ leaflets	Bubbles around the tree
P.S.H.E. Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Area of Focus	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Overarching	How can choices about my own	How can difference become a	How can I work with others to	Why should alcohol be used	Why is it important to	How does a baby develop from

Question	behaviour relate to my rights and responsibilities?	source of conflict or a cause for celebration?	make the world a better place?	responsibly?	recognise when people are trying to gain power or control?	conception through to birth? How are babies born?
Key Concepts & Vocab	<p>My year ahead</p> <p>Being a global citizen 1</p> <p>Being a global citizen 2</p> <p>The learning charter</p> <p>Consequences</p> <p>Owning our learning charter</p>	<p>Am I normal?</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Why bully?</p> <p>Celebrating difference</p> <p>Celebrating difference</p>	<p>Personal learning goals</p> <p>Steps to success</p> <p>My dream for the world</p> <p>Helping to make a difference</p> <p>Helping to make a difference</p> <p>Recognising out achievements</p>	<p>Food</p> <p>Drugs</p> <p>Alcohol</p> <p>Emergency aid</p> <p>Emotional and mental health</p> <p>Managing stress</p>	<p>My relationship web</p> <p>Love and loss 1</p> <p>Love and loss 2</p> <p>Power and control</p> <p>Being safe with technology 1</p> <p>Being safe with technology 2</p>	<p>Self and body image</p> <p>Puberty</p> <p>Girl talk/boy talk</p> <p>Babies- conception to birth</p> <p>Attraction</p> <p>Transition to secondary school</p> <p>DVD's conception and birth shown to children and parents session offered.</p>
Precis	Children's rights and responsibilities are explored in the context of our world.	Children will learn about disability and how to value all humans.	Children will consider the wider world and how they can make a difference.	Children will learn about social influences they may encounter and how to deal with them.	Children will further develop their understanding of loss and explore control through technology.	Children will be prepared for changes at school and to themselves.
Outcome	Learning charter	Admiration accolades	Garden totem pole and fundraising event	Recipe book illustrations	Internet safety film or presentation	Journey t-shirts (paper)

*Some changes have been made to the Jigsaw content using the Rainbow foldercontent. See SRE document for specific changes.