

SOMERFORD PRIMARY PSHE CURRICULUM (JIGSAW)

	AUTUMN		SPRING		SUMMER	
YEAR ONE	BEING ME IN MY WORLD Understand the rights and responsibilities for being a member of my class.	CELEBRATING DIFFERENCE What makes us special and unique.	DREAMS AND GOALS Understanding success and how it feels.	HEALTHY ME Ways to keep my body safe and healthy.	RELATIONSHIPS Why I appreciate someone who is special to me and how I feel about them.	CHANGING ME Identify parts of the body and use the correct terms.
YEAR TWO	BEING ME IN MY WORLD Understand the rights and responsibilities for being a member of my class and school.	CELEBRATING DIFFERENCE Identify ways in which my friend is different from me.	CHANGING ME Working cooperatively in a group to create an end product. Explain how it feels to be part of that group.	HEALTHY ME Make a healthy snack and explain why it is good for my body.	RELATIONSHIPS Identify some of the things that cause conflict between my friends and me.	DREAMS AND GOALS Recognise the physical differences between boys and girls and use correct names. Learn to appreciate that these parts of my body are private.
YEAR THREE	BEING ME IN MY WORLD Understand why rules are needed and how to face a challenge positively.	CELEBRATING DIFFERENCE To give and receive compliments and know how this feels.	CHANGING ME Evaluate my own learning and identify how it can be better next time.	HEALTHY ME Identify things, people and places that I need to keep safe from and who I can go to for help.	RELATIONSHIPS Explain how some of the actions and work of people around the world help and influence my life.	DREAMS AND GOALS Identify changes in myself and others as part of getting older.
YEAR FOUR	BEING ME IN MY WORLD Understand who is part of a school community and how I play my part. Look at how a school council works.	CELEBRATING DIFFERENCE Explain why it is good to accept people for who they are.	CHANGING ME Know what it means to be resilient and to have a positive attitude. Make a plan and set new goals.	HEALTHY ME Identify feelings of anxiety and fear associated with peer pressure.	RELATIONSHIPS Explain different points of view on e.g. an animal rights issue. Express my own opinion and feelings on this.	DREAMS AND GOALS Learn about body changes through puberty in girls. Identify what I am looking forward to when I am in Year 5.
YEAR FIVE	BEING ME IN MY WORLD Understand the rights and responsibilities for a British Citizen and for being a member of my school.	CELEBRATING DIFFERENCE Explain the differences between direct and indirect types of bullying.	CHANGING ME Describe the dreams and goals of a young person in a culture different from mine.	HEALTHY ME Describe the different roles food can play in different people's lives and explain how people develop eating problems (disorders) relating to body image pressures.	RELATIONSHIPS Explain how to feel safe when using technology to communicate with my friends.	DREAMS AND GOALS Describe how boys' and girls' bodies change during puberty.
YEAR SIX	BEING ME IN MY WORLD Understand that my actions affect people nationally and globally.	CELEBRATING DIFFERENCE Explain ways in which difference can be a source of conflict or a cause for celebration.	CHANGING ME Describe some ways in which I can work with other people to help make the world a better place.	HEALTHY ME Evaluate when alcohol is being used responsibly, antisocially or being misused.	RELATIONSHIPS Recognise when people are trying to gain power or control.	DREAMS AND GOALS Describe how a baby develops from conception through the nine months of pregnancy and how it is born.