



Curriculum Map for PSHE

PSHE Intention

Social and Emotional Development Intention

Year Group	<u>Autumn 1</u> Being Me	<u>Autumn 2</u> Celebrating Difference	<u>Spring 1</u> Dreams and Goals	<u>Spring 2</u> Healthy Me	<u>Summer 1</u> Relationships	<u>Summer 2</u> Changing Me
EYFS - Nursery	<ul style="list-style-type: none"> I seek comfort from adults when needed & express my feelings. (PSED - MFB) I respond to the feelings of others & I am aware that some actions can hurt or harm. (PSED - MFB) I am beginning to manage my own behaviour & or actions. (PSED - MFB) 	<ul style="list-style-type: none"> I learn that I have similarities & differences that connect me to & distinguish me from others. (UTW - PC) I know some of the things that make me unique. (UTW - PC) I can talk about some of the similarities & differences in relation to my friends or family. (UTW - PC) 	<ul style="list-style-type: none"> I show interest in different occupations and ways of life. (UTW - PC) I am confident to talk about the things I feel I am good at. (PSED - SCSA) I am confident to speak to others about my own needs, interests and opinions. (PSED - SCSA) 	<ul style="list-style-type: none"> I can tell adults of my physical needs. (PD - HSC) I notice the changes within my body when I have been active. (PD - HSC) I am remembering to wash my hands most of the time. (PD - HSC) 	<ul style="list-style-type: none"> I will start play and encourage others to join in with my play. (PSED - MR) These peers can influence my play I respond to what they are saying or doing and demonstrate friendly behaviour. (PSED - MR) I form good relationships with my peers. (PSED - MR) 	<ul style="list-style-type: none"> I show interest in the lives of people who are familiar to me and remember / talk about my own significant events. (UTW - PC) I am developing an understanding of growth, decay and changes over time. (UTW - TW)
	<p>Piece 1: Who...Me?!</p> <ul style="list-style-type: none"> I understand how it feels to belong and that we are similar and different. <p>Piece 2: How Am I Feeling Today?</p> <ul style="list-style-type: none"> I understand how feeling happy and sad can be expressed. <p>Piece 3: Being at Nursery/Pre-School</p> <ul style="list-style-type: none"> I can work together & consider other people's feelings. <p>Piece 4: Gentle Hands</p> <ul style="list-style-type: none"> I can use gentle hands to understand that it is good to be kind to people. <p>Piece 5: Our Rights</p> <ul style="list-style-type: none"> I am starting to understand children's rights & this mean we should all be allowed to learn and play. <p>Piece 6: Our Responsibilities</p> <ul style="list-style-type: none"> I am learning what being responsible means. 	<p>Piece 1: What Am I Good at?</p> <ul style="list-style-type: none"> I know how it feels to be proud of something I am good at. <p>Piece 2: I'm Special, I'm Me</p> <ul style="list-style-type: none"> I can tell you one way I am special and unique. <p>Piece 3: Families</p> <ul style="list-style-type: none"> I know that families are different. <p>Piece 4: Houses and Homes</p> <ul style="list-style-type: none"> I know there are lots of different houses and homes. <p>Piece 5: Making Friends</p> <ul style="list-style-type: none"> I can tell you how I could make new friends. <p>Piece 6: Standing Up for Yourself</p> <ul style="list-style-type: none"> I can use my words to stand up for myself. 	<p>Piece 1: Challenge</p> <ul style="list-style-type: none"> I understand what a challenge means. <p>Piece 2: Never Giving Up</p> <ul style="list-style-type: none"> I can keep trying until I can do something. <p>Piece 3: Setting a Goal</p> <ul style="list-style-type: none"> I can set a goal and work towards it. <p>Piece 4: Obstacles and Support</p> <ul style="list-style-type: none"> I know some kind words to encourage people with. <p>Piece 5: Flight to the Future</p> <ul style="list-style-type: none"> I can start to think about the jobs I might like to do when I'm older. <p>Piece 6: Footprint Awards</p> <ul style="list-style-type: none"> I can feel proud when I achieve a goals. 	<p>Piece 1: Everybody's Body</p> <ul style="list-style-type: none"> I know the names for some parts of my body & am starting to understand that I need to be active to be healthy. <p>Piece 2: We Like to Move It</p> <ul style="list-style-type: none"> I can tell you some of the things I need to do to be healthy. <p>Piece 3: Food Glorious Food</p> <ul style="list-style-type: none"> I know what the word 'healthy' means & that some foods are healthier than others. <p>Piece 4: Sweet Dreams</p> <ul style="list-style-type: none"> I know how to help myself to go to sleep & that sleep is good for me. <p>Piece 5: Keeping Clean</p> <ul style="list-style-type: none"> I can wash my hands & know it is important to do this before I eat & after I go to the toilet. <p>Piece 6: Stranger Danger</p> <ul style="list-style-type: none"> I know what to do if I get lost & how to say NO to strangers. 	<p>Piece 1: My Family & Me</p> <ul style="list-style-type: none"> I can tell you about my family. <p>Piece 2: Make Friends, Never Ever Break Friends (PT 1)</p> <ul style="list-style-type: none"> I understand how to make friends if I feel lonely. <p>Piece 3: Make Friends, Never Ever Break Friends (PT 2)</p> <ul style="list-style-type: none"> I can tell you some of the things I like about my friends. <p>Piece 4: Falling Out & Bullying (PT 1)</p> <ul style="list-style-type: none"> I know what to say and do if somebody is mean to me. <p>Piece 5: Falling Out & Bullying (PT 2)</p> <ul style="list-style-type: none"> I can use Calm Me time to manage my feelings. <p>Piece 6: being The Best Friends We Can Be</p> <ul style="list-style-type: none"> I can work together and enjoy being with my friends. 	<p>Piece 1: My Body</p> <ul style="list-style-type: none"> I can name parts of my body & show respect for myself. <p>Piece 2: Respecting My Body</p> <ul style="list-style-type: none"> I can tell you some things that I can do & some foods I can eat to be healthy. <p>Piece 3: Growing Up</p> <ul style="list-style-type: none"> I understand that we all start as babies & grow into children & then adults. <p>Piece 4: Growth and Change</p> <ul style="list-style-type: none"> I know that I grow and change. <p>Piece 5: Fun & Fears</p> <ul style="list-style-type: none"> I can talk about how I feel moving to School from Nursery. <p>Piece 6: Celebration</p> <ul style="list-style-type: none"> I can remember some fun things about Nursery this year.

<p>EYFS - Reception</p>	<p><u>Autumn 1</u> Being Me</p> <ul style="list-style-type: none"> ➢ Children talk about how they and others show feelings. (PSED - MFB) ➢ Talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. (PSED - MFB) ➢ They work as part of a group or class, and understand and follow the rules. (PSED - MFB) ➢ They adjust their behaviour to different situations. (PSED - MFB) 	<p><u>Autumn 2</u> Celebrating Difference</p> <ul style="list-style-type: none"> ➢ Children talk about past and present events in their own lives and in the lives of family members. (UTW - PC) ➢ They know that other children don't always enjoy the same things, and are sensitive to this. (UTW - PC) ➢ They know about similarities and differences between themselves and others, and among families, communities and traditions. (UTW - PC) 	<p><u>Spring 1</u> Dreams and Goals</p> <ul style="list-style-type: none"> ➢ Children are confident to try new activities, and say why they like some activities more than others. (PSED - SCSA) ➢ They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. (PSED - SCSA) ➢ They say when they do or don't need help. (PSED - SCSA) 	<p><u>Spring 2</u> Healthy Me</p> <ul style="list-style-type: none"> ➢ Children know the importance for good health of physical exercise, and a healthy diet. (PD - HSC) ➢ They talk about ways to keep healthy and safe. (PD - HSC) ➢ They manage their own basic hygiene and personal needs successfully. (PD - HSC) 	<p><u>Summer 1</u> Relationships</p> <ul style="list-style-type: none"> ➢ Children play co-operatively, taking turns with others. (PSED - MR) ➢ They take account of one another's ideas about how to organise their activity. (PSED - MR) ➢ They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. (PSED - MR) 	<p><u>Summer 2</u> Changing Me</p> <ul style="list-style-type: none"> ➢ I will share my thoughts and ask appropriate questions to help me to clarify my understanding. (UTW - TW) ➢ They adjust their behaviour to different situations, and take changes of routine in their stride. (PSED - MFB)
	<p>Piece 1: Who...Me?</p> <ul style="list-style-type: none"> ➢ I understand how it feels to belong & that we are similar & different. <p>Piece 2: How am I Feeling Today?</p> <ul style="list-style-type: none"> ➢ I can start to recognise and manage my feelings. <p>Piece 3: Being at School</p> <ul style="list-style-type: none"> ➢ I enjoy working with others to make school a good place to be. <p>Piece 4: Gentle Hands</p> <ul style="list-style-type: none"> ➢ I understand why it is good to be kind & use gentle hands. <p>Piece 5: Our Rights</p> <ul style="list-style-type: none"> ➢ I am starting to understand children's rights & this means we should all be allowed to learn & play. <p>Piece 6: Our Responsibilities</p> <ul style="list-style-type: none"> ➢ I am learning what being responsible means. 	<p>Piece 1: What I am Good at?</p> <ul style="list-style-type: none"> ➢ I can identify something I am good at & understand everyone is good at different things. <p>Piece 2: I'm Special, I'm Me</p> <ul style="list-style-type: none"> ➢ I understand that being different makes us all special. <p>Piece 3: Families</p> <ul style="list-style-type: none"> ➢ I know we are all different but the same in some ways. <p>Piece 4: Houses and Homes</p> <ul style="list-style-type: none"> ➢ I can tell you why I think my home special to me. <p>Piece 5: Making Friends</p> <ul style="list-style-type: none"> ➢ I can tell you how to be a kind friend. <p>Piece 6: Standing Up for Yourself</p> <ul style="list-style-type: none"> ➢ I know which words to use to stand up for myself when someone says or does something unkind. 	<p>Piece 1: Challenge</p> <ul style="list-style-type: none"> ➢ I understand that if I persevere I can tackle challenges. <p>Piece 2: Never Giving Up</p> <ul style="list-style-type: none"> ➢ I can tell you about a time I didn't give up until I achieved my goal. <p>Piece 3: Setting a Goal</p> <ul style="list-style-type: none"> ➢ I can set a goal and work towards it. <p>Piece 4: Obstacles and Support</p> <ul style="list-style-type: none"> ➢ I can use kind words to encourage people. <p>Piece 5: Flight to the Future</p> <ul style="list-style-type: none"> ➢ I understand the link between what I learn now & the job I might like to do when I'm older. <p>Piece 6: Footprint Awards</p> <ul style="list-style-type: none"> ➢ I can say how I feel when I achieve a goal & know what it means to feel proud. 	<p>Piece 1: Everybody's Body</p> <ul style="list-style-type: none"> ➢ I understand that I need to exercise to keep my body healthy. <p>Piece 2: We Like to Move It</p> <ul style="list-style-type: none"> ➢ I understand how moving & resting are good for my body. <p>Piece 3: Food Glorious Food</p> <ul style="list-style-type: none"> ➢ I know which foods are healthy & not so healthy & can make healthy eating choices. <p>Piece 4: Sweet Dreams</p> <ul style="list-style-type: none"> ➢ I know how to help myself go to sleep & understand why sleep is good for me. <p>Piece 5: Keeping Clean</p> <ul style="list-style-type: none"> ➢ I can wash my hands thoroughly & understand why this important especially before I eat & after I go to the toilet. <p>Piece 6: Stranger Danger</p> <ul style="list-style-type: none"> ➢ I know what a stranger is & how to stay safe if a stranger approach me. 	<p>Piece 1:</p> <ul style="list-style-type: none"> ➢ <p>Piece 2:</p> <ul style="list-style-type: none"> ➢ <p>Piece 3:</p> <ul style="list-style-type: none"> ➢ <p>Piece 4:</p> <ul style="list-style-type: none"> ➢ <p>Piece 5:</p> <ul style="list-style-type: none"> ➢ <p>Piece 6:</p> <ul style="list-style-type: none"> ➢ 	<p>Piece 1: My Body</p> <ul style="list-style-type: none"> ➢ I can name parts of the body. <p>Piece 2: Respecting My Body</p> <ul style="list-style-type: none"> ➢ I can tell you some things I can do & foods I can eat to be healthy. <p>Piece 3: Growing Up</p> <ul style="list-style-type: none"> ➢ I understand that we all grow from babies to adults. <p>Piece 4: Fun and Fears (PT 1)</p> <ul style="list-style-type: none"> ➢ I can express how I feel about moving to Year 1. <p>Piece 5: Fun and Fears (PT 2)</p> <ul style="list-style-type: none"> ➢ I can talk about my worries and/or the things I am looking forward to about being in Year 1. <p>Piece 6: Celebration</p> <ul style="list-style-type: none"> ➢ I can share my memories of the best bits of this year in Reception.
<p>KS1 - Year 1</p>	<p><u>Autumn 1</u> Being Me</p> <ul style="list-style-type: none"> ➢ I can explain why my class is a happy place to learn. ➢ I can give different examples where I or others make my class happy & safe. 	<p><u>Autumn 2</u> Celebrating Difference</p> <ul style="list-style-type: none"> ➢ I can tell you some ways that I am different & similar to other people in my class & why this makes us all special. ➢ I can explain what bullying is and how being bullies might make someone feel. 	<p><u>Spring 1</u> Dreams and Goals</p> <ul style="list-style-type: none"> ➢ I can explain how I feel when I am successful & how this can be celebrated positively. ➢ I can say why my internal treasure chest is an important place to store positive feelings. 	<p><u>Spring 2</u> Healthy Me</p> <ul style="list-style-type: none"> ➢ I can explain why I think my body is amazing & can identify a range of ways to keep it safe and healthy. ➢ I can give examples where being healthy can help me feel happy. 	<p><u>Summer 1</u> Relationships</p> <ul style="list-style-type: none"> ➢ I can explain why I have special relationships with some people & how these relationships help me feel safe and good about myself. 	<p><u>Summer 2</u> Changing Me</p> <ul style="list-style-type: none"> ➢ I can compare how I am now to when I was a baby & explain some of the changes that will happen to me as I get older. ➢ I can use the correct names for penis, testicles,

					<ul style="list-style-type: none"> ➤ I can also explain how my qualities help these relationships. ➤ I can give examples of behaviour in other people that I appreciate & behaviours that I don't like. 	<p>anus, vagina, vulva & give reasons why they are private.</p> <ul style="list-style-type: none"> ➤ I can explain why some changes I might experience might feel better than others.
<p>Piece 1: Special & Safe</p> <ul style="list-style-type: none"> ➤ I know how to use my Jigsaw Journal. ➤ I feel special and safe in my class. <p>Piece 2: My Class</p> <ul style="list-style-type: none"> ➤ I understand the rights and responsibilities as a member of my class. ➤ I know that I belong to my class. <p>Piece 3: Rights & Responsibilities</p> <ul style="list-style-type: none"> ➤ I understand the rights and responsibilities as a member of my class. ➤ I know how to make my class a safe place for everybody to learn. <p>Piece 4: Rewards & Feeling Proud</p> <ul style="list-style-type: none"> ➤ I know my views are valued and can contribute to the Learning Charter. ➤ I recognise how it feels to be proud of an achievement. <p>Piece 5: Consequences</p> <ul style="list-style-type: none"> ➤ I can recognise the choices I make and understand the consequences. ➤ I recognise the range of feelings when I face certain consequences. <p>Piece 6: Owning our Learning Charter</p> <ul style="list-style-type: none"> ➤ I understand my rights and responsibilities within our Learning Charter. ➤ I understand my choices in following the Learning Charter. 	<p>Piece 1: The Same as...</p> <ul style="list-style-type: none"> ➤ I can identify similarities between people in my class. ➤ I can tell you some ways in which I am the same as my friends. <p>Piece 2: Different from...</p> <ul style="list-style-type: none"> ➤ I can identify differences between people in my class. ➤ I can tell you some ways in which I am different from my friends. <p>Piece 3: What is Bullying?</p> <ul style="list-style-type: none"> ➤ I can tell you what bullying is. ➤ I understand how being bullied might feel. <p>Piece 4: What Do I Do About Bullying?</p> <ul style="list-style-type: none"> ➤ I know some people who I could talk to if I was feeling unhappy or being bullied. ➤ I can be kind to children who are bullied. <p>Piece 5: Making New Friends</p> <ul style="list-style-type: none"> ➤ I know how to make new friends. ➤ I know how it feels to make a new friend. <p>Piece 6: Celebrating Me</p> <ul style="list-style-type: none"> ➤ I can tell you some ways I am different from my friends. ➤ I understand these differences make us all special and unique. 	<p>Piece 1: My Treasure Chest of Success</p> <ul style="list-style-type: none"> ➤ I can set simple goals. ➤ I can tell you about a thing I do well. <p>Piece 2: Steps to Goals</p> <ul style="list-style-type: none"> ➤ I can set a goal and work out how to achieve it. ➤ I can tell you how I learn best. <p>Piece 3: Achieving Together</p> <ul style="list-style-type: none"> ➤ I understand how to work well with a partner. ➤ I can celebrate achievement with my partner. <p>Piece 4: Stretchy Learning</p> <ul style="list-style-type: none"> ➤ I can tackle a new challenge & understand thus might stretch my learning. ➤ I can identify how I feel when I am faced with a new challenge. <p>Piece 5: Overcoming Obstacles</p> <ul style="list-style-type: none"> ➤ I can identify obstacles which make it more difficult to achieve my new challenge & can work out how to overcome them. ➤ I know how I feel when I see obstacles & how I feel when I overcome them. <p>Piece 6: Celebrating My Success</p> <ul style="list-style-type: none"> ➤ I can tell you how I felt when I succeeded in a new challenge & how I celebrated it. ➤ I know how to store the feelings success in my internal treasure chest. 	<p>Piece 1: Being Healthy</p> <ul style="list-style-type: none"> ➤ I understand the difference between being healthy & unhealthy & know some ways to keep myself healthy. ➤ I feel good about myself when I make healthy choices. <p>Piece 2: Healthy Choices</p> <ul style="list-style-type: none"> ➤ I know how to make healthy lifestyle choices. ➤ I feel good about myself when I make healthy choices. <p>Piece 3: Clean and Healthy</p> <ul style="list-style-type: none"> ➤ I know how to keep myself clean & healthy & understand how germs cause disease/illness. ➤ I know that all household products including medicines can be harmful if not used properly. ➤ I am special so I keep myself safe. <p>Piece 4: Medicine Safety</p> <ul style="list-style-type: none"> ➤ I understand that medicines can help me if I feel poorly & I know how to use them safely. ➤ I know some ways to help myself when I feel poorly. <p>Piece 5: Road Safety</p> <ul style="list-style-type: none"> ➤ I know how to keep safe when crossing the road & about who can help me to stay safe. ➤ I can recognise when I feel frightened & know who to ask for help. <p>Piece 6: Happy, Healthy Me</p> <ul style="list-style-type: none"> ➤ I can tell you why I think my body is amazing & can identify some ways to keep it safe and healthy. ➤ I can recognise how being healthy helps me to feel happy. 	<p>Piece 1: Families</p> <ul style="list-style-type: none"> ➤ I can identify the members of my family & understand that there are lots of different types of families. ➤ I know how it feels to belong to a family & care about the people who are important to me. <p>Piece 2: Making Friends</p> <ul style="list-style-type: none"> ➤ I can identify what being a good friend means to me. ➤ I know how to make a new friend. <p>Piece 3: Greetings</p> <ul style="list-style-type: none"> ➤ I know appropriate ways of physical contact to greet my friends & know which ways I prefer. ➤ I can recognise which forms of physical contact are acceptable & unacceptable to me. <p>Piece 4: People Who Help Us</p> <ul style="list-style-type: none"> ➤ I know who can help me in my school community. ➤ I know when I need help & know how to ask for it. <p>Piece 5: Being My Own Best Friend</p> <ul style="list-style-type: none"> ➤ I can recognise my qualities as a person & a friend. ➤ I know ways to praise myself. <p>Piece 6: Celebrating My Special Relationships</p> <ul style="list-style-type: none"> ➤ I can tell you why I appreciate someone who is special to me. ➤ I can express how I feel about them. 	<p>Piece 1: Life Cycle</p> <ul style="list-style-type: none"> ➤ I am starting to understand the life cycles of animals and humans. ➤ I understand that changes happen as we grow and that this OK. <p>Piece 2: Changing Me</p> <ul style="list-style-type: none"> ➤ I can tell you some things about me that have changed & some things about me that have stayed the same. ➤ I know that changes are OK & that sometimes they will happen whether I want them to or not. <p>Piece 3: My Changing Body</p> <ul style="list-style-type: none"> ➤ I can tell you how my body has changed since I was a baby. ➤ I understand that growing up is natural & that everybody grows at different rates. <p>Piece 4: Boys and Girls Bodies</p> <ul style="list-style-type: none"> ➤ I can identify the parts of the body that make boys different to girls & can use the correct names for these; penis, testicles, vagina, vulva, anus. ➤ I respect my body and understand which parts are private. <p>Piece 5: Learning and Growing</p> <ul style="list-style-type: none"> ➤ I understand that every time I learn something new I change a little bit. ➤ I enjoy learning new things. <p>Piece 6: Coping with Changes</p> <ul style="list-style-type: none"> ➤ I can tell you about changes that have happened in my life. 	

➤ I know some ways to cope with changes.

PSHE Intention

Social and Emotional Development Intention

KS1 - Year 2	<p>Autumn 1 Being Me</p> <ul style="list-style-type: none"> ➤ I can explain why my behaviour can impact on other people in my class. ➤ I can compare my own & my friends choices & can express why some choices are better than others. 	<p>Autumn 2 Celebrating Difference</p> <ul style="list-style-type: none"> ➤ I can explain that sometimes people get bullied because they are seen to be different. This might include people who do not conform to gender stereotypes. ➤ I can explain how it feels to have a friend & be a friend. ➤ I can also explain why it is OK to be different from my friends. 	<p>Spring 1 Dreams and Goals</p> <ul style="list-style-type: none"> ➤ I can explain how I played my part in a group & the parts other people played to create an end product. ➤ I can explain how our skills complimented each other. ➤ I can explain how it felt to be part of a group & can identify a range of feelings about group work. 	<p>Spring 2 Healthy Me</p> <ul style="list-style-type: none"> ➤ I can explain why foods & medicines are good for my body comparing my ideas with less healthy/unsafe choices. ➤ I can compare my own friends choices & can express how it feels to make healthy & safe choices. 	<p>Summer 1 Relationships</p> <ul style="list-style-type: none"> ➤ I can explain why some things make me feel uncomfortable in a relationship & compare this with relationships that make me feel safe & special. ➤ I can give examples of some different problem solving techniques & explain how I might use them in certain situations in my relationships. 	<p>Summer 2 Changing Me</p> <ul style="list-style-type: none"> ➤ I can use the correct terms to describe penis, testicles, anus, vagina, vulva & explain why some types of touches feel OK and others don't. ➤ I can tell you what I like and don't like about being a boy/girl & getting older & recognise that other people might feel differently to me.
	<p>Piece 1: Hope & Fears for the Year</p> <ul style="list-style-type: none"> ➤ I can identify some of my hopes & fears for this year. ➤ I know how to use my Jigsaw Journal. ➤ I recognise when I feel worried & know who to ask for help. <p>Piece 2: Rights and Responsibilities</p> <ul style="list-style-type: none"> ➤ I understand the rights & responsibilities for being a member of my class and school. ➤ I recognise when I feel worried & know who to ask for help. <p>Piece 3: Rewards and Consequences</p> <ul style="list-style-type: none"> ➤ I understand the rights & responsibilities for being a member of my class. ➤ I can help to make my class a safe & fair place. <p>Piece 4: Rewards and Consequences</p> <ul style="list-style-type: none"> ➤ I can listen to other people & contribute my own ideas about rewards and consequences. ➤ I can help make my class a safe & fair place. 	<p>Piece 1: Boys & Girls</p> <ul style="list-style-type: none"> ➤ I am starting to understand that sometimes people make assumptions about boys & girls. ➤ I understand some ways in which boys & girls are similar & feel good about this. <p>Piece 2: Boys & Girls</p> <ul style="list-style-type: none"> ➤ I am starting to understand that sometimes people make assumptions about boys & girls. ➤ I understand some ways in which boys & girls are different & accept that this is OK. <p>Piece 3: Why Does Bullying Happen?</p> <ul style="list-style-type: none"> ➤ I understand that bullying is sometimes about difference. ➤ I can tell you how someone who is bullies feels. ➤ I can be kind to children who are bullied. <p>Piece 4: Standing Up for Myself & Others</p> <ul style="list-style-type: none"> ➤ I can recognise what is right & wrong & know how to look after myself. ➤ I know when and how to stand up for myself and others. 	<p>Piece 1: Goals to Success</p> <ul style="list-style-type: none"> ➤ I can choose a realistic goal & think about how to achieve it. ➤ I can tell you things I have achieved & say how that makes me feel. <p>Piece 2: My Learning Strengths</p> <ul style="list-style-type: none"> ➤ I carry on trying (persevering) even when I find things difficult. ➤ I can tell you some of my strengths as a learner. <p>Piece 3: Learning with Others</p> <ul style="list-style-type: none"> ➤ I can recognise who I work well with & who is more difficult to work with. ➤ I can tell you how working with other people helps me learn. <p>Piece 4: A Group Challenge</p> <ul style="list-style-type: none"> ➤ I can work well in a group. ➤ I can work with others in a group to solve problems. <p>Piece 5: Continuing our Group Challenge</p> <ul style="list-style-type: none"> ➤ I can tell you some ways I worked well with my group. ➤ I can tell you how I felt about working in my group. <p>Piece 6: Celebrating our Achievement</p> <ul style="list-style-type: none"> ➤ I know how to share success with other people. 	<p>Piece 1: Being Healthy</p> <ul style="list-style-type: none"> ➤ I know what I need to keep my body healthy. ➤ I am motivated to make healthy lifestyle choices. <p>Piece 2: Being Relaxed</p> <ul style="list-style-type: none"> ➤ I can show or tell you what relaxed means & I know some things that make me feel relaxed & some that make me feel stressed. ➤ I can tell you when a feeling is weak and when a feeling is strong. <p>Piece 3: Medicine Safety</p> <ul style="list-style-type: none"> ➤ I understand how medicines work in my body & how important it is to use them safely. ➤ I feel positive about caring for my body & keeping it healthy. <p>Piece 4: Healthy Eating</p> <ul style="list-style-type: none"> ➤ I can sort foods into the correct food groups & know which foods my body needs every day to keep me healthy. ➤ I have a healthy relationship with food & know which foods I enjoy the most. <p>Piece 5: Healthy Eating</p>	<p>Piece 1: Families</p> <ul style="list-style-type: none"> ➤ I can identify the different members of my family, understand my relationship with each of them & know why it is important to share and cooperate. ➤ I accept that everyone's family is different & understand that most people value their family. <p>Piece 2: Keeping Safe; Exploring Physical Contact</p> <ul style="list-style-type: none"> ➤ I understand that there are lots of forms of physical contact within a family & that some of this acceptable & some is not. ➤ I know which types of physical contact I like & don't like & can talk about this. <p>Piece 3: Friends and Conflict</p> <ul style="list-style-type: none"> ➤ I can identify some of the things that cause conflict with my friends. ➤ I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends. 	<p>Piece 1: Life Cycles in Nature</p> <ul style="list-style-type: none"> ➤ I can recognise cycles of life in nature. ➤ I understand there are some changes that are outside my control & recognise how I feel about this. <p>Piece 2: Growing from Young to Old</p> <ul style="list-style-type: none"> ➤ I can tell you about the natural process of growing from young to old & understand that this is not in my control. ➤ I can identify people I respect who are older than me. <p>Piece 3: The Changing Me</p> <ul style="list-style-type: none"> ➤ I can recognise how my body has changed since I was a baby & where I am on the continuum from young to old. ➤ I feel proud of becoming more independent. <p>Piece 4: Boys & Girls Bodies</p> <ul style="list-style-type: none"> ➤ I can recognise the physical differences between boys & girls, use the correct names for parts of the body &

	<p>Piece 5: Our Learning Charter</p> <ul style="list-style-type: none"> ➤ I understand how following the Learning Charter will help me & others learn. ➤ I can work cooperatively. <p>Piece 6: Owning our Learning Charter</p> <ul style="list-style-type: none"> ➤ I can recognise the choices I make & understand the consequences. ➤ I am choosing to follow the Learning Charter. 	<ul style="list-style-type: none"> ➤ I know how to get help if I am being bullied. <p>Piece 5: Gender Diversity</p> <ul style="list-style-type: none"> ➤ I understand that it is OK to be different from other people & to be friends with them. ➤ I understand we shouldn't judge people if they are different. ➤ I know how it feels to be a friend & have a friend. <p>Piece 6: Celebrating Differences and Still Being Friends</p> <ul style="list-style-type: none"> ➤ I can tell you some ways I am different from my friends. ➤ I understand these differences make us all special & unique. 	<ul style="list-style-type: none"> ➤ I can tell you how being part of a successful group feels & I can share these feelings in my internal treasure chest. 	<ul style="list-style-type: none"> ➤ I can make some healthy snacks & explain why they are good for my body. ➤ I can express how it feels to share healthy food with my friends. <p>Piece 6: Happy, Healthy Me</p> <ul style="list-style-type: none"> ➤ I can decide which foods to eat to give my body energy. ➤ I have a healthy relationship with food and I know which foods are most nutritious for my body. 	<p>Piece 4: Secrets</p> <ul style="list-style-type: none"> ➤ I understand that sometimes it is good to keep a secret & sometimes it is not. ➤ I know how it feels to be asked to keep a secret I do not want to keep & know who to talk to about this. <p>Piece 5: Trust and Appreciation</p> <ul style="list-style-type: none"> ➤ I recognise & appreciate people who can help me in my family, my school & my community. ➤ I understand how it feels to trust someone. <p>Piece 6: Celebrating my Special Relationships</p> <ul style="list-style-type: none"> ➤ I can express my appreciation for the people in my special relationships. ➤ I am comfortable accepting appreciation from others. 	<p>appreciate that some parts of my body are private.</p> <ul style="list-style-type: none"> ➤ I can tell you what I like/don't like about being a boy/girl. <p>Piece 5: Assertiveness</p> <ul style="list-style-type: none"> ➤ I understand there are different types of touch & can tell you which ones I like & don't like. ➤ I am confident to say what I like & don't like & can ask for help. <p>Piece 6: Looking Ahead</p> <ul style="list-style-type: none"> ➤ I can identify what I am looking forward to when I move to my next class. ➤ I can start to think about changes I will make when I am in Year 3 & know how to go about this.
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PSHE Intention	Social and Emotional Development Intention
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<p>KS2 - Year 3</p>	<p style="text-align: center;"><u>Autumn 1</u> Being Me</p> <ul style="list-style-type: none"> ➤ I can explain how my behaviour can affect how others feel & behave. ➤ I can explain why it is important to have rules & how that helps me & others in my class learn. ➤ I can explain why it is important to feel valued. 	<p style="text-align: center;"><u>Autumn 2</u> Celebrating Difference</p> <ul style="list-style-type: none"> ➤ I can describe different conflicts that might happen in my family or friendship groups & how words can be used in hurtful or kind ways when conflicts happen. ➤ I can tell you how being involved with a conflict makes me feel & can offer strategies to help the situation. 	<p style="text-align: center;"><u>Spring 1</u> Dreams and Goals</p> <ul style="list-style-type: none"> ➤ I can explain the different ways that help me learn & what I need to do to improve. ➤ I am confident & positive when I share my success with others. ➤ I can explain how these feelings can be stored in my internal treasure chest & why this is important. 	<p style="text-align: center;"><u>Spring 2</u> Healthy Me</p> <ul style="list-style-type: none"> ➤ I can identify things, people & places that I need to keep safe from & can tell you some strategies for keeping myself safe & healthy including who to go to for help. ➤ I can express how being anxious/scared & unwell feels. 	<p style="text-align: center;"><u>Summer 1</u> Relationships</p> <ul style="list-style-type: none"> ➤ I can explain how my life is influenced positively by people I know & also by people from other countries. ➤ I can explain why my choices might affect my family, friendships & people around the world who I don't know. 	<p style="text-align: center;"><u>Summer 2</u> Changing Me</p> <ul style="list-style-type: none"> ➤ I can explain how boys & girls' bodies change on the inside/outside during the growing up process & can tell you why those changes are necessary so that their bodies can make babies when they grow up. ➤ I recognise how I feel about these changes happening to me & suggest some ideas to cope with these feelings.
	<p>Piece 1: Getting to Know Each Other</p> <ul style="list-style-type: none"> ➤ I recognise my worth and can identify positive things about myself & my achievements. ➤ I can set personal goals. 	<p>Piece 1: Families</p> <ul style="list-style-type: none"> ➤ I understand that everybody's family is different & important to them. ➤ I appreciate my family, the people who care for me. <p>Piece 2: Family Conflict</p>	<p>Piece 1: Dreams and Goals</p> <ul style="list-style-type: none"> ➤ I can tell you about a person who has faced difficult challenges & achieved success. ➤ I respect & admire people who overcome obstacles & achieve 	<p>Piece 1: Being Fit and Healthy</p> <ul style="list-style-type: none"> ➤ I understand how exercise affects my body & know why my heart & lungs are such important organs. 	<p>Piece 1: Family Roles & Responsibilities</p> <ul style="list-style-type: none"> ➤ I can identify the roles & responsibilities of each member of my family & can reflect on the 	<p>Piece 1: How Babies Grow</p> <ul style="list-style-type: none"> ➤ I understand that in animals & human's lots of changes happen between conception & growing up & that usually it is the female who has the baby.

	<ul style="list-style-type: none"> ➤ I know how to use my Jigsaw Journal. ➤ I value myself & know how to make someone else feel welcome & valued. <p>Piece 2: Our School Nightmare</p> <ul style="list-style-type: none"> ➤ I can face new challenges positively, make responsible choices & ask for help when I need it. ➤ I recognise how it feels to be happy, sad or scared & am able to identify if other people are feeling these emotions. <p>Piece 3: Our Dream School</p> <ul style="list-style-type: none"> ➤ I understand why rules are needed & how they relate to rights & responsibilities. ➤ I know how to make others feel valued. <p>Piece 4: Rewards & Consequences</p> <ul style="list-style-type: none"> ➤ I understand that my actions affect myself & others & I care about other people's feelings. ➤ I understand that my behaviour brings rewards/consequences. <p>Piece 5: Our Learning Charter</p> <ul style="list-style-type: none"> ➤ I can make responsible choices & take action. ➤ I can work cooperatively in a group <p>Piece 6: Owing Our Learning Charter</p> <ul style="list-style-type: none"> ➤ I understand my actions affect others & try to see things from their points of view. ➤ I am choosing to follow the Learning Charter. 	<ul style="list-style-type: none"> ➤ I understand that differences & conflicts sometimes happen among family members. ➤ I know how to calm myself down and can use the 'Solve it Together' technique. <p>Piece 3: Witness & Feelings</p> <ul style="list-style-type: none"> ➤ I know what it means to be a witness to bullying. ➤ I know some ways of helping to make someone who is bullied feel better. <p>Piece 4: Witness and Solutions</p> <ul style="list-style-type: none"> ➤ I know that witnesses can make the situation better or worse by what they do. ➤ I can problem-solve a bullying situation with others. <p>Piece 5: Words that Harm</p> <ul style="list-style-type: none"> ➤ I recognise that some words are used in hurtful ways. ➤ I try hard not to use hurtful words (e.g. gay, fat). <p>Piece 6: Celebrating Difference: Compliments</p> <ul style="list-style-type: none"> ➤ I can tell you about a time when my words affected someone's feelings & what the consequences were. ➤ I can give & receive compliments & know how this feels. 	<p>their dreams & goals (e.g. through disability).</p> <p>Piece 2: My Dreams & Ambitions</p> <ul style="list-style-type: none"> ➤ I can identify a dream/ambition that is important to me. ➤ I can imagine how I will feel when I achieve my dream/ambition. <p>Piece 3: A New Challenge</p> <ul style="list-style-type: none"> ➤ I enjoy facing new learning challenges & working out the best ways for me to achieve them. ➤ I can break down a goal into a number of steps & know how others could help me to achieve it. <p>Piece 4: Our New Challenge</p> <ul style="list-style-type: none"> ➤ I am motivated & enthusiastic about achieving our new challenge. ➤ I know that I am responsible for my own learning & can use my strengths as a learner to achieve the challenge. <p>Piece 5: Our New Challenge: Overcoming Obstacles</p> <ul style="list-style-type: none"> ➤ I can recognise obstacles which might hinder my achievement & can take steps to overcome them. ➤ I can manage the feelings of frustration that may arise when obstacles occur <p>Piece 6: Celebrating My Learning</p> <ul style="list-style-type: none"> ➤ I can evaluate my own learning process & identify how it can be better next time. ➤ I am confident in sharing my success with others & can store my feelings in my internal treasure chest. 	<ul style="list-style-type: none"> ➤ I can set myself a fitness challenge. <p>Piece 2: Being Fit & Healthy</p> <ul style="list-style-type: none"> ➤ I know that the amount of calories, fat & sugar I put into my body will affect my health. ➤ I know what it feels like to make a healthy choice. <p>Piece 3: What Do I Know About Drugs?</p> <ul style="list-style-type: none"> ➤ I can tell you my knowledge & attitude towards drugs. ➤ I can identify how I feel towards drugs. <p>Piece 4: Being Safe</p> <ul style="list-style-type: none"> ➤ I can identify things, people & places that I need to keep safe from & can tell you some strategies for keeping myself safe including who to go to for help. ➤ I can express how being anxious or scared feels. <p>Piece 5: Safe or Unsafe</p> <ul style="list-style-type: none"> ➤ I can identify when something feels safe or unsafe. ➤ I can take responsibility for keeping myself & others safe. <p>Piece 6: My Amazing Body</p> <ul style="list-style-type: none"> ➤ I understand how complex my body is & how important it is to take care of it. ➤ I respect my body & appreciate what it does for me. 	<p>experiences for males and females.</p> <ul style="list-style-type: none"> ➤ I can describe how taking some responsibility in my family makes me feel. <p>Piece 2: Friendship</p> <ul style="list-style-type: none"> ➤ I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener. ➤ I know how to negotiate in conflict situations to try and find a win-win solution. <p>Piece 3: Keeping Myself Safe Online</p> <ul style="list-style-type: none"> ➤ I know & can use some strategies for keeping myself safe online. ➤ I know who to ask for help if I am worried or concerned about anything online. <p>Piece 4: Being a Global Citizen 1</p> <ul style="list-style-type: none"> ➤ I can explain how some of the actions & work of people around the world help influence my life. ➤ I can show an awareness of how this could affect my choices. <p>Piece 5: Being a Global Citizen 2</p> <ul style="list-style-type: none"> ➤ I understand how my needs & rights are shared by children around the world & can identify how our lives may be different. ➤ I can empathise with children whose lives are different to mine & appreciate what I may learn from them. <p>Piece 6: Celebrating My Web of Relationships</p> <ul style="list-style-type: none"> ➤ I know how to express my appreciation to my friends & family. ➤ I enjoy being part of a family & friendship groups. 	<ul style="list-style-type: none"> ➤ I can express how I feel when I see babies or baby animals. <p>Piece 2: Babies</p> <ul style="list-style-type: none"> ➤ I understand how babies grow & develop in the mother's uterus. ➤ I understand what a baby needs to live & grow. ➤ I can express how I might feel if I has a new baby in my family. <p>Piece 3: Outside Body Changes</p> <ul style="list-style-type: none"> ➤ I understand that boys & girl's bodies need to change so that when they grow up their bodies can make babies. ➤ I can identify how boys & girl's bodies change on the outside during this growing up process. ➤ I recognise how I feel about these changes happening to me & know how to cope with those feelings. <p>Piece 4: Inside Body Changes</p> <ul style="list-style-type: none"> ➤ I can identify how boys & girl's bodies change on the inside during the growing up process & can tell you why these changes are necessary so that their bodies can make babies when they grow up. ➤ I recognise how I feel about these changes happening to me & know how to cope with these feelings. <p>Piece 5: Family Stereotypes</p> <ul style="list-style-type: none"> ➤ I can start to recognise stereotypical ideas I might have about parenting & family roles. ➤ I can express how I feel when my ideas are challenged & might be willing to change my ideas sometimes. <p>Piece 6: Looking Ahead</p>
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						<ul style="list-style-type: none"> ➤ Identify what I am looking forward to when I move to my next class. ➤ Start to think about changes I will make next year & know how to go about this.
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KS2 - Year 4	<u>Autumn 1</u> Being Me	<u>Autumn 2</u> Celebrating Difference	<u>Spring 1</u> Dreams and Goals	<u>Spring 2</u> Healthy Me	<u>Summer 1</u> Relationships	<u>Summer 2</u> Changing Me
	<ul style="list-style-type: none"> ➤ I can explain why being listened to & listening to others is important in my school community. ➤ I can explain why being democratic is important & can help me & others feel valued. 	<ul style="list-style-type: none"> ➤ I can tell you a time when my first impression of someone changed as I got to know them. ➤ I can also explain why bullying might be difficult to spot & what to do about it if I'm not sure. ➤ I can explain why it is good to accept myself & others for who we are. 	<ul style="list-style-type: none"> ➤ I can plan & set new goals even after a disappointment. ➤ I can explain what it means to be resilient & have a positive attitude. 	<ul style="list-style-type: none"> ➤ I can recognise when people are putting me under pressure & can explain ways to resist this when I want to. ➤ I can identify feelings of anxiety & fear associated with peer pressure. 	<ul style="list-style-type: none"> ➤ I can recognise how people are feeling when they miss a special person or animal. ➤ I can give ways that might help me manage my feelings when missing a special person or animal. 	<ul style="list-style-type: none"> ➤ I can summarise the changes that happen to boys & girl's bodies that prepare them for making a baby when they are older. ➤ I can explain some of the choices I might make in the future & some of the choices that I have no control over. ➤ I can offer some suggestion about how I might manage my feelings when changes happen.
	Piece 1: Becoming a Class Team <ul style="list-style-type: none"> ➤ I know my attitudes & actions make a difference to the class team. ➤ I know how to use my Jigsaw Journal. ➤ I know how good it feels to be included in a group & understand how it feels to be excluded. ➤ I try to make people feel welcome & valued. Piece 2: Being a School Citizen <ul style="list-style-type: none"> ➤ I understand who is my school community, the roles they play & how I fit in. ➤ I can take on a role in a group & contribute to the overall outcome. Piece 3: Rights, Responsibilities & Democracy <ul style="list-style-type: none"> ➤ I understand how democracy works through the School Council. 	Piece 1: Judging by Appearances <ul style="list-style-type: none"> ➤ I understand that sometimes we make assumptions based on what people look like. ➤ I try to accept people for who they are. Piece 2: Understanding Influences <ul style="list-style-type: none"> ➤ I understand what influences me to make assumptions based on how people look. ➤ I can question why I think what I do about other people. Piece 3: Understanding Bullying <ul style="list-style-type: none"> ➤ I know that sometimes bullying is hard to spot & I know what to do if I think it is going on but I'm not sure. ➤ I know how it might feel to be a witness to & a target of bullying. Piece 4: Problem-Solving <ul style="list-style-type: none"> ➤ I can tell you why witnesses sometimes join in with bullying & sometimes don't tell. 	Piece 1: Hopes & Dreams <ul style="list-style-type: none"> ➤ I can tell you about some of my hopes & dreams. ➤ I know how to have hoped and dreams. Piece 2: <ul style="list-style-type: none"> ➤ I understand that sometimes hopes & dreams do not come true & that this can hurt. ➤ I know how disappointment feels & can identify when I have felt that way. Piece 3: <ul style="list-style-type: none"> ➤ I know that reflecting on positive & happy experiences can help me to counteract disappointment. ➤ I know how to cope with disappointment & how to help others cope with theirs. Piece 4: <ul style="list-style-type: none"> ➤ I know how to make a new plan and set new goals even if I have been disappointed. 	Piece 1: My Friends and Me <ul style="list-style-type: none"> ➤ I recognise how different friendship groups are formed, how I fit into them & the friends I value the most. ➤ I can identify the feelings I have about my friends & my different friendship groups. Piece 2: Group Dynamics <ul style="list-style-type: none"> ➤ I understand there are people who take on the roles of leaders or followers in a group, & I know the role I take on in different situations. ➤ I am aware of how different people & groups impact on me & can recognise the people I most want to be friends with. Piece 3: Smoking <ul style="list-style-type: none"> ➤ I understand the facts about smoking & its effect on health & also some of the 	Piece 1: Jealously <ul style="list-style-type: none"> ➤ I can recognise situations which can cause jealousy in relationships. ➤ I can identify feelings associated with jealousy & suggest strategies to problem solve when this happens. Piece 2: Love and Loss <ul style="list-style-type: none"> ➤ I can identify someone I love & can express why they are special to me. ➤ I know how most people feel when they lose someone or something they love. Piece 3: Memories <ul style="list-style-type: none"> ➤ I can tell you about someone I know that I no longer see. ➤ I understand that we can remember people even if we no longer see them. Piece 4: Getting On & Falling Out	Piece 1: Unique Me <ul style="list-style-type: none"> ➤ I understand that some of my personal characteristics have come from my birth parents & that this happened because I am made from the joining of their egg & sperm. ➤ I appreciate that I am a truly unique human being. Piece 2: Having a Baby <ul style="list-style-type: none"> ➤ I can correctly label the internal & external parts of male & female bodies that are necessary for making a baby. ➤ I understand that having a baby is a personal choice & can express how I feel about having children when I am an adult. Piece 3: Girls and Puberty <ul style="list-style-type: none"> ➤ I can describe how a girl's body changes in order for her to be able to have babies when she is an adult,

	<p>➤ I can recognise my contribution to making a Learning Charter for the whole school.</p> <p>Piece 4: Rewards & Consequences</p> <p>➤ I understand that my actions affect myself & others; I care about people's feelings & try to empathise with them.</p> <p>➤ I understand how rewards & consequences motivate people's behaviour.</p> <p>Piece 5: Our Learning Charter</p> <p>➤ I understand how groups come together to make decisions.</p> <p>➤ I can take on a role in a group & contribute to the overall outcome.</p> <p>Piece 6: Owning Our Learning Charter</p> <p>➤ I understand how democracy & having a voice benefits the school community.</p> <p>➤ I understand why our school community benefits from a Learning Charter & can help others to follow it.</p>	<p>➤ I can problem solve a bullying situation with others.</p> <p>Piece 5: Special Me</p> <p>➤ I can identify what is special about me & value the ways in which I am unique.</p> <p>➤ I like & respect the unique features of my physical appearance.</p> <p>Piece 6: Celebrating Difference: How We Look</p> <p>➤ I can tell you a time when my first impression of someone changed when I got to know them.</p> <p>➤ I can explain why it is good to accept people for who they are.</p>	<p>➤ I know what it means to be resilient & to have a positive attitude.</p> <p>Piece 5:</p> <p>➤ I know how to work out the steps to take to achieve a goal, & can do this successfully as part of a group.</p> <p>➤ I can enjoy being part of a group challenge.</p> <p>Piece 6:</p> <p>➤ I can identify the contributions made by myself & others to the groups achievement.</p> <p>➤ I know how to share in the success of a group & how to store this success experience in my internal treasure chest.</p>	<p>reasons people start to smoke.</p> <p>➤ I can recognise negative feelings in peer pressure situations & know how to act assertively to resist pressure from myself & others.</p> <p>Piece 4: Alcohol</p> <p>➤ I understand the facts about alcohol & its effect on health, particularly the liver, & also some of the reasons people drink alcohol.</p> <p>➤ I can recognise negative feelings & know how to act assertively to resist pressure from myself & others.</p> <p>Piece 5: Healthy Friendships</p> <p>➤ I can recognise when people are putting me under pressure & can explain ways to resist this when I want.</p> <p>➤ I can identify feelings of anxiety & fear associated with peer pressure.</p> <p>Piece 6: Celebrating My Inner Strength & Assertiveness</p> <p>➤ I know myself well enough to have a clear picture of what I believe is right & wrong.</p> <p>➤ I can tap into my inner strength & know how to be assertive.</p>	<p>➤ I can recognise how friendships change, know how to make new friends & how to manage when I fall out with my friends.</p> <p>➤ I know how to stand up for myself & how to negotiate & compromise.</p> <p>Piece 5: Girlfriends & Boyfriends</p> <p>➤ I understand what having a boyfriend/girlfriend might mean & that it is a special relationship for when I am older.</p> <p>➤ I understand that boyfriend/girlfriend relationships are personal & special & there is no need to feel pressured into having a boyfriend/girlfriend.</p> <p>Piece 6: Celebrating My Relationships with People & Animals</p> <p>➤ I know how to show love and appreciation to the people & animals who are special to me.</p> <p>➤ I can love and be loved.</p>	<p>& that menstruation (having periods) is a natural part of this.</p> <p>➤ I have strategies to help me cope with the physical & emotional changes I will experience during puberty.</p> <p>Piece 4: Circles of Change</p> <p>➤ I know how the circle of change works & can apply it to changes I want to make in my life.</p> <p>➤ I am confident enough to try to make changes when I think they will benefit me.</p> <p>Piece 5: Accepting Change</p> <p>➤ I can identify changes that have been & may continue to be outside of my control that I learnt to accept.</p> <p>➤ I can express my fears & concerns about changes that are outside of my control & know how to manage these feelings positively.</p> <p>Piece 6: Looking Ahead</p> <p>➤ I can identify what I am looking forward to when I move to a new class.</p> <p>➤ I can reflect on the changes I would like to make next year & can describe how to go about this.</p>
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PSHE Intention

Social and Emotional Development Intention

<p>KS2 - Year 5</p>	<p><u>Autumn 1</u> Being Me</p> <p>➤ I can compare my life with other people in my country & can explain why we have rules, rights and responsibilities to try & make the wider community a fair place.</p> <p>➤ I can explain how the actions of one person can affect another & can give</p>	<p><u>Autumn 2</u> Celebrating Difference</p> <p>➤ I can explain the differences between direct & indirect types of bullying & can offer a range of strategies to myself & others if we become involved in a bullying situation.</p> <p>➤ I can explain why racism & other forms of discrimination are unkind. I can express how</p>	<p><u>Spring 1</u> Dreams and Goals</p> <p>➤ I can compare my hoped & dreams with those of young people from different cultures.</p> <p>➤ I can reflect on the hopes & dreams of young people from another culture & explain how this makes me feel.</p>	<p><u>Spring 2</u> Healthy Me</p> <p>➤ I can explain different roles that food & substances can play in people's lives. I can also explain how people can develop eating problems relating to body image pressures & how smoking & alcohol misuse is unhealthy.</p>	<p><u>Summer 1</u> Relationships</p> <p>➤ I can compare different types of friendships & the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself,</p>	<p><u>Summer 2</u> Changing Me</p> <p>➤ I can explain how boys & girls change during puberty & why looking after myself physically & emotionally is important. I can also summarise the process of conception.</p> <p>➤ I can express how I feel about the changes that will happen to me during</p>
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	<p>examples of this from school & a wider community context.</p>	<p>I feel about discriminatory behaviour.</p>		<ul style="list-style-type: none"> ➤ I can summarise different ways that I respect & value my body. 	<p>negotiate & to resist peer pressure.</p> <ul style="list-style-type: none"> ➤ I can apply strategies to manage my feelings & the pressures I may face to use technology in ways that may be risky or cause harm to myself or others. 	<p>puberty. I accept these changes might happen at different times to my friends.</p>
	<p>Piece 1: My Year Ahead</p> <ul style="list-style-type: none"> ➤ I can face new challenges positively & know how to set personal goals. ➤ I know how to use my Jigsaw Journal. ➤ I know what I value most about my school & can identify my hopes for this school year. <p>Piece 2: Being a citizen of My Country</p> <ul style="list-style-type: none"> ➤ I understand my rights & responsibilities as a citizen of my country. ➤ I can emphasise with people in this country whose lives are different to my own. <p>Piece 3: Year 5 Responsibilities</p> <ul style="list-style-type: none"> ➤ I understand my rights & responsibilities as a citizen of my country & as a member of my school. ➤ I can emphasise with people in this country whose lives are different to my own. <p>Piece 4: Rewards & Consequences</p> <ul style="list-style-type: none"> ➤ I can make choices about my own behaviour because I understand how rewards & consequences feel. ➤ I understand that my actions affect me & others. <p>Piece 5: Our Learning Charter</p> <ul style="list-style-type: none"> ➤ I understand how an individual's behaviour can impact on a group. ➤ I can contribute to the group & understand how we can function best as a whole. <p>Piece 6: Owning Our Learning Charter</p> <ul style="list-style-type: none"> ➤ I understand how democracy & having a voice benefits the school 	<p>Piece 1: Different Cultures</p> <ul style="list-style-type: none"> ➤ I understand that cultural differences sometimes cause conflict. ➤ I am aware of my own culture. <p>Piece 2: Racism</p> <ul style="list-style-type: none"> ➤ I understand what racism is. ➤ I am aware of my attitude towards people from different races. <p>Piece 3: Rumours and Name Calling</p> <ul style="list-style-type: none"> ➤ I understand how rumour-spreading & name-calling can be bullying behaviours. ➤ I can tell you a range of strategies for managing my feelings in bullying situations & for problem-solving when I'm part of one. <p>Piece 4: Types of Bullying</p> <ul style="list-style-type: none"> ➤ I can explain the difference between direct & indirect types of bullying. ➤ I know some ways to encourage children who use bullying behaviours to make other choices & know how to support children who are being bullied. <p>Piece 5: Does Money Matter?</p> <ul style="list-style-type: none"> ➤ I can compare my life with people in the developing world. ➤ I respect my own & other's people's cultures. <p>Piece 6: Celebrating Difference Across the World</p> <ul style="list-style-type: none"> ➤ I can understand a different culture from my own. ➤ I respect my own & other people's cultures. 	<p>Piece 1: When I grow Up (My Dream Lifestyle)</p> <ul style="list-style-type: none"> ➤ I understand that I will need money to help me achieve some of my dreams. ➤ I can identify what I would like my life to be like when I am grown up. <p>Piece 2: Investigate Jobs & Careers</p> <ul style="list-style-type: none"> ➤ I know about a range of jobs carried out by people I know & have explored how much people earn in different jobs. ➤ I appreciate the contributions made by people in different jobs. <p>Piece 3: My Dream Job</p> <ul style="list-style-type: none"> ➤ I can identify a job I would like to do when I grow up & understand what motivates me & what I need to do to achieve it. ➤ I appreciate the opportunities that learning & education are giving me & understand how this will help me to build my future. <p>Piece 4: Dreams & Goals of Young People in Other Cultures.</p> <ul style="list-style-type: none"> ➤ I can describe the dreams & goals of young people in a culture different to mine. ➤ I can reflect on how these relate to my own. <p>Piece 5: How Can We Support Each Other?</p> <ul style="list-style-type: none"> ➤ I understand that communicating with someone in a different culture means we can learn from each other & I can identify a range of ways that we could support each other. ➤ I appreciate the similarities & differences in aspirations between myself & young people in a different culture. 	<p>Piece 1: Smoking</p> <ul style="list-style-type: none"> ➤ I know the health risks of smoking & can tell you how tobacco affects the lungs, liver & heart. ➤ I can make an informed decision about whether or not I choose to smoke & know how to resist pressure. <p>Piece 2: Alcohol</p> <ul style="list-style-type: none"> ➤ I know some of the risks with misusing alcohol, including anti-social behaviour & how it affects the liver & heart. ➤ I can make an informed decision about whether or not I choose to drink alcohol & know how to resist pressure. <p>Piece 3: Emergency Aid</p> <ul style="list-style-type: none"> ➤ I know & can put into practice basic emergency aid procedures & know how to get help in emergency situations. ➤ I know how to keep myself calm in emergencies. <p>Piece 4: Body Image</p> <ul style="list-style-type: none"> ➤ I understand how the media; social media & celebrity culture promotes certain body types. ➤ I can reflect on my own body image & know how important it is that this is positive & I accept & respect myself for who I am. <p>Piece 5: My Relationships with Food</p> <ul style="list-style-type: none"> ➤ I can describe the different roles food can play in people's lives & can explain how people can develop eating problems, relating to body image pressures. ➤ I respect & value my body. 	<p>Piece 1: Recognising Me</p> <ul style="list-style-type: none"> ➤ I have an accurate picture of who I am as a person in terms of my characteristics & personal qualities. ➤ I know how to keep building my own self-esteem. <p>Piece 2: Safety with Online Communities</p> <ul style="list-style-type: none"> ➤ I understand that belonging to an online community can have positive & negative consequences. ➤ I can recognise when an online community feels unsafe or uncomfortable. <p>Piece 3: Being in an Online Community</p> <ul style="list-style-type: none"> ➤ I understand there are rights & responsibilities in an online community or social network. ➤ I can recognise when an online community is helpful or unhelpful to me. <p>Piece 4: Online Gaming</p> <ul style="list-style-type: none"> ➤ I know there are rights & responsibilities when playing a game online. ➤ I can recognise when an online game is becoming unhelpful or unsafe. <p>Piece 5: My Relationship with Technology</p> <ul style="list-style-type: none"> ➤ I can recognise when I am spending too much time using devices (screen time). ➤ I can identify things I can do to reduce screen time, so my health isn't affected. <p>Piece 6: Relationships & Technology</p>	<p>Piece 1: Self & Body Image</p> <ul style="list-style-type: none"> ➤ I am aware of my own self-image & how my body fits into that. ➤ I know how to develop my own self esteem. <p>Piece 2: Puberty for Girls</p> <ul style="list-style-type: none"> ➤ I can explain how a girl's body changes during puberty & understand the importance of looking after yourself physically & emotionally. ➤ I understand that puberty is a natural process that happened to everybody & that it will be ok for me. <p>Piece 3: Puberty for Boys</p> <ul style="list-style-type: none"> ➤ I can describe how boy's & girl's bodies change during puberty. ➤ I can express how I feel about the changes that will happen to me during puberty. <p>Piece 4: Conception</p> <ul style="list-style-type: none"> ➤ I understand that sexual intercourse can lead to conception and that is how babies are usually made. ➤ I also understand that sometimes people need IVF to help them have a baby. ➤ I appreciate how amazing it is that human bodies can reproduce in these ways. <p>Piece 5: Looking Ahead 1</p> <ul style="list-style-type: none"> ➤ I can identify what I am looking forward to about becoming a teenager & understand this brings growing responsibilities (age of consent). ➤ I am confident that I can cope with the changes that growing up will bring. <p>Piece 6: Looking Ahead 2</p>

	<p>community & know how to participate in this.</p> <ul style="list-style-type: none"> ➤ I understand why our school community benefits from a Learning Charter and can help others to follow it. 		<p>Piece 6: Rallying Support</p> <ul style="list-style-type: none"> ➤ I can encourage my peers to support young people here & abroad to meet their aspirations, & suggest ways we might do this. ➤ I understand why I am motivated to make a positive contribution to supporting others. 	<p>Piece 6: Healthy Me</p> <ul style="list-style-type: none"> ➤ I know what makes a healthy lifestyle including healthy eating & the choices I need to make to be healthy & happy. ➤ I am motivated to keep myself healthy & happy. 	<ul style="list-style-type: none"> ➤ I can explain how to stay safe when using technology to communicate with my friends. ➤ I can recognise & resist pressures to use technology in ways that may be risky or may cause harm to myself or others. 	<ul style="list-style-type: none"> ➤ I can identify what I am looking forward to when I move to my next class. ➤ I can start to think about changes I will make next year and know how to go about this.
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PSHE Intention	Social and Emotional Development Intention
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<p>KS2 - Year 6</p>	<p style="text-align: center;"><u>Autumn 1</u> Being Me</p> <ul style="list-style-type: none"> ➤ I can tell you how some of my choices affect others locally & globally. ➤ I can tell you how I try to make others feel valued by understanding their feelings & doing something positive. 	<p style="text-align: center;"><u>Autumn 2</u> Celebrating Difference</p> <ul style="list-style-type: none"> ➤ I can tell you some ways that difference can be a source of conflict in people's lives. ➤ I can say how I feel about people experiencing conflict in their lives because they are different. 	<p style="text-align: center;"><u>Spring 1</u> Dreams and Goals</p> <ul style="list-style-type: none"> ➤ I can tell you about something I can do with others that makes the world a better place. ➤ I can tell you how making the world a better place makes me feel. 	<p style="text-align: center;"><u>Spring 2</u> Healthy Me</p> <ul style="list-style-type: none"> ➤ I can explain when substances including alcohol are being used anti-socially or being misused & the impact this can have on an individual & others. ➤ I can identify & apply skills to keep myself emotionally healthy & manage stress & pressure, 	<p style="text-align: center;"><u>Summer 1</u> Relationships</p> <ul style="list-style-type: none"> ➤ I can identify when people may be experiencing feelings associated with loss & also recognise when people are trying to gain power or control. ➤ I can explain the feelings I might experience if I lose somebody special & when I need to stand up for myself & my friends in real or online situations. I can offer strategies to help me manage these feelings & situations. 	<p style="text-align: center;"><u>Summer 2</u> Changing Me</p> <ul style="list-style-type: none"> ➤ I can describe how a baby develops from conception through the nine months of pregnancy & how it is born. ➤ I recognise how I feel when I reflect on becoming a teenager & how I feel about the development & birth of a baby.
	<p>Piece 1: My Year Ahead</p> <ul style="list-style-type: none"> ➤ I can identify my goals for this year, understand my fears & worries about the future & know how to express them. ➤ I know how to use my Jigsaw Journal. ➤ I feel welcome & valued & know how to make others feel the same. <p>Piece 2: Being a Global Citizen 1</p> <ul style="list-style-type: none"> ➤ I know that there are universal rights for all children but for many children these rights are not met. ➤ I understand my own wants & needs & can compare these with children in different communities. 	<p>Piece 1: Am I Normal?</p> <ul style="list-style-type: none"> ➤ I understand there are different perceptions about what normal means. ➤ I can empathise with people who are different. <p>Piece 2: Understanding Difference</p> <ul style="list-style-type: none"> ➤ I understand how being different could affect someone's life. ➤ I am aware of my attitude towards people who are different. <p>Piece 3: Power Struggles</p> <ul style="list-style-type: none"> ➤ I can explain some of the ways in which one person can have power over another. ➤ I know how it can feel to be excluded or treated badly by being different in some way. <p>Piece 4: Why Bully</p>	<p>Piece 1: Personal Learning Goals</p> <ul style="list-style-type: none"> ➤ I know my learning strengths & can set challenging but realistic goals for myself. ➤ I understand why it is important to stretch the boundaries of my current learning. <p>Piece 2: Steps to Success</p> <ul style="list-style-type: none"> ➤ I can work out the learning steps I need to take to reach my goal & understand how to motivate myself to work on these. ➤ I can set success criteria so that I will know whether I have reached my goal. <p>Piece 3: My Dream for the World</p>	<p>Piece 1: Taking Responsibility for my Health & Well-being</p> <ul style="list-style-type: none"> ➤ I can take responsibility for my health & make choices that benefit my health & well-being. ➤ I am motivated to care for my physical & emotional health. <p>Piece 2: Drugs</p> <ul style="list-style-type: none"> ➤ I know about different types of drugs & their uses & their effects on the body, particularly the liver & heart. ➤ I am motivated to find ways to be happy & cope with life's situations without using drugs <p>Piece 3: Exploitation</p> <ul style="list-style-type: none"> ➤ I understand that some people can be exploited & 	<p>Piece 1: What is Mental Health?</p> <ul style="list-style-type: none"> ➤ I know that it is important to take care of my mental health ➤ I understand that people can get problems with their mental health and that it is nothing to be ashamed of <p>Piece 2: My Mental Health</p> <ul style="list-style-type: none"> ➤ I know how to take care of my mental health ➤ I can help myself and others when worried about a mental health problem <p>Piece 3: Love and Loss</p>	<p>Piece 1: My Self Image</p> <ul style="list-style-type: none"> ➤ I am aware of my own self-image & how my body image fits into that. ➤ I know how to develop my own self esteem. <p>Piece 2: Puberty</p> <ul style="list-style-type: none"> ➤ I can explain how girl's & boy's bodies change during puberty & understand the importance of looking after yourself physically & emotionally. ➤ I can express how I feel about the changes that will happen to me during puberty. <p>Piece 3: Babies: Conception to Birth</p> <ul style="list-style-type: none"> ➤ I can describe how a baby develops from conception

	<p>Piece 3: Being a Global Citizen 2</p> <ul style="list-style-type: none"> ➤ I understand that my actions affect other people locally & globally. ➤ I understand my own wants & needs & can compare these with children in different communities. <p>Piece 4: The Learning Charter</p> <ul style="list-style-type: none"> ➤ I can make choices about my own behaviour because I understand how rewards & consequences feel & how these relate to my rights & responsibilities. ➤ I understand that my actions affect myself & others. I care about other people's feelings & try to empathise with them. <p>Piece 5: Our Learning Charter</p> <ul style="list-style-type: none"> ➤ I understand how an individual's behaviour can impact on a group. ➤ I can contribute to the group & understand how we can function best as a whole. <p>Piece 6: Owning Our Learning Charter</p> <ul style="list-style-type: none"> ➤ I understand how democracy & having a voice benefits the school community. ➤ I understand why our school community benefits from a Learning Charter & how I can help others to follow it by modelling it myself. 	<ul style="list-style-type: none"> ➤ I know some of the reasons why people use bullying behaviours. ➤ I can tell you a range of strategies for managing my feelings in bullying situations & for problem-solving when I'm part of one. <p>Piece 5: Celebrating Difference</p> <ul style="list-style-type: none"> ➤ I can give examples of people with disabilities who lead amazing lives. ➤ I appreciate people for who they are. <p>Piece 6: Celebrating Difference</p> <ul style="list-style-type: none"> ➤ I can explain ways in which difference can be a source of conflict & cause for celebration. ➤ I can show empathy with people in either situation. 	<ul style="list-style-type: none"> ➤ I can identify problems in the world that concern me & talk to other people about them. ➤ I recognise the emotions I experience when I consider people in the world how are suffering or living in difficult situations. <p>Piece 4: Helping to Make a Difference</p> <ul style="list-style-type: none"> ➤ I can work with other people to help make the world a better place. ➤ I can empathise with people who are suffering or who are living in difficult situations. <p>Piece 5: Helping to Make a Difference</p> <ul style="list-style-type: none"> ➤ I can describe some ways in which I can work with other people to help make the world a better place. ➤ I can identify why I am motivated to do this. <p>Piece 6: Recognising Our Achievements</p> <ul style="list-style-type: none"> ➤ I know what some people in my class like or admire & can accept their praise. ➤ I can give praise & compliments to other people when I recognise their contributions & achievements. 	<ul style="list-style-type: none"> ➤ I can identify problems in the world that concern me & talk to other people about them. ➤ I can suggest ways that someone who is being exploited can help themselves. <p>Piece 4: Gangs</p> <ul style="list-style-type: none"> ➤ I know why some people join gangs & the risks this involves. ➤ I can suggest strategies someone could use to avoid being pressurised. <p>Piece 5: Emotional & Mental Health</p> <ul style="list-style-type: none"> ➤ I understand what it means to be emotionally well & can explore people's attitudes towards mental health/illness. ➤ I know how to help myself feel emotionally & can recognise when I need help with this. <p>Piece 6: Managing Stress & Pressure</p> <ul style="list-style-type: none"> ➤ I can recognise stress & the triggers that cause this & I understand how stress can cause drug & alcohol misuse. ➤ I can use different strategies to manage stress & pressure. 	<ul style="list-style-type: none"> ➤ I understand that there are different stages of grief and that there are different types of loss that cause people to grieve ➤ I can recognise when I am feeling those emotions and have strategies to manage them <p>Piece 4: Power and Control</p> <ul style="list-style-type: none"> ➤ I can recognise when people are trying to gain power or control ➤ I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control <p>Piece 5: Being Online: Real or Fake? Safe or Unsafe?</p> <ul style="list-style-type: none"> ➤ I can judge whether something online is safe and helpful for me. ➤ I can resist pressure to do something online that might hurt myself or others <p>Piece 6: Using Technology Responsibly</p> <ul style="list-style-type: none"> ➤ I can use technology positively and safely to communicate with my friends and family ➤ I can take responsibility for my own safety and well-being 	<ul style="list-style-type: none"> ➤ I can recognise how I feel when I reflect on the development & birth of a baby. <p>Piece 4: Boyfriends & Girlfriends</p> <ul style="list-style-type: none"> ➤ I understand how being physically attracted to someone changes the nature of the relationship & what that might mean about having a girlfriend/boyfriend. ➤ I understand that respect for one another is essential in a boyfriend/girlfriend relationship & that I should not feel pressured into doing something I don't want to. <p>Piece 5: Real Self & Ideal Self</p> <ul style="list-style-type: none"> ➤ I am aware of the importance of a positive self-esteem & what I can do to develop it. ➤ I can express how I feel about my self-image & know how to challenge negative 'body talk'. <p>Piece 6: The Year Ahead</p> <ul style="list-style-type: none"> ➤ I can identify what I am looking forward to & what worries me about the transition to secondary school/or moving to my next class. ➤ I know how to prepare myself emotionally for the changes next year.
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