

St Cleopas CofE Primary School – PSHE and RSE 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p><u>Jigsaw: Being Me in My World</u> Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities</p>	<p><u>Jigsaw: Celebrating difference</u> Identifying talents Being special Families Where we live Making friends Standing up for yourself</p>	<p><u>Jigsaw: Dreams and Goals</u> Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals</p>	<p><u>Jigsaw: Healthy Me</u> Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety</p>	<p><u>Jigsaw: Relationships</u> Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend</p>	<p><u>Jigsaw: Changing Me</u> Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations</p>
Reception	<p><u>Jigsaw: Being Me in My World</u> Who.....me? How am I feeling today? Being at School. Gentle Hands. Our Rights. Our Responsibilities</p>	<p><u>Jigsaw: Celebrating difference</u> What I am good at. I'm Special. I'm Me! Families. Houses and Homes. Making Friends. Standing Up for Yourself.</p>	<p><u>Jigsaw: Dreams and Goals</u> Challenge Never Giving Up. Setting a Goal. Obstacles and Support. Flight to the Future. Footprint Awards.</p>	<p><u>Jigsaw: Healthy Me</u> Everybody's Body. We like to move it, move it! Food, Glorious Food. Sweet Dreams. Keeping Clean. Stranger Danger.</p>	<p><u>Jigsaw: Relationships</u> My Family and Me. Make friends, make friends, never ever break friends. Falling out and bullying. Being the best friends, we can be.</p>	<p><u>Jigsaw: Changing Me</u> My Body. Respecting My Body. Growing Up. Growth and Change. Fun and Fears Pt1/Pt2. Celebration.</p>
Year 1	<p><u>Jigsaw: Being Me in My World</u> Special and Safe. My Class. Rights and Responsibilities. Rewards and Feeling Proud. Consequences. Owning our Learning Charter.</p>	<p><u>Twinkl: TEAM</u></p>	<p><u>Jigsaw: Dreams and Goals</u> My Treasure Chest of Success. Steps to Goals. Achieving Together. Stretchy Learning. Overcoming Obstacles. Celebrating my Success.</p>	<p><u>Jigsaw: Healthy Me</u> Being Healthy. Healthy Choices. Clean and Healthy. Medicine Safety. Road Safety. Happy, Healthy Me.</p>	<p><u>Jigsaw: Relationships</u> Families. Making friends. Greetings. People who help us. Being my own best friend. Celebrating my special relationships.</p>	<p><u>Jigsaw: Changing Me</u> Life-Cycles. Changing Me. My Changing Body. Boys and Girls Bodies. Learning and Growing. Coping with Change.</p>
Year 1-2	<p><u>Twinkl: VIP's</u></p>	<p><u>Jigsaw: Celebrating difference</u> The same as..... Different from..... What is 'bullying'? What do I do about bullying? Making New Friends. Celebrating Me.</p>	<p><u>Jigsaw: Dreams and Goals</u> Goals to Success. My Learning Strengths. Learning with Others. A Group Challenge. Continuing our Group Challenge. Celebrating our Achievement.</p>	<p><u>PSHE Association: Drug & alcohol education</u> I can explain how to keep safe and health and know what should and shouldn't go into bodies; including medicines and household products.</p>	<p><u>Jigsaw: Relationships</u> Families. Keeping safe and exploring physical contact. Friends and Conflict. Secrets. Trust and Appreciation. Celebrating my special relationships.</p>	<p><u>Twinkl: Growing Up</u></p>
Year 2	<p><u>Jigsaw: Being Me in My World</u> Hopes and Fears for the year. Rights and Responsibilities. Rewards and Consequences. Our Learning Charter.</p>	<p><u>Jigsaw: Celebrating difference</u> Boys and Girls Stereotypes. Why does bullying happen? Standing up for myself and others. Gender Diversity. Celebrating differences and still being friends.</p>	<p><u>Twinkl: Aiming High</u></p>	<p><u>Jigsaw: Healthy Me</u> Being Healthy. Being Relaxed. Medicine Safety. Healthy Eating. Happy, Healthy Me!</p>	<p><u>PSHE Association: Mental health & Wellbeing</u> I can recognise and describe different feelings in myself and others and know that not everyone experiences the same feeling in the same situation and how to manage feelings.</p>	<p><u>Jigsaw: Changing Me</u> Life-Cycles in Nature. Growing from young to old. The Changing Me. Boys' and Girls' Bodies. Assertiveness. Looking Ahead.</p>

<p>Year 3</p>	<p><u>Jigsaw: Being Me in My World</u> Getting to know each other. Our Nightmare School. Our Dream School. Rewards and Consequences. Our Learning Charter. Owning our Learning Charter.</p>	<p><u>Twinkl: Think Positive</u></p>	<p><u>Jigsaw: Dreams and Goals</u> Dreams and Goals. My Dreams and Ambitions. A New Challenge. Our New Challenge. Overcoming Obstacles. Celebrating My Learning.</p>	<p><u>PSHE Association: Drug & alcohol education</u> I can explain rules and risks; including medicines, household products, alcohol, smoking,</p>	<p><u>Jigsaw: Relationships</u> Family roles and responsibilities. Friendship. Keeping Myself Safe Online. Being a Global Citizen. Celebrating my Web of Relationships.</p>	<p><u>Jigsaw: Changing Me</u> How Babies Grow. Babies. Outside Body Changes. Inside Body Changes. Family Stereotypes. Looking Ahead.</p>
<p>Year 3-4</p>	<p><u>Twinkl: Safety First</u></p>	<p><u>Jigsaw: Celebrating difference</u> Families. Family Conflict. Witness and Feelings. Witness and Solutions. Words that Harm. Compliments.</p>	<p><u>Jigsaw: Dreams and Goals</u> Hopes and Dreams. Broken Dreams. Overcoming Disappointment. Creating New Dreams. Achieving Goals. We Did It!</p>	<p><u>Jigsaw: Healthy Me</u> Being fit and Healthy. What do I know about drugs? Being Safe. Safe or Unsafe. My Amazing Body.</p>	<p><u>Jigsaw: Relationships</u> Jealousy. Love and Loss. Memories. Getting on and Falling Out. Girlfriends and Boyfriends. Celebrating Relationships with People and Animals.</p>	<p><u>Twinkl: It's My Body</u> I can explore choices to look after their bodies. Making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances.</p>
<p>Year 4</p>	<p><u>Jigsaw: Being Me in My World</u> Becoming a Class 'Team'. Being a School Citizen. Rights, Responsibilities and Democracy. Rewards and Consequences. Our Learning Charter. Owning our Learning Charter.</p>	<p><u>Jigsaw: Celebrating difference</u> Judging by appearances. Understanding influences. Understanding bullying. Problem-Solving. Special Me. Celebrating Difference – How We Look.</p>	<p><u>Barclays – Financial education</u></p>	<p><u>Jigsaw: Healthy Me</u> My Friends and Me. Group Dynamics. Smoking. Alcohol. Healthy Friendships. Celebrating my Inner Strength and Assertiveness</p>	<p><u>PSHE Association: Mental health & Wellbeing</u> I can identify different feelings and emotions people experience and ways of expressing these, as well as where to find help, support and advice on managing feelings and emotions.</p>	<p><u>Jigsaw: Changing Me</u> Unique Me. Having a Baby Girls and Puberty. Circles of Change. Accepting Change. Looking Ahead.</p>
<p>Year 5</p>	<p><u>Jigsaw: Being Me in My World</u> My Year Ahead. Being a Citizen of my country. Year 5 Responsibilities. Rewards and Consequences. Our Learning Charter. Owning our Learning Charter.</p>	<p><u>Twinkl: Diverse Britain</u></p>	<p><u>Jigsaw: Dreams and Goals</u> When I Grow Up (My Dream Lifestyle). Investigating 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 can we support each other? Rallying Support.</p>	<p><u>PSHE Association: Drug & alcohol education</u> I can explain managing risks; including medicines, legal and illegal drugs, influences and pressure, and the media.</p>	<p><u>Jigsaw: Relationships</u> Recognising Me. Safety with Online Communities. Being in and Online Community. Online Gaming. My Relationship with Technology: screen time</p>	<p><u>Jigsaw: Changing Me</u> Self and Body Image. Puberty for Girls. Puberty for Boys. Conception Looking Ahead.</p>

Year 5-6	<u>Twinkl: Be Yourself</u>	<u>Jigsaw: Celebrating difference</u> Different Cultures. Racism. Rumours and Name-Calling. Types of Bullying. Does money matter? Celebrating Difference – Across the World.	<u>Jigsaw: Dreams and Goals</u> Personal Learning Goals. Steps to Success. My Dream for the World. Helping to Make a Difference. Recognising our Achievements.	<u>Jigsaw: Healthy Me</u> Smoking. Alcohol. Emergency Aid. Body Image. My Relationship with Food. Healthy Me.	<u>Jigsaw: Relationships</u> What is Mental Health? My Mental Health. Love and Loss. Power and Control. Being Online: Real or Fake? Safe or Unsafe? Using Technology Responsibly.	<u>Twinkl: Digital Wellbeing</u>
Year 6	<u>Jigsaw: Being Me in My World</u> My Year Ahead. Being a Global Citizen. The Learning Charter. Our Learning Charter. Owning our Learning Charter.	<u>Jigsaw: Celebrating difference</u> Am I normal? Understanding Disability. Power Struggles. Why Bully? Celebrating Difference.	<u>Red Cross / St John's Ambulance: First Aid</u> How to make a clear and efficient call to the emergency services. Understand basic first aid concepts. Deal with common injuries and head injuries.	<u>Jigsaw: Healthy Me</u> Taking Responsibility for My Health and Well-Being. Drugs. Exploitation. Gangs. Emotional and Mental Health. Managing Stress and Pressure.	<u>PSHE Association: Mental health & Wellbeing</u> What is mental health? How to take care of it. How feelings and emotions are affected and can be managed. Feelings and anxieties pupils face when moving to KS3. How to manage feelings during transition and change.	<u>Jigsaw: Changing Me</u> My Self Image. Puberty. Babies – conception to birth. Boyfriends and Girlfriends. Real Self and Ideal Self. The Year Ahead.

Puberty lessons are statutory / **conception** lessons are non-statutory but are age appropriate and highly recommended for all children.