



# Whole School PSHE Journey



AUTUMN



## Being Me in My World

Who am I and how do I fit in?

## Celebrating Difference

Respect for similarity & difference;  
Anti-bullying & being unique.



SPRING

Safer Internet Day



## Healthy Me

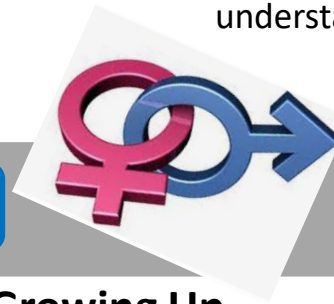
Being and keeping safe and healthy

## Dreams and Goals

Aspirations and achieving goals;  
understanding associated emotions



SUMMER



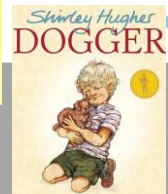
## Relationships

Building positive, healthy relationships

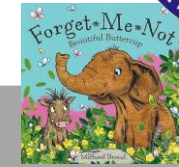
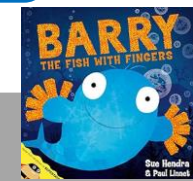
## Growing Up

Relationships and Sex Education

# EYFS PSHE Journey



## AUTUMN



### Being Me in My World

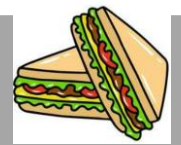
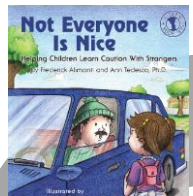
Who am I and how do I fit in?

- Self-identity
- Understanding feelings
- Being in a classroom
- Being gentle
- Rights and responsibilities

- Identifying talents
- Being special
- Families
- Where we live
- Making friends
- Standing up for yourself

### Celebrating Difference

Respect for similarity & difference;  
Anti-bullying & being unique.



## SPRING



### Healthy Me

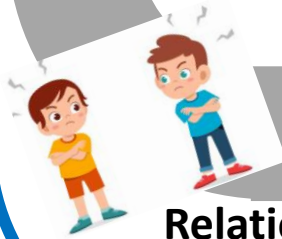
Being and keeping safe and healthy

- Exercising bodies
- Physical activity
- Healthy food
- Sleep
- Keeping clean
- Safety

- Challenges
- Perseverance
- Goal-setting
- Overcoming obstacles
- Seeking help
- Jobs
- Achieving goals

### Dreams and Goals

Aspirations and achieving goals;  
understanding associated emotions



## SUMMER

- Family life
- Friendships
- Breaking friendships
- Falling out
- Dealing with bullying
- Being a good friend



- Bodies
- Respecting my body
- Growing up
- Growth and change
- Fun and fears
- Celebrations



### Relationships

Building positive, healthy relationships

### Changing Me

Coping positively with change

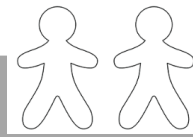


# Yr 1 & Yr 1/2 PSHE Journey

Jigsaw Jack



## AUTUMN



### Being Me in My World

Who am I and how do I fit in?

- Feeling special and safe
- Being part of a class
- Rights and responsibilities
- Rewards and feeling proud
- Consequences
- Owning the Learning Charter

- Similarities and differences
- Understanding bullying and knowing how to deal with it
- Making new friends
- Celebrating our differences

### Celebrating Difference

Respect for similarity & difference; Anti-bullying & being unique.



## SPRING



### Healthy Me

Being and keeping safe and healthy

- Keeping myself healthy
- Healthier lifestyle choices
- Keeping clean
- Being safe
- Medicine safety/safety with household items
- Road safety
- Linking health and happiness

- Setting goals
- Identifying successes and achievements
- Learning styles
- Working well with a partner
- Tackling new challenges
- Identifying and overcoming obstacles
- Feelings of success

### Dreams and Goals

Aspirations and achieving goals; understanding associated emotions



## SUMMER



### Relationships

Building positive, healthy relationships

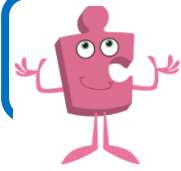
- Belonging to a family
- Making friends/being a good friend
- Physical contact preferences
- People who help us
- Qualities as a friend and person
- Celebrating special relationships



- Naming external genitalia
- Physical contact preferences
- Similarities/differences between boys and girls
- Changes since being a baby
- Changes through life

### Growing Up (Twinkl Y2)

Relationships & Sex Education



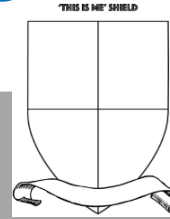
# Yr 2 PSHE Journey



Jigsaw Jo



## AUTUMN



### Being Me in My World

Who am I and how do I fit in?

- Feeling special and safe
- Being part of a class
- Rights and responsibilities
- Rewards and feeling proud
- Consequences
- Owning the Learning Charter

- Similarities and differences
- Understanding bullying and knowing how to deal with it
- Making new friends
- Celebrating our differences

### Celebrating Difference

Respect for similarity & difference; Anti-bullying & being unique.



## SPRING



### Healthy Me

Being and keeping safe and healthy

- Keeping myself healthy
- Healthier lifestyle choices
- Keeping clean
- Being safe
- Medicine safety/safety with household items
- Road safety
- Linking health and happiness

- Setting goals
- Identifying successes and achievements
- Learning styles
- Working well with a partner
- Tackling new challenges
- Identifying and overcoming obstacles
- Feelings of success

### Dreams and Goals

Aspirations and achieving goals; understanding associated emotions



## SUMMER



### Relationships

Building positive, healthy relationships

- Belonging to a family
- Making friends/being a good friend
- Physical contact preferences
- People who help us
- Qualities as a friend and person
- Celebrating special relationships



- Naming external genitalia
- Physical contact preferences
- Similarities/differences between boys and girls
- Changes since being a baby
- Changes through life

### Growing Up (Twinkl Y2)

Relationships & Sex Education

Jigsaw Jino



# Yr 3 and Yr 3/4 PSHE Journey



## Road Safety Talk



### AUTUMN



#### Being Me in My World

Who am I and how do I fit in?

What do we want our school to be like?  
 Rules, rights and responsibilities  
 Rewards and consequences  
 Responsible choices

Families, conflict and how to manage it  
 Witnessing bullying and how to solve it

#### Celebrating Difference

Respect for similarity & difference;  
 Anti-bullying & being unique.



### SPRING



#### Healthy Me

Being and keeping safe and healthy

Exercise & Fitness challenges  
 Food labelling and healthy swaps  
 Attitudes towards drugs  
 Keeping safe online and off line  
 Respect for myself and others  
 Healthy and safe choices

Recognising and trying to overcome obstacles  
 Evaluating learning processes  
 Managing feelings

#### Dreams and Goals

Aspirations and achieving goals;  
 understanding associated emotions



### SUMMER



#### Relationships

Building positive, healthy relationships

Being a global citizen  
 Fair trade  
 Appreciation for family and friends



Naming external genitalia  
 Physical contact preferences  
 Similarities/differences between boys and girls  
 Changes since being a baby  
 Changes through life

#### Growing Up (Twinkl Y2)

Relationships & Sex Education



# Yr 4 PSHE Journey



## In-Car Safety Talk

## Jigsaw Jaz



### AUTUMN



#### Being Me in My World Who am I and how do I fit in?

- Rights, responsibilities and democracy (school council)
- Rewards and consequences
- Group decision-making
- Having a voice
- What motivates behaviour

#### AUTUMN

- Challenging assumptions
- Judging by appearance
- Accepting self and others
- Understanding influences
- Understanding bullying
- Problem-solving
- Identifying how special and unique everyone is

#### Celebrating Difference

Respect for similarity & difference;  
Anti-bullying & being unique.



### SPRING



#### Healthy Me

Being and keeping safe and healthy

- Healthier friendships
- Group dynamics
- Smoking
- Alcohol
- Assertiveness
- Peer pressure

#### SPRING

- Hopes and dreams
- Overcoming disappointment
- Creating new, realistic dreams
- Achieving goals
- Working in a group

#### Dreams and Goals

Aspirations and achieving goals; understanding associated emotions



### SUMMER



#### Relationships

Building positive, healthy relationships

- Jealousy
- Love and loss
- Memories of loved ones
- Getting on and Falling Out
- Girlfriends and boyfriends



#### SUMMER

- Male and female reproductive organs
- Changes in boys & girls (puberty/periods)
- What is a crush?
- What are loving families like?
- How are babies made and born?

#### Growing Up (Twinkl Y4)

Relationships & Sex Education



# Yr 5 and Yr 5/6 PSHE Journey

Jigsaw Jez



## Being Me in My World

Who am I and how do I fit in?

Planning the forthcoming year  
Being a citizen  
UN Convention - Rights of the Child  
Rewards and consequences  
How behaviour affects groups  
Democracy, having a voice, participating

## AUTUMN

Cultural differences /can cause conflict  
Racism  
Rumours and name-calling  
Types of bullying  
Material wealth and happiness  
Enjoying and respecting other cultures



## Celebrating Difference

Respect for similarity & difference;  
Anti-bullying & being unique.



## Healthy Me

Being and keeping safe and healthy

Smoking, including vaping  
Alcohol and anti-social behaviour  
Emergency aid  
Body image  
Relationships with food  
Healthy choices  
Motivation and behaviour

## SPRING

Future dreams  
The importance of money  
Jobs and careers  
Dream job and how to get there  
Goals in different cultures  
Supporting others (charity)  
Motivation



## Dreams and Goals

Aspirations and achieving goals;  
understanding associated emotions



## Relationships

Building positive, healthy relationships

Building self-esteem and self-worth  
Safer online communities  
Rights and responsibilities online  
Online gaming and gambling  
Reducing screen time  
Dangers of online grooming  
SMART internet safety rules

## SUMMER

Male and female reproductive organs  
Changes in boys & girls (puberty/periods)  
What is a crush?  
What are loving families like?  
How are babies made and born?



## Growing Up (Twinkl Y4)

Relationships & Sex Education



# Yr 6 PSHE Journey



## Jigsaw Jem

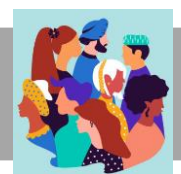


### Being Me in My World

Who am I and how do I fit in?

Identifying goals for the year  
 Global citizenship  
 Children's universal rights  
 Feeling welcome and valued  
 Democracy, having a voice  
 Anti-social behaviour  
 Role-modelling

### AUTUMN



### Celebrating Difference

Respect for similarity & difference;  
 Anti-bullying & being unique.

Perceptions of normality  
 Understanding disability  
 Power struggles  
 Understanding bullying  
 Inclusion/exclusion  
 Differences as conflict/celebration  
 Empathy



### Healthy Me

Being and keeping safe and healthy

Taking personal responsibility  
 How substances affect the body  
 Exploitation, including 'county lines' and gang culture  
 Emotional and mental health  
 Managing stress

### SPRING



### Dreams and Goals

Aspirations and achieving goals;  
 understanding associated emotions

Personal learning goals, in and out of school  
 Emotions in success  
 Making a difference in the world (charity)  
 Motivation  
 Recognising achievements  
 Compliments



### Relationships

Building positive, healthy relationships

Identifying mental health worries and sources of support  
 Love and loss; Managing feelings  
 Power and control; Assertiveness  
 Technology safety; take responsibility

### SUMMER

Changing bodies/ Emotional changes during puberty  
 Body image & stereotypes  
 Human reproduction  
 gender identity, sexual orientation  
 Consent, contraception & STIs



### Growing Up (Twinkl Y6)

Relationships & Sex Education