

PSHE - Whole School Curriculum Map

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Jigsaw Being In My World Self-identity Understanding feelings (identify different emotions; understand how different people show emotions; to seek support of adults; to play alongside others; show confidence in speaking to peers). Being in a classroom Being gentle Rights and responsibilities Speaking and listening to others. Understanding rules, making friendships. Seek and delight and have a positive approach to activities. Show increasing confidence and talk freely about their home and community. <i>Celebrating Birthdays and importance of Harvest</i>	Jigsaw Celebrating Difference Identifying talents (use of Seesaw to share extra-curricular activities) Being special Families Where we live Making friends / Positive relationships with staff Standing up for yourself (at the same time as considering feelings of others) Adapt behaviour to a range of situations Discuss morals through stories. Show confidence and an increasing independence in selecting and carrying out activities. Being able to confidently talk in front of an audience Have an awareness of, and an interest in, cultural and religious differences.	Jigsaw Dreams and Goals Challenges (including taught strategies to support turn taking) Begin to show Perseverance and Resilience Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals Display high levels of involvement in activities (show focus in longer class sessions). Eating healthily – managing self and choices of food/ hygiene/safety. <i>Importance of Lunar New Year</i>	Jigsaw Healthy Me Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety (including road safety – link to Shape, Space, Measures learning - tally of vehicles on local road) Show an awareness of how choices have consequences. Learn strategies for conflict resolution. Identify emotions and practise regulating the behaviour they cause Persist for extended periods of time at an activity of their choosing. <i>Importance of Holi and Easter</i>	Jigsaw Relationships Family life Friendships / Breaking friendships Falling out (to begin to independently resolve conflict) Being a good friend Work as a group Setting Targets – reflecting then on progress Show care and concern for others, for living things and the environment (Plants and Growth). Caring and nurturing for plants Understand the importance of good manners <i>Importance of Ramadan</i> <i>Important Event: caring for chicks in school</i>	Jigsaw Changing Me Bodies Respecting my body Growing up Growth and change (Understanding the World – Change) Follow instructions of 3 steps or more Fun and fears Celebrations Care and respect for animals (Bockett's Farm). Be confident to initiate new ideas / to show resilience and perseverance Maintain attention, concentrate, and sit quietly when appropriate Transition to new class: what to expect and excitement / anxieties Can describe self in positive terms and talk about abilities/ can do attitude. <i>Importance of Eid al Fitur and Wesak</i>

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		<i>Importance of Remembrance Sunday, Diwali, Hanukkah, Christmas</i> <i>Important Event: fireworks night (why we have them)</i>				<i>Important Events: Butterflies release in school; Bockett's Farm Trip.</i>
Year 1	Jigsaw Being In My World Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter Class Council Class and school rules Say no to bullying Kindness - I know how to make people feel better. Wellbeing - I can celebrate my similarities and differences	Jigsaw Celebrating Difference Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone Class Council To think about the qualities of a person who shows kindness (including manners) Use of 'The huge bag of worries' big book	Jigsaw Dreams and Goals Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success Class Council Children to pass along a ball/object and when they have the object, say something kind about the person next to them Link to bullying- talking about whether we react to others in a passive, aggressive or assertive way. Making good choices with others.	Jigsaw Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness Class Council Drawing round their hand and passing it round to others to add kind words about them Thinking about how children can make themselves happy when they feel sad. Sharing ideas with different children	Jigsaw Relationships Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships Class Council To understand how to support those with feelings of sadness To know when to seek help when someone has made me sad.	Jigsaw Changing Me Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition Class Council Be kind in a new class, or to a new teacher, or a new child who starts. What kind words can you give other children coming to year 1?

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Year 2	Jigsaw Being In My World	Jigsaw Celebrating Difference	Jigsaw Dreams and Goals	Jigsaw Healthy Me	Jigsaw Relationships	Jigsaw Changing Me
	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings Class Council Say no to bullying Kindness - Children collaborate in making a kindness display Wellbeing - Make and start a worry box	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends Class Council Create Advent kindness calendars (or class calendar of kind acts) Discussing worries in partners and in a group	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success Going for Goals Class Council Children create a kindness tree (adding leaves) To recognise when I am feeling frustrated or bored. To know some ways of overcoming boredom and frustration.	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food Class Council Kindness & Manners Make the Choice! How can we show kindness to others? ('Caught being kind' book) To create a 'growth mindset' to help overcome difficulties.	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships Class Council To say when you love or care for someone. I can talk about my feelings when I feel alone	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition Class Council Acknowledging each other's achievements. What have we improved in? Transition to KS2 – Create questions for Year 3 children (Year 3 to answer)

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Year 3	Jigsaw Being In My World	Jigsaw Celebrating Difference	Jigsaw Dreams and Goals	Jigsaw Healthy Me	Jigsaw Relationships	Jigsaw Changing Me
	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives Class Council Say no to bullying Kindness - Circle time, secret friends and class rules Wellbeing - I know how it feels to be happy, sad, scared or excited, and can usually tell if other people are feeling these emotions. I can predict how I am going to feel in a new situation or when meeting new people	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments Class Council Seeing something from someone else's point of view To know what the triggers for anger are and how we can calm down	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting Class Council Making kindness posters. I can tell you about myself as a learner.	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices Class Council Kindness portrait – to take home To think about worries and what we can do about them. To know when to share a worry and who to go to. To know that most people have worries.	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends Class Council I can express feelings of guilt. I can tell you some ways to make amends if I have done something unkind I can understand how I might hurt or upset others	How babies grow Understanding a baby's needs Family stereotypes Challenging my ideas Preparing for transition Class Council What can you do today that will make you feel proud? Can you help someone else to have a good day? How do worries get started?

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Year 4	Jigsaw Being In My World	Jigsaw Celebrating Difference	Jigsaw Dreams and Goals	Jigsaw Healthy Me	Jigsaw Relationships	Jigsaw Changing Me
	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour Class Council Say no to bullying Kindness – Create book and kindness ambassador What does it mean to be kind? Having good manners What is growth mindset? How can I use a growth mindset in my learning to improve?	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions Class Council To explore friendship and qualities of a friend. Who can we talk to when we're worried? What strategies can we use when we're anxious?	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes Class Council To understand what kindness is and how to identify it in others and to be vocal in thanking them for it I can recognise when I find learning difficult and persevere when I need to (including resilience and putting things in perspective)	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength Class Council How to be kind and considerate of others out of school (Sayers Croft) Ways to cope with new situations and places (Independence at Sayers Croft)	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals Class Council Kindness in different relationships – friends, family, members of the public.	Being unique Confidence in change Accepting change Preparing for transition Environmental change Class Council I know that what we feel, think and do affects others How can I prepare myself for my new teacher? My new academic year? Or a major change - moving abroad?

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Year 5	Jigsaw Being In My World	Jigsaw Celebrating Difference	Jigsaw Dreams and Goals	Jigsaw Healthy Me	Jigsaw Relationships	Jigsaw Changing Me
	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating Class Council Say no to bullying To appreciate that everyone is different and acknowledge each other's strengths (Kindness Book). I understand my rights and responsibilities I understand the need for rules in society and why we have the rules we have	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures Class Council What makes a great classmate? Circle time (green and red thinking) I know how to change my thinking from red thinking to green thinking To accept and give praise to others and accept criticism graciously	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation Class Council Understanding charity and giving to those less fortunate Understand how strong feelings might build up and how I might be overwhelmed	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour Class Council What is the difference between being boastful and being proud? I know what strategies I can use to remain calm, deal with stress and feeling under pressure	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules Class Council I can give and receive a compliment. 'When I make a mistake I feel ...'	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition Class Council Growth mindset – overcoming obstacles – I can't I can't yet I can

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Year 6	Jigsaw Being In My World	Jigsaw Celebrating Difference	Jigsaw Dreams and Goals	Jigsaw Healthy Me	Jigsaw Relationships	Jigsaw Changing Me
	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling Class Council Say no to bullying Looking at famous 'Kindness' (feel good) quotes Underpinning core values for the year to come and for life. Leading and responsibility	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy Class Council To be able to use language that doesn't make conflict situations worse but instead resolve (negotiate / compromise / taking a positive route) To know that it is important in a conflict situation to talk about what someone has done or did, not the person themselves.	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments Class Council Kindness goals – what have you achieved so far? What are you aiming for? Dealing with success and disappointment	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress Class Council Meditation linked to trip to Neasden temple (RE link) in Spring 1	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use Class Council I can help others when they may have multiple emotions or issues I can use some strategies to manage feelings associated with loss. Having a positive attitude to tests.	Self-image Body image Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition (secondary school) Class Council Making the right Impression Secondary transfer – ex-pupils visiting Marshgate / worries / what are you looking forward to? (The next adventure!)

Blue - Kindness Initiative

Green - Mental Health & Wellbeing Additional Themes