

Jigsaw PSHE 3-11/12 Content Overview Merged with Life to the Full Primary



Life to the Full: M= Module U= Unit

| Age Group | Being Me In My World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
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| Ages 3-5 (F1-F2) EYFS | Self-identity - M1 U1 Understanding feelings Being in a classroom Being gentle Rights and responsibilities – M3 U2 | Identifying talents – M1 U2 Being special – M1 U2 Families – M2 U2 Where we live Making friends Standing up for yourself | Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals | Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety – M2 U3 (Medicine, NSPCC Pants) | Family life – M2 U2 Friendships Breaking friendships – M1 U3 Falling out – M2 U2 Dealing with bullying Being a good friend – M1 U3 | Bodies Respecting my body Growing up – M1 U4 Growth and change – M1 U4 Fun and fears Celebrations |
| Ages 5-6 KS1 | Feeling special and safe Being part of a class Rights and responsibilities – M3 U2 Rewards and feeling proud Consequences – M1 U3 Owning the Learning Charter | Similarities and differences – M1 U2 Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone | 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 | Keeping myself healthy Healthier lifestyle choices Keeping clean – M1 U2 Being safe Medicine safety/safety with household items Road safety Linking health and happiness | 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 – M2 U2 | Life cycles – animal and human – M1 U4 Changes in me – M1 U4 Changes since being a baby – M1 U4 Differences between female and male bodies (correct terminology) - M1 U2 Linking growing and learning – M1 U4 Coping with change Transition |

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| <p>Ages 6-7</p> <p>KS1</p> | <p>Hopes and fears for the year</p> <p>Rights and responsibilities – M3 U2</p> <p>Rewards and consequences – M1 U3</p> <p>Safe and fair learning environment</p> <p>Valuing contributions</p> <p>Choices – M3 U2</p> <p>Recognising feelings – M1 U3</p> | <p>Assumptions and stereotypes about gender</p> <p>Understanding bullying</p> <p>Standing up for self and others</p> <p>Making new friends</p> <p>Gender diversity</p> <p>Celebrating difference and remaining friends – M1 U2</p> | <p>Achieving realistic goals</p> <p>Perseverance</p> <p>Learning strengths</p> <p>Learning with others</p> <p>Group co-operation</p> <p>Contributing to and sharing success</p> | <p>Motivation</p> <p>Healthier choices</p> <p>Relaxation</p> <p>Healthy eating and nutrition</p> <p>Healthier snacks and sharing food</p> | <p>Different types of family</p> <p>Physical contact boundaries</p> <p>Friendship and conflict – M1 U3</p> <p>Secrets Trust and appreciation</p> <p>Expressing appreciation for special relationships – M2 U2</p> | <p>Life cycles in nature - M1 U4</p> <p>Growing from young to old – M1 U4</p> <p>Increasing independence</p> <p>Differences in female and male bodies (correct terminology) – M1 U2</p> <p>Assertiveness</p> <p>Preparing for transition</p> |
| <p>Ages 7-8</p> <p>LKS2</p> | <p>Setting personal goals</p> <p>Self-identity and worth</p> <p>Positivity in challenges</p> <p>Rules, rights and responsibilities – M3 U2</p> <p>Rewards and consequences – M1 U3</p> <p>Responsible choices</p> <p>Seeing things from others' perspectives – M3 U2</p> | <p>Families and their differences – M1 U2/M2 U2</p> <p>Family conflict and how to manage it (child-centred)</p> <p>Witnessing bullying and how to solve it – M2 U2</p> <p>Recognising how words can be hurtful</p> <p>Giving and receiving compliments</p> | <p>Difficult challenges and achieving success</p> <p>Dreams and ambitions</p> <p>New challenges</p> <p>Motivation and enthusiasm</p> <p>Recognising and trying to overcome obstacles</p> <p>Evaluating learning processes</p> <p>Managing feelings</p> <p>Simple budgeting</p> | <p>Exercise</p> <p>Fitness challenges</p> <p>Food labelling and healthy swaps</p> <p>Attitudes towards drugs</p> <p>Keeping safe and why it's important online and off line scenarios</p> <p>Respect for myself and others</p> <p>Healthy and safe choices</p> | <p>Family roles and responsibilities</p> <p>Friendship and negotiation – M2 U2</p> <p>Keeping safe online and who to go to for help</p> <p>Being a global citizen</p> <p>Being aware of how my choices affect others</p> <p>Awareness of how other children have different lives – M1 U2</p> <p>Expressing appreciation for family and friends</p> | <p>How babies grow - M1 U4</p> <p>Understanding a baby's needs</p> <p>Outside body changes</p> <p>Inside body changes – M1 U2</p> <p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p> |
| <p>Ages 8-9</p> <p>LKS2</p> | <p>Being part of a class team</p> <p>Being a school citizen – M3 U2</p> | <p>Challenging assumptions</p> <p>Judging by appearance</p> | <p>Hopes and dreams</p> <p>Overcoming disappointment</p> <p>Creating new, realistic</p> | <p>Healthier friendships</p> <p>Group dynamics</p> <p>Smoking</p> <p>Alcohol</p> | <p>Jealousy</p> <p>Love and loss</p> <p>Memories of loved ones</p> | <p>Being unique</p> <p>Having a baby – M1 U4</p> |

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| | <p>Rights, responsibilities and democracy (school council) – M3 U2</p> <p>Rewards and consequences – M1 U3</p> <p>Group decision-making</p> <p>Having a voice</p> <p>What motivates behaviour</p> | <p>Accepting self and others – M1 U2</p> <p>Understanding influences – M1 U3</p> <p>Understanding bullying – M2 U2</p> <p>Problem-solving</p> <p>Identifying how special and unique everyone is – M1 U2</p> <p>First impressions</p> | <p>dreams Achieving goals</p> <p>Working in a group</p> <p>Celebrating contributions</p> <p>Resilience – M1 U3</p> <p>Positive attitudes</p> | <p>Assertiveness – M2 U2</p> <p>Peer pressure – M2 U2</p> <p>Celebrating inner strength</p> | <p>Getting on and Falling Out</p> <p>Girlfriends and boyfriends</p> <p>Showing appreciation to people and animals</p> | <p>Girls and puberty – M1 U2</p> <p>Confidence in change</p> <p>Accepting change</p> <p>Preparing for transition</p> <p>Environmental change</p> |
| <p>Ages 9-10</p> <p>UKS2</p> | <p>Planning the forthcoming year</p> <p>Being a citizen – M3 U1</p> <p>Rights and responsibilities – M3 U1</p> <p>Rewards and consequences</p> <p>How behaviour affects groups</p> <p>Democracy, having a voice, participating – M3 U1</p> | <p>Cultural differences and how they can cause conflict</p> <p>Racism</p> <p>Rumours and name-calling</p> <p>Types of bullying</p> <p>Material wealth and happiness</p> <p>Enjoying and respecting other cultures</p> | <p>Future dreams</p> <p>The importance of money</p> <p>Jobs and careers</p> <p>Dream job and how to get there</p> <p>Goals in different cultures</p> <p>Supporting others (charity)</p> <p>Motivation</p> | <p>Smoking, including vaping</p> <p>Alcohol</p> <p>Alcohol and anti-social behaviour</p> <p>Emergency aid</p> <p>Body image – M1 U2</p> <p>Relationships with food</p> <p>Healthy choices</p> <p>Motivation and behaviour</p> | <p>Self-recognition and self-worth – M1 U2</p> <p>Building self-esteem – M1 U2</p> <p>Safer online communities</p> <p>Rights and responsibilities online</p> <p>Online gaming and gambling</p> <p>Reducing screen time</p> <p>Dangers of online grooming</p> <p>SMARTT internet safety rules</p> | <p>Self- and body image – M1 U2</p> <p>Influence of online and media on body image – M1 U2/M1 U3</p> <p>Puberty for girls – M1 U2/M1 U4</p> <p>Puberty for boys – M1 U2</p> <p>Conception (including IVF) M1 U4</p> <p>Growing responsibility</p> <p>Coping with change</p> <p>Preparing for transition</p> |
| <p>Ages 10-11</p> <p>UKS2</p> | <p>Identifying goals for the year</p> <p>Global citizenship – M3 U1</p> <p>Children’s universal rights</p> <p>Feeling welcome and valued</p> | <p>Perceptions of normality</p> <p>Understanding disability</p> <p>Power struggles</p> <p>Understanding bullying</p> <p>Inclusion/exclusion</p> | <p>Personal learning goals, in and out of school</p> <p>Success criteria</p> <p>Emotions in success</p> <p>Making a difference in the world</p> <p>Motivation</p> <p>Recognising</p> | <p>Taking personal responsibility</p> <p>How substances affect the body</p> <p>Exploitation, including ‘county lines’ and gang culture</p> | <p>Mental health</p> <p>Identifying mental health worries and sources of support – M1 U3</p> <p>Love and loss</p> <p>Managing feelings – M1 U3</p> | <p>Self-image – M1 U2</p> <p>Body image – M1 U2</p> <p>Puberty and feelings – M1 U2</p> <p>Conception to birth – M1 U4</p> <p>Reflections about change</p> |

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| | Choices, consequences and rewards Group dynamics Democracy, having a voice – M3 U1 Anti-social behaviour Role-modelling – M3 U1 | Differences as conflict, difference as celebration Empathy | achievements Compliments | Emotional and mental health – M1 U3 Managing stress – M1 U3 | Power and control – M2 U2 Assertiveness Technology safety – M2 U3 Take responsibility with technology use – M2 U3 | Physical attraction Respect and consent – M2 U2 Boyfriends/girlfriends Sexting – M1 U3/M2 U3 Transition |
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