

Jigsaw PSHE

	Autumn 1	Autumn 2		Spring 1	Spring 2		Summer 1	Summer 2
Y1	Being me in my world What makes me special and how can I be a positive member of my class?	Celebrating Differences How are we different and why should we celebrate our differences?		Dreams and Goals What do I want to achieve and how can I overcome challenges?	Healthy Me How can I look after my body and keep myself safe and healthy?		Relationships What makes a good friend and how can I show people that I care?	Changing Me How am I growing and changing, and how can I feel positive about change?
Y2	Being me in my world How can I make positive choices and take responsibility for myself and others?	Celebrating Differences How are people and families different, and how can we respect those differences?		Dreams and Goals How can I achieve my goals when things are difficult?	Healthy Me What choices can I make to keep my body and mind healthy?		Relationships How can I build positive relationships and solve problems with others?	Changing Me How do our bodies and lives change as we grow?
Y3	Being me in my world How can I make responsible choices and contribute positively to my class and community?	Celebrating Differences How can we challenge stereotypes and celebrate what makes everyone unique?		Dreams and Goals How can I persevere when I face challenges and work towards my goals?	Healthy Me How do my choices affect my physical and emotional health?		Relationships How can I build healthy friendships and manage conflict?	Changing Me How and why do our bodies change as we grow?
Y4	Being me in my world How can I understand my responsibilities and make choices that have a positive impact?	Celebrating Differences How can I recognise and challenge unfairness, prejudice and hurtful behaviour?		Dreams and Goals How can I overcome obstacles and use my strengths to achieve my ambitions?	Healthy Me How can I make healthy and safe choices for my physical and emotional wellbeing?		Relationships How can I build positive relationships, resolve disagreements and keep myself safe?	Changing Me How do our bodies change during puberty and how can we manage these changes positively?
Y5	Being me in my world How does my identity influence my choices, responsibilities and relationships with others?	Celebrating Differences How can I challenge stereotypes and prejudice and value diversity?		Dreams and Goals How can I turn my ambitions into achievable goals and overcome setbacks?	Healthy Me How can I make informed choices about my physical and emotional health?		Relationships What makes a healthy relationship and how can I manage pressure and boundaries?	Changing Me How do physical and emotional changes affect us as we grow towards adulthood?
Y6	Being me in my world How can I take responsibility for my	Celebrating Differences How can I recognise discrimination,		Dreams and Goals How can I use resilience and my strengths to	Healthy Me How can I make responsible decisions that protect my		Relationships How can I develop healthy, respectful relationships and	Changing Me How can I understand and manage the

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	choices and prepare for greater independence?	challenge stereotypes and celebrate diversity?		achieve my goals for the future?	physical and mental wellbeing?		recognise when I need support?	changes involved in growing up and moving on to secondary school?
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