



St Peter's of Eaton Square C of E Primary School

PSHE Curriculum Overview

IMPLEMENTATION – How We Will Deliver Our Curriculum

Pupils are taught PSHE using 'Jigsaw' which is a spiral, progressive scheme of work. In the Foundation Stage, PSHE is embedded throughout the curriculum. The objectives taught are the Personal, Social and Emotional Development statements from 'Development Matters in the EYFS' and the PSED Early Learning Goals. Reception also uses the Jigsaw Scheme of Work materials.

At Key Stage 1 and 2, PSHE is taught through a clear and comprehensive scheme of work in line with the National Curriculum. We ensure we cover the Health and Well-Being, Relationships and Living in the Wider World Learning Opportunities set out in the PSHE Association's Programme of Study, which comprehensively cover the statutory Health Education and Relationships Education guidance.

PSHE is taught through Jigsaw's six half termly themes with each year group studying the same unit at the same time (at their own level):

Autumn 1: Being Me in My World

Autumn 2: Differences (including anti-bullying)

Spring 1: Dreams and Goals

Spring 2: Healthy Me

Summer 1: Relationships

Summer 2: Changing Me (including Sex Education)

IMPACT – How We Will Evaluate Our Curriculum

By the time children leave St Peter's, they will be on their way to becoming healthy, open minded, respectful, socially and morally responsible, active members of society who appreciate diversity and difference. They will be able to recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty. Through the PSHE skills and knowledge developed throughout their time at St Peter's, the children will be able to understand and manage their emotions, and be able to look after their mental health and wellbeing. They will be able to develop positive, healthy relationship with their peers both now and in the future. The children will understand the physical aspects involved in RSE at an age appropriate level, have respect for themselves and others, and have a positive self esteem

INTENT - Our Curriculum Intent

At St Peter's C of E Primary School, PSHE enables our children to become independent, confident, healthy and responsible members of society, as well as developing the children intellectually, morally, socially and spiritually. Our Jigsaw PSHE curriculum content has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. With an ever-changing society, we are able to provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community. At the heart of our PSHE teaching, is a commitment to enhancing and promoting our core Christian Values; Wisdom, hope, forgiveness, service, love and faith.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Being me in my own world <i>Self-identity, Understanding feelings, Being in a classroom, Being gentle, Rights and responsibilities</i>	Celebrating Differences <i>Identifying talents, Being special, Families, Where we live, Making friends, Standing up for yourself</i>	Dreams and Goals <i>Challenges, Perseverance, Goal-setting, Overcoming obstacles, Seeking help, Jobs, Achieving goals</i>	Healthy Me <i>Exercising bodies, Physical activity, Healthy food, Sleep, Keeping clean, Safety</i>	Relationships <i>Family life, Friendships, Breaking friendships, Falling out, Dealing with bullying, Being a good friend</i>	Changing Me <i>Bodies, Respecting my body, Growing up, Growth and change, Fun and fears, Celebrations</i>
Year 1	Being me in my own world <i>Feeling special and safe, Being part of a class, Rights and responsibilities, Rewards and feeling proud, Consequences, Owning the Learning Charter</i>	Celebrating Differences <i>Similarities and differences, Understanding bullying and knowing how to deal with it, Making new friends, Celebrating the differences in everyone</i>	Dreams and Goals <i>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</i>	Healthy Me <i>Keeping myself healthy, Healthier lifestyle choices, Keeping clean, Being safe, Medicine safety/safety with household items, Road safety, Linking health and happiness</i>	Relationships <i>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</i>	Changing Me <i>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</i>
Year 2	Being me in my own world <i>Hopes and fears for the year, Rights and responsibilities, Rewards and consequences, Safe and fair learning environment, Valuing contributions, Choices, Recognising feelings</i>	Celebrating Differences <i>Assumptions and stereotypes about gender, Understanding bullying, Standing up for self and others, Making new friends, Gender diversity, Celebrating difference and remaining friends</i>	Dreams and Goals <i>Achieving realistic goals, Perseverance, Learning strengths, Learning with others, Group co-operation, Contributing to and sharing success</i>	Healthy Me <i>Motivation, Healthier choices, Relaxation, Healthy eating and nutrition, Healthier snacks and sharing food</i>	Relationships <i>Different types of family, Physical contact boundaries, Friendship and conflict, Secrets, Trust and appreciation, Expressing appreciation for special relationships</i>	Changing Me <i>Life cycles in nature, Growing from young to old, Increasing independence, Differences in female and male bodies (correct terminology), Assertiveness, Preparing for transition</i>
Year 3	Being me in my own world <i>Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives</i>	Celebrating Differences <i>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</i>	Dreams and Goals <i>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</i>	Healthy Me <i>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</i>	Relationships <i>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</i>	Changing Me <i>How babies grow, Understanding a baby's needs, Outside body changes, Inside body changes, Family stereotypes, Challenging my ideas, Preparing for transition</i>
Year 4	Being me in my own world <i>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</i>	Celebrating Differences <i>Challenging assumptions, Judging by appearance, Accepting self and others, Understanding influence, Understanding bullying, Problem-solving, Identifying how special and unique everyone is, First impressions</i>	Dreams and Goals <i>Hopes and dreams, Overcoming disappointment, Creating new, realistic dreams, Achieving goals, Working in a group, Celebrating contributions, Resilience, Positive attitudes</i>	Healthy Me <i>Healthier friendships, Group dynamics, Smoking Alcohol, Assertiveness, Peer pressure, Celebrating inner strength</i>	Relationships <i>Jealousy, Love and loss, Memories of loved ones, Getting on and Falling Out, Girlfriends and boyfriends, Showing appreciation to people and animals</i>	Changing Me <i>Being unique, Having a baby, Girls and puberty, Confidence in change, Accepting change, Preparing for transition, Environmental change</i>

Year 5	Being me in my own world <i>Planning the forthcoming year, Being a citizen, Rights and responsibilities, Rewards and consequences, How behaviour affects groups, Democracy, having a voice, participating</i>	Celebrating Differences <i>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</i>	Dreams and Goals <i>Future dreams, The importance of money, Jobs and careers, Dream job and how to get there, Goals in different cultures, Supporting others (charity) Motivation</i>	Healthy Me <i>Smoking, including vaping, Alcohol and anti-social behavior, Emergency aid Body image, Relationships with food, Healthy choices, Motivation and behaviour</i>	Relationships <i>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</i>	Changing Me <i>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</i>
Year 6	Being me in my own world <i>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 behavior, Role-modelling</i>	Celebrating Differences <i>Perceptions of normality, Understanding disability, Power struggles, Understanding bullying, Inclusion/exclusion, Differences as conflict, difference as celebration, Empathy</i>	Dreams and Goals <i>Personal learning goals, in and out of school, Success criteria, Emotions in success, Making a difference in the world, Motivation, Recognising achievements, Compliments</i>	Healthy Me <i>Taking personal responsibility, How substances affect the body, Exploitation, including 'county lines' and gang culture, Emotional and mental health, Managing stress</i>	Relationships <i>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</i>	Changing Me <i>Self-image, Body image Puberty and feelings, Conception to birth, Reflections about change, Physical attraction, Respect and consent, Boyfriends/girlfriends, Sexting Transition</i>