



PSHE in a Nutshell



EYFS - Sparrows

Both Years	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Being in my world	Celebrating difference	Dreams & goals	Healthy me	Relationships	Changing me
Concept	Rights and responsibilities / Identifying and managing feelings	Uniqueness and friendship	Resilience to overcome challenges / Future jobs	Healthy choices / stranger danger	Family roles / Mending and making friendships / 'Calm me'	Positive and negative feelings experienced by change
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know I have a right to learn and play, safely and happily. I know that some people are different from me. I know that hands can be used kindly and unkindly. 	<ul style="list-style-type: none"> I know what being unique means. I know the names of some emotions such as happy, sad, frightened, angry I know why having friends is important. I know some qualities of a positive friendship. I know that I don't have to be 'the same as' to be a friend. 	<ul style="list-style-type: none"> I know what a challenge is. I know that it is important to keep trying. I know what a goal is. 	<ul style="list-style-type: none"> I know what the word 'healthy' means. I know some things that I need to do to keep healthy. I know the names for some parts of my body. I know when and how to wash my hands properly I know how to say no to strangers 	<ul style="list-style-type: none"> I know what a family is. I know some of the characteristics of healthy and safe friendships. I know that friends sometimes fall out. I know some ways to mend a friendship. I know that unkind words can never be taken back and they can hurt. 	<ul style="list-style-type: none"> I know the names and functions of some parts of the body (see vocabulary list) I know that we grow from baby to adult. I know who to talk to if I am feeling worried.



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<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can identify feelings associated with belonging. I can use Skills to play co-operatively with others. I can consider others' feelings. 	<ul style="list-style-type: none"> I can recognise emotions when I or someone else is upset, frightened or angry. I can identify and use skills to make a friend. I can identify some ways I can be different and the same as others. I can identify and use skills to stand up for myself. 	<ul style="list-style-type: none"> I can understand that challenges can be difficult. I can be resilient. I can recognise some of the feelings linked to perseverance. I can recognise how kind words can encourage people. 	<ul style="list-style-type: none"> I can explain what I need to do to stay healthy. I can recognise how exercise makes me feel. I can give examples of healthy food. I can explain what to do if a stranger approaches me. 	<ul style="list-style-type: none"> I can identify what jobs I do in my family and those carried out by parents/carers and siblings. I can suggest ways to make a friend or help someone who is lonely. I can recognise what being angry feels like. 	<ul style="list-style-type: none"> I can recognise that changing class can elicit happy and/or sad emotions. I can say how I feel about changing class/ growing up. I can identify how I have changed from a baby.
<p>Vocabulary</p>	<p>Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns</p>	<p>Different, Special, Proud, Friends, Kind, Same, Similar, Happy, Sad, Frightened, Angry, Family</p>	<p>Dream, Goal, Challenge, Job, Ambition, Perseverance, Achievement, Happy, Kind, Encourage</p>	<p>Healthy, Exercise, Head, Shoulders, Knees, Toes, Sleep, Wash, Clean, Stranger, Scare</p>	<p>Family, Jobs, Relationship, Friend, Lonely, Argue, Fall-out, Words, Feelings, Angry, Upset, Calm me, Breathing</p>	<p>Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories</p>



KS1 – Skylarks & Willows

Odd Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Unit title	Being in my world (Jigsaw Year 1)	Celebrating difference (Jigsaw Year 1)	Dreams & goals (Jigsaw Year 1)	Healthy me (Jigsaw Year 1)	Relationships (Jigsaw Year 1)	Changing me (Jigsaw Year 1) <i>NB: Split into appropriate year groups for Changing Me</i>
Concept	Rights and responsibilities, choices and consequences	Bullying and friendships	Setting goals and facing obstacles	Healthy choices, hygiene, road safety	Healthy and safe relationships, personal attributes of a friend	Life cycles, natural changes, safeguarding
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know my own rights and responsibilities with my classroom I know that my choices have consequences I know that my views are important 	<ul style="list-style-type: none"> I know what bullying means I know who to tell if I or a someone else is being bullied or feels unhappy I know that people are unique and that it is OK to be different. 	<ul style="list-style-type: none"> I know how to set simple goals. I know how to achieve a goal. I know how to identify obstacles which make achieving my goals difficult and work on overcoming them. I know when a goal has been achieved. 	<ul style="list-style-type: none"> I know the difference between being healthy and unhealthy I know how to make healthy lifestyle choices I know that household products, including medicines, can be harmful if not used properly. I know how to keep safe when crossing the road. 	<ul style="list-style-type: none"> I know that everyone's family is different. I know that families are founded on belonging, love and care. I know that physical contact can be used as a greeting. I know how to make a friend. I know who to ask for help in the school community. 	<ul style="list-style-type: none"> I know the names of the male and female private body parts. I know that there are correct names for private body parts and nicknames, and when to use them. I know which parts of the body are private and that they belong to me and that nobody has the right to hurt them. I know who to ask if I am worried or frightened.



PSHE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can understand that I am safe in my class I can identify helpful behaviours to make the class a safe place I can understand that I have choices 	<ul style="list-style-type: none"> I can identify what is bullying and what isn't I can understand how being bullied might feel I can recognise ways in which I am the same as my friends and ways I am different 	<ul style="list-style-type: none"> I can recognise things that I do well I can explain how I learn best I can recognise my own feelings when faced with a challenge/obstacle I can recognise how I feel when I overcome a challenge/obstacle 	<ul style="list-style-type: none"> I can keep myself safe I can recognise how being healthy helps me to feel happy I can recognise ways to look after myself if I feel poorly I can recognise when I feel frightened and know how to ask for help 	<ul style="list-style-type: none"> I can express how it feels to be part of a family and to care for family members I can say what being a good friend means I can identify forms of physical contact I prefer I can say no when I receive a touch I don't like 	<ul style="list-style-type: none"> I can understand and accept that change is a natural part of getting older I can suggest ways to manage change, e.g. moving to a new class I can identify some things that have changed and some things that have stayed the same since being a baby (including the body)
<p>Vocabulary</p>	<p>Right, Responsibility, Safe, Special, Belonging, Learning Charter, Rewards, Consequences,</p>	<p>Similarity, Difference, Bullying, Deliberate, Included, Bully, Unique</p>	<p>Success, Stepping-stones, Process, Team work, Celebrate, Challenge, Obstacle, Overcome, Achieve</p>	<p>Unhealthy, Balanced, Exercise, Sleep, Choices, Hygienic, Medicines, Safe, Green Cross Code,</p>	<p>Friendship, Relationship Qualities, Greeting, Touch, Like, Dislike, Community, Confidence, Skills, Appreciate</p>	<p>Changes, Life cycles, Adulthood, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Grow, Feelings, Anxious, Worried, Excited, Coping</p>



PSHE in a Nutshell



KS1 – Skylarks & Willows

Even Year	Autumn 1	Autumn 1	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Being in my world (Jigsaw Year 2)	Celebrating difference (Jigsaw Year 2)	Dreams & goals (Jigsaw Year 2)	Healthy me (Jigsaw Year 2)	Relationships (Jigsaw Year 2)	Changing me (Jigsaw Year 2) <i>NB: Split into appropriate year groups for Changing Me</i>
Concept	Rights and responsibilities, choices and consequences	Gender stereotypes, bullying and friendships	Setting goals, perseverance and recognising strengths	Healthy foods, medicines, relaxation and stress	Conflict resolution, 'worry secrets', being assertive	Life cycles, natural changes (<u>not</u> puberty) safeguarding
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know the rights and responsibilities of class members I know about rewards and consequences and that these stem from choices I know that it is important to listen to other people I know that my own views are valuable 	<ul style="list-style-type: none"> I know the difference between a one-off incident and bullying I know that sometimes people get bullied because of difference I know that friends can be different and still be friends 	<ul style="list-style-type: none"> I know how to choose a realistic goal and think about how to achieve it I know that it is important to persevere I know how to recognise what working together well looks like 	<ul style="list-style-type: none"> I know what my body needs to stay healthy I know what relaxed means I know why healthy snacks are good for our bodies I know which foods give our bodies energy 	<ul style="list-style-type: none"> I know that there are lots of forms of physical contact within a family I know how to say stop if someone is hurting me I know there are good secrets and worry secrets and why it is important to share worry secrets I know what trust is 	<ul style="list-style-type: none"> I know the physical differences between male and female bodies I know that private body parts are special and that no one has the right to hurt these I know there are different types of touch and that some are acceptable and some are unacceptable



PSHE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can help to make our class a safe and fair place I can show good listening skills I can work co-operatively 	<ul style="list-style-type: none"> I can explain how being bullied can make someone feel I can stand up for myself when I need to I can understand that everyone's differences make them special and unique 	<ul style="list-style-type: none"> I can recognise how working with others can be helpful I can work effectively with a partner I can choose a partner with whom I work well I can work as part of a group 	<ul style="list-style-type: none"> I can feel positive about caring for my body and keeping it healthy I can have a healthy relationship with food I can make healthy lifestyle choices 	<ul style="list-style-type: none"> I can recognise and talk about the types of physical contact that is acceptable or unacceptable I can identify the negative feelings associated with keeping a worry secret I can identify who I trust in my own relationships 	<ul style="list-style-type: none"> I can say who I would go to for help if worried or scared I can say what types of touch I find comfortable /uncomfortable I can confidently ask someone to stop if I am being hurt or frightened
<p>Vocabulary</p>	<p>Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-operate, Problem-solving</p>	<p>Similarities, Assumptions, Stereotypes, Differences, Bully, Purpose, Feelings, Male, Female, Diversity, Fairness, Unique, Value</p>	<p>Realistic, Achievement, Goal, Strength, Persevere, Difficult, Easy, Learning Together, Partner, Product</p>	<p>Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Medicines, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious</p>	<p>Physical contact, Communication, Acceptable, Not acceptable, Conflict, Point of view, Positive problem solving, Secret, Surprise, Good secret, Worry secret, Trust, Trustworthy,</p>	<p>Change, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Freedom, Responsibilities, Vagina, Vulva, Penis, Testicles, Anus, Public, Private, Acceptable, Unacceptable, Comfortable, Uncomfortable</p>



PSHE in a Nutshell



Lower KS2 – Swifts and Sycamores

Odd Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Being in my world (Jigsaw Year 3)	Celebrating difference (Jigsaw Year 3)	Dreams & goals (Jigsaw Year 3)	Healthy me (Jigsaw Year 3)	Relationships (Jigsaw Year 3)	Changing me (Jigsaw Year 3) <i>NB: Split into appropriate year groups for Changing Me</i>
Concept	Self worth and rules	Bullying, 'solve it together'	Overcoming challenges, progress and success	Physiology of human body, habits, diet, drugs	Stereotypes, win-win concept, global community	Puberty (not sexual intercourse or birth) female menstruation
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know that the school has a shared set of values I know why rules are needed and how these relate to choices and consequences I know that actions can affect others' feelings I know that others may hold different views 	<ul style="list-style-type: none"> I know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do I know that conflict is a normal part of relationships I know that some words are used in hurtful ways and that this can have consequences 	<ul style="list-style-type: none"> I know that I am responsible for my own learning I know what an obstacle is and how obstacles can hinder achievement I know how to take steps to overcome obstacles I know what dreams and ambitions are important to them 	<ul style="list-style-type: none"> I know how exercise affects my body I know that there are different types of drugs I know that there are things, places and people that can be dangerous I know when something feels safe or unsafe 	<ul style="list-style-type: none"> I know that different family members carry out different roles or have different responsibilities within the family I know some of the skills of friendship, e.g. taking turns, being a good listener I know some strategies for keeping myself safe online I know that they and all children have rights (UNCRC) 	<ul style="list-style-type: none"> I know that the male and female body needs to change at puberty so their bodies can make babies when they are adults I know some of the outside body changes that happen during puberty I know some of the changes on the inside that happen during puberty



PSHE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can make other people feel valued I can develop compassion and empathy for others I can work collaboratively 	<ul style="list-style-type: none"> I can use the 'Solve it together' technique to calm and resolve conflicts with friends and family I can 'problem-solve' a bullying situation accessing appropriate support if necessary I can show appreciation for my families, parents and carers 	<ul style="list-style-type: none"> I can break down a goal into small steps I can manage feelings of frustration linked to facing obstacles I can Imagine how it will feel when I achieve my dream/ambition 	<ul style="list-style-type: none"> I can respect my own body and appreciate what it does I can take responsibility for keeping myself and others safe I can identify how I feel about drugs I can express how being anxious or scared feels 	<ul style="list-style-type: none"> I can access help if I am concerned about anything on social media or the internet I can identify my own wants and needs and how these may be similar or different from other children in school and the global community 	<ul style="list-style-type: none"> I can express how I feel about puberty I can say who I can talk to about puberty if I have any worries I can suggest ways to help me manage feelings during changes I am more anxious about I can identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry
<p>Vocabulary</p>	<p>Welcome, Valued, Achievements, Acknowledge, Affirm, , Solutions, Support, Behaviour, Fairness, Group Dynamics, View Point,</p>	<p>Safe, Connected, Conflict, Solve It Together, Solutions, Resolve, Witness, Bystander, Bullying, Gay, Tell, Consequences, Hurtful, Compliment,</p>	<p>Perseverance, Challenges, Success, Obstacles, Dreams, Goals, Ambitions, Future, Aspirations, Enterprise, Co-operation, Strengths, Motivated, Efficient, Frustration, 'Solve It Together' Technique, Review, Evaluate</p>	<p>Oxygen, Calories/kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Strategy, Advice, Harmful, Risk, Complex, Appreciate, Body, Choice</p>	<p>Men, Women, Unisex, Male, Female, Stereotype, Career, Role, Responsibilities, Rights Respect, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media, Online, Risky, Gaming, Private messaging (pm), Direct messaging (dm), Global, Communication, Fair trade, (In)equality, Exploitation, Justice, United Nations,</p>	<p>Birth, Nutrients, Survive, Love, Affection, Care, Puberty, Sperm, Ovaries, Egg, Ovum/ova, Womb/uterus, Period, Menstruation</p>



PSHE in a Nutshell



Lower KS2 – Swifts and Sycamores

Even Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Being in my world (Jigsaw Year 4)	Celebrating difference (Jigsaw Year 4)	Dreams & goals (Jigsaw Year 4)	Healthy me (Jigsaw Year 4)	Relationships (Jigsaw Year 4)	Changing me (Jigsaw Year 4) <i>NB: Split into appropriate year groups for Changing Me</i>
Concept	Democracy, conflict, collective decision making	Assumptions, being a witness, being judgemental, cyberbullying	Goal setting, overcoming disappointment, achievement	Relationship dynamics, peer pressure, smoking, alcohol	Emotional aspects of friendship and relationships, endings and bereavement	Puberty, menstruation, conception and sexual intercourse (simple terms only- joining of ovum and sperm)
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know my place in the school community I know what democracy is (applied to pupil voice in school) I know how groups work together to reach a consensus I know that having a voice and democracy benefits the school community 	<ul style="list-style-type: none"> I know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying I know the reasons why witnesses sometimes join in with bullying and don't tell anyone I know that sometimes people make assumptions about a person because of the way they look or act 	<ul style="list-style-type: none"> I know how to make a new plan and set new goals even if I have been disappointed I know how to work as part of a successful group I know how to share in the success of a group I know that hopes and dreams don't always come true 	<ul style="list-style-type: none"> I know that there are leaders and followers in groups I know the facts about smoking and its effects on health I know the facts about alcohol and its effects on health, particularly the liver I know ways to resist when people are putting pressure on me I know what I think is right and wrong 	<ul style="list-style-type: none"> I know some reasons why people feel jealousy I know that loss is a normal part of relationships I know that negative feelings are a normal part of loss I know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe 	<ul style="list-style-type: none"> I know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm I know that babies are made by a sperm joining with an ovum I know the names of the different internal and external body parts that are needed to make a baby I know how the female and male body change at puberty I know that change can bring about a range of different emotions



PSHE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can identify the feelings associated with being included or excluded I can take on a role in a group discussion / task and contribute to the overall outcome I can regulate my emotions 	<ul style="list-style-type: none"> I can be comfortable with the way I look I can try to accept people for who they are I can be non-judgemental about others who are different 	<ul style="list-style-type: none"> I can have a positive attitude I can identify the feeling of disappointment I can cope with disappointment I can identify what resilience is 	<ul style="list-style-type: none"> I can identify the feelings that I have about my friends and different friendship groups I can recognise negative feelings in peer pressure situations I can identify the feelings of anxiety and fear associated with peer pressure I can tap into my inner strength and know-how to be assertive 	<ul style="list-style-type: none"> I can identify the feelings and emotions that accompany loss I can suggest strategies for managing loss I can suggest ways to manage relationship changes including how to negotiate 	<ul style="list-style-type: none"> I can appreciate my own uniqueness and that of others I can express any concerns I have about puberty I can use strategies for managing the emotions relating to change
<p>Vocabulary</p>	<p>Included, Excluded, Role, Job Description, School Community, Democracy, Democratic, Decisions, Voting, Authority, Contribution, Observer, UN Convention on Rights of Child (UNCRC)</p>	<p>Character, Judgement, Different, Appearance, Accept, Influence, Opinion, Attitude, Deliberate, Bystander, Witness, Problem-solve, Cyber bullying, Text message, Troll, Impression</p>	<p>Hope, Determination, Resilience, Positive, Attitude, Experience, Disappointment, Fears, Hurts, Cope, Self-belief, Motivation, Commitment, Enterprise</p>	<p>Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Right, Wrong, Pressure, Peers, Guilt, Advice, Opinion, Alcohol, Smoking, Disease</p>	<p>Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Loyal, Empathy, Betrayal</p>	<p>Personal, Unique, Characteristics, Parents, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Menstruation, Periods, Sanitary, Hygiene</p>



PSHE in a Nutshell



Upper KS2 – Swallows and Oaks

Odd Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Being in my world (Jigsaw Year 5)	Celebrating difference (Jigsaw Year 5)	Dreams & goals (Jigsaw Year 5)	Healthy me (Jigsaw Year 5)	Relationships (Jigsaw Year 5)	Changing me (Jigsaw Year 5) <i>NB: Split into appropriate year groups for Changing Me</i>
Concept	Impact of behaviour and democracy	Culture, bullying and happiness	Jobs and cultural differences	First aid, smoking and body image	Self esteem, online safety and social media	Puberty, sexual intercourse and conception
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know and understand how democracy and having a voice benefits the school community I know and understand how to contribute towards the democratic process I know and understand the rights and responsibilities associated with being a citizen in the wider community and my country 	<ul style="list-style-type: none"> I know external forms of support in regard to bullying e.g. Childline I know that bullying can be direct and indirect I know what racism is and why it is unacceptable I know what culture means 	<ul style="list-style-type: none"> I know about a range of jobs that are carried out by people I know I know the types of job I might like to do when I am older I know that young people from different cultures may have different dreams and goals 	<ul style="list-style-type: none"> I know basic emergency procedures, including the recovery position I know how to get help in emergency situations I know that the media, social media and celebrity culture promotes certain body types I know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure 	<ul style="list-style-type: none"> I know that there are rights and responsibilities in an online community or social network I know that there are rights and responsibilities when playing a game online I know that too much screen time isn't healthy I know how to stay safe when using technology to communicate with friends 	<ul style="list-style-type: none"> I know how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally I know that sexual intercourse can lead to conception <ul style="list-style-type: none"> I know that some people need help to conceive and might use IVF I know that becoming a teenager involves various changes and also brings growing responsibility



PSHE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can have empathy for people whose lives are different from my own I can consider my own actions and the effect they have on myself and others I can work as part of a group, listening and contributing effectively 	<ul style="list-style-type: none"> I can appreciate the value of happiness regardless of material wealth I can identify my own culture and different cultures within my class community I can identify my own attitudes about people from different faith and cultural backgrounds I can develop respect for cultures different from my own 	<ul style="list-style-type: none"> I can verbalise what I would like my life to be like when I am grown up I can appreciate the contributions made by people in different jobs I can reflect on the differences between my own learning goals and those of someone from a different culture I can appreciate the differences between myself and someone from a different culture 	<ul style="list-style-type: none"> I can respect and value my own body I can reflect on my own body image and know how important it is that this is positive I can recognise strategies for resisting pressure I can identify ways to keep myself calm in an emergency 	<ul style="list-style-type: none"> I can identify when an online community/social media group feels risky, uncomfortable, or unsafe I can say how to report unsafe online/social network activity I can identify when an online game is safe or unsafe I can suggest strategies for managing unhelpful pressures online or in social networks 	<ul style="list-style-type: none"> I can celebrate what I like about my own and others' self-image and body image I can suggest ways to boost self-esteem of self and others I can recognise that puberty is a natural process that happens to everybody and that it will be OK for me I can ask questions about puberty to seek clarification
<p>Vocabulary</p>	<p>Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Empathise, Collaboration, Legal, Illegal, Lawful, Laws</p>	<p>Conflict, Culture Wheel, Racism, Colour, Race, Discrimination, Ribbon, Rumour, Name-calling, Racist, Homophobic, Cyber bullying, Indirect, Direct, Developing World,</p>	<p>Adult, Lifestyle, Profession, Money, Salary, Contribution, Society, Determination, Motivation, Sponsorship, Communication, Support, Rallying</p>	<p>Choices, Healthy/Unhealthy behaviour, Informed decision, Pressure, Media, Influence, Emergency, Procedure, Recovery position, Level-headed, Body image, Media, Social media, Celebrity, Altered, Self-respect, Comparison, Eating problem, Eating disorder, Debate, Opinion, Fact, Motivation</p>	<p>Self-talk, Social media, Online, Community, Social network, Violence, Grooming, Troll, Gambling, Betting, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARRT rules</p>	<p>Body image, Self-image, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Oestrogen, Fallopian Tube, Cervix, Develops, Breasts, Hips, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Fertilised, Unfertilised, Conception, Sexual intercourse, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights</p>



PSHE in a Nutshell



Upper KS2 – Swallows and Oaks

Even Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit title	Being in my world (Jigsaw Year 6)	Celebrating difference (Jigsaw Year 6)	Dreams & goals (Jigsaw Year 6)	Healthy me (Jigsaw Year 6)	Relationships (Jigsaw Year 6)	Changing me (Jigsaw Year 6) <i>NB: Split into appropriate year groups for Changing Me</i>
Concept	Rights and Responsibilities	Similarities and Differences	Strengths and goal setting	Taking responsibility	Grief and loss	Relationships and physical health and well being
Never forgets Knowledge Substantive knowledge	<ul style="list-style-type: none"> I know about children’s universal rights (United Nations Convention on the Rights of the Child) I know about the lives of children in other parts of the world I know that personal choices can affect others locally and globally 	<ul style="list-style-type: none"> I know that people can hold power over others individually or in a group I know that power can play a part in a bullying or conflict situation I know that there are different perceptions of ‘being normal’ and where these might come from I know that difference can be a source of celebration as well as conflict 	<ul style="list-style-type: none"> I know my own learning strengths I know my what classmates like and admire about me I know a variety of problems that the world is facing I know some ways in which I could work with others to make the world a better place 	<ul style="list-style-type: none"> I know how to take responsibility for my own health I know what it means to be emotionally well I know how to make choices that benefit my own health and well-being I know that some people can be exploited and made to do things that are against the law I know why some people join gangs and the risk that this can involve 	<ul style="list-style-type: none"> I know that it is important to take care of my own mental health I know ways that I can take care of my own mental health I know the stages of grief and that there are different types of loss that cause people to grieve 	<ul style="list-style-type: none"> I know how a baby develops from conception through the nine months of pregnancy and how it is born I know how being physically attracted to someone changes the nature of the relationship I know the importance of self-esteem and what I can do to develop it



PSHE in a Nutshell



<p>Never forgets</p> <p>Skills</p> <p>Disciplinary knowledge</p>	<ul style="list-style-type: none"> I can state my own wants and needs I can compare my life with the lives of those less fortunate I can demonstrate empathy and understanding towards others I can demonstrate attributes of a positive role-model 	<ul style="list-style-type: none"> I can empathise with people who are different and be aware of my own feelings towards them I can identify feelings associated with being excluded I can recognise when someone is exerting power negatively in a relationship I can vocalise my thoughts and feelings about prejudice and discrimination and why it happens 	<ul style="list-style-type: none"> I can understand why it is important to stretch the boundaries of my current learning I can give praise and compliments to other people when I recognise that person's achievements I can empathise with people who are suffering or living in difficult situations 	<ul style="list-style-type: none"> I can motivate myself to care for my own physical and emotional health I can suggest strategies someone could use to avoid being pressured I can use different strategies to manage stress and pressure 	<ul style="list-style-type: none"> I can recognise that people can get problems with their mental health and that it is nothing to be ashamed of I can resist pressure to do something online that might hurt myself or others I can take responsibility for my own safety and well-being 	<ul style="list-style-type: none"> I can recognise ways I can develop my own self-esteem I can express how I feel about the changes that will happen to me during puberty I understand that mutual respect is essential in a boyfriend/girlfriend relationship and that I shouldn't feel pressured into doing something that I don't want to
<p>Vocabulary</p>	<p>Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective</p>	<p>Ability, Disability, Visual impairment, Empathy, Perception, Medication, Vision, Blind, Diversity, Transgender, Gender Diversity, Courage, Fairness, Power, Imbalance, Harassment, Direct, Indirect, Argument, Recipient, Para-Olympian, Achievement, Accolade, Admiration, Stamina,</p>	<p>Stretch, Realistic, Unrealistic, Success, Criteria, Learning steps, Global issue, Suffering, Concern, Hardship, Sponsorship, Empathy, Admire, Compliment, Contribution, Recognition</p>	<p>Immunisation, Prevention, Drugs, Effects, Prescribed, Unrestricted, Over-the-counter, Restricted, Illegal, Volatile substances, 'Legal highs', Exploited, Vulnerable, Criminal, Gangs, Pressure, Strategies, Reputation, Anti-social behaviour, Crime, Mental health, Emotional health, Mental illness, Symptoms, Stress, Triggers, Strategies, Managing stress, Pressure</p>	<p>Mental health, Stigma, Stress, Anxiety, Signs, Warning, Self-harm, Emotions, Feelings, Ashamed, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Bereavement, Coping strategies, Power, Control, Authority, Bullying, Script, Assertive, Risks, Pressure, Influences, Self-control, Real/fake, True/untrue, Assertiveness, Judgement, Communication, Technology, Power, Cyber-bullying, Abuse, Safety</p>	<p>Negative body-talk, mental health, midwife, labour, opportunities, freedoms, attraction, relationship, love, sexting, transition, secondary, journey, worries, anxiety, excitement</p>