



PSHE Curriculum



Intent	<p>Our PSHE curriculum aims to equip all pupils with the knowledge, skills and attitudes they need to thrive as healthy, independent, and responsible members of society. We intend to provide children with a strong understanding of the world around them, the ability to form positive relationships, and the resilience to manage challenges. Lessons will promote emotional wellbeing, mutual respect, and inclusivity, preparing pupils for life in modern Britain while fostering the values of democracy, the rule of law, individual liberty, and respect for diversity.</p>
Implementation	<p>PSHE is taught as a planned, progressive programme from EYFS to Year 6, following the statutory requirements for Relationships Education and Health Education, alongside age-appropriate content from the wider PSHE Association Programme of Study.</p> <ul style="list-style-type: none">• Structure: Lessons are delivered weekly, with additional responsive teaching to address emerging needs or current issues.• Themes: The curriculum is organised into core strands—Health and Wellbeing, Relationships, and Living in the Wider World—ensuring coverage of statutory guidance.• Approach: that key concepts are revisited and built upon year-on-year. Activities include class discussions, role-play, circle time, and collaborative projects.• Inclusion: Materials and examples are chosen to reflect the diversity of our school community and society, ensuring accessibility for all pupils.• Cross-curricular links: Opportunities are taken to embed PSHE themes into assemblies, enrichment activities, and other subject areas (e.g., online safety in Computing, healthy lifestyles in PE).• Partnerships: The school works with parents, community organisations, and outside agencies to enhance learning and provide specialist input.
Impact	<p>By the end of primary school, pupils will:</p> <ul style="list-style-type: none">• Demonstrate a secure understanding of how to keep themselves healthy, safe, and emotionally well.• Show respect and empathy for others, celebrating differences and challenging discrimination.• Make informed choices about relationships, health, and participation in their community.• Apply problem-solving, decision-making, and resilience skills in a range of contexts.• Be ready for the next stage of education with the confidence to express themselves, manage challenges, and contribute positively to society. <p>Impact is assessed through pupil voice, teacher observations, work scrutiny, and behaviour records, ensuring the curriculum continually meets the needs of our children and reflects current local and national priorities.</p>



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Long Term Overview: PSHE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Reception</p>	<p>Being Me in My World</p> <p><u>Overview</u> Children will identify who they are and what feelings they feel. They will begin to learn about their school community, being kind and how to be responsible.</p> <p><u>Curriculum Links</u> Science – plants</p> <p><u>Experiences</u></p>	<p>Celebrating Difference</p> <p><u>Overview</u> Children will explore things that are similar and things that different between them and other people. They will respect and celebrate those differences.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Dreams & Goals</p> <p><u>Overview</u> Children will discuss what their goals are and how to achieve them. They will also explore all the emotions that go alongside this.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Healthy Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Relationships</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Changing Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>
<p>Year 1</p>	<p>Being Me in My World</p> <p><u>Overview</u> The children will begin to consider how to make others feel welcome and how to make their school community a better place – specifically considering everyone’s right to learn. They will learn about others’ feelings and how to work well with others.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Celebrating Difference</p> <p><u>Overview</u> Children will explore things that are similar and things that different between them and other people. They will respect and celebrate those differences.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Dreams & Goals</p> <p><u>Overview</u> Children will discuss what their goals are and how to achieve them. They will also explore all the emotions that go alongside this.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Healthy Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Relationships</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Changing Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>
<p>Year 2</p>	<p>Being Me in My World</p> <p><u>Overview</u> The children will learn about their own hopes and fears; how they contribute as part of their community; and develop a deeper understanding of rewards and consequences (extrinsic and intrinsic).</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Celebrating Difference</p> <p><u>Overview</u> Children will explore things that are similar and things that different between them and other people. They will respect and celebrate those differences.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Dreams & Goals</p> <p><u>Overview</u> Children will discuss what their goals are and how to achieve them. They will also explore all the emotions that go alongside this.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Healthy Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Relationships</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Changing Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>
<p>Year 3</p>	<p>Being Me in My World</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Celebrating Difference</p> <p><u>Overview</u> Children will explore things that are similar and things that different between them and other people. They will respect and celebrate those differences.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Dreams & Goals</p> <p><u>Overview</u> Children will discuss what their goals are and how to achieve them. They will also explore all the emotions that go alongside this.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Healthy Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Relationships</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Changing Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>
<p>Year 4</p>	<p>Being Me in My World</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p>	<p>Celebrating Difference</p> <p><u>Overview</u> Children will explore things that are similar and things that different between them and other people. They will respect and celebrate those differences.</p>	<p>Dreams & Goals</p> <p><u>Overview</u> Children will discuss what their goals are and how to achieve them. They will also explore all the emotions that go alongside this.</p>	<p>Healthy Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p>	<p>Relationships</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p>	<p>Changing Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p>



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	Experiences	Curriculum Links Experiences	Curriculum Links Experiences	Experiences	Experiences	Experiences
 Year 5	<p>Being Me in My World</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Celebrating Difference</p> <p><u>Overview</u> Children will explore things that are similar and things that different between them and other people. They will respect and celebrate those differences.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Dreams & Goals</p> <p><u>Overview</u> Children will discuss what their goals are and how to achieve them. They will also explore all the emotions that go alongside this.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Healthy Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Relationships</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Changing Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>
 Year 6	<p>Being Me in My World</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Celebrating Difference</p> <p><u>Overview</u> Children will explore things that are similar and things that different between them and other people. They will respect and celebrate those differences.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Dreams & Goals</p> <p><u>Overview</u> Children will discuss what their goals are and how to achieve them. They will also explore all the emotions that go alongside this.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Healthy Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Relationships</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Changing Me</p> <p><u>Overview</u> Children will explore things that are unique about them and how they fit into their community.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>



Progression

Being Me in My World Puzzle – Autumn 1							
DfE Statutory Relationships & Health Education outcomes	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>PSED – ELG: SELF-REGULATION Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>ELG: MANAGING SELF Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>PSED – ELG: BUILDING RELATIONSHIPS Work and play co-operatively and take turns with others.</p> <p>Show sensitivity to their own and to others' needs.</p>	<p>Relationships Education – By end of primary, pupils should know:</p> <p>Caring friendships (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>Respectful relationships (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships (R14) the conventions of courtesy and manners (R15) the importance of self-respect and how this links to their own happiness (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority (R19) the importance of permission seeking and giving in relationships with friends, peers and adults.</p> <p>Online relationships (R21) that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, including when we are anonymous Being safe (R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) (R32) where to get advice e.g. family, school and/or other sources.</p> <p>Physical Health and Well-Being – By end of primary, pupils should know:</p> <p>Mental well-being (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations (H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings (H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate (H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p>					
Puzzle overview Being Me in My World	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	In this Puzzle (unit), the children learn about how they have similarities and differences from their friends and how that is OK. They begin working on	In this Puzzle (unit), the children are introduced to their Jigsaw Journals and discuss their Jigsaw Charter. As part of this, they discuss rights and	In this Puzzle (unit), the children discuss their hopes and fears for the year ahead – they talk about feeling worried and recognising when they should ask for	In this Puzzle (unit), the children learn to recognise their self-worth and identify positive things about themselves and their achievements. They	In this Puzzle (unit), the children explore being part of a team. They talk about attitudes and actions and their effects on the whole class. The children learn	In this Puzzle (unit), the children think and plan for the year ahead, goals they could set for themselves as well as the challenges they may face. They explore their rights and	In this Puzzle (unit), the children discuss their year ahead, they learnt to set goals and discuss their fears and worries about the future. The children learn about the



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	<p>recognising and managing their feelings, identifying different ones and the causes these can have. The children learn about working with others and why it is good to be kind and use gentle hands. They discuss children's rights, especially linked to the right to learn and the right to play. The children learn what it means to be responsible.</p>	<p>responsibilities, and choices and consequences. The children learn about being special and how to make everyone feel safe in their class as well as recognising their own safety.</p>	<p>help and who to ask. They learn about rights and responsibilities; how to work collaboratively, how to listen to each other and how to make their classroom a safe and fair place. The children learn about choices and the consequences of making different choices, set up their Jigsaw Journals and make the Jigsaw Charter.</p>	<p>discuss new challenges and how to face them with appropriate positivity. The children learn about the need for rules and how these relate to rights and responsibilities. They explore choices and consequences, working collaboratively and seeing things from other people's points of view. The children learn about different feelings and the ability to recognise these feelings in themselves and others. They set up their Jigsaw Journals and establish the Jigsaw Charter.</p>	<p>about their school and its community, who all the different people are and what their roles are. They discuss democracy and link this to their own School Council, what its purpose is and how it works. The children learn about group work, the different roles people can have, how to make positive contributions, how to make collective decisions and how to deal with conflict. They also learn about considering other people's feelings. They refresh their Jigsaw Charter and set up their Jigsaw Journals.</p>	<p>responsibilities as a member of their class, school, wider community and the country they live in. The children learn about their own behaviour and its impact on a group as well as choices, rewards, consequences and the feelings associated with each. They also learn about democracy, how it benefits the school and how they can contribute towards it. They revisit the Jigsaw Charter and set up their Jigsaw Journals.</p>	<p>United Nations Convention on the Rights of the Child and that these are not met for all children worldwide. They discuss their choices and actions and how these can have far-reaching effects, locally and globally. The children learn about their own behaviour and how their choices can result in rewards and consequences and how they feel about this. They explore an individual's behaviour and the impact it can have on a group. They learn talk about democracy, how it benefits the school and how they can contribute towards it. They establish the Jigsaw Charter and set up their Jigsaw Journals.</p>
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<p>Taught knowledge</p> <p>(Key objectives are in bold)</p>	<ul style="list-style-type: none"> Know they have a right to learn and play, safely and happily Know that some people are different from themselves Know that hands can be used kindly and unkindly Know special things about themselves Know how happiness and sadness can be expressed Know that being kind is good 	<ul style="list-style-type: none"> Understand their own rights and responsibilities with their classroom Understand that their choices have consequences Understand that their views are important Understand the rights and responsibilities of a member of a class 	<ul style="list-style-type: none"> Understand the rights and responsibilities of class members Know about rewards and consequences and that these stem from choices Know that it is important to listen to other people Understand that their own views are valuable Know that positive choices impact positively on self-learning and the learning of others Identifying hopes and fears for the year ahead 	<ul style="list-style-type: none"> Know that the school has a shared set of values Know why rules are needed and how these relate to choices and consequences Know that actions can affect others' feelings Know that others may hold different views Understand that they are important Know what a personal goal is Understanding what a challenge is 	<ul style="list-style-type: none"> Know their place in the school community Know what democracy is (applied to pupil voice in school) Know how groups work together to reach a consensus Know that having a voice and democracy benefits the school community Know how individual attitudes and actions make a difference to a class Know about the different roles in the school community Know that their own actions affect themselves and others 	<ul style="list-style-type: none"> Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process Understand the rights and responsibilities associated with being a citizen in the wider community and their country Know how to face new challenges positively Understand how to set personal goals Know how an individual's behaviour can affect a group and the consequences of this 	<ul style="list-style-type: none"> Know about children's universal rights (United Nations Convention on the Rights of the Child) Know about the lives of children in other parts of the world Know that personal choices can affect others locally and globally Know how to set goals for the year ahead Understand what fears and worries are Understand that their own choices result in different consequences and rewards Understand how democracy and having a voice benefits the school community Understand how to contribute towards the democratic process
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<p>Social and Emotional skills</p> <p>(Key objectives are in bold)</p>	<ul style="list-style-type: none"> Identify feelings associated with belonging Skills to play co-operatively with others Be able to consider others' feelings Identify feelings of happiness and sadness Be responsible in the setting 	<ul style="list-style-type: none"> Understand that they are safe in their class Identifying helpful behaviours to make the class a safe place Understand that they have choices Understanding that they are special Identify what it's like to feel proud of an achievement Recognise feelings associated with positive and negative consequences 	<ul style="list-style-type: none"> Know how to make their class a safe and fair place Show good listening skills Be able to work co-operatively Recognise own feelings and know when and where to get help Recognise the feeling of being worried 	<ul style="list-style-type: none"> Make other people feel valued Develop compassion and empathy for others Be able to work collaboratively Recognise self-worth Identify personal strengths Be able to set a personal goal Recognise feelings of happiness, sadness, worry and fear in themselves and others 	<ul style="list-style-type: none"> Identify the feelings associated with being included or excluded Be able to take on a role in a group discussion / task and contribute to the overall outcome Know how to regulate my emotions Can make others feel cared for and welcome Recognise the feelings of being motivated or unmotivated Can make others feel valued and included Understand why the school community benefits from a Learning Charter Be able to help friends make positive choices 	<ul style="list-style-type: none"> Empathy for people whose lives are different from their own Consider their own actions and the effect they have on themselves and others Be able to work as part of a group, listening and contributing effectively Be able to identify what they value most about school Identify hopes for the school year Understand why the school community benefits from a Learning Charter Be able to help friends make positive choices Know how to regulate my emotions 	<ul style="list-style-type: none"> Know own wants and needs Be able to compare their life with the lives of those less fortunate Demonstrate empathy and understanding towards others Can demonstrate attributes of a positive role-model Can take positive action to help others Be able to contribute towards a group task Know what effective group work is Know how to regulate my emotions Be able to make others feel welcomed and valued
<p>Vocabulary</p>	<p>EYFS</p> <p>Kind, Gentle, Friend, Similar(ity), Different, Rights, Responsibilities, Feelings, Angry, Happy, Excited, Nervous, Sharing, Taking Turns</p>	<p>Year 1</p> <p>Consolidate EYFS</p> <p>Safe, Special, Calm, Belonging, Special, Learning Charter, Jigsaw Charter, Rewards, Proud, Consequences, Upset, Disappointed, Illustration</p>	<p>Year 2</p> <p>Consolidate EYFS & Yr 1</p> <p>Worries, Hopes, Fears, Responsible, Actions, Praise, Positive, Negative, Choices, Co-Operate, Problem-Solving</p>	<p>Year 3</p> <p>Consolidate KS1</p> <p>Welcome, Valued, Achievements, Pleased, Personal Goal, Acknowledge, Affirm, Emotions, Feelings, Nightmare, Solutions, Support, Dream, Behaviour, Fairness, Group Dynamics, Team Work, View Point, Ideal School, Belong</p>	<p>Year 4</p> <p>Consolidate KS1 & Yr 3</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>Year 5</p> <p>Consolidate KS1, Yrs 3 & 4</p> <p>Challenge, Goal, Attitude, Citizen, Views, Opinion, Collective</p>	<p>Year 6</p> <p>Consolidate KS1 & KS2</p> <p>Ghana, West Africa, Cocoa Plantation, Cocoa Pods, Community, Education, Wants, Needs, Maslow, Empathy, Comparison, Opportunities, Education, Empathise, Obstacles, Co-operation, Collaboration, Legal, Illegal, Lawful, Laws, Participation, Motivation, Decision</p>