



Danegrove Primary School

PSHE Overview by Year Group

Jigsaw Scheme



At Danegrove, PSHE is at the centre of all learning. In order for to children to learn successfully and achieve their full potential, they need to develop a variety of personal, social and emotional skills. To achieve well both in the classroom and in the wider community, a healthy mind-set is essential. Planning stems from the JIGSAW scheme which we believe reflects and meets the personal development needs of our children.

Through the teaching and learning of PSHE we aim to provide a safe and supportive learning environment where children and young people can develop the confidence to ask questions, challenge the information they are offered, draw on their own experience, express their views and opinions and put what they have learned into practice in their own lives.

Repeated Themes: Being in My World, Celebrating Differences, Dreams and Goals, Healthy Me, Relationships, Changing Me

Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Families- Where we live "The Kissing hand" - developing independence. "The colour monster"- naming emotions. "Have you filled your bucket?" Understanding how we can make others feel good. Understanding feelings Being in a classroom Being gentle. Developing riendships E Safety	Celebrating Difference Being special Making friends Standing up for yourself Kind hands, kind feet, kind words. How we represent the school when in the community. Celebrations E Safety	(Linked to our "Healthy me" topic) Exercising bodies Physical activity Healthy food Sleep Keeping clean Co-operation – outdoor E Safety	Healthy Me Identifying talents – "Riley can be anything!" Challenges, Perseverance Safety Goal-setting Overcoming obstacles Seeking help Achieving goals Jobs E Safety	Relationships Family life Breaking friendships Falling out Dealing with bullying Being a good friend E Safety	Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Rights and responsibilities E Safety

Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Year 1	Feeling special and safe (We are special/unique) Being part of a class - Making new friends Rewards and feeling proud. Consequences- Zones of regulation. E-Safety Privacy and security.	Celebrating Difference Similarities and differences- Celebrating difference and remaining friends – (Celebrate our Differences week.) Co-operation games. E-Safety Privacy and security.	Friendships – How to be a good friend. What makes a good friend? E-Safety Privacy and security.	Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness E-Safety Privacy and security.	Relationships 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 Understanding bullying and knowing how to deal with it E-Safety Privacy and security.	Changing Me 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 (From dreams and goals-) Setting goals Identifying successes and achievements Tackling new challenges E-Safety Privacy and security
	Year Group	Autumn		Spring		Summer
Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Recognising feelings - To know what makes a good friend Healthy eating/ balanced diet. Rewards and consequences- Zones of regulation Safe and fair learning environment – links to ICT Valuing contributions Choices E-Safety Privacy and security.	Celebrating Difference Values – Unity, responsibility, confidence. Celebrating difference- Assumptions and stereotypes about gender Gender diversity Celebrating difference and remaining friends E-Safety Privacy and security.	Differences My community Protecting our planet. Making good choices Looking after yourself. Learning with others Group co-operation Contributing to and sharing success E-Safety Privacy and security.	Healthy Me Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food E-Safety Privacy and security.	Relationships Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships E-Safety Privacy and security.	Changing Me Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition Achieving realistic goals Perseverance Learning strengths E-Safety Privacy and security.
Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Year 3	Positivity in challenges Rules, rights and responsibilities – class rules. Rewards and consequences – Zones of regulation Responsible choices - hot and cold behaviours. Seeing things from others’ perspectives E-Safety Privacy and security.	Celebrating Difference Families and their differences- Celebrate our differences week. Recognising how words can be hurtful Giving and receiving compliments Values - Unity, Responsibility, confidence. E-Safety Privacy and security.	Safety at home/ school/ locally How to be responsible in your local area Evaluating learning processes Managing feelings – ongoing Zones of Regulation. E-Safety Privacy and security.	Healthy Me Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it’s important online and offline scenarios Respect for myself and others Healthy and safe choices E-Safety Privacy and security.	Relationships 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 E-Safety Privacy and security.	Changing Me How babies grow Understanding a baby’s needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles E-Safety Privacy and security.
	Year Group	Autumn		Spring		Summer
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Hot and cold reactions. Being part of a class team Rights, responsibilities and democracy (school council) - Group decision-making Having a voice being a school citizen Hot and cool reactions –links to Rewards and consequences What motivates behaviour- links to hot and cold reactions. E-Safety/ Privacy and security.	Celebrating Difference Celebrating Differences- Celebrate our differences week. - Identifying how special and unique everyone is “Being Me” Being a school citizen. Democracy Rewards and consequences Teamwork. E-Safety Privacy and security	Dreams and Goals Hopes and dreams Overcoming disappointment Creating new, realistic dreams – Planning steps to reach my goals. Achieving goals Working in a group Celebrating contributions E-Safety Privacy and security.	Healthy Me Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength E-Safety Privacy and security.	Relationships Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals E-Safety Privacy and security.	Changing Me Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change E-Safety Privacy and security.
	Year Group	Autumn		Spring		Summer
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Year 5	Zones of regulation Hot and cool responses/behaviours Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice Participating E-Safety Privacy and security.	Celebrating Difference Celebrate our differences week -Cultural differences Enjoying and respecting other cultures Anti-bullying –links to Rumours and name-calling Types of bullying Racism E-Safety Privacy and security.	Homelessness E-Safety Privacy and security.	Healthy Me Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour E-Safety Privacy and security.	Relationships 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 E-Safety Privacy and security.	Changing Me 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 Future dreams E-Safety Privacy and security.
	Year Group	Autumn		Spring		Summer
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Zones of regulation Hot and Cool reactions. School Council -Global citizenship Children’s universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour E-Safety Privacy and security.	Celebrating Difference Difference as celebration Celebrate our differences week -Cultural differences Enjoying and respecting other cultures Anti-bullying -Empathy E-Safety Privacy and security.	Dreams and Goals Success criteria Motivation Recognising achievements Compliments- links to values Co-operation works – links to English and PE E-Safety Privacy and security.	Healthy Me Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health Managing stress E-Safety Privacy and security.	Relationships 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 E-Safety Privacy and security.	Changing Me Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition Emotions in success E-Safety Privacy and security.