



PSHE – WHOLE SCHOOL OVERVIEW 2023-2024 (Derived from JIGSAW)

	AUTUMN		SPRING		SUMMER	
	Being Me	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
R	Who...Me?; How am I feeling today?; Being at school; Gentle hands; Our rights; Our responsibilities	What am I good at?; I'm special, I'm me!; Families; Houses and homes; Making friends; Standing up for yourself	Challenges; Never give up; Setting a goal; Obstacles and support; Flight to the future; Footprint awards	Everybody's body; We like to move it, move it; Food, glorious food; Sweet dreams; Keeping clean; Stranger danger	My family and Me!; Make friends, make friends, never ever break friends; Falling out and Bullying (PART 1); Falling out and Bullying (PART 2); Being the best friends we can be	My body; Respecting my body; Growing up; Fun and fears (PART 1); Fun and fears (PART 2); Celebration
1	Special and Safe; My Class; Rights and Responsibilities; Rewards and Feeling Proud; Consequences; Owing our Class Charter	The same as...; Different from...; What is bullying?; What do I do about bullying?; Making new friends; Celebrating difference, celebrating me	My treasure chest of success; Steps to goals; Achieving together; New challenges; Overcoming obstacles; Celebrating my success	Being healthy; Healthy choices; Clean and healthy; Medicine safety; Road safety; Happy, Healthy Me	Families; Making friends; Greetings; People who help us; Being my own best friend; Celebrating my special relationships	Life cycles; changing me; My changing body; Boys' and girls' bodies; Learning and Growing; Coping with changes
2	Hopes and fears for the year; Rights and responsibilities; Rewards and consequences; Our Learning Charter; Owing our Learning Charter	Boys and girls; Why does bullying happen?; Standing up for myself and others; Gender diversity; Celebrating difference and still being friends	Goals to success; My learning strengths; Learning with others; Working in a group; Continuing our group challenge; Celebrating our achievement	Being healthy; Being relaxed; medicine safety; Healthy eating; Happy healthy Me!	Families; Keeping Safe; Friends and conflict; Secrets; Trust and appreciation; Celebrating my special relationships	Life cycles in nature; Growing from young to old; The changing me; Boys' and girls' bodies; Assertiveness; Looking ahead
3	Getting to know each other; Our nightmare school; Our dream school; Rewards and consequences; Our Learning Charter; Owing our Learning Charter	Families; Family conflict; Witness and feelings; Words that harm; Celebrating difference - compliments	Dreams and Goals; My dreams and ambitions; Facing a new challenge; Achieving new challenges; recognising obstacles; Evaluating my own learning process	Being fit and healthy; What do I know about drugs?; Being safe; Safe or unsafe; My amazing body	Family roles and responsibilities; Friendship; Keeping myself safe online; Being a global citizen; Celebrating my web of relationships	How babies grow; Babies; Outside body changes; Inside body changes; family stereotypes; Looking ahead

4	Becoming a class team; Becoming a school citizen; Rights, responsibilities and democracy; Rewards and consequences; Our Learning Charter; Owing our Learning Charter	Judging by appearances; Understanding influences; Understanding bullying; Problem solving; Special Me; Celebrating difference: how we look	Hopes and dreams; Broken dreams; Overcoming disappointment; Creating New Dreams; Achieving goals; We did it!	My friends and me; Group dynamics; Smoking; Alcohol; Healthy friendships; Celebrating my inner strength and assertiveness	Jealousy; Love and loss; Memories; Getting on and falling out; Girlfriends and boyfriends; Celebrating my relationships with people and animals	Unique me; Having a baby; Girls and Puberty; Circles of change; Accepting change; Looking ahead
5	My year ahead; Being a citizen of my country; Year 5 responsibilities; Rewards and consequences; Our Learning Charter; Owing our Learning Charter	Different cultures; Racism; Rumours and name-calling; Types of bullying; Does money matter?; Celebrating difference across the world	When I grow up (my dream lifestyle); Investigate jobs and careers; My dream job: why I want it and how I get there; Dreams and goals of young people in other cultures; How can we support each other?; Rallying support	Smoking; Alcohol; Emergency aid; Body image; My relationship with food; Healthy me	Recognising me; Safety with online communities; Being in an online community; Online gaming; My relationship with technology : screen time; Relationships and technology	Self and body image; Puberty for girls; Puberty for boys; Conception; Looking ahead;
6	My year ahead; Being a global citizen; The Learning Charter; Our Learning Charter; Owing our Learning Charter	Am I normal?; Understanding difference; Power struggles; Why bully?; Celebrating difference : disabilities; Difference as a source of conflict and cause to celebrate	Personal learning goals; Steps to success; My dream for the world; Helping to make a difference; Recognising our achievements	Taking responsibility for my health and well-being; Drugs; Exploitation; Gangs; Emotional and mental health; Managing stress and pressure	What is mental health?; My mental health; Love and loss; Power and control; Being online: Real or fake? Safe or unsafe?; Using technology responsibly	My self image; Puberty; Babies – conception to birth; Boyfriends and girlfriends; Real self and ideal self; The year ahead