



PSHE – WHOLE SCHOOL OVERVIEW 2025-2026

(Derived from JIGSAW, KAPOW (Well Being Units) and other key providers and adapted for needs of current cohorts for this academic year)

		AUTUMN		SPRING		SUMMER	
R	JIGSAW	JIGSAW Piece 1 - Being Me in My World Self-identity Being gentle Rights and responsibilities	JIGSAW Piece 2 - Celebrating Difference Identifying talents Being special Families Where we live Making friends Standing up for yourself	JIGSAW Piece 3 - Dreams and Goals Challenges Perseverance Overcoming obstacles Seeking help	JIGSAW Piece 4 - Healthy Me Physical activity Healthy food Sleep Keeping clean	JIGSAW Piece 5 - Relationships Family life Breaking friendships Falling out Dealing with bullying	JIGSAW Piece 6 - Changing Me Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
	KAPOW – WELL BEING		DISCOVER Trying something new	TAKE NOTICE My surroundings	CONNECT Similarities and differences	GIVE Kind words	MOVE Being animals
1	KEY PROVIDERS	THINK – Road Safety	Kent Fire and Rescue – Fire Safety	CEOP Online Safety – Jessie and friends Episode 1 – Watching Videos CEOP Online Safety – 15 min Toolkit Activities Safer Internet Day (10.02.2026) – Exploring respect and relationships	Switched On Rail Safety – Train safety	RNLI – Water safety	
	JIGSAW	JIGSAW Piece 1 – Being Me in My World Feeling special and safe Rights and responsibilities Rewards and feeling proud Consequences	JIGSAW Piece 2 – Celebrating Difference Understanding bullying and knowing how to deal with it Celebrating the differences in everyone	JIGSAW Piece 3 - Dreams and Goals Setting goals Identifying successes and achievements Tackling new challenges Identifying and overcoming obstacles	JIGSAW Piece 4 - Healthy Me Keeping myself healthy Healthier lifestyle choices Keeping clean Medicine safety/ safety with household items	JIGSAW Piece 5 - Relationships Physical contact preferences Qualities as a friend and person Celebrating special relationships	JIGSAW Piece 6 - 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
	KAPOW – WELL BEING	DISCOVER Making mistakes	TAKE NOTICE Sound	CONNECT Understanding others	GIVE Sharing	MOVE Gardening	
		THINK – Road Safety	Kent Fire and Rescue – Fire Safety	CEOP Online Safety – Jessie and friends Episode 2 – Sharing Pictures CEOP Online Safety – 15 min Toolkit Activities Safer Internet Day (10.02.2026) – Exploring respect and relationships	Switched On Rail Safety – Train safety	RNLI – Water safety	

2	JIGSAW	JIGSAW Piece 1 – Being Me in My World Rewards and consequences Safe and fair learning environment Recognising feelings	JIGSAW Piece 2 – Celebrating Difference Assumptions and stereotypes about gender Understanding bullying Standing up for self and others	JIGSAW Piece 3 - Dreams and Goals Achieving realistic goals Group co-operation	JIGSAW Piece 4 - Healthy Me Healthy eating and nutrition Healthier snacks and sharing food	JIGSAW Piece 5 - Relationships Different types of family Physical contact boundaries Secrets Trust and appreciation	JIGSAW Piece 6 - 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
	KAPOW – WELL BEING	DISCOVER	TAKE NOTICE	CONNECT	GIVE	MOVE	
		Perseverance	Colour expression	Compliments	Generosity	Nature Walk	
	KEY PROVIDERS	THINK – Road Safety	Kent Fire and Rescue – Fire Safety	CEOP Online Safety – Jessie and friends Episode 3 – Playing Games CEOP Online Safety – 15 min Toolkit Activities Safer Internet Day (10.02.2026) – Exploring respect and relationships	Switched On Rail Safety – Train safety	RNLI – Water safety	

3	JIGSAW	JIGSAW Piece 1 – Being Me in My World Setting personal goals Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	JIGSAW Piece 2 – Celebrating Difference 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	JIGSAW Piece 3 - Dreams and Goals Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Evaluating learning processes Managing feelings	JIGSAW Piece 4 - Healthy Me Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Respect for myself and others Healthy and safe choices	JIGSAW Piece 5 - Relationships 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	JIGSAW Piece 6 - Changing Me How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition
	KAPOW – WELL BEING	DISCOVER	TAKE NOTICE	CONNECT	GIVE	MOVE	
		Practice makes progress	Making a difference	Shared interests	Appreciation	Gardening (See KS1)	
	KEY PROVIDERS	THINK – Road Safety	Kent Fire and Rescue – Fire Safety	CEOP Online Safety – Play, Like, Share CEOP Online Safety – 15 min Toolkit Activities Safer Internet Day (10.02.2026) – Exploring respect and relationships	Switched On Rail Safety – Train safety	RNLI – Water safety	
4	JIGSAW	JIGSAW Piece 1 – Being Me in My World Being a school citizen Rights, responsibilities Rewards and consequences Having a voice What motivates behaviour	JIGSAW Piece 2 – Celebrating Difference Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving First impressions	JIGSAW Piece 3 - Dreams and Goals Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Positive attitudes	JIGSAW Piece 4 - Healthy Me Group dynamics Assertiveness Peer pressure Celebrating inner strength	JIGSAW Piece 5 - Relationships Jealousy Love and Getting On and Falling Out Girlfriends and Boyfriends	JIGSAW Piece 6 - Changing Me Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
	KAPOW – WELL BEING	DISCOVER	TAKE NOTICE	CONNECT	GIVE	MOVE	
		Resilience	My Thoughts	Pen Pals	Giving to My Community	Nature Walk (See KS1)	
	KEY PROVIDERS	THINK – Road Safety	Kent Fire and Rescue – Fire Safety	CEOP Online Safety – Play, Like, Share CEOP Online Safety – 15 min Toolkit Activities Safer Internet Day (10.02.2026) – Exploring respect and relationships	Switched On Rail Safety – Train safety	RNLI – Water safety	

5	JIGSAW		<p>JIGSAW Piece 1 – Being Me in My World Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p> <p>JIGSAW Piece 2 – Celebrating Difference Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Materials wealth and happiness Enjoying and respecting other cultures</p>	<p>JIGSAW Piece 3 - Dreams and Goals Future dreams The importance of money Jobs and careers Dream job and how to get there Motivation</p>	<p>JIGSAW Piece 4 - Healthy Me Smoking including vaping Alcohol and vaping Alcohol and anti-social behaviour Relationships with food Healthy choices Motivation and behaviour</p>	<p>JIGSAW Piece 5 - Relationships Self-recognition and self-worth Building self-esteem</p>	<p>JIGSAW Piece 6 - 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</p>
	KAPOW – WELL BEING	DISCOVER Growth Mindset TAKE NOTICE Others Around Me CONNECT Working Together GIVE Pay it Forward				MOVE Gardening (See Allotment Project)	
	KEY PROVIDERS		<p>The Diana Award - Banter vs Bullying</p>	<p>CEOP Online Safety – Play, Like, Share CEOP Online Safety – 15 min Toolkit Activities The Diana Award - Online Safety Safer Internet Day (10.02.2026) – Exploring respect and relationships</p>	<p>Think - Road Safety Switched on Rail Safety - Train Safety</p>	<p>Kent Fire and Rescue - Fire Safety RNLI - Water Safety</p>	<p>Dove – Body Image and Self Esteem Project</p>

6	JIGSAW		<p>JIGSAW Piece 1 – Being Me in My World Identifying goals for the year Feeling welcome and valued Choices, consequences and rewards Anti-social behaviour</p> <p>JIGSAW Piece 2 – Celebrating Difference Perceptions of normality Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p>JIGSAW Piece 3 - Dreams and Goals Recognising achievements Compliments</p>	<p>JIGSAW Piece 4 - Healthy Me Taking personal responsibility How substances affect the body Exploitation including 'county lines' and gang culture Emotional and mental health Managing stress</p>	<p>JIGSAW Piece 5 - Relationships Love and loss Managing feelings Power and control Assertiveness</p>	<p>JIGSAW Piece 6 - Changing Me Self-image Body-image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition</p>
	KAPOW – WELL BEING	<p>DISCOVER</p> <p>Goal Setting</p> <p>TAKE NOTICE</p> <p>Myself</p> <p>CONNECT</p> <p>Community</p> <p>GIVE</p> <p>Apologising</p> <p>MOVE</p> <p>Brain Breaks</p>					
	KEY PROVIDERS		<p>The Diana Award - Banter vs Bullying</p>	<p>CEOP Online Safety – Play, Like, Share CEOP Online Safety – 15 min Toolkit Activities The Diana Award - Online Safety Safer Internet Day (10.02.2026) – Exploring respect and relationships</p>	<p>Think - Road Safety Switched on Rail Safety - Train Safety</p>	<p>Kent Fire and Rescue - Fire Safety RNLI - Water Safety</p>	<p>Dove – Body Image and Self Esteem Project</p>