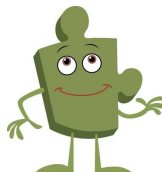


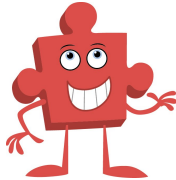
Mayflower Primary Curriculum Map – PSHE (Jigsaw)

Subject: PSHE		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Nursery & Reception Jigsaw Jenie 	Being Me in My World <u>Focus:</u> exploring self-identity, understanding feelings, being in a classroom environment, being gentle, understanding our rights and responsibilities.	Celebrating Difference (including anti-bullying) <u>Focus:</u> Identifying our talents, being special, families, where we live, making friends, standing up for yourself	Dreams and Goals <u>Focus:</u> Challenges, perseverance, goal-setting, overcoming obstacles, seeking help, jobs, achieving goals.	Healthy Me <u>Focus:</u> Exercising bodies, physical activity, healthy food, sleep, keeping clean, safety.	Relationships <u>Focus:</u> Family life, friendships, breaking friendships, falling out, dealing with bullying, being a good friend.	Changing Me <u>Focus:</u> Bodies, respecting my body, growing up, growth and change, fun and fears, celebrations.
		Key Vocabulary: different, feelings, nervous, taking turns	Key Vocabulary: friendship, frightened, similar, differences	Key Vocabulary: achieve, challenge, difficult, dreams, frustrated	Key Vocabulary: exercise, healthy, hygiene, movement	Key Vocabulary: family, friends, relationships, lonely, upset	Key Vocabulary: eyebrow, forehead, tongue, finger, stomach, change
KS1	Year 1 Jigsaw Jack 	Being Me in My World <u>Focus:</u> I can explain why my class is a happy and safe place to learn, I can give different examples where I or others make my class happy and safe.	Celebrating Difference (including anti-bullying) <u>Focus:</u> I can tell you some ways that I am different and similar to other people in my class, and why this makes us all special, I can explain what bullying is and how being bullied might make somebody feel.	Dreams and Goals <u>Focus:</u> I can explain how I feel when I am successful and how this can be celebrated positively, I can say why my internal treasure chest is an important place to store positive feelings.	Healthy Me <u>Focus:</u> I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy, I can give examples of when being healthy can help me feel happy.	Relationships <u>Focus:</u> I can explain why I have special relationships with some people and how these relationships make me feel safe and good about myself, I can explain how my qualities help these relationships, I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.	Changing Me <u>Focus:</u> I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older. I can use the correct names for some body parts and give reasons why they are private.
		Key Vocabulary: achievement, calm, disappointed, choice, proud, reward, valued	Key Vocabulary: similar, difference, bullying, unfair, lonely, support, celebration	Key Vocabulary: proud, success, goal, dreams, special, achieve, stepping stone	Key Vocabulary: healthy, balance, exercise, choices, bacteria, germs	Key Vocabulary: family, belong, friendship, kind, community, feelings	Key Vocabulary: adulthood, growth, change, baby, adult, anxious, feelings

	Year 2 Jigsaw Jo 	Being Me in My World Focus: <i>I can explain why my behaviour can impact on other people in my class, I can compare my own and my friends' choices and can express why some choices are better than others.</i>	Celebrating Difference (including anti-bullying) Focus: <i>I can explain that sometimes people get bullied because they are seen to be different; this might include people who do not conform to gender stereotypes, I can explain how it feels to have a friend and be a friend, I can explain why it is ok to be different from my friends.</i>	Dreams and Goals Focus: <i>I can explain how I played my part in a group and the parts other people played to create an end product, I can explain how our skills complemented each other, I can explain how it felt to be part of a group and can identify a range of feelings about group work.</i>	Healthy Me Focus: <i>I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/unsafe choices, I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.</i>	Relationships Focus: <i>I can explain why some things might make me feel uncomfortable in a relationship and compare this with relationships that make me feel safe and special, I can give examples of some different problem-solving techniques and explain how I might use them in certain situations in my relationships.</i>	Changing Me Focus: <i>I can use the correct terms to describe some body parts and explain why they are private, I can explain why some types of touches feel ok and others don't, I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.</i>
		Key Vocabulary: actions, belong, fair, fears, hopes, belonging, boundaries, consequences, contributions	Key Vocabulary: similar, shield, stereotype, differences, feelings, belong, identity, help, on purpose	Key Vocabulary: proud, success, goal, self-esteem, hobbies, interests, self-care, motivation	Key Vocabulary: healthy, balanced diet, portion, energy, unsafe, unhealthy, choices	Key Vocabulary: special, relationship, important, communication, acceptable, not acceptable	Key Vocabulary: grow, change, life cycle, baby, adult, fully grown, elderly, independent, control

KS2	Year 3 Jigsaw Jino 	Being Me in My World Focus: <i>I can explain how my behaviour can affect how others feel and behave, I can explain why it is important to have rules and how that helps me and others in my class learn. I can explain why it is important to feel valued.</i>	Celebrating Difference (including anti-bullying) Focus: <i>I can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen, I can tell you how being involved with a conflict makes me feel and can offer strategies to help the situation (e.g. solve it together or asking for help).</i>	Dreams and Goals Focus: <i>I can explain the different ways that help me learn and what I need to do to improve, I am confident and positive when I share my success with others. I can explain how these feelings can be stored in my internal treasure chest and why this is important.</i>	Healthy Me Focus: <i>I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help and how to call emergency services, I can express how being anxious/scared and unwell feels.</i>	Relationships Focus: <i>I can explain how my life is influenced positively by people I know and also by people from other countries, I can explain why my choices might affect my family, friendships and people around the world who I don't know.</i>	Changing Me Focus: <i>I can explain how boys' and girls' bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up, I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.</i>

	Key Vocabulary: achievements, actions, assertive, challenge, choices, emotions, acknowledge, affirm, courtesy, consequences	Key Vocabulary: connected, support, stability, conflict, solutions, rights, witness, kindness, conflict, self-regulation, incident, hurtful	Key Vocabulary: obstacles, self-esteem, ambitions, future, wellbeing, identity, strengths, motivated, safe choices	Key Vocabulary: oxygen, energy, calories, fitness, labels, healthy, attitude, emergency, strategy, harmful, risk, safe, unsafe	Key Vocabulary: role, responsibilities, respect, stereotype, conflict, solution, problem solving, friendship, fairness, rights, wants, needs, support	Key Vocabulary: male, female, changes, birth, babies, adults, growing up, family, care, worries
Year 4 Jigsaw Jaz 	Being Me in My World Focus: <i>I can explain why being listened to and listening to others is important in my school community, I can explain why being democratic is important and can help me and others feel valued.</i>	Celebrating Difference (including anti-bullying) Focus: <i>I can tell you a time when my first impression of someone changed as I got to know them. T can also explain why bullying might be difficult to spot and what to do about it if I'm not sure, I can explain why it is good to accept myself and others for who we are.</i>	Dreams and Goals Focus: <i>I can plan and set new goals even after a disappointment, I can explain what it means to be resilient and to have a positive attitude.</i>	Healthy Me Focus: <i>I can recognise when people are putting me under pressure and can explain ways to resist this when I want to, I can identify feelings of anxiety and fear associated with peer pressure.</i>	Relationships Focus: <i>I can recognise how people are feeling when they miss a special person or animal, I can give ways that might help me manage my feelings when missing a special person or animal.</i>	Changing Me Focus: <i>I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older, I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.</i>
	Key Vocabulary: authority, community, conflict, contribution, decisions, democracy, democratic, excluded, healthy, help	Key Vocabulary: assumption, judgement, accept, hurtful, protected characteristic, appearance, deliberate, bystander	Key Vocabulary: Resilience, attitude, determined, motivated, inspired, leader, follower, agree, disagree	Key Vocabulary: relationships, value, trust, assertive, pressure, peers, guilt, advice, embarrassment, fear	Key Vocabulary: jealousy, envy, conflict, critical thinking, reality, loss, vulnerable, insecure, memento, negotiate, betrayal	Key Vocabulary: identity, personality, puberty, belonging, trusted adult, seasons, inner circle, looking forward, unique
Year 5 Jigsaw Jez 	Being Me in My World Focus: <i>I can compare my life with other people in my country and explain why we have rules, rights and responsibilities to try and make the school and the wider community a fair place, I can explain how the actions of one person can affect another and can give examples of this from school and a wider community context.</i>	Celebrating Difference (including anti-bullying) Focus: <i>I can explain the differences between direct and indirect types of bullying and can offer a range of strategies to help myself and others if we become involved (directly or indirectly) in a bullying situation, I can explain why racism and other forms of discrimination are unkind. I can express how I feel about discriminatory behaviour.</i>	Dreams and Goals Focus: <i>I can compare my hopes and dreams with those of young people from different cultures, I can reflect on the hopes and dreams of young people from another culture and explain how this makes me feel.</i>	Healthy Me Focus: <i>I can explain different roles that food and substances can play in people's lives. I can also explain how people can develop eating problems (disorders) relating to body image pressures and how smoking and alcohol misuse is unhealthy, I can summarise different ways that I respect and value my body.</i>	Relationships Focus: <i>I can compare different types of friendships and the feelings associated with them. I can also explain how to stay safe when using technology to communicate with my friends, including how to stand up for myself, negotiate and to resist peer pressure, I can apply strategies to manage my feelings and the pressures I may face to use technology in ways that may be risky or cause harm to myself or others.</i>	Changing Me Focus: <i>I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important. I can also summarise the process of conception, I can express how I feel about that changes that will happen to me during puberty, and that I accept these changes might happen at different times to my friends.</i>

		Key Vocabulary: appreciation, asylum, choices, citizen, collaboration, cooperation, deprive, denied, empathise, migrant, refugee	Key Vocabulary: culture, assumptions, protected characteristics, racism, discrimination, banter, rumour, name-calling	Key Vocabulary: lifestyle, self-esteem, identity, digital spending, influence, save, spend, profession, reliable, barrier	Key Vocabulary: addicted, choices, informed decisions, media, influence, behaviour, pressure, emergency, body image	Key Vocabulary: self-perception, hobbies, age restriction, controlling, assertive, social network, hoaxes, appropriate	Key Vocabulary: body image, self-image, authentic, mental health/wellbeing, puberty, consent, milestones, teenager
Year 6 Jigsaw Jem 	Being Me in My World Focus: I can explain how my choices can have an impact on people and my immediate community and globally, I can empathise with others in my community and globally and explain how this can influence the choices I make.	Celebrating Difference (including anti-bullying) Focus: I can explain ways in which difference can be a source of conflict or a cause for celebration, I can show empathy with people in situations where their difference is a source of conflict or a cause for celebration.	Dreams and Goals Focus: I can explain different ways to work with others to help make the world a better place, I can explain what motivates me to make the world a better place.	Healthy Me Focus: I can explain when substances including alcohol are being used anti-socially or being misused and the impact this can have on an individual or others, I can identify and apply skills to keep myself emotionally healthy and to manage stress and pressure.	Relationships Focus: I can identify when people may be experiencing feelings associated with loss and also recognise when people are trying to gain power or control, I can explain the feelings I might experience if I lose somebody special and when I need to stand up for myself and my friends in real or online situations. I can offer strategies to help me manage these feelings and situations.	Changing Me Focus: I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born, I recognise how I feel when I reflect on becoming a teenager and how I feel about the birth and development of a baby.	
	Key Vocabulary: community, consequence, discernment, empathy, fears, hazard, lawful, Maslow, obstacles, participation, resilience, rights	Key Vocabulary: disability, discrimination, prejudice, protected characteristics, Equality Act, community, racism, power, misunderstanding	Key Vocabulary: realistic, unrealistic, aspirations, success criteria, suffering, concern, strategy, leadership, admire, recognition	Key Vocabulary: immunisation, prevention, restricted, illegal, volatile substances, exploited, vulnerable, criminal, pressure, anti-social	Key Vocabulary: ashamed, stigma, stress, isolation, support, mental health, self care, emotions, grief, consent, digital rights, communication	Key Vocabulary: self-esteem, criticise, real self, puberty, freedoms, responsibilities, pregnancy, consent, adolescent, negative body-talk, transition, journey	