

Jigsaw PSHE Year 3- Year 6 Content Overview

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Year group	Being Me in my World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year 3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their Differences <i>(including same sex families and the meaning of the word gay)</i> 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	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps <i>(including talking about calories)</i> Attitudes towards drugs <i>(safe & unsafe drugs and pictures of drugs)</i> Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	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 <i>(including fostering and adoption)</i> Expressing appreciation for family and friends	Year 3 will not follow the Jigsaw Changing me programme but will cover content following on from learning in Year 2. Life cycles in nature Growing older Differences in male and female bodies (correct terminology) <i>(including which parts are private)</i> Assertiveness <i>(talking about touch and private parts)</i> Preparing for transition
Year 4	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking <i>(including choices for smoking, the dangers of and the effects)</i> Alcohol <i>(including choices for drinking, the dangers of and the effects)</i> Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends <i>(including different types of relationships and how those may change and same sex relationships)</i> Showing appreciation to people and animals	How babies grow <i>(including where a baby grows and a woman having a tiny egg inside her)</i> Understanding a baby's needs Outside body changes <i>(introducing the word puberty and changes for boys and girls)</i> Inside body changes <i>(including how boys produce sperm and girls produce eggs and that both are needed to make a baby, reference to menstruation cycle)</i> Family stereotypes Challenging my ideas Preparing for transition

<p style="text-align: center;">Year 5</p>	<p>Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating</p>	<p>Cultural differences and how they can cause conflict Racism <i>(including attitudes towards different races)</i> Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures</p>	<p>Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation</p>	<p>Smoking, including vaping <i>(including the risks of smoking)</i> Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food <i>(including eating disorders)</i> Healthy choices Motivation and behaviour</p>	<p>Self-recognition and self-worth Building self-esteem Safer online communities <i>(including grooming and a scenario about sexting)</i> Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules</p>	<p>Being unique <i>(including that our characteristics come from a sperm and egg)</i> Having a baby <i>(including labelling the male and female body parts that are needed to make a baby and how a baby is made)</i> Girls and puberty <i>(including periods)</i> Confidence in change Accepting change <i>(including blended families)</i> Preparing for transition Environmental change</p>
<p style="text-align: center;">Year 6</p>	<p>Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling</p>	<p>Perceptions of normality How people can be different <i>(including defining transgender and their rights)</i> Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy</p>	<p>Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments</p>	<p>Taking personal responsibility How substances affect the body <i>(including synthetic highs, new psychoactive substances and different drugs)</i> Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress <i>(including stress that can cause alcohol and drug misuse)</i></p>	<p>Mental health <i>(including mental health problems and the potential stigma)</i> Identifying mental health worries and sources of support <i>(including self-harm)</i> Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use <i>(including a scenario about sexting)</i></p>	<p>Self- and body image Influence of online and media on body image Puberty for girls <i>(female reproductive system)</i> Puberty for boys <i>(male reproductive system, including erections, wet dreams)</i> Conception <i>(sperm meeting the egg during intercourse, consent age for sex. Also, IVF and adoption and same sex couples)</i> Growing responsibility Coping with change Preparing for transition</p>

****Please note brackets in bold and italics are details we have added that we feel parents might want to be aware of***

*****Please be aware that the 'Changing Me' unit has been moved up from the previous year group***